

Next Gen: HN unit specification

Signature Body Massage Treatments (SCQF level 7)

Unit code: JVIQ 47

SCQF level: 7 (16 SCQF credit points)

Valid from: August 2026

This unit specification provides detailed information about the unit to ensure consistent and transparent assessment year on year. It is for lecturers and assessors, and contains all the mandatory information you need to deliver and assess the unit.

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Unit purpose

This unit gives learners the knowledge and skills needed to perform signature massage treatments.

Learners assess clients' needs before preparing, consulting and performing tailored signature massage treatments. They deepen their understanding of selected signature body massage techniques, styles and modalities, and learn how to emphasise the benefits and effects of each of these for their clients. Learners also study absolute and relative contra-indications, contra-actions and adverse reactions. They provide personalised aftercare, homecare and lifestyle recommendations to their clients and evaluate the effectiveness of their treatments, while reflecting on client and assessor feedback to improve future practice.

Throughout the unit, learners should understand and strictly adhere to current health and safety regulations. They must exhibit hygienic practices in the salon and comply with a dress code that reflects salon and industry standards. Effective communication and consultation techniques is a key focus, and learners develop important interpersonal skills, including ensuring sensitivity when working with clients.

This unit is for those who wish to pursue a career in beauty therapy, complementary and holistic health, or massage therapy.

This is a mandatory unit and contributes to the whole-qualification grading in HNC Beauty Therapy and HNC Complementary Health.

For health and safety reasons, it is the centre's responsibility to ensure that candidates are 16 years old at the time of registration. See the [Hair and Beauty Industry Authority \(HABIA\) fact sheet](#) for more information on pre-16 age restrictions.

Entry is at the discretion of the centre; however, we recommend that learners should have completed or are in the process of completing a relevant anatomy and physiology qualification at SCQF level 7 before starting this unit.

On completion of this unit, learners can progress to further study, including additional Higher National units at SCQF Level 7 and 8.

This unit contributes to overall progression in the subject area.

Unit outcomes

Learners who complete this unit can:

1. research signature body massage techniques
2. research signature body massage styles and modalities
3. research contra-indications, contra-actions and adverse reactions relating to signature body massage treatments
4. prepare for signature body massage treatments
5. consult and devise a signature body massage treatment plan
6. perform signature body massage treatments
7. provide specific aftercare, homecare and lifestyle advice
8. evaluate the effectiveness of the signature body massage treatment

Evidence requirements

To successfully achieve the unit, learners must provide the following evidence:

Outcomes 1 to 3

Learners must produce an open-book project that reflects the SCQF level of the unit and demonstrates a clear understanding of key concepts.

The project must include evidence of learners researching and describing the signature body massage techniques, signature body massage styles and modalities that they use in outcomes 4 through 8.

Learners must identify absolute and relative contra-indications, along with specific contra-actions and adverse reactions that may occur during or after signature body massage applications.

You can holistically deliver and assess the product evidence for outcomes 1 to 3.

Learners must use appropriate materials for their research, such as academic textbooks, professional journals and credible internet sites. They must use technical language reflective of SCQF level 7 and include appropriate referencing.

Learners must complete an assessor checklist to confirm that the learner has met the evidence requirements.

Outcome 1: research signature body massage techniques

Learners must:

- describe the history and origins of each of the following signature body massage techniques:
 - effleurage
 - petrissage
 - tapotement
 - vibrations
 - frictions
 - forearm
 - elbow
- describe the application and the effects and benefits of signature body massage techniques, including all safety considerations

Outcome 2: research signature body massage styles and modalities

Learners should research the same signature body massage styles and modalities they use for the practical components in outcomes 4 to 8.

Signature body massage styles can include:

- lymphatic drainage
- deep tissue
- remedial massage

Signature body massage modalities can include:

- thermal massage techniques
- hot stones
- Thai compress
- bamboo
- lava shells
- cupping
- sound wave technology
- infra-red

The lists shown above are not exhaustive. As new methods and client needs emerge, styles and modalities should continue to grow and adapt to reflect the latest in therapeutic innovation.

