



110<sup>E</sup>.3

## BODY TREATMENT SKILLS

- Body Treatment Draping Guidelines
- Body Treatment Procedures
- Body Treatment Guidelines

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This lesson focuses on *Body Treatment Skills*:

- Body Treatment Draping Guidelines
- Body Treatment Procedures
- Body Treatment Guidelines

## »»EXPLORE

If you have ever received a body treatment at a salon/spa, what did you like or dislike about the service?

## »»INSPIRE

Being able to offer body treatment services is an advantage to you and your clients and helps increase your client retention.

### **Explore**

If you have ever received a body treatment at a salon/spa, what did you like or dislike about the service?

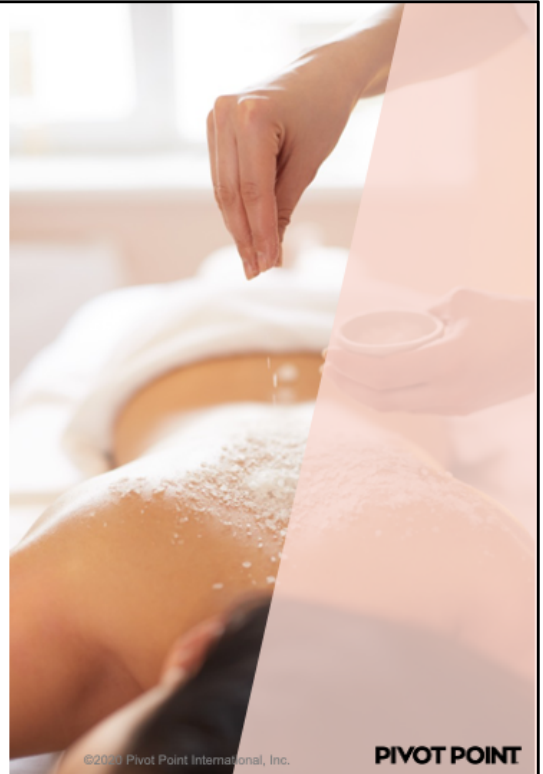
### **Inspire**

Being able to offer body treatment services is an advantage to you and your clients and helps increase your client retention.



## What will I achieve?

- State guidelines for body treatment draping and table setup
- Identify client considerations used when performing body treatments
- List the procedures used to perform a body treatment
- Describe the guidelines for performing body treatment procedures



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Following this lesson, you'll be able to:

- State guidelines for body treatment draping and table setup
- Identify client considerations used when performing body treatments
- List the procedures used to perform a body treatment
- Describe the guidelines for performing body treatment procedures



## BODY TREATMENT SKILLS

- A good workflow relaxes your client more and makes your treatment seamless
- Draping and body treatment procedures and guidelines help you perform services consistently

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When performing a body treatment, it's important to establish a good workflow. A good flow relaxes your client more and makes your treatment seamless. Following draping and body treatment procedures and guidelines helps you perform these services consistently each time.



## BODY TREATMENT DRAPING GUIDELINES



For your client, draping guidelines and proper table setup provide a feeling of security and modesty while helping to control body temperature.



# BODY TREATMENT DRAPING GUIDELINES

## TREATMENT TABLE SETUP



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- To increase the client's body temperature, body treatments take advantage of the different layers of a version of the cocoon wrap.
- To cover breasts, buttocks and genital areas, body treatment draping includes hand towels.

Typical treatment-table setup for body treatments include:

- Heated table pad
- Fitted sheet (twin-size or table cover specific to your table size)
- Blanket (queen-size)
- Flat sheet (queen-size)
- Mylar blanket (position over sheet, silver side up)
- Plastic sheet
- Large bath (or body) towel – Placed on top of the body; should be large enough to cover from the chest to below the knees

# » BODY TREATMENT DRAPING GUIDELINES

## TREATMENT TABLE SETUP: Body Treatment Draping Considerations



**Disabilities**



**Male Clients**

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Working with clients with disabilities:

- Allow more time for preparation and completion of the service
- Allow space in the treatment for assistive devices such as wheelchairs and walkers.
- To make the treatment table more easily accessible to clients with challenges or disabilities, use a treatment table that is hydraulic or electric

Working with male clients:

