

SPECIMEN MARK SCHEME

UNIT 6 - EXPLORING THE WORLD OF SPAS





Level 3 Diploma Principal Learning

Hair and Beauty Studies HAB3U6

Unit 6

Exploring the world of spas

Specimen Mark Scheme

Mark schemes are prepared by the Principal Examiner and considered, together with the relevant questions, by a panel of subject teachers. This mark scheme includes any amendments made at the standardisation meeting attended by all examiners and is the scheme which was used by them in this examination. The standardisation meeting ensures that the mark scheme covers the candidates' responses to questions and that every examiner understands and applies it in the same correct way. As preparation for the standardisation meeting each examiner analyses a number of candidates' scripts: alternative answers not already covered by the mark scheme are discussed at the meeting and legislated for. If, after this meeting, examiners encounter unusual answers which have not been discussed at the meeting, they are required to refer these to the Principal Examiner.

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Unit 6 Exploring the world of spas

Level 3 Specimen Mark Scheme

Duration: 2 hours

Assessment Type: A short answer paper

Number of marks: 90

Learning outcomes	Assessment criteria	Ques No	No of marks	Total mark	%
1 Understand the global spa industry	a Explain the history and origins of UK and international spas	1	4	21	23.3
	b Explain the global nature of the spa industry	2	3		
	c Compare the European and international spa industry	3	4		
	d Analyse the various factors that have influenced the growth and popularity of the spa industry	4	4		
	e Explain the links and interdependences between spas and related industries	5	6		
2 Understand the services, treatments and therapies offered by spas	a Explain the purpose of a range of services, treatments and therapies offered by spas	10	6	21	23.3
	b Summarise the debates concerning the effectiveness of spa therapies	6	4		
	c Categorise a range of complementary therapies and explain the importance of the therapeutic relationship	11	6		
	d Compare key holistic and self-healing principles with complementary, alternative and orthodox medicine	12	5		
3 Know the health and safety and professional requirements of running a spa environment	a Describe the factors that create the ideal spa environment and ambience	7	4	12	13.3
	b Describe how legal, health and safety and ethical requirements impact on spa operations	8	6		
	c Describe the role and influence of professional spa organisations	9	2		
4 Know the career opportunities in the spa industry	a Identify the jobs available in the spa industry	13	2	12	13.3
	b Identify the training and qualifications associated with the spa industry	15	2		
	c Describe the career links with other related industries	16	6		
	d Know where to access career information for the spa industry	14	2		
5 Be able to interpret information on job roles and career pathways within the spa and related industries	a Analyse and evaluate information about European and international spa industry drawing conclusions as to the factors and debates affecting their services	18	6	24	26.6
	b Compare and contrast complementary services offered by the spa industry and present information in a range of formats	19 20	8 6		
	c Draw conclusions on the career potential within the spa industry	17	4		
Total			90	90	100

Diploma Level 3 in Hair and Beauty Studies

Sample Assessment Paper Unit 3.6 mark scheme

- 1 Give **four** reasons why Greek spas were used.

Answer

1 mark for any of the following, up to 4 marks

Spas used as bathing sites, for cleansing and hygiene, injured soldiers used spas as a preventive method of disease, social gatherings, ritual cleansing, traditional customs (Maximum of 4 marks)

- 2 In the UK what is a health farm and what is its purpose?

Answer

1 mark for any of the following, up to 3 marks, of which maximum of 1 mark for clear description of what health farm is and 2 marks for purpose (maximum 3 marks).

Health farms are – usually in a secluded setting and consisting of many treatment rooms/areas offering a wide choice of treatments and therapies/ healthy dietary requirements/wet area/swimming available/exercise/fitness regimes

Purpose – day or residential clients/can treat a whole person with many treatments/a place for clients to use as a retreat/to be pampered/relieve stress/to create a more healthy routine (Maximum of 3 marks)

- 3 Explain **two** differences in the concept of a British hotel spa and a French health farm.