Learners must also:

- describe the application (including working temperatures, where applicable)
- describe the effects and benefits of the chosen signature body massage style and modality, including all safety considerations

Outcome 3: research contra-indications, contra-actions and adverse reactions relating to signature body massage treatments

Learners must:

- identify and describe absolute and relative contra-indications relating to signature body massage treatments
- identify and describe specific contra-actions and adverse reactions that may occur during or after the application of the signature body massage

Evidence for outcomes 4 to 8 comprises of preparing, consulting, performing, providing advice and evaluating the signature body massage treatments, and can be assessed holistically.

Learners must complete **four** practical assessments on **four** different clients:

Assessment 1: Full signature body massage treatment using all signature body massage techniques without incorporating any additional styles or modalities

Assessment 2: Full signature body massage treatment incorporating at least one signature body massage style

Assessment 3: Full signature body massage treatment incorporating at least one modality

Assessment 4: Full or partial signature body massage treatment incorporating an additional full signature body massage style or modality

Assessments may be completed in any order to meet the needs of the client.

The signature body massage techniques are embedded into each assessment, ensuring treatments are tailored to reflect both the client's needs and the intended therapeutic outcomes.

You can holistically assess outcomes 4 to 8.

You should complete an assessor observation checklist to record the learner's performance, supported by detailed client consultation treatment plans that the learner completes.

Outcome 4: prepare for signature body massage treatments

Learners must:

- present themselves in accordance with industry standards
- prepare the signature body massage treatment area, products and equipment in accordance with industry standards, following health, safety and hygiene practices
- sterilise and sanitise all equipment and all work surfaces before use

Outcome 5: consult and devise a signature massage treatment plan

Learners must:

- perform an observed comprehensive consultation and devise a personalised treatment plan for a **minimum of four clients**, considering the following points:
 - absolute and relative contra-indications to treatment
 - current medical history, medication and medical conditions
 - relevant lifestyle factors
 - the clients' concerns, expectations and desired outcomes
- develop and agree a plan for a signature body massage treatment
- explain the treatment protocol and physical sensation to the client
- discuss potential outcomes and associated risks, contra-actions and adverse reactions
- comply with the legislative requirements of gaining signed, informed consent
- confirm with the clients that they have understood the proposed treatment plan and treatment
- select appropriate equipment, products and tools
- comply with health and safety and work practices

Outcome 6: perform signature body massage

Learners must:

- prepare the client by:
 - ensuring they are comfortable and correctly positioned
 - asking them to remove jewellery and accessories
- perform a full signature body massage treatment, using all signature body massage techniques but without incorporating any additional styles or modalities
- perform a full signature body massage treatment incorporating at least one signature body massage style
- perform a full signature body massage treatment, incorporating at least one modality

- perform a full or partial signature body massage treatment, incorporating an additional massage style or modality
- use products and equipment appropriate to the signature body massage treatment, considering sequence, manufacturer guidelines, legislation and industry-set time constraints
- monitor the client during the signature body massage treatment, considering the client's well-being, modesty, comfort, safety, contra-actions and adverse reactions
- adapt the treatments according to the client's needs
- consider the importance of sustainability and waste management throughout the signature body massage treatment

Outcome 7: provide specific aftercare, homecare and lifestyle advice

Learners must provide:

- relevant aftercare advice specific to client needs
- relevant homecare advice specific to client needs
- specific lifestyle recommendations for each client

Outcome 8: evaluate the effectiveness of the signature body massage treatment

Learners must:

- obtain written client feedback post-treatment
- evaluate the signature body massage treatment and the degree of success achieved
- evaluate feedback from the client
- reflect on whether the treatment objectives were met
- reflect on feedback from the assessor
- self-evaluate after feedback to continuously improve future practice

All observed practical assessments will be documented through written evidence recorded on the client consultation forms.

