

SAAHSP



SOUTH AFRICAN ASSOCIATION OF
HEALTH & SKINCARE PROFESSIONALS

**PROFESSIONAL BODY FOR THE
SKIN, BODY & NAIL CARE INDUSTRY**

CODE OF PRACTICE

FOR THE

ADVANCED AESTHETIC THERAPIST

Compiled by members of the Professionalism and Ethics committee
Approved by the SAAHSP Board 16 August 2021

1. PURPOSE

A code of professional conduct is a necessary component to any industry to maintain standards against which the professionals within that industry subscribe. It brings about accountability, responsibility and trust to the clients/patients that are served/ treated by the therapist.

2. OBJECTIVES

The objective of the Code of Practise for the Advanced Aesthetic Therapists referred to as the Therapist, is as follows:

- 2.1 To increase professionalism and to prevent the occurrence of unwanted incidence within the Therapist field.
- 2.2 To encourage Therapists to adhere to good practice when providing services or when performing treatments.
- 2.3 To enhance consumer protection against improper practice with the Therapist.
- 2.4 To establish a clear scope of practice for the Therapist, ensuring they stays within the scope of practice and refers to the relevant medical professional.

3. DESCRIPTION

Advanced Aesthetic Therapist

An Advanced Therapist have engaged in further studies and achieved an Advanced Diploma or Degree qualification. They have extensive training in skin anatomy and physiology, skin conditions, cosmetic chemistry and science and are trained to analyse and treat skin and body conditions through a variety of advanced techniques. They typically work in a medical setting such as Medi Spas, Skin Rejuvenation Clinics and Medical Aesthetic practices. Working alongside doctors specialising in Cosmetic Surgical and/or non-surgical treatments, they have advanced training in laser, IPL, skin peels, photo rejuvenation, and micro needling.

Aesthetic Therapist

Skilled therapist who is engaged in aesthetic treatments. They may not be qualified but it is the designated occupational term used.

4. DEFINITIONS

AAMSSA	Aesthetic and Anti-Ageing Medicine Society of South Africa
Aesthetic treatments	Aesthetic treatments is an inclusive term for specialties that focus on improving cosmetic appearance through the treatment of conditions including scars, skin laxity, wrinkles, moles, liver spots, excess fat, cellulite, unwanted hair, skin discoloration, and spider veins.
Aesthetic Medicine	Traditionally, aesthetic medicine includes dermatology, reconstructive surgery and plastic surgery. Aesthetic medicine includes both surgical procedures (liposuction, facelifts, breast implants, Radio frequency ablation) and non-surgical procedures (radio frequency skin tightening, non-surgical liposuction, chemical peel, high-intensity focused electromagnetic field, radio frequency fat removal), and practitioners may utilize a combination of both. Although aesthetic medicine procedures are typically elective, they can significantly improve quality of life, psychological wellbeing, and social engagement.
Acupuncture	A treatment originating in the Far East using specific needles being inserted into the skin as a means of curing physical ailments.
Beauty Technologist	A therapist who completed a one-year formal qualification applying basic skincare, hand and foot treatments with nail treatments, hair removal and make-up applications and a basic back and neck massage and back treatment.
Beauty Therapist	A therapist who completed a two-year formal qualification applying complete skincare and body treatments including massage to improve a person's appearance.
Cryolipolysis	Commonly referred to as fat freezing, is a nonsurgical fat reduction procedure that uses cold temperature to reduce fat deposits in certain areas of the body. The

