Overview

This unit is about the skills involved in providing Indian Head Massage treatment. The ability to adapt massage techniques to suit individual client needs and the environment in which the message takes place is a crucial requirement. The ability to perform Indian Head Massages with and without the use of oils also required.

To carry out this unit you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance, hygiene and good communication with the client.

The main outcomes of the unit are:

1. maintain safe and effective methods of working when providing indian head massage treatment
2. consult, plan and prepare for treatments with clients
3. perform indian head massage
4. provide aftercare advice
Performance criteria

You must be able to:

P1 maintain safe and effective methods of working when providing Indian head massage by

P1.1 setting up and monitoring the treatment area to meet organisation procedures and manufacturers' instructions

P1.2 making sure that environmental conditions are suitable for the client and the treatment

P1.3 ensuring your personal hygiene, protection and appearance meets accepted industry and organisational requirements

P1.4 ensuring that your nails are short, clean, well manicured and free of polish

P1.5 effectively disinfecting your hands prior to and after treatment

P1.6 ensuring your own posture and position minimises fatigue and risk of injury whilst working

P1.7 ensuring all tools and equipment are cleaned using the correct methods

P1.8 positioning equipment and massage medium for ease and safety of use

P1.9 ensuring the client is in a comfortable and relaxed position suitable for the treatment

P1.10 maintaining accepted industry hygiene and safety practices throughout the treatment

P1.11 adopting a positive, polite and reassuring manner towards the client throughout the treatment

P1.12 maintaining the client's modesty, privacy and comfort at all times

P1.13 disposing of waste materials safely and correctly

P1.14 ensuring the treatment is cost effective and is carried out within a commercially viable time

P1.15 ensuring client record cards are up-to-date, accurate, complete, legible and signed by the client and practitioner

P1.16 leaving the treatment area in a condition suitable for future treatments

P2 consult, plan and prepare for treatments with clients by

P2.1 using consultation techniques in a polite, sensitive and friendly manner to determine the client's treatment needs

P2.2 ensuring that informed and signed parent or guardian consent is obtained for minors prior to any massage treatment

P2.3 ensuring that a parent or guardian is present throughout the massage treatment for minors under the age of 16

P2.4 clearly explaining to the client what the treatment entails in a way they can understand
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P2.5 using suitable consultation techniques to identify your client's medical history, physical characteristics and life style pattern
P2.6 asking your client appropriate questions to identify if they have any contra-indications to massage treatments
P2.7 accurately recording your client's responses to questioning
P2.8 actively encouraging clients to ask questions and clarify any points
P2.9 taking the necessary action in response to any identified contra-indications
P2.10 ensuring client advice is given without reference to a specific medical condition and without causing undue alarm and concern
P2.11 clearly explaining and agreeing the projected cost, likely duration and frequency treatment needed
P2.12 agreeing in writing the client's needs, expectations and treatment objectives, ensuring they are realistic and achievable
P2.13 adapting client preparation procedures to suit the environment in which the massage is to be undertaken
P2.14 ensuring that clothing, hair and accessories are effectively protected or removed
P2.15 selecting suitable resources and massage medium, if required, to meet the treatment objectives

P3 perform Indian head massage by
P3.1 providing suitable support and cushioning to specific areas of the body during the treatment if necessary
P3.2 adapting your massage techniques, sequence and use of massage medium to meet the client's physical characteristics and treatment area(s)
P3.3 effectively varying the depth, rhythm and pressure of massage movements to meet treatment objectives, treatment area(s) and client's physical characteristics and preferences
P3.4 ensuring that correct breathing techniques are co-ordinated with that of the client
P3.5 ensuring the application and use of massage medium minimises waste, when used
P3.6 taking appropriate and prompt remedial action if contra-actions or discomfort occur during the course of treatment
P3.7 allowing the client sufficient post-treatment recovery time
P3.8 ensuring the finished result is to the client's satisfaction and meets the agreed treatment objectives

P4 provide aftercare advice
P4.1 giving advice and recommendations accurately and constructively
P4.2 giving your clients suitable advice specific to their individual needs
Knowledge and understanding

You need to know and understand:

**Organisational and legal requirements**

K1 your responsibilities under current health and safety legislation, standards and guidance, eg the Care Standards Act, the Health & Safety at Work Act (and any other relevant legislation)

K2 your responsibilities under local authority licensing regulations for yourself and your premises

K3 the importance of not discriminating against clients with illnesses and disabilities and why (eg Disability Discrimination Act)

K4 the age at which an individual is classed as a minor and how this differs nationally

K5 why minors should not be given treatments without informed and signed parental or guardian consent

K6 why it is important, when treating minors under the age of 16, to have a parent present

K7 the legal significance of gaining signed, informed client consent to treatment

K8 manufacturer’s and organisational requirements for waste disposal

K9 the importance of the correct storage of client records in relation to the Data Protection Act

K10 how to complete the client records used in your organisation and the importance of and reasons for keeping records of treatments and gaining client signatures

K11 your responsibilities and reasons for maintaining your own personal hygiene, protection and appearance according to accepted industry and organisation requirements

K12 the organisation’s requirements for client preparation

K13 your organisation’s service times for Indian Head Massage and the importance of completing the service in a commercially viable time

K14 your organisation’s requirements for treatment area maintenance

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You need to know and understand:

**How to work safely and effectively when providing Indian Head Massage**

K15 how to set up the work area for Indian Head Massage

K16 the necessary environmental conditions for Indian Head Massage (including lighting, heating, ventilation and general comfort) and why these are important

K17 the importance and reasons for disinfecting hands and how to do this effectively

K18 how to position yourself and the client for Indian Head Massage taking into account individual physical characteristics

