

# EUROPASS DIPLOMA SUPPLEMENT

## TITLE OF THE DIPLOMA (ES)

*Técnico Superior en Estética Integral y Bienestar*

## TRANSLATED TITLE OF THE DIPLOMA (EN)<sup>(1)</sup>

*Higher Technician in Integral Aesthetics and Wellness*

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(1) This translation has no legal status.

## DIPLOMA DESCRIPTION

**The holder of this diploma will have acquired the General Competence with regard to:**

Managing and organizing the development of aesthetic services, planning and conducting aesthetic treatments related to wellness and image, and applying aesthetic hydrothermal techniques, hair and pigment removal, ensuring quality, labour risk prevention and environmental management.

**Within this framework, the PROFESSIONAL MODULES and their respective LEARNING OUTCOMES acquired by the holder are listed below:**

### “Aesthetic Devices”

The holder:

- Plans the organization of installations and electro-aesthetic equipment, complying with the current legislation.
- Characterizes electrotherapy equipment, relating them to physiological effects they produce and to their aesthetic applications.
- Prepares and sets up electrotherapy equipment, adjusting the parameters.
- Plans the application of electrostatic techniques, justifying the protocol sequence.
- Characterizes the appliance of new technological innovation equipment in aesthetics, relating it to the effects of its application.
- Evaluates the risks of applying electrotherapy techniques, taking into account the conditions and the characteristics of the people and the technical requirements.

### “Hydrothermal Aesthetics”

The holder:

- Plans the organization of installations and technical and professional resources, coordinating the development of the activities with hydrothermal establishments.
- Characterizes water resources, analyzing their mechanisms of action and using them as a source of health and wellness.
- Identifies the aesthetic needs of the user, carrying out the preliminary analysis and using the appropriate reports.
- Selects hydrothermal techniques, analyzing the effects of water application on the body.
- Selects thermal cosmetics and its application technique, analyzing its effects and precautions.
- Applies hydro-aesthetic techniques and thermal cosmetics, following a previously designed execution protocol.
- Organizes the implementation of safety and hygiene protocols, applying guidelines for the prevention of occupational risks.
- Monitors the quality of the service, proposing corrective measures to optimize it.

### “Advanced Hair Removal”

The holder:

- Prepares the work environment, complying with labour risk prevention and environmental management measures.
- Selects hair removal methods, interpreting the information obtained from the aesthetic test and from the auxiliary documents.
- Performs mechanical removal techniques, adjusting parameters and equipment and following the established procedures.
- Executes electric hair removal techniques, working on safety and hygiene conditions.
- Executes IPL hair removal techniques, under safety and hygiene conditions, assessing its effectiveness and analyzing risk factors.
- Monitors the quality of the hair removal service, proposing measures to minimize the deviations that have occurred.

### “Aesthetic Massage”

The holder:

- Characterizes massage techniques, identifying maneuvers and application parameters.
- Carries out the previous analysis, relating the aesthetic needs to the massage process.

- Prepares the workspace, justifying the procedure.
- Carries out customized manual aesthetic massages, differentiating completion techniques and their effects.
- Applies breathing techniques associated with aesthetic massage, mobilization and passive stretching, differing types of performances and effects achieved.
- Applies sensory techniques associated with massage, defining its effects and integrating them into aesthetic protocols.
- Supervises the quality of the aesthetic massage service, proposing measures to minimize deviations.

### **“Aesthetic Drainage and Pressure Techniques”**

The holder:

- Designs work processes, identifying the impact and application points of aesthetic drainage and pressure techniques.
- Carries out the previous analysis, relating the aesthetic needs to these processes.
- Organizes workspace, arranging equipment, supplies and products, and applying risk prevention measures.
- Carries out manual aesthetic drainage, identifying the area and putting into practice the protocol set.
- Applies pressure massage techniques, justifying the selection of the maneuvers and application parameters.
- Controls the results in aesthetic drainage processes and pressure techniques, using the parameters set.

### **“Micropigmentation”**

The holder:

- Prepares the documentation prior to micropigmentation, applying current legislation.
- Arranges the facilities and the equipment, applying security measures and sanitary and hygiene risk prevention.
- Designs corrective makeup, using visagism and colorimetry techniques.
- Prepares the user, following the rules and informing about the process.
- Carries out micropigmentation, adapting the work procedure prior to the aesthetic study.
- Determines the quality of the service, evaluating the results of the application process and advising on follow-up.