	procedure is designed to reduce localized fat deposits or bulges that do not respond to diet and exercise. It is not intended for people who are obese or significantly overweight.
Dermaplaning	A non-invasive procedure that exfoliates the skin (or epidermis) by removing dead skin and vellus hair using a surgical scalpel.
Medical Aesthetic Practitioner	Medical Doctor involved in the field of aesthetic or anti-ageing medicine. It is advisable that the Doctor be a member of AAMSSA and has completed post graduate training in Aesthetic Medicine.
Electrical epilation	The permanent removal of unwanted hair. Three different methods can be used to achieve this: <ul style="list-style-type: none"> - Epilation with high-frequency alternating current (diathermy) - Diathermy epilation is the permanent removal of unwanted hair using a short-wave diathermy current. This current creates heat, which is delivered to the hair at the root. The heat dries up all the moisture, living cells and blood supply at the root of the hair, thus destroying it. - Epilation with direct current (electrolysis) - Galvanic epilation is the permanent removal of unwanted hair using a Galvanic current. This current produces a chemical, which is a result of water, salts, and a low current mixing at root of the hair. The chemical produced is caustic in effect; therefore, it erodes the living cells and blood supply at the root of the hair, thus destroying it. - Epilation with a combination of the above two methods (blend)
Endermologie	Is a machine widely used as a cellulite and body contouring treatment. The treatment utilises a massage system that provides positive pressure to the skin and subcutaneous tissue by the rhythmic folding and unfolding of the tissue between two rollers as well as negative pressure via aspiration. Endermologie is used to treat a wide variety of conditions, including skin ageing, fat storage, cellulite, skin complexion, skin tightening, as a treatment for connective tissue, targeting scars, swelling, lymphatic and venal circulatory problems. Endermologie can also be incorporated to treat osteomuscular therapy, targeting stiff joints, muscle diseases, tendons, and ligaments
Exfoliation	Removal of the dead skin cells from the stratum corneum, by means of mechanical or chemical action.
Extractions	An extraction is the process of clearing a clogged or compacted pore by manual or mechanical means. Extractions are often performed as part of a skin treatment. Closed and Open Comedones (whiteheads and blackheads) are the most common reason for extraction. Pustules and papules can also be extracted, depending on their size and depth. This often requires the use of a lancet to gently lift and remove the very top layer of the pustule to allow the contents to be easily extracted.
Galvanic treatment	The Galvanic machine produces a direct current which travels through the skin across two electrodes. The galvanic current produces a chemical effect within the skin. Used in skin and body treatments to introduce cosmetic products into the intact skin (iontophoresis), or for deep skin cleansing (desincrustation)
General Anaesthesia	General anaesthesia is a medically induced coma with loss of protective reflexes, resulting from the administration of one or more general anaesthetic agents Provided by an Anaesthetist in theatre.
Heat therapy	Also called thermotherapy, is the use of heat or different temperatures in therapies. It can be used to improve a wide range of conditions from relaxation to pain relieve. Thermal therapy often includes bathing in thermal spring water or at thermal spas. It can take the form of a hot cloth, hot water bottle, ultrasound, heating pad, hydrocollator packs, whirlpool baths, heat therapy wraps, Infra-Red Lamps and others. It can be beneficial to those with arthritis and stiff muscles and injuries to the deep tissue of the skin.
High Frequency current	The current alternates so rapidly that it does not stimulate motor or sensory nerves. It has a frequency of 20 000 Hz per second and termed an oscillating current. Two treatment methods, direct application and indirect application offering different effects on the skin.
HPCSA	Health Professions Council of South Africa