These records will include:

- an evaluation of the treatment carried out
- reflections based on both client feedback and assessor feedback

Knowledge and skills

Knowledge	Skills
<p>Outcome 1</p> <p>Learners should understand:</p> <ul style="list-style-type: none"> • The history and origins of signature body massage techniques, including: <ul style="list-style-type: none"> ○ effleurage ○ petrissage ○ tapotement ○ vibrations ○ frictions ○ forearm ○ elbow • how to apply signature body massage techniques, including: <ul style="list-style-type: none"> ○ effleurage ○ petrissage ○ tapotement ○ vibrations ○ frictions ○ forearm ○ elbow • key effects and benefits of each signature body massage technique • safety considerations for each specific signature body massage technique • how to compile an open-book report • the importance of referencing and bibliography • the importance of authenticating research 	<p>Outcome 1</p> <p>Learners can:</p> <ul style="list-style-type: none"> • describe the history and origins of signature body massage techniques • describe the application, and the effects and benefits of signature body massage techniques • take appropriate safety precautions according to the specific signature body massage techniques they are using • carry out research to reflect the SCQF level

Knowledge	Skills
<p>Outcome 2</p> <p>Learners should understand:</p> <ul style="list-style-type: none"> • the history and origins of chosen signature body massage styles and modalities • how to apply the chosen signature body massage style and modalities • key effects and benefits of each signature body massage style and modality • the working temperature (where applicable) for each chosen signature body massage style and/or modality • safety considerations for each signature body massage style and modality • the correct cleaning, care and maintenance required for each equipment type (where applicable) 	<p>Outcome 2</p> <p>Learners can:</p> <ul style="list-style-type: none"> • describe the history, origins and type of application of the chosen signature body massage style and modalities • identify key effects and benefits of each signature body massage style and modality • identify the working temperature (where applicable) and safety considerations for each chosen signature body massage style and modality • discuss the correct cleaning, care and maintenance required for each equipment type (where applicable)
<p>Outcome 3</p> <p>Learners should understand:</p> <ul style="list-style-type: none"> • absolute contra-indications to applying signature body massage treatments • relative contra-indications to applying signature body massage treatments • specific contra-actions and adverse reactions that may occur during or after applying signature body massage techniques, styles and modalities • what to do in the event of a contra-action or adverse reaction to a treatment 	<p>Outcome 3</p> <p>Learners can:</p> <ul style="list-style-type: none"> • identify and describe absolute and relative contra-indications to signature body massage treatments • identify and describe possible contra-actions and adverse reactions that may occur from the treatment • identify how to manage contra-actions and adverse reactions to treatment, should they occur

Knowledge	Skills
<p>Outcome 4</p> <p>Learners should understand:</p> <ul style="list-style-type: none"> • how to present themselves in a professional manner, in accordance with industry standards • the importance of wearing personal protective equipment (PPE) • how to prepare the signature body massage treatment area in accordance with industry standards, following health, safety and hygiene practices: <ul style="list-style-type: none"> ○ environment, including lighting, temperature, ventilation and privacy ○ products and equipment • how to sterilise and sanitise all equipment and work surfaces before use 	<p>Outcome 4</p> <p>Learners can:</p> <ul style="list-style-type: none"> • present themselves in a professional manner, in accordance with industry standards • prepare work areas following health, safety and hygiene practices • prepare the treatment • sterilise and sanitise all required equipment and surfaces
<p>Outcome 5</p> <p>Learners should understand:</p> <ul style="list-style-type: none"> • the importance of the consultation process • relevant absolute and relative contra-indications to treatment and how to check for them • the relevance of a client's current medical history, medication and medical conditions to the application of signature body massage treatments • lifestyle factors that may affect the client receiving signature body massage treatments • possible concerns, expectations and treatment outcomes • how to execute a treatment plan to ensure the effective completion of a signature body massage treatment 	<p>Outcome 5</p> <p>Learners can:</p> <ul style="list-style-type: none"> • perform comprehensive client consultations for signature body massage treatments, gathering clear and accurate details from the client • identify absolute and relative contra-indications to treatment • discuss the factors that may affect performing a signature body massage treatment • explain procedures, contra-indications and effects of signature body massage treatments • explain and agree on the treatment aims with the client • demonstrate good communication and interpersonal skills and sensitivity while working with the client