### **“Physiological Processes in Health and Personal Image”**

The holder:

- Determines sanitary and hygiene standards applicable in aesthetic processes, relating the exposure to biological agents to health risks.
- Characterizes anthropometric components related to personal and aesthetics image, reviewing the overall structure of the human body.
- Identifies healthy nutritional guidelines, recognizing its influence on the aesthetic image.
- Characterizes musculoskeletal components involved in the application of cosmetic techniques, reviewing anatomical and physiological structure.
- Characterizes the internal components of the application involved in aesthetic techniques, reviewing anatomical and physiological structure.
- Characterizes the components of the endocrine and nervous systems involved in the application of cosmetic techniques, reviewing anatomical and physiological structure.
- Establishes advisory guidelines on healthy habits, relating them to the processes of personal image.

### **“Skin Aesthetics”**

The holder:

- Manages the technical documentation of the aesthetic process, selecting the procedures of design and record keeping.
- Selects the means and the equipment for facial and body aesthetic analysis, describing their characteristics, techniques and indications.
- Characterizes the skin and its disorders, analyzing its structure and properties.
- Applies procedures of facial and body analysis, using specific means.
- Designs the aesthetic procedures for facial and body treatments, sequencing the action phases.
- Determines beauty care before and after medical treatments and cosmetic surgery, selecting materials and techniques.
- Designs innovative aesthetic treatments, analyzing the innovative technology which is suitable, depending on the process.

### **“Cosmetics Applied to Aesthetics and Wellness”**

The holder:

- Determines the components of cosmetics, analyzing their characteristics and their ability to penetrate the skin.
- Prepares cosmetics, organizing the operations of elaboration and recognizing disperses systems.
- Contrasts market cosmetic lines, analyzing the properties of the different cosmetics groups.
- Characterizes the new industry trends, analyzing cosmetic innovations and special cosmetics.
- Arranges cosmetics in commercial stores, controlling health and safety conditions.
- Plans cosmetic advisory activities, using communication and marketing techniques.

### **“Integral Aesthetic Treatments”**

The holder:

- Implements customer service guidelines, applying business techniques.
- Manages installations, materials and technical and human resources, integrating the elements of the logistics network establishment.
- Carries out an aesthetic test, applying analytical procedures and using communication techniques.
- Develops customized aesthetic treatments, justifying the selection of media and their interactions.
- Applies custom protocols of facial and body aesthetic treatments, coordinating cosmetological, electroesthetic and manual techniques.
- Plans the application of aesthetic cares before and after surgery treatments and aesthetic medicine, following the personalized procedure.
- Evaluates and considers the results of cosmetic services, proposing corrective measures.

### **“Project on Integral Aesthetics and Wellness”**

The holder:

- Identifies the needs of the production sector, relating them to the standard projects that may satisfy them.
- Designs projects related to the competences described in the diploma, including and developing their constituting stages.
- Plans the project implementation, determining the intervention plan and the associated documentation.
- Defines the procedures for monitoring and control the project implementation, justifying the selection of the variables and the instruments used.

### **“Professional Training and Guidance”**

The holder:

- Selects job opportunities, identifying the different possibilities of labour integration, and the alternatives of lifelong learning.
- Applies teamwork strategies, assessing their effectiveness and efficiency on the achievement of the company's goals.
- Exercises rights and complies with the duties derived from labour relationships, recognising them in the different job contracts.
- Determines the protective action of the Spanish Health Service in view of the different covered eventualities, identifying the different types of assistance.
- Assesses the risks derived from his/her activity, analysing the job conditions and the risk factors present in his/her labour setting.
- Participates in the development of a risk prevention plan for a small enterprise, identifying the responsibilities of all the agents involved.
- Applies protection and prevention measures, analysing risk situations in the labour setting of the Higher Technician in Integral Aesthetics and Wellness.

### **“Business and Entrepreneurial Initiative”**

The holder:

- Recognizes the skills related to entrepreneurial initiative, analysing the requirements derived from job positions and business activities.
- Defines the opportunity of creating a small enterprise, assessing the impact on the sphere of action and incorporating ethic values.
- Carries out the activities for the setting-up and the implementation of a company, choosing its legal structure and identifying the associated legal obligations.
- Carries out basic administrative and financial management activities of an SME, identifying the main accounting and tax obligations and filling in documentation.