Injection	The act of putting a liquid, especially a drug, into a person's body using a needle and a syringe.
Invasive procedure	A medical procedure that invades (enters) the body, usually by cutting or puncturing the skin or by inserting instruments into the body.
Local Anaesthesia	An anaesthetic injected by a medical practitioner for localised anaesthesia
LIGHT BASED THERAPY	
Laser LIGHT AMPLIFICATION BY STIMULATED EMISSION RADIATION	A device that emits light through a process of optical amplification based on the stimulated emission of electromagnetic radiation. Laser uses a specific wavelength of light to target chromophores in the skin. This single wavelength allows precise targeting within the tissue without causing damage to the surrounding tissue. Chromophores that can be targeted with laser includes melanin, haemoglobin, water, protein, and tattoo ink.
Intense pulse light (IPL)	IPL (400-1200 nm) devices use flash lamps and band pass filters to produce polychromatic incoherent high intensity pulsed light of specific wavelength spectrum, fluency, and pulse duration. A technology used by cosmetic and medical practitioners to perform various skin treatments for aesthetic and therapeutic purposes, including hair removal, photo rejuvenation (e.g. the treatment of skin pigmentation, sun damage, and thread veins) as well as to alleviate dermatologic diseases such as acne.
Light-emitting diode (LED)	A two-lead semiconductor light source. It is a p-n junction diode that emits light when activated. LEDs are typically small (less than 1 mm ²) and integrated optical components may be used to shape the radiation pattern. LED releases light onto the skin to stimulate specific responses at the correct depths of the skin. LED therapy increases cellular adenosine triphosphate (ATP), promoting fibroblast activity which would lead to the stimulation of collagen and elastin proliferation. This treatment is commonly used to treat mild to moderate acne, redness caused by inflammation from laser therapies, promote wound healing and skin conditions associated with the photo damaged skin
Photodynamic therapy (PDT)	A form of phototherapy involving light and a photosensitizing chemical substance, used in conjunction with molecular oxygen to elicit cell death (phototoxicity). PDT has proven ability to kill microbial cells, including bacteria, fungi and viruses. PDT is popularly used in treating acne.
Laser ablation	The process of removing material from a solid (or occasionally liquid) surface by irradiating it with a laser beam. Usually, laser ablation refers to removing material with a pulsed laser, but it is possible to ablate material with a continuous wave laser beam if the laser intensity is high enough. Excimer lasers of deep ultra-violet light are mainly used in photoablation; the wavelength of laser used in photoablation is approximately 200 nm.
Manual Lymph drainage (MLD)	A type of massage based on preliminary evidence which is hypothesized to encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. MLD improves lymph flow, microcirculation, and oxygen supply to the cells, reducing oedema and pain. This method can be applied to any area of the body and can effectively be used in the management of post-procedure oedema
Medical devices	Means any instrument, appliance, material, machine, apparatus, implant, or diagnostic reagent- <ul style="list-style-type: none"> a) Used or purporting to be suitable for use or manufactured or sold for use in <ul style="list-style-type: none"> i. The diagnosis, treatment, mitigation, modification, monitoring or prevention of disease, abnormal physical or mental states of the symptoms thereof; or ii. restoring, correcting, or modifying any somatic or psychic or organic function; or iii. the diagnosis or prevention of pregnancy, and which does not achieve its purpose through chemical, pharmacological, immunological, or metabolic means in or on the human body but which may be assisted in its function by such means; or <p>Declared by the Minister by notice in the Gazette to be a medical device and includes any part of an accessory of a medical device.</p>