Knowledge	Skills
<p>Outcome 5 (continued)</p> <p>Learners should understand:</p> <ul style="list-style-type: none"> • physical sensations the client may experience • massage mediums: creams and oils used in signature body massage treatments • potential risks, contra-actions and adverse reactions, and how to deal with them • the importance and legislative requirements of gaining signed, informed consent • how to confirm with clients that they agree and understand the aims of the proposed treatment plan • how to apply recognised industry practices to collect clear and precise client details for the completion of a signature body massage consultation 	<p>Outcome 5 (continued)</p> <p>Learners can:</p> <ul style="list-style-type: none"> • explain the treatment protocol • discuss potential outcomes and associated risks, contra-actions and adverse reactions with the client • select the appropriate signature body massage medium for the signature body massage treatment • select appropriate products, tools and equipment for signature body massage treatments
<p>Outcome 6</p> <p>Learners should understand:</p> <ul style="list-style-type: none"> • how to prepare the client for the treatment 	<p>Outcome 6</p> <p>Learners can:</p> <ul style="list-style-type: none"> • prepare the client for the signature body massage treatment by: <ul style="list-style-type: none"> ○ ensuring the client is comfortable and correctly positioned ○ asking the client to remove jewellery and accessories

Knowledge	Skills
<p>Outcome 6 (continued) Learners should understand:</p> <ul style="list-style-type: none"> • the application of signature body massage techniques, including: <ul style="list-style-type: none"> ○ effleurage ○ petrissage ○ tapotement ○ vibrations ○ frictions ○ forearm ○ elbow • how to apply a signature body massage treatment on the full body, incorporating appropriate styles, including: <ul style="list-style-type: none"> ○ lymphatic drainage ○ deep tissue massage, remedial massage, and new style options to reflect the latest in therapeutic innovation 	<p>Outcome 6 (continued) Learners can:</p> <ul style="list-style-type: none"> • perform signature body massage treatments reflective of industry standards in terms of time, sequence and application • apply appropriate signature body massage techniques for four signature body massage treatments • incorporate appropriate signature body massage styles and modalities selected during the consultation • adapt (where appropriate) the correct application of signature body massage techniques, styles and modalities relevant to the client's needs and aims of treatment • employ good posture and working methods • complete the treatment within a commercially viable timeframe • perform regular checks that the client is comfortable throughout treatment • frequently check in with the client's needs during the full signature body massage treatment • deal with any unforeseen circumstances

Knowledge	Skills
<p>Outcome 6 (continued) Learners should understand:</p> <ul style="list-style-type: none"> • the application of signature body massage treatments on the full body, incorporating appropriate modalities, including: <ul style="list-style-type: none"> ○ thermal massage techniques ○ hot stones ○ Thai compress ○ bamboo ○ lava shells ○ cupping ○ infra-red ○ sound wave technology ○ new modality options to reflect the latest in therapeutic innovation • products and equipment available for each treatment • how to carry out pre-treatment equipment testing and relevant skin testing • commercially viable timeframes and treatment frequency • how to adapt (where appropriate) the correct application of signature body massage technique, style and/or modalities effectively • the importance of monitoring the client during the treatment • how to follow industry standards and procedures in terms of time, sequence, and application • how to perform treatments following manufacturer guidelines, treatment protocols and best-practice guidance • practices that consider sustainability 	<p>Outcome 6 (continued) Learners should understand:</p> <ul style="list-style-type: none"> • carry out pre-treatment equipment testing and relevant skin testing • follow manufacturer guidelines and treatment protocols, demonstrating best-practice and complying with legal requirements • adhere to relevant health and safety legislation • work sustainably and economically