- Work in downward strokes to remove products from the skin because of body hair

Refer to the chart on page 28 of the coursebook for guidelines on additional draping considerations while working with clients who are:

- Pregnant – Use caution and make sure client is aware of risks of placing her in supine position during 2<sup>nd</sup> trimester
- Minors – Have space for chaperone to sit
- Larger – Use larger size sheets, towels, duvet, blankets or comforters
- Claustrophobic – Do not wrap tight; keep feet exposed
- Sensitive to temperature – Make sure towels and table are not too warm



# » BODY TREATMENT DRAPING GUIDELINES

## TREATMENT TABLE SETUP: Body Treatment Draping



**Prone – Face Down**



**Supine – Face Up**

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When working on a client in the prone position (face down):

- Attach a face cradle to the table
- Place a bolster or pillow underneath the ankles for additional comfort

For additional comfort while working on a client in the supine position (face up):

- Place a neck roll at the base of the neck
- Place a bolster or pillow under the knees

Always place client in the supine position during the mask/wrap processing time to accommodate any add-ons and to avoid discomfort.



## ➤ BODY TREATMENT PROCEDURES



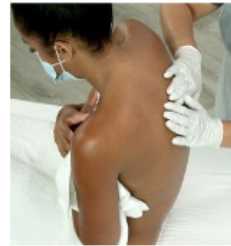
**Analyze**



**Exfoliate**



**Treat**



**Protect**

**Analyze** – Determine type of exfoliation or treatment to perform

- Contraindications for a body treatment include eczema, psoriasis and poor circulation
- “Look, Touch, Ask” guidelines are used to identify skin conditions

**Exfoliate** – Application of body scrub during a body treatment; the exfoliation step corresponds roughly with the Increase phase of a facial treatment.

- When applying a body scrub, light circular (effleurage) movements are used until the skin shows a slight erythema
- A clockwise direction is used to apply scrub to the stomach
- To apply or remove scrub from a female client's back, ask them to hold the hand towel over their breasts by crossing their arms
- When removing exfoliant from the legs, roll the plastic wrap to the center of the table
- Release steam from towels used to remove exfoliant to avoid discomfort or burning; test temperature on your wrist
- Work distal (furthest point from the heart) to proximal (closest point to the heart), to support circulation

**Treat** – Application of a mask product followed by wrapping; corresponds with the Decrease phase of a facial treatment.

- Addresses specific issues discovered during the analysis and usually

involves a mask.

- Body wraps range from compression wraps used for specific treatment goals to cocoon wraps to keep the body warm; a serum, gel or cellulite cream can be applied before wrapping.
- Apply the mask in the same order used for exfoliation.
- For client comfort, mask products are usually dispensed and then warmed.
  - Application usually begins with client in the prone position
  - Movements should be smooth
  - Use clockwise direction to apply on stomach
  - Dimensions of mylar may affect order in which they are wrapped
  - Excess product can be removed using hot towels or warm, wet gauze
  - Common body masks include blue-green algae, which gives the skin a nourished glow, and red-brown algae for its antioxidant and detoxifying properties

Protect – Application of moisturizer, carrier oil or sunless tanning lotion

- Protection products are based on client needs determined during analysis and include cellulite lotion or cream, carrier oils, sunless tanning lotion or cream and moisturizing lotion or cream.
- The last part of the body to which moisturizer is applied is the feet.
- Optional add-ons for body treatments include facial, scalp and foot massage.

## ➤ BODY TREATMENT GUIDELINES



- Check if equipment is working
- Choose correct product for desired results
- Drape and position body properly
- Keep client comfortable, safe and warm
- Follow safety and disinfection steps
- Clean slippery areas or use a mat
- Avoid abruptly removing your hands from client

Follow these guidelines when performing a body treatment:

- Make sure all equipment is working properly
- Choose correct products for desired results
- Perform proper draping and body positioning
- Secure table
- Keep client comfortable, safe and warm
- Follow safety and disinfection steps
- Clean slippery areas, or place a mat around the area

It's important to stay connected with the client except when retrieving or removing product.