Mesotherapy	A non-surgical cosmetic medicine treatment that employs multiple injections of pharmaceutical and homeopathic medications, plant extracts, vitamins, and other ingredients into subcutaneous fat. Tiny quantities of active ingredients specific to the condition being treated are delivered directly into the mesoderm by micro injections. Active ingredients that are highly beneficial to the skin are then directly injected into the areas of concern. A variety of conditions can be treated depending on the active ingredients used. The primary application of mesotherapy was intended to induce lipolysis for local fat reduction and cellulite
Microcurrent	A popular treatment for aging skin, using low level electrical current to trigger the body's natural skin enhancement chemicals at a cellular level. Repairs damaged skin and stimulate collagen and elastin, providing firming and toning benefits to the skin. Also used by alternative medical practitioners for injury recovery.
Microdermabrasion	Microdermabrasion works by abrading the skin using crystals blown onto the skin at a high speed, or a diamond head. The used crystals and keratinised skin cells are removed from the skin simultaneously using a vacuum. The skin then undergoes a wound healing process, which then stimulates the improvement of the skin with minimal epidermal damage. Microdermabrasion has been effectively applied in the treatment of Scars, Wrinkles, Enlarged pores, Photodamage and Post inflammatory hyperpigmentation
Micro needling	Micro needling is a minimally invasive treatment involving the use of a device that contains fine needles used to puncture the skin to create a controlled skin injury. Needle sizes vary from 0.5mm to 3.0mm in length, creating channels in the skin, triggering wound healing and subsequent production of new collagen and elastin. This will result in subsequent improvement in skin texture and firmness, improvement in scars, pore size and stretch marks A thorough understanding of the condition being treated, and the wound healing process is required to perform this treatment safely and effectively. Advanced training is required to master the technique. Also referred to as Collagen Induction Therapy (CIT)
Microplaning/ Microblading	A manual method of Permanent make-up using exceptionally fine nano needles closely clustered together to resemble a blade which creates hair like structures in the form of a tattoo into the skin. Mainly used for eyebrows but can be used for lip colour and eyeliners.
Minimally invasive procedure	A medical procedure that invades (enters) the body, usually by cutting or puncturing the skin or by inserting instruments into the body with the least damage possible
Neuromodulators	Neuromodulators are wrinkle-relaxing injections of botulinum toxin commercially known as Botox, Dysport or Xeomin, used to treat wrinkles, frown lines, and crow's feet. A minute amount of the neuromodulator is injected directly into the underlying muscle, causing it to relax and gradually smooth out the appearance of the overlying skin
Non-invasive procedure	A conservative treatment that does not require incision into the body or removal of tissue.
PCASA	Permanent Cosmetic Association of South Africa
Pigment implantations	Most commonly called permanent make-up, but also known as permanent cosmetics derma-pigmentation, micro-pigmentation, and cosmetic tattooing, microblading, micro-planning. Permanent makeup is a cosmetic technique which employs tattoos (permanent pigmentation of the dermis) as a means of producing designs that resemble makeup, such as eyeliner and other permanent enhancing colours to the skin of the face, lips, and eyelids. It is also used to produce artificial eyebrows, particularly in people who have lost them as a consequence of old age, disease, such as alopecia totalis, chemotherapy, or a genetic disturbance, and to disguise scars and white spots in the skin such as in vitiligo. It is also used to restore or enhance the breast's areola, such as after breast surgery.
Plasma Technology	The use of plasma technology, where a gas turns into plasma (a 4 th state of matter) to remove superficial skin lesions and to firm and tighten rhytides, deep wrinkles and superficial lines.
Platelet rich plasma (PRP)	A concentrate of platelet-rich plasma protein derived from whole blood, centrifuged to remove red blood cells. Evidence for benefit is poor. As a concentrated source of blood plasma and autologous conditioned plasma, PRP contains several different growth factors and other cytokines.

Podiatry/Chiropody	Covers the treatment of foot disorders and specifically involves the use of cutting instruments, the removal of growths on the foot and the correction of foot deformities.
Radio Frequency	Radiofrequency (RF) energy is based on alternating energy waveforms that produce localized, non-specific heat into the epidermis and dermis. Effectively used for skin tightening, skin rejuvenation, body contouring and cellulite reduction.
SAHPRA	South African Health Products Regulatory Authority
Sclerotherapy	A procedure used to treat blood vessels or blood vessel malformations (vascular malformations) and also those of the lymphatic system. A medicine is injected into the vessels, which makes them shrink. In adults, sclerotherapy is often used to treat spider veins, smaller varicose veins.
Skin peeling	Chemical peels involve the application of a chemical agent causing exfoliation of the skin and the regrowth of new skin, leading to skin rejuvenation. A controlled partial-thickness injury to the skin is created, resulting in the wound healing process assisting the regeneration of epidermal tissue. Chemical peels can be divided into three categories depending on their depth of penetration: <ul style="list-style-type: none"> - Superficial chemical peelings - Medium depth chemical peelings - Deep chemical peelings
Somatologist	A therapist who completed a three-year formal qualification focusing on the scientific study of the human body, including anatomy and physiology, physics, chemistry, nutrition, and biotics. Treatments performed by a Somatologist include beauty treatments, complete skin, and body treatments with a holistic approach towards clients and the inclusion of complementary therapies.
Threading	A method of hair removal for a cosmetic purpose (particularly for removing/shaping eyebrows).
Tissue Dermal fillers	Dermal fillers are gel-like substances that are injected beneath the skin to restore lost volume, smooth lines, and soften creases, or enhance facial contours. There are a variety of FDA approved filler products which are categorised by the substance they are made from i.e., Hyaluronic Acid (HA), Calcium Hydroxylapatite (CaHa) etc.
Topical Anaesthesia	An application of a non-injectable medium/product to numb the surface of a body part.
Ultrasound	High frequency sound moves with frequencies above the range of human hearing.
UV radiation	Electromagnetic radiation with a wavelength from 10 nm to 400 nm, shorter than that of visible light but longer than X-rays. UV radiation is present in sunlight constituting about 10% of the total light output of the Sun. It is also produced by electric arcs and specialized lights, such as mercury-vapor lamps, tanning lamps, and black lights. Although long-wavelength ultraviolet is not considered an ionizing radiation because its photons lack the energy to ionize atoms, it can cause chemical reactions and causes many substances to glow or fluoresce. Consequently, the chemical and biological effects of UV are greater than simple heating effects, and many practical applications of UV radiation derive from its interactions with organic molecules.
Waxing	The removal of the hair completely from the follicle.