K19 what is repetitive strain injury (RSI), how it is caused and to avoid developing it when delivering massage treatments
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**You need to know and understand:**

### Client consultation

K20 the importance of adopting the correct posture throughout the treatment and the impact this may have on yourself and the outcome of the treatment

K21 reasons for maintaining client modesty, privacy and comfort during the treatment

K22 why it is important to maintain standards of hygiene and the principles of avoiding cross-infection

K23 how to minimise and dispose of waste from treatments

**Preparation for treatment**

K39 the importance of giving clients clear instructions on the removal of relevant clothing, accessories and general preparation for the treatment

K40 why it is important to reassure clients during the preparation process whilst also maintaining the client's modesty and privacy

K41 how to select the appropriate massage oil suitable for skin, scalp and hair type and condition

K42 how and when to adapt client preparation when working in different environments (eg cleansing the face, suitable positioning of the client
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You need to know and understand:

**Anatomy and physiology**
K43 how to practically and mentally prepare yourself for carrying out the treatment
K44 the structure and function of muscles, including the types of muscles (ie voluntary and involuntary) within the treatment areas
K45 the positions and actions of the main muscle groups within the treatment areas
K46 the position and function of the primary bones and joints of the skeletal system within the treatment areas
K47 how to recognise postural faults and conditions within the treatment areas (eg kyphosis, scoliosis)
K48 the structure, function and location of blood vessels and the principles of circulation, blood pressure and pulse within the treatment areas
K49 the interaction of lymph and blood within the circulatory system
K50 the structure and function of the lymphatic system
K51 the position and function of the sinuses
K52 the basic principles of the central nervous system and autonomic system
K53 the basic principles of the endocrine and respiratory systems
K54 the structure and function of skin (ie the layers of the epidermis, the dermis, subcutaneous layer, including connective tissues, nerve endings, sweat glands, sebaceous glands, capillaries and hairs)
K55 the skin characteristics and skin types of different ethnic client groups
K56 the effects of Indian Head Massage on the individual systems of the body
K57 the physical and psychological effects of Indian head massage

You need to know and understand:

**Contra-indications and contra-actions**
K58 those contra-indications that prevent treatment and why (eg during chemotherapy and radiotherapy, skin diseases and disorders, hair and scalp disorders etc)
K59 those contra-indications which may restrict treatment or where caution should be taken, in specific areas and why (eg diabetes, epilepsy, high and low blood pressure, product allergies, sebaceous cysts, eczema, acne, any medical condition with specialist or general practitioner approval etc)
K60 possible contra-actions which may occur during and post treatment and how to deal with them (eg light-headedness, headache)

You need to know and understand:

**Indian head massage mediums**
K61 how to store and maintain Indian head massage mediums in a safe and hygienic manner (eg in date and away from light and heat) and why this is important
K62 how to use Indian head massage mediums safely and effectively
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You need to know and understand:

**Treatment specific knowledge**
- K63 the types of Indian head massage oils available and their beneficial properties (e.g., mustard, coconut, olive, and sesame)

- **You need to know and understand:**
  - key aspects of the origins and traditions of Indian head massage
  - the basic principles of Ayurveda
  - principles of body, mind, and spiritual well-being
  - the principles and practices of marma (pressure) points application (of which 37 are in the treatment area) and their purpose
  - the principles and practices of the 7 primary chakras and their importance in relation to the Indian head massage treatment
  - the importance of getting the client to remove their shoes before treatment
  - why it is important to maintain correct posture during Indian head massage and complete your own stretching exercises to prevent repetitive strain injury
  - the correct use and application of Indian head massage techniques to meet a variety of treatment objectives, including those in the range
  - how to adapt the Indian head massage sequence, depth, and pressure to suit different client physical characteristics, areas of the body, and preferences
  - why effective client breathing is necessary prior to starting the treatment
  - how your own breathing techniques can enhance the effectiveness of the treatment process (e.g., to maintain stamina and concentration)
  - the advantages of Indian head massage
  - how and why support and cushioning would be used during the treatment
  - the importance of evaluating the effectiveness of Indian Head Massage treatments
  - why it is important to give post-treatment advice
  - the benefits of a course of treatment

**Aftercare advice for clients**
- K80 the lifestyle factors and changes that may be required to improve the effectiveness of the treatment
- K81 post-treatment restrictions and future treatment needs
- K82 products for home use that will benefit the client and those to avoid and why
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Additional Information

**Scope/range related to performance criteria**

1. **Consultation techniques** are
   1.1. questioning
   1.2. visual
   1.3. manual
   1.4. reference to client records

2. **Physical characteristics** are
   2.1. posture
   2.2. muscle tone
   2.3. age
   2.4. health
   2.5. skin condition
   2.6. hair condition
   2.7. scalp condition

3. **Necessary action should be**
   3.1. encouraging the client to seek medical advice
   3.2. explaining why the treatment cannot be carried out
   3.3. modification of treatment

4. **Treatment objectives** are
   4.1. relaxation
   4.2. sense of wellbeing
   4.3. uplifting
   4.4. improvement of hair and scalp condition

5. **Massage techniques** are
   5.1. effleurage
   5.2. petrissage
   5.3. tapotement
   5.4. friction
   5.5. marma (pressure) points

6. **Treatment areas** are
   6.1. face
   6.2. head
   6.3. chest and shoulders
   6.4. arms and hands
   6.5. back
   6.6. chakras
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7. **Advice** covers
   7.1. avoidance of activities which may cause contra-actions
   7.2. future treatment needs
   7.3. modifications to lifestyle patterns
   7.4. suitable home care products and their use
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