Knowledge	Skills
<p>Outcome 7</p> <p>Learners should understand:</p> <ul style="list-style-type: none"> • the importance of providing clear and relevant aftercare advice to the client in relation to signature body massage treatments, including encouraging the client to: <ul style="list-style-type: none"> ○ drink plenty of water over next 12 to 24 hours ○ avoid vigorous exercise for the next 24 hours ○ avoid heat treatments for 24 hours ○ try to relax for the rest of the day ○ avoid substances such as caffeine, alcohol, cigarettes or vape smoking, or consuming drugs • the importance of providing clients with clear and relevant homecare advice, including tailored product recommendations and guidance on further treatments to support ongoing results and well-being • the importance of providing clear and relevant lifestyle recommendations specific to each individual client, for example: <ul style="list-style-type: none"> ○ dietary advice ○ fluid intake ○ exercise ○ relaxation techniques 	<p>Outcome 7</p> <p>Learners can:</p> <ul style="list-style-type: none"> • provide individual aftercare advice relevant to the treatment provided • provide individual homecare advice to meet the needs of the client • provide individual lifestyle recommendations specific to the client

Knowledge	Skills
<p>Outcome 8</p> <p>Learners should understand:</p> <ul style="list-style-type: none"> • how to evaluate the effectiveness of treatments in relation to the client's aims and the agreed treatment objectives • how to record and evaluate client feedback • how to record and reflect on assessor feedback • how to self-evaluate their strengths and weaknesses relating to all aspects of the treatment • how feedback can influence future practice 	<p>Outcome 8</p> <p>Learners can:</p> <ul style="list-style-type: none"> • evaluate the effectiveness of the signature body massage treatment and the degree of success achieved • evaluate feedback from the client and reflect on whether the client's objectives were met • reflect on the feedback provided by the assessor • self-evaluate on the treatment completed, and use this to influence future practice and improve practical skills

Meta-skills

You must give learners opportunities to develop their meta-skills throughout this unit. We have suggested how to incorporate the most relevant ones into the unit content, but you may find other opportunities.

Self-management

This includes focusing, integrity, adapting and initiative. The most relevant are:

- focusing:
 - meticulously planning and executing client's objectives for every aspect of the signature body massage treatment
 - paying attention to detail and focusing on providing a high-quality treatment, to the client's satisfaction
- integrity:
 - devising client treatment plans to ensure that every decision is based on honesty, ethical practice and a commitment to the client
 - ensuring client treatment plans are based on accurate information, best practices and a genuine desire to improve the client's well-being
 - building trust between the learner and the client, who may share personal information during the consultation process
 - understanding the importance of following General Data Protection Regulation (GDPR) guidelines
 - treating clients fairly and respectfully throughout the treatment process
- adapting:
 - adjusting treatment plans based on client needs or preferences
 - providing up-to-date treatments that incorporate the latest signature body massage styles, techniques and modalities
 - altering the client's positions for signature body massage treatment to ensure the client's modesty and comfort

- adjusting to any unforeseen circumstances during treatment
- initiative:
 - thinking ahead and anticipating potential challenges or needs, and proactively addressing these issues
 - creating comprehensive and effective treatment plans
 - finding innovative solutions to client's concerns
 - providing personalised and effective treatment options that cater to the unique needs of each client

Social intelligence

This includes communicating, feeling, collaborating and leading. The most relevant are:

- communicating
 - ensuring that the client fully understands the treatment plan, including the procedures, benefits, sensations and potential risks
 - actively listening to the client's feedback and adapting the treatment plan as needed
 - ensuring that treatments stay relevant and effective
- feeling:
 - empathising with the client to devise a treatment plan that is not only effective, but also treats the client's individual concerns
 - demonstrating empathy during the consultation and the treatment process
 - building trust between the client and the learner
 - encouraging clients to share their true concerns and preferences, leading to a more personalised and effective treatment plan
 - providing support through empathy to ease client anxiety and stress, and to improve their overall treatment experience and treatment outcomes

- collaborating:
 - continuously monitoring client needs and adapting plans throughout to ensure effective treatment
- leading:
 - guiding the client through the process for an effective treatment, reflective of industry standards.