5. PROFESSIONAL RESPONSIBILITY

Therapist to their client/patient

- 5.1 Polite, honest, and objective professional behaviour.
- 5.2 Ensure hygienic conditions – cleanliness of therapist and their working environment.
- 5.3 Take a full medical history including screening for client/patient for relevant contra-indications.
- 5.4 Ensure correct application and protection of client/patient against harmful use of all technology, tools and products that fall within your scope of practise for which you are trained.
- 5.5 Modesty and privacy of client/patient during treatments.
- 5.6 Only perform treatments within the scope of practice of an Advanced Aesthetic Therapist for which you are trained.

Client/patient

- 5.7 To take care of his or her own health.
- 5.8 To care for and protect the environment.
- 5.9 To respect the rights of other clients/patients and healthcare providers.
- 5.10 To utilise the healthcare system properly and not to abuse it.
- 5.11 To know his or her local health services and what they offer. To provide healthcare providers with relevant and accurate information for diagnostic, treatment, rehabilitation, or counselling purposes.
- 5.12 To advise healthcare providers of his or her wishes regarding his or her death.
- 5.13 To comply with the prescribed treatment or rehabilitation procedures.
- 5.14 To enquire about the related costs of treatment and/or rehabilitation and to arrange for payment.
- 5.15 To take care of the health records in his or her possession.

6. GENERAL ETHICAL GUIDELINES

- 6.1 Being registered with SAAHSP confers on us the right and privilege to practise our professions. Therapists have moral or ethical duties to others and society.
- 6.2 The general ethical guidelines contain value-oriented principles and express honourable ideals to which members of SAAHSP should subscribe in terms of their conduct
- 6.3 Specific ethical guidelines are derived from the general ethical guidelines, and they attempt to offer precise guidance and direction for action.
- 6.4 These guidelines are conceived as an entity of ethical requirements but is not in its totality all covered and hence open to continuous reviews and additions as times and practice arena changes world over.
- 6.5 The Advanced Aesthetic therapist is required to have Professional Indemnity Insurance.

7. FUNDAMENTAL PRINCIPLES UNDERPINNING THE CODE OF PROFESSIONAL CONDUCT, ETHICS & GOOD PRACTISE

- 7.1 Respect for persons: Therapist should respect clients/patients as persons, and acknowledge their intrinsic worth, dignity, and sense of value.
- 7.2 Best interests or well-being: Non-maleficence: Therapist should not harm or act against the best interests of patients, even when the interests of the latter conflict with their own self-interest.
- 7.3 Best interest or well-being: Beneficence: Therapist should act in the best interests of patients even when the interests of the latter conflict with their own personal self-interest.
- 7.4 Human rights: Therapist should recognise the human rights of all individuals.
- 7.5 Autonomy: Therapist should honour the right of patients to self-determination or to make their own informed choices, and to live their lives by their own beliefs, values, and preferences.
- 7.6 Integrity: Therapist should incorporate these core ethical values and standards as the foundation for their character and practise as responsible healthcare professionals.
- 7.7 Truthfulness: Therapist should regard the truth and truthfulness as the basis of trust in their professional relationships with patients.
- 7.8 Confidentiality: Therapist should treat personal or private information as confidential in professional relationships with patients - unless overriding reasons confer a moral or legal right to disclosure.
- 7.9 Compassion: Therapist should be sensitive to and empathise with the individual and social needs of their patients and seek to create mechanisms for providing comfort and support where appropriate and possible.
- 7.10 Tolerance: Therapist should respect the rights of people to have different ethical beliefs as these may arise from deeply held personal, religious, or cultural convictions.
- 7.11 Justice: Therapist should treat all individuals and groups in an impartial, fair, and just manner.
- 7.12 Professional competence and self-improvement: Therapist should continually endeavour to attain the highest level of knowledge and skills required within their area of practice.
- 7.13 Community: Therapist should strive to contribute to the betterment of society in accordance with their professional abilities and standing in the community.

