



Higher National Unit specification

General information for centres

Unit title: Indian Head Massage

Unit code: DN6L 33

Unit purpose: This Unit is designed to provide candidates with the knowledge and skills to plan and effectively carry out Indian Head Massage treatments through consultation, appropriate massage techniques and after and home care advice. This Unit is suitable for candidates following a career in Beauty Therapy or Complementary Therapies.

On completion of the Unit, the candidate should be able to:

1. Consult with clients to develop appropriate Indian Head Massage treatment plans.
2. Prepare for and perform safe and effective Indian Head Massage treatments.
3. Evaluate the effectiveness of the treatments.

Credit points and level: 1 HN Credit at SCQF level 6: (8 SCQF credit points at SCQF level 6*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: It would be beneficial if candidates had achieved an HN Unit: Anatomy and Physiology or equivalent.

Core Skills: There may be opportunities to gather evidence towards Core Skills in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: This is an optional Unit in the framework for HND in Beauty Therapy and HND in Complementary Therapies. If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: This Unit lends itself to holistic assessment. Candidates will be assessed through practical demonstrations. Consultations will take place with three clients requiring different treatments and treatment plans will be devised. Candidates will be observed preparing for and carrying out the treatments. Evaluation of the treatments and aftercare advice is also required.

Written case studies/notes for each of the clients will be used to support the observation checklists.

Higher National Unit specification: statement of standards

Unit title: Indian Head Massage

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Consult with clients to develop appropriate Indian Head Massage treatment plans.

Knowledge and/or Skills

- ◆ Client details are obtained and accurately recorded
- ◆ Recognition and explanation of contra-indications specific to Indian Head Massage treatments
- ◆ Effects of Indian Head Massage treatments
- ◆ Indian Head Massage treatment plans are devised and agreed with the client

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ gather clear and accurate client details in a sympathetic and empathic manner, using different consultation techniques — questioning and visual
- ◆ identify and explain through observation and questioning the presence of general, special care and specific contra-indications to Indian Head Massage treatments
- ◆ explain the effects of Indian Head Massage treatments in relation to client's physical, physiological or psychological requirements
- ◆ determine client's requirements from treatment and agree a plan

Evidence should be generated through practical assessments and observation of candidate consulting with three clients. Clients will have differing physical, physiological and psychological requirements of the treatments. Observation checklists will be used to record evidence. Candidates should make precise notation of evidence of consultation and maintain accurate client records to be included in case studies.

A written assessment combining Outcomes 1-3 will require correct responses to underpinning knowledge from candidate outlined in Evidence Requirements, where observation is not available to cover the full range. This assessment should be closed-book, undertaken in controlled conditions.

Assessment Guidelines

It is recommended that the assessment of this Outcome is combined with that for Outcomes 2 and 3. Further guidance is given after Outcome 3.

Higher National Unit specification: statement of standards (cont)

Unit title: Indian Head Massage

Outcome 2

Prepare for and perform safe and effective Indian Head Massage treatments.

Knowledge and/or Skills

- ◆ prepare treatment environment, working area and products in accordance with health and safety legislation
- ◆ prepare and perform treatment ensuring client and therapist are positioned correctly
- ◆ treatment is performed in correct sequence and within reasonable timescale
- ◆ maintenance of client care, comfort and relaxation throughout the treatment

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ Prepare treatment environment, working area and equipment correctly, understanding principles and procedures to avoid cross-infection and mandatory health and safety legislation. Equipment should include chair, trolley, medium, bowl, towels and support.
- ◆ Prepare client correctly for Indian Head Massage and ensure their comfort, privacy and relaxation throughout the treatment. Candidate must be aware of their own posture to avoid discomfort and to be able to perform techniques correctly.
- ◆ Select, apply and be knowledgeable on the effects and suitability of a variety of carrier oils used in Indian Head Massage treatments.
- ◆ Perform correct techniques to upper back, shoulders, neck, scalp and face in correct sequence within industry acceptable timescales. Techniques should include stroking, effleurage, frictions, rubbing, tapotement, pressures, squeezing and rolling.

