



PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY

MODULE : **FACIAL THERAPY II**

CODE : **STE 211A**

DATE : SUPPLEMENTARY THEORY EXAMINATION
DECEMBER 2016

DURATION : 3 HOURS

WEIGHT : 50: 50

TOTAL MARKS : SECTION A – 135
SECTION B – 40
TOTAL: 175

EXAMINER : MRS D CAMPBELL
MS S JOOWALAY

MODERATOR : MRS N MATHENJWA **4244A**
MS M GONSALVES

NUMBER OF PAGES : 4 PAGES

INSTRUCTIONS : ANSWER THE QUESTIONS CAREFULLY AFTER
READING THROUGH THE WHOLE QUESTION PAPER.
WRITE SECTIONS A AND B IN SEPARATE BOOKLETS.

REQUIREMENTS : 3 EXAMINATION SCRIPTS PER CANDIDATE

SECTION A – FACIAL II. PLEASE ANSWER IN A SEPARATE BOOKLET.

QUESTION 1

Cynthia is a 42 year old client who comes to your skincare clinic for a facial consultation. During the consultation you find the following:

- Skin type – excessively oily on the T-panel and slightly oily on the rest of the face
- Skin conditions – extremely dehydrated all over
- Muscle tone – weakened with prominent drooping of the facial contours
- Elasticity – poor with prominent expression lines
- Medication – none
- Occupation – owns a bakery
- Facial regime – Lux soap, no toner, glycerine as a moisturiser, SPF, no exfoliator

Cynthia's immediate concerns include:

- **Excessive oiliness on her T panel**
- **Extreme dehydration all over**
- **Her rapidly ageing appearance**

She can come in 3 days a week and has no budgetary or time constraints.

You have the following available: a full range of professional products, a full range of galvanic gels, a galvanic unit, microdermabrasion, Photizo, needle-free mesotherapy, micro-current and Anessonic.

1.1. Identify and motivate possible causes of Cynthia's immediate skin concerns. **(3 main concerns at 5 marks each)** **15**

1.2. Develop a 4 week treatment programme, using the most appropriate treatments, to address Cynthia's skin concerns. Write the treatments in the order you will do them and number each treatment. **(3 machines x 4 weeks)** **12**

1.3. Provide motivations for your treatment choices. **(3 machines at 7 marks each)** **21**

[48]

QUESTION 2

Regina is 55 years old and visits your skincare clinic for a consultation. During the consultation you establish the following:

- Occupation – works half day as a bookkeeper
- Lifestyle – active as she looks after her grandchildren in the afternoons spending most of it outside – has taken up gardening as a hobby and socialises with her friends frequently
- Daily regime – uses a professional skincare range of cleanser, toner, moisturiser, exfoliator, mask and SPF of 10.
- Medication – hormone replacement therapy (HRT)
- Skin type – maturing and skin starting to sag

Regina's main immediate skin concerns include:

- **General dehydration**
- **Hyperpigmentation** on her forehead and cheeks
- **Couperose** on her cheeks
- **Preparing her skin** for cosmetic surgery in 5 weeks' time

Regina can come in 3 days a week for treatment. She has no budgetary constraints.

You have the following available: full range of professional products, Photizo, ultrasound, needle-free mesotherapy, micro-current and Anessonic.

2.1. Explain to Regina the effects of UV on her skin and why SPF 10 is insufficient. **10**

2.2. Briefly explain the purpose of Regina taking HRT. **1**

2.3. Provide a brief explanation of the role of the Somatologist in treating a client who will be having cosmetic surgery. **5**

2.4. Develop a 5 week treatment programme using the most appropriate treatments to address her concerns. Write the treatments down in the order you do them and number the treatments. **(3 machines/week over 5 weeks) 15**

2.5. Provide a motivation for your choices. **(3 pieces of equipment at 7 marks each) 21**

[52]

QUESTION 3

Provide a detailed explanation of how pure ultrasound with an anti-ageing product is an effective anti-ageing treatment.

15

[15]

QUESTION 4

Acne is a condition that affects a large number of teen-agers world-wide. Unfortunately, this condition can even lead to psychological effects. Identify ten (10) signs and symptoms where acne has led to poor body image, social withdrawal and its possible effects on work and education.

10

[10]

SECTION B – REFLEX. PLEASE ANSWER IN A SEPARATE BOOKLET.

QUESTION 1:

- 1.1. Briefly discuss the history of Reflexology. (5)
 - 1.2. Provide a definition for the following terms:
 - 1.2.1 Health (2)
 - 1.2.2 Disease (3)
 - 1.2.3 Reflexology (5)
- [15]**
-

QUESTION 2:

- 2.1. Provide 10 each of do's and don'ts of Reflexologists. (20)
 - 2.2. List the benefits of Reflexology. (5)
- [25]**

TOTAL SECTION B: [40]