8. SPIRIT OF PROFESSIONAL GUIDELINES

In enforcing the Code of Ethics is trying to prevent improper practice being performed, irresponsible advertising and unethical behaviour, we depend upon the co-operation of all Advanced Aesthetic Therapist. If Advanced Aesthetic Therapist learn of breaches of the Code or know of establishments permitting activities lowering the status of the Advanced Aesthetic Therapist treatment work and bringing figure treatment work into disrepute then they should report, in writing, such matters to the Board. These reports will be treated in the strictest confidence.

9. KNOWLEDGE AND SKILLS

The Advanced Aesthetic Therapist should:

- 9.1 Maintain and improve their standards of performance and expertise by keeping their professional knowledge and skills up to date throughout working life, regularly taking part in educational activities that enhance their services. This will be monitored through CPD.
- 9.2 Acknowledge at all times the limits of their professional knowledge and competence.
- 9.3 Observe and keep up to date with the laws that affect professional practice in general.

10. CODE OF ETHICS

All Advanced Aesthetic Therapist shall abide by the Scope of Practice and ensure to the code of practice as follows:

- 10.1 Will confine his/her practice to the field set out in the definition of an Advanced Aesthetic Therapist contained in this Code of Practice.
- 10.2 Shall NOT undertake treatments which are beyond the scope of their professional education, training, and experience.
- 10.3 Shall in all cases beyond the field of Advanced Skin Therapies specified in this Code of Ethics, advise the client/patient to consult a medical practitioner.
- 10.4 Will incur an obligation to uphold the dignity and honour of the profession, to exalt its standing and to extend its usefulness to the public. The conduct of therapist shall always be both becoming and credible to the profession.
Unprofessional conduct can lead to cancellation of designation membership.
- 10.5 Shall always be ready and willing to assist fellow therapists/practitioners.
- 10.6 All information will be treated as confidential according to the POPI. Good records should be maintained so that continuity of client/patient care is possible and case history information can be made available to another "therapist", only where written informed consent to share information was obtained. Records should include updated progress reports and records or any referrals by Advanced Aesthetic Therapist/practitioners and should be capable of being understood by any other therapist taking over or assisting in the care of the client/patient. Record cards are the property of the practice/salon and not the therapists. These records must be kept and retained for further reference and history of treatments. According to the HPCSA, dormant records should be kept for no less than 6 years.
- 10.7 Must obtain consent from client/patient before taking pre and post photography as evidence of effectiveness of treatments. Picture of client/patient may be used for advertising or publicity purposes ONLY when the client/patient has given written consent unless the prior consent of client/patient is obtained.
- 10.8 Members belonging to the Professional body who have paid their annual membership will be entitled to display the association logo. Trademark rules apply.
- 10.9 Working with a medical professional shall show mutual respect and follow guidelines, working within their scope of practice and ethical conduct. The ultimate responsibility lies with the medical professional. Clear communication between the Advanced Aesthetic Therapist and medical professional is essential.
- 10.10 As per the constitution - In recognising the unique nature of the individual, an Advanced Aesthetic Therapist shall have respect for all religious, spiritual, political, and social views irrespective of race, colour, creed, or sex.
- 10.11 Shall endeavour to continually update their knowledge and to learn about new developments and technology, by attending workshops and attending regular CPD Activities (Continual Professional Development).
- 10.12 Failure to comply with any conduct determined in the scope of practise or any annexure to the document shall constitute an act or omission in respect which the Board concerned may take disciplinary steps as per Disciplinary policy.
- 10.13 Conduct determined in the scope of practise shall not be deemed to constitute a complete list of conduct and the board concerned may therefore inquire into and deal with any complaint of unprofessional conduct which may be brought before such board.