### **“On the Job Training”**

The holder:

- Identifies the structure and the organization of the company, relating both to the type of service provided.
- Applies ethical and work habits in the development of their profession, according to the characteristics of the job and the procedures established by the company.
- Organizes activities related to cosmetic services, assisting in the development of protocols.
- Customizes the implementation of protocols of facial and body treatments, selecting the means and the techniques according to a prior aesthetic study.
- Applies mechanical and advanced hair removal techniques, under supervision, selecting the techniques according to the customer needs.
- Develops and implements aesthetic hydrothermal processes, organizing work teams, materials and technical means.
- Advises and sells products and services related to his/her job, developing marketing techniques.

## RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE DIPLOMA

The Higher Technician in Integral Aesthetics and Wellness works in the sector of personal image care, in the beauty care subsector, in small and medium companies, mostly private, in the areas of integral aesthetic treatments, cosmetic hydrothermal microimplantation of pigments, advanced hair removal, aesthetic and drainage massage, and advice on treatments and cosmetics.

The most relevant occupations or jobs are the following:

- Beautician.
- Technical Director in cosmetic companies and personal image departments, spas and resorts.
- Technician in Integral aesthetic treatments.
- Specialist in hydroaesthetic techniques.
- Micropigmentation technician.
- Technician in mechanical and advanced hair removal.
- Technician in aesthetic appliances.
- Specialist in tanning by ultraviolet radiation.
- Technician in aesthetic massages.
- Technician in aesthetic lymphatic drainages.
- Skilled worker in centers of medicine and cosmetic surgery.
- Trade technician.
- Aesthetic and cosmetic advisor.
- Trainer aesthetic technician.

## AWARD, ACCREDITATION AND LEVEL OF THE DIPLOMA

**Name of the body awarding the diploma on behalf of the King of Spain:** Spanish Ministry of Education or the different Autonomous Communities according to their areas of competence. The title has academic and professional validity throughout Spain.

**Official duration of the education/ training leading to the diploma:** 2000 hours.

### Level of the diploma (national or international)

- NATIONAL: Non-University Higher Education
- INTERNATIONAL:
  - Level 5 of the International Standard Classification of Education (ISCED5).
  - Level 5 of the European Qualifications Framework (EQF5).

**Entry requirements:** Holding the Certificate in Post-Compulsory Secondary Education (Bachillerato) or holding the corresponding access test.

**Access to next level of education/training:** This diploma provides access to university studies.

**Legal basis:** Basic regulation according to which the diploma is established:

- Minimum teaching requirements established by the State: Royal Decree 881/2011, of 24 June, according to which the diploma of Higher Technician in Integral Aesthetics and Wellness and its corresponding minimum teaching requirements are established.

**Explanatory note:** This document is designed to provide additional information about the specified diploma and does not have any legal status in itself.

**COURSE STRUCTURE OF THE OFFICIALLY RECOGNISED DIPLOMA**

<b>PROFESSIONAL MODULES IN THE DIPLOMA ROYAL DECREE</b>	<b>CREDITS ECTS</b>
<b>Aesthetic Devices</b>	8
<b>Hydrothermal Aesthetics</b>	9
<b>Advanced Hair Removal</b>	8
<b>Aesthetic Massage</b>	11
<b>Aesthetic Drainage and Pressure Techniques</b>	7
<b>Micropigmentation</b>	8
<b>Physiological Processes in Health and Personal Image</b>	8
<b>Skin Aesthetics</b>	8
<b>Cosmetics Applied to Aesthetics and Wellness</b>	9
<b>Integral Aesthetics Treatments</b>	8
<b>Project on Integral Aesthetics and Wellness</b>	5
<b>Professional Training and Guidance</b>	5
<b>Business and Entrepreneurial Initiative</b>	4
<b>On the Job Training</b>	22
	TOTAL CREDITS
	<b>120</b>
<b>OFFICIAL DURATION (HOURS)</b>	<b>2000</b>

\* The minimum teaching requirements shown in the table above comprise 55% official credit points valid throughout Spain. The remaining 45% corresponds to each Autonomous Community and can be described in the **Annex I** of this supplement.

## INFORMATION ON THE EDUCATION SYSTEM

