
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

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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

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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

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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- 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

You need to know and understand:

Client consultation

- K24 why it is important to encourage and allow time for clients to ask questions
- K25 how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, age, disabilities and gender for this treatment
- K26 the importance of questioning clients to establish any contra-indications to Indian Head Massage
- K27 why it is important to record client responses to questioning
- K28 the legal significance of client questioning and recording the client's responses
- K29 how to give effective advice and recommendations to clients
- K30 how to visually assess the physical characteristics in the range
- K31 how to assess posture and skeletal conditions that may be present and how to adapt and change the massage routine
- K32 how to recognise different skin types and conditions
- K33 how to recognise different scalp conditions and hair types
- K34 the reasons why it is important to encourage clients with contra-indications to seek medical advice
- K35 the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice
- K36 why it is important to maintain client's modesty, privacy and comfort
- K37 relationship between lifestyle patterns and effectiveness of treatment
- K38 the beneficial effects which can result from changes to the client's lifestyle pattern (eg dietary and fluid intake, exercise habits, smoking habits, sleep patterns, hobbies, interests and means of relaxation)

You need to know and understand:

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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etc)

K43 how to practically and mentally prepare yourself for carrying out the treatment

You need to know and understand:

Anatomy and physiology

- 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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K63 the types of Indian head massage oils available and their beneficial properties (eg mustard, coconut, olive and sesame)

You need to know and understand:

Treatment specific knowledge

K64 key aspects of the origins and traditions of Indian head massage

K65 the basic principles of Ayurveda

K66 principles of body, mind and spiritual well-ness

K67 the principles and practices of marma (pressure) points application (of which 37 are in the treatment area) and their purpose

K68 the principles and practices of the 7 primary chakras and their importance in relation to the Indian head massage treatment

K69 the importance of getting the client to remove their shoes before treatment

K70 why it is important to maintain correct posture during Indian head massage and complete your own stretching exercises to prevent repetitive strain injury

K71 the correct use and application of Indian head massage techniques to meet a variety of treatment objectives, including those in the range

K72 how to adapt the Indian head massage sequence, depth and pressure to suit different client physical characteristics, areas of the body and preferences

K73 why effective client breathing is necessary prior to starting the treatment

K74 how your own breathing techniques can enhance the effectiveness of the treatment process (eg to maintain stamina and concentration)

K75 the advantages of Indian head massage

K76 how and why support and cushioning would be used during the treatment

K77 the importance of evaluating the effectiveness of Indian Head Massage treatments

K78 why it is important to give post-treatment advice

K79 the benefits of a course of treatment

You need to know and understand:

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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Developed by SkillsActive

Version number 1

Date approved June 2009

Indicative review date June 2011

Validity Current

Status Original

Originating organisation Habia

Original URN BT B23

Relevant occupations Retail and commercial enterprise; Service enterprises; Personal Service Occupations; Hairdressers and Related Occupations

Suite Beauty Therapy 2009

Key words providing, massage techniques, oils