Answer

1 mark each for any **two** of the following differences, up to 2 marks maximum and 1 mark for the explanation of each difference, up to 2 marks maximum

Differences of concepts

British hotel spa - a short getaway, part of a complex, used by hotel guests

French health farm – a short or long getaway, a retreat, a specific venue just for spa benefits, secluded location

(Maximum of 4 marks)

- 4 Analyse how the following have influenced the growth and popularity of the spa industry:
- therapeutic effects
 - lifestyle

Answer

1 mark for each of the influences, maximum of 2 marks each for therapeutic effects and for lifestyle

Influences of therapeutic effects: chronic illness (people look for alternative remedies/cures to prescription drugs), relaxing/calming (live in stressful world, work pressures), revitalise/energise (tiredness and fatigue from work and pressures of home life)

Influences of lifestyle: economic factors (available finance to spend on self), social (a place to meet people to spend time with friends on days out, special treats), lifestyle (expectations of treating oneself, having a healthy lifestyle)

(Maximum of 4 marks)

- 5a Identify **three** jobs in the health care industry that link to the spa industry.

Answer

1 mark for any of the following links, maximum 3 marks

Links – nurse, doctor, nutritionist, masseur, alternative therapist or any other suitable link

(Maximum of 3 marks)

- 5b Explain how **one** of the links given in 5a makes the industries interdependent with each other.

Answer

1 mark = basic explanation and identified 1 interdependence

2 marks = good explanation and identified 2 interdependences

3 marks = detailed explanation and identified 2 or 3 interdependences

Interdependence

Complements – eg. stressed client could be having treatment from GP and having relaxation treatments at a spa

Alternative – eg. a change from prescription drugs, client may choose to try acupuncture, reiki, aromatherapy etc.

Referral – eg. A therapist from a spa may identify signs or symptoms during a consultation of a condition and would refer the client to go to GP, nutritionist, nurse etc. Likewise a doctor/nurse may refer a patient to an reflexologist or aromatherapist for additional treatments

(Maximum of 3 marks)

- 6 Give **two** advantages and **two** disadvantages of the psychological effectiveness of spa therapies.

Answer

1 mark for any of the following advantages, up to 2 marks and
1 mark for any of the following disadvantages, up to 2 marks

advantages - revitalise, relaxing, stimulate, energise, feel-good factor

disadvantages – short lived relief, need a course of treatments, some get embarrassed, cannot afford treatment

(Maximum of 4 marks)

- 7 Describe the ideal ambience of a spa in the UK.

Answer

1-2 marks = brief description and 1 - 2 ideal ambience
3-4 marks = detailed description and 3+ ideal ambiences

Ideal ambience – soft lighting, subtle music, warm air, clinical decor, relaxed seating, health food/drink, clinical aromas

(Maximum of 4 marks)

- 8 Describe how the following regulations impact on spa operators:

- Control of Substances Hazardous to Health Regulations
- Manual Handling Operations Regulations

Answer

1-2 marks = basic description of impact and 1 or 2 requirements of 1 regulation
3-4 marks = good description of impact and 1 or 2 requirements for each regulation
5-6 marks = detailed description of impact and 2 or more requirements for each regulation

Answers should describe impacts of the following:

COSHH - A legal requirement, need a policy, risk assessments, staff training
(on any one of the following: follow manufacturer's instructions, safe handling, storage and disposal)

Manual handling - Need a policy, staff training (on any one of the following: safe lifting of heavy objects – clients/beds/equipment etc, how to lift/use lifting equipment, when to get help to lift)

or other suitable answers

(Maximum of 6 marks)

9 Describe the role of Habia in setting standards for the spa industry.

Answer

1 mark for any of the following roles, maximum 2 marks

Roles - liaises with QCA/industry/trainers/awarding bodies to create and write a set of standards eg. NVQ

(Maximum of 2 marks)

10 Explain the client benefits of the following spa treatments:

10a non-surgical facial procedures

Answer

1 mark for any of the following purposes, maximum 3 marks

Enhance a younger appearance, improves blood circulations, plumps up the skin, improves skin tone and complexion, aids elasticity of the skin

(Maximum of 3 marks)

10b weight management

Answer

1 mark for any of the following purposes, maximum 3 marks

Aids client to analyse food intake, vary diet to improve desired weight, assist with an eating plan, monitor progress

(Maximum of 3 marks)

11 Explain the importance of the therapeutic relationship between aromatherapy and reflexology.

Answer

1-2 marks = basic explanation and identified 1 relationship

3-4 marks = good explanation and identified 1 or 2 relationships

5-6 marks = comprehensive explanation and identified 2 or 3 relationships

Importance of relationships – both aid well-being and relaxation, uplift and revitalise, both use touch thus stimulating nerve endings, both improve stress levels/anxiety

Learners should explain when using two or more different therapies they must work together, do the same thing eg. aid well-being and relaxation – certain movements and oils calm and relax. It would not be appropriate to use aromatherapy to relax and reflexology to revitalise.