- Avoid abruptly removing your hands from the client; instead, gently disconnect or use an effleurage stroke with light pressure



## CHECK WHAT YOU KNOW

1. TRUE/FALSE The body treatment table setup uses a version of the cocoon wrap.
2. TRUE/FALSE A mylar blanket is positioned under the sheet for a body treatment table setup.
3. To avoid tangling the hair on male clients, an esthetician should work in \_\_\_\_\_.
4. The last step in a body treatment procedure is \_\_\_\_\_.
5. When applying exfoliant, mask or protection products to the stomach, work in a \_\_\_\_\_.

Check What You Know questions help affirm understanding of key points.



## CHECK WHAT YOU KNOW

6. When removing exfoliant from the legs, roll the plastic wrap toward the center of the \_\_\_\_\_.
7. When removing exfoliant or mask products from the back, ask female clients to cross their arms at the chest to hold the \_\_\_\_\_.
8. To support circulation while working on a client's body, work distal to proximal, or toward the \_\_\_\_\_.
9. The Treat step involves application of a mask product followed by \_\_\_\_\_.
10. When performing a body treatment, place a mat around the area or clean \_\_\_\_\_.

Check What You Know questions help affirm understanding of key points.



## CHECK WHAT YOU KNOW

1. **TRUE/FALSE** The body treatment table setup uses a version of the cocoon wrap. **Page 26**
2. **TRUE/FALSE** A mylar blanket is positioned under the sheet for a body treatment table setup. **Page 26**
3. To avoid tangling the hair on male clients, an esthetician should work in **downward strokes**. **Page 28**
4. The last step in a body treatment procedure is **Protect**. **Page 30**
5. When applying exfoliant, mask or protection products to the stomach, work in a **clockwise direction**. **Page 31**

Check What You Know questions help affirm understanding of key points.





## CHECK WHAT YOU KNOW

6. When removing exfoliant from the legs, roll the plastic wrap toward the center of the **table**. **Page 32**
7. When removing exfoliant or mask products from the back, ask female clients to cross their arms at the chest to hold the **towel**. **Page 33**
8. To support circulation while working on a client's body, work distal to proximal, or toward the **heart**. **Page 33**
9. The Treat step involves application of a mask product followed by **wrapping**. **Page 36**
10. When performing a body treatment, place a mat around the area or clean **slippery areas**. **Page 40**

Check What You Know questions help affirm understanding of key points.



## 110<sup>E</sup>.3 BODY TREATMENT SKILLS REVIEW

### **BODY TREATMENT DRAPING GUIDELINES**

Draping your client properly for a body treatment service includes:

- Draping for the application of products
- Draping to increase body treatment

Validate learning by celebrating what has been learned.



## 110<sup>E</sup>.3 BODY TREATMENT SKILLS REVIEW

### **BODY TREATMENT DRAPING GUIDELINES**

Treatment-table setup typically includes:

- Heated table pad
- Fitted sheet
- Blanket (queen-size)
- Flat sheet (queen-size)
- Mylar blanket (silver side up)
- Plastic sheet
- Body towels

Validate learning by celebrating what has been learned.



## 110<sup>E</sup>.3 BODY TREATMENT SKILLS REVIEW

### **BODY TREATMENT PROCEDURES**

Special client considerations when performing a body treatment service include:

- Pregnancy
- Clients with disabilities
- Claustrophobia
- Sensitivity to temperature, and minor, elderly, male or large clients

Validate learning by celebrating what has been learned.



## 110<sup>E</sup>.3 BODY TREATMENT SKILLS REVIEW

### **BODY TREATMENT PROCEDURES**

The procedures (steps) used to perform body treatment services include:

- Analyze – Identify skin type/condition, create summary analysis
- Exfoliate – Application and removal of exfoliant based on client's skin needs
- Treat – Application and removal of mask product based on client's skin needs
- Protect – Application of protection product based on client's skin needs

Validate learning by celebrating what has been learned.



## 110<sup>E</sup>.3 BODY TREATMENT SKILLS REVIEW

### **BODY TREATMENT GUIDELINES**

Body treatment procedure guidelines include:

- Ensuring that all equipment is properly working
- Correct products are chosen for desired results
- Proper body positioning and draping is performed
- Table is secure
- Client is comfortable, safe and warm

Validate learning by celebrating what has been learned.





# PIVOT POINT FUNDAMENTALS: ESTHETICS

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