11. SCOPE OF PRACTICE

A qualified or designated Beauty Technologist NOT ALLOWED

A qualified or designated Beauty Therapist that has worked for a minimum of two years AND has acquired additional training equating to an additional one-year advanced skin therapies may perform the treatments so specified in the advance skin therapist scope. MINIMUM 5 YEARS IN RELEVANT ENVIRONMENT.

A qualified or designated Somatologists with the required evidence of training in advanced skin therapies may perform the treatments so specified in the Advanced Aesthetic Therapist scope. MINIMUM OF 3 YEARS IN A RELEVANT ENVIRONMENT.

It is within the scope of practice of an Advanced Aesthetic Therapist to perform selected medical aesthetic procedures on the appropriate client population. Selected medical aesthetic procedures shall be performed under the supervision of a medical aesthetic practitioner who has medical/surgical training and possesses specific knowledge, skills, and abilities in medical aesthetics/cosmetic procedures.

Supervision can be defined as the direct and periodic consultation provided to an individual to whom a patient care activity is delegated.

The following are treatments that an Advanced Aesthetic Therapist may perform. All the below mentioned treatments may be provided by the therapist who has undertaken training in the use of the treatments/devices and can show competency.

A three-tiered system of classification based on the risk to the patient/client is advised to define the scope of practice for the Advanced Aesthetic Therapist:

- Level 1 Procedures either cosmetic in nature or minimally invasive and may be performed without medical supervision.
- Level 2 Procedures are intermediate in nature and may be performed with a consulting medical practitioner, without direct medical supervision.
- Level 3 Procedure may only be performed under direct medical supervision. Dr needs to be onsite.

(Medical supervision – medical practitioner must be on the premises when treatments are performed.)

LEVEL 1	LEVEL 1	LEVEL 2	LEVEL 3	OUTSIDE SCOPE OF PRACTICE
Electricity Examples				
Galvanic Current	X			
High Frequency	X			
Microcurrent	X			
Ultrasound for Aesthetic procedures	X			
Exfoliation/Skin Peeling				
Exfoliation (non-invasive)	X			
Microdermabrasion	X			
Dermaplane	X			
Chemical Peeling – very superficial depth	X			
Chemical Peeling – superficial depth	X			
Chemical Peeling – medium depth		X		
Chemical Peeling – deep depth (dermal tissue)			X	
Hair Removal/Reduction				
Electrical Epilation – Diathermy	X			
Electrical Epilation – Blend	X			
Waxing	X			
Threading	X			
IPL	X			
Laser	X			

Skin Rejuvenation				
Laser – Non-ablative Treatment of Skin (e.g., brown spots, pigmentary disorders, facial vessels & redness, tattoos)	X			
Laser - Ablative				X
Laser - Fractional			X	
IPL	X			
Micro needling 0.25mm – 1mm (Epidermal)	X			
Micro needling up to 2mm (Epidermal and Dermal)		X		
PRP with micro needling (see other)		X		
Needleless mesotherapy	X			
Mesotherapy – Transdermal				X
Body Sculpting				
Radio Frequency	X			
Radio Frequency – Monopolar		X		
Radio Frequency – Vaginal rejuvenation		X		
Shockwave therapy				
Suction therapy	X			
Cryotherapy – without liquid nitrogen		X		
LED	X			
PDT using ALA (Aminolaevulinic Acid)			X	
Injectables				
Neuromodulators				X
Tissue Dermal Fillers				X
Sclerotherapy				X
Platelet Rich Injectables				X
Other				
Minor skin lesion removal (non surgical)		X		
Plasma devices			X	
Plasma devices minor skin lesion removal			X	
Non-surgical Blepharoplasty				X
Pigment implantations	X			
Application of topical anaesthetic (up to 5% lidocaine)	X			
Application of topical anaesthetic (up to 15% lidocaine)		X		
Application of topical anaesthetic (higher than 15% lidocaine)			X	
Injecting Anaesthetic				X
IV drips				X
Taking blood for PRP				X
Extractions	X			
Capillary treatments with diathermy method	X			
Acupuncture/Dry needling				X
Podiatry/Chiropractic				X
Skin Procedures involving cutting of living tissue				X
Sun bed	X			
Removal of warts and moles				X
Treatment of varicose veins				X
Heat therapy	X			
Manual Lymph Drainage	X			
Carboxytherapy			X	