(Maximum of 6 marks)

12 Compare the healing principles of the following:

- energy fields
- aromatherapy

Answer

1 mark for any of the following comparisons, maximum 5 marks

Comparisons (energy fields) – intelligent energy, need to create a free-flow of energy, healer uses own energy to positively affect client, removes blockages/congestion, linked to chakras

Comparisons (aromatherapy) – touch and pressure, in conjunction with oils, oils chosen for specific therapeutic effects (eg. aids relaxation – lavender & chamomile oil)

(Maximum of 5 marks)

13 A leisure centre plans to open a spa therapy department and has a budget to employ two members of staff. Identify **two** job roles related to the spa therapy sector that would complement the leisure centre.

Answer

1 mark for each of the job roles suggested, maximum of 2 marks

Job roles - sports masseur, spa therapist, spa assistant, spa treatment manager, spa operations manager

or any other suitable role

(Maximum of 2 marks)

14 Give **two** examples of where to find information on different careers in the UK spa industry.

Answer

1 mark for any of the following, up to 2 marks

Sources of information - career offices, connexions, journals, paper, websites

(Maximum of 2 marks)

15 Identify the vocational level of qualifications the following job roles will require:

- aromatherapist
- manicurist

Answer

1 mark for each correct answer, up to 2 marks

Aromatherapist – level 3

Manicurist – level 2

(Maximum of 2 marks)

16 Describe **three** career links that the spa industry has with the hospice sector.

Answer

1-2 marks = minimal description and included 1 link

3-4 marks = clear description and included 2 links

5-6 marks = detailed description and included 3 or more links

Links – nurse can move into alternative or holistic therapies

nutritionist often adds fitness to their career options

masseur can move into sports therapies

alternative therapist has considerable knowledge needed to pursue a caring career

or any other suitable link

Description – can complement, can be an alternative, can be referred to/from

(Maximum of 6 marks)

17 List **four** reasons why the spa industry has career potential.

Answer

1 mark for any of the following reasons, up to 4 marks

It is a growing industry

media / government initiatives to be healthy / well-being

stress environment – the need to relax

lifestyle changes to be healthy / fit / eat well / look after our bodies

spa therapies are not as much a luxury as they use to be

spas are more accessible to all rather than just the elite

any other suitable reason

(Maximum of 4 marks)

18 Analyse how the UK spa industry differs from a traditional European spa.

Use the following factors to draw conclusions:

- training and qualifications
- client care
- hygiene

Answer

1 mark for each of the conclusions drawn, maximum of 2 marks for each factor

Training and qualifications: UK - formal qualifications and training

European spa - inherited skills, traditional procedures/training

Client care: UK - personalised, individualised service, private area for treatments

European spa - production line, public area for treatments, social event

Hygiene: UK - fresh clean linen and couches, products, skin etc. removed and shower before client enters plunge pool, jacuzzi etc.

European spa - treated on pool side, products, skin etc. removed in pool used by all clients

(Maximum of 6 marks)

19 Compare and contrast the following complementary treatments:

- acupuncture
- reiki

Answer

1-3 marks = minimal comparisons and/or contrast; or may just describe one of the treatments

4-6 marks = clear comparisons and/or contrasts of both treatments

7-8 marks = detailed comparisons and contrasts of both treatments

Comparisons

acupuncture: uses energy to balance meridians

reiki: universal energy channelled through therapist

Both: originate in the East; course of treatments

accept other suitable comparisons

Contrasts

acupuncture: direct contact; used for pain relief; is NHS approved

reiki: non-contact; psychological - feeling good; not available on the NHS

(Maximum of 8 marks)

20 Produce a graph or a chart that categorises the following treatments into complementary therapies and beauty therapies:

- manicure
- pedicure
- reflexology
- flower remedies
- cut and blow dry
- tanning
- aromatherapy
- Indian head massage

Answer

1-2 marks = a basic graph/chart without clear labels and 3 or 4 therapies correctly categorised

3-4 marks = a good graph/chart with clear labels and 5 or 6 therapies correctly categorised

5-6 marks = an effective graph/chart with good labels and 7 or 8 therapies correctly categorised

Correct categories:

Complementary therapies – reflexology, flower remedies, aromatherapy, Indian head massage

Beauty therapy – manicure, pedicure,

(Maximum of 6 marks)