Evidence should be generated through practical assessment and observation of the candidate preparing the treatment environment, working area and equipment. Correct preparation of both candidate and client, and performance of safe and effective Indian Head Massage treatments should be observed on three occasions. Assessment should be carried out on a range of different clients with differing needs. Candidates should be observed performing the treatments with and without medium. Observation checklists will be used to record evidence. Candidates should make precise notation evidence of preparation and performance of treatments to include case studies. Three case studies should be on three different clients with different needs.

Assessment Guidelines

It is recommended that the assessment of this Outcome is combined with that for Outcomes 1 and 3. Further guidance is given after Outcome 3.

Higher National Unit specification: statement of standards (cont)

Unit title: Indian Head Massage

Outcome 3

Evaluate the effectiveness of the treatments.

Knowledge and/or Skills

- ◆ Evaluation of treatment
- ◆ Appropriate aftercare and homecare advice
- ◆ Advice on possible contra-actions to treatment
- ◆ Review and accurately record all treatment sessions

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ evaluate effectiveness of treatments through accurate client feedback ensuring client's aims were met and to determine if modification of future treatments is necessary
- ◆ provide clients with appropriate aftercare/homecare advice including dietary, lifestyle and haircare
- ◆ provide clients with advice on possible contra-actions to treatments and how to deter/limit them
- ◆ record all treatment sessions accurately, maintaining accurate and confidential records

Evidence should be generated through practical assessment and observation of candidate evaluating and giving appropriate homecare and aftercare advice on three occasions. Observation checklists will be used to record evidence. Each of the three case studies should cover a range of three different aims of treatment. Candidates should make precise notation of evidence of evaluating Indian Head Massage treatments to show understanding of underpinning knowledge, when writing case studies.

A written assessment combining Outcomes 1-3 should be closed-book and under controlled conditions. A timescale of one hour should be set.

Candidates must achieve the written assessment on underpinning knowledge, practical assessments and provide written evidence of case studies covering the range, in order to achieve this Unit.

Assessment Guidelines

It is recommended that the assessment of this Outcome is combined with that for Outcomes 1 and 2.

Candidates are required to consult, prepare, perform and evaluate three Indian Head Massages. Candidates should be observed applying treatments with and without medium. Observation checklists will be used to record evidence. Clear, precise and accurate notation of all treatments should be made within client records and case studies

Oral questioning could be used to monitor decisions made by candidates.

Administrative Information

Unit code: DN6L 33

Unit title: Indian Head Massage

Superclass category: HK

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History of changes:

| Version | Description of change | Date |
|---------|---|------------------------|
| 02 | Incorrect number of case studies amended — Outcome 2 Evidence Requirements and Outcome 3 Evidence Requirements. | 27 February 2009 |
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Higher National Unit specification: support notes

Unit title: Indian Head Massage

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This Unit is intended to provide candidates with the skills necessary to perform Indian Head Massage treatments on a range of clients. It will also give them the essential underpinning knowledge to enable them to consult, prepare, perform and evaluate safe and effective treatments using appropriate techniques and adapting them where necessary.

Candidates should be aware of the many advantages of Indian Head Massage compared to other massage therapies, especially with regards to the treatment's adaptability within the workplace.

Outcome 1 relates to consultation for Indian Head Massage. Consultation techniques – questioning, visual.

Contra-indications should include the following:

- ◆ general – fever; nausea; recent accident/injury/surgery/scarring; skin/eye infections or diseases; glaucoma; undiagnosed lumps/bumps/inflammation; intoxication; osteoporosis; recent haemorrhage; circulatory/heart condition; spondylosis; thrombosis; cancer; malignant melanoma
- ◆ special Care – frailty; cysts; pregnancy; diabetes; epilepsy; clients currently undertaking strong medication; asthma; high/low blood pressure; diagnosed oedema; clients who have consumed heavy meal prior to treatment; electrical/metal implants
- ◆ specific – psoriasis; eczema; bruising; open cuts and abrasions; warts/skin tags/raised moles

This Outcome also relates to the physical, physiological and psychological effects of treatment. Indian Head Massage focuses greatly on relaxation and stress relief. Candidates should be knowledgeable on the definition of stress, types of stress and how they can affect the individual. It may be appropriate to deliver with N Unit Stress management.

Specific effects and uses of each massage technique applied in Indian Head Massage in order to utilise techniques for optimum results to meet client's specific physical, physiological or psychological requirements.

Outcome 2 relates to preparation for and performance of treatments. Candidates should be aware of correct height of chair in order to perform treatment effectively and comfortably and ensure they have sufficient working space. Candidates should ensure correct preparation of treatment environment, including temperature, lighting, ventilation, cleanliness and safety. Candidates should know what constitutes commercial and cost effective timings for treatments.

This Outcome also refers to the use of carrier oils in Indian Head Massage treatments. Effects and uses of almond, coconut, mustard, olive and sesame oil. There is no requirement to blend oils in this Unit.

Higher National Unit specification: support notes (cont)

Unit title: Indian Head Massage

Outcome 3 relates to evaluation of treatment and the aftercare and homecare advice for clients. Candidates should utilise underpinning knowledge of body's systems to evaluate physical, physiological and psychological effectiveness. Aftercare advice should include fluid intake, diet, resting period after treatment and continuance of treatments. Homecare advice may incorporate the use of oils as part of client's hair care. Candidates should be made aware of possible contra-actions to treatments, these being: tiredness/disorientation; dizziness/nausea; increased perspiration; skin rash; increased mucus; increased vitality; change in urine (colour and frequency); tension headaches; tenderness in muscle fibres. Candidates should be knowledgeable on appropriate advice for clients to deter/limit effect of contra-actions.

Guidance on the delivery and assessment of this Unit

Opportunities for developing Core Skills

This Unit is an optional Unit in the framework for HND Beauty Therapy, HNC Hairdressing and HND Complementary Therapies. It is recommended that it be delivered and assessed within the particular Group Award to which it contributes. There is a large tutor input to cover knowledge and practical aspects. There should be sufficient practical experience by candidates to ensure competence and confidence of all Indian Head massage techniques.

Each candidate will have to show that they can perform an accurate and professional consultation, demonstrating and explaining importance of maintaining confidentiality of details obtained during consultation.

Theory and practical skills should be delivered holistically, with case studies commencing once students have shown a competency with routine and massage techniques. Until then, candidates should work on peers during allocated practical time.

Each treatment should be carried out in a commercially viable time. Full and accurate notation of each session is required, detailing consultation, preparation, performance and evaluation of treatments.

The written assessment should be closed-book on underpinning knowledge which is detailed in Evidence Requirements. Assessment time should be one hour in controlled conditions.

Ongoing oral questioning is recommended throughout the Unit to assist in monitoring development of candidates underpinning knowledge. Weekly homestudy is also recommended on the underpinning knowledge. Candidates are encouraged to continue practising practical skills as home study. Individual research is encouraged through magazines, text books and the internet to supplement knowledge input by tutor.

Open learning

The theoretical aspects of this Unit are appropriate for open and distance learning. However due to the practical nature of the skills involved for head and body treatments it would be technically difficult to offer this on an open/distance learning basis.

Higher National Unit specification: support notes (cont)

Unit title: Indian Head Massage

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

General information for candidates

Unit title: Indian Head Massage

This Unit is offered as an option within the HND Beauty Therapy and HND Complementary Therapies frameworks.

This Unit is designed to provide you with the skills to perform Indian Head Massage treatments, applying appropriate massage techniques to the upper back, shoulders, neck, scalp and face, using oils. This Unit will provide you with the skills to perform full and accurate client consultations and to prepare for and perform the most effective treatment for that client's physiological, physical or psychological requirements. You will be able to perform full evaluation of treatments and provide clients with appropriate aftercare and homecare advice. This Unit will also provide you with the knowledge to identify contra-indications and contra-actions to Indian Head Massage treatments and the relevant mandatory health and safety legislation.

On completion of the Unit, you should be able to:

1. Consult with clients to develop appropriate Indian Head Massage treatment plans.
2. Prepare for and perform safe and effective Indian Head Massage treatments.
3. Evaluate the effectiveness of the treatments.

Outcome 1 will enable you to carry out consultations and devise treatment plans for clients.

Outcome 2 looks at the preparation of the treatment area, the client and therapist prior to the treatment. You will then demonstrate a variety of Indian Head Massage techniques.

Outcome 3 will enable you to evaluate the treatment and give aftercare advice to clients.

Assessment will be by a combination of written and practical tasks.