Innovation

This includes curiosity, creativity, sense-making and critical thinking. The most relevant are:

- curiosity:
 - looking beyond the step-by-step signature body massage treatment to find innovative ways to adapt and enhance the treatment for the client
- creativity:
 - designing customised treatment plans that suit individual clients
 - incorporating relevant signature body massage styles, techniques and modalities for each individual client
- sense-making:
 - interpreting and understanding the information the client provides during the consultation process and during the signature body massage treatment
- critical thinking:
 - evaluating client and assessor feedback
 - self-evaluating the full signature body massage treatment

Literacies

This unit provides opportunities to develop the following literacies.

Numeracy

Learners develop numeracy skills by:

- breaking down treatment plans into manageable time segments
- applying signature body massage techniques, styles and modalities for specified times to benefit clients

Communication

Learners develop communication skills by:

- working closely with clients and peers
- conducting in-depth consultations
- discussing treatment plans with clients to help clients and meet their aims

Digital

Learners develop digital skills by:

- recording signature body massage procedures to allow for reflection and evaluation
- obtaining digital consent for all parties involved

Learning for Sustainability

Throughout this unit, you should encourage learners to develop their skills, knowledge and understanding of sustainability.

This includes:

- a general understanding of social, economic and environmental sustainability
- a general understanding of the United Nations Sustainable Development Goals (SDGs)
- a deeper understanding of subject-specific sustainability
- the confidence to apply the skills, knowledge, understanding and values they develop in the next stage of their life

By aligning beauty therapy practices with the SDGs, the industry can contribute to a more sustainable and equitable world.

Learners develop a deeper understanding of sustainable practices and recognise the impact this has on the environment. Key areas of consideration include:

- sustainability of brands and products used
- recycling product packaging and consumables
- salon waste and chemical disposal measures
- reusable consumables
- reducing use of plastic
- reducing use of energy
- conserving water

Delivery of unit

This is a mandatory unit in both HNC Beauty Therapy and HNC Complementary Health. Before starting this unit, learners would benefit from having already completed or currently working towards the prerequisite unit Human Anatomy and Physiology for Beauty and Complementary Therapy.

The notional time for delivery and assessment is 80 hours contact, with 80 hours self-directed study. The amount of time allocated to each outcome is at your centre's discretion.

We suggest the following distribution of time, including assessment:

Outcome 1: research signature body massage techniques (15 hours)

Outcome 2: research signature body massage styles and modalities (15 hours)

Outcome 3: research contra-indications, contra-actions and adverse reactions relating to signature body massage treatments (10 hours)

Outcome 4: prepare for signature body massage treatments (5 hours)

Outcome 5: consult and devise a signature body massage treatment plan (5 hours)

Outcome 6: perform signature body massage treatments (20 hours)

Outcome 7: provide specific homecare, aftercare and lifestyle advice (5 hours)

Outcome 8: evaluate the effectiveness of the signature body massage treatment (5 hours)

Additional guidance

The guidance in this section is not mandatory.

Content and context for this unit

This unit helps learners acquire knowledge and skills related to signature body massage treatments. They learn about the benefits, effects and uses of signature body massage techniques, styles and modalities so they can select and create the most suitable treatments for their clients.

Learners identify both absolute and relative contra-indications, as well as potential contra-actions, and learn how to manage these effectively. Learners use effective communication techniques with clients to identify their specific objectives for signature body massage treatments. They then develop personalised treatment plans that incorporate the appropriate signature body massage techniques, styles and modalities. Learners conduct treatments on clients with a variety of different aims and treatment objectives. They apply their knowledge of signature body massage treatments, ensuring that these comply with organisational and industry standards in terms of self-presentation, timing and treatment sequencing — all while considering relevant health and safety legislation. Learners should have an awareness of the body massage code of practice (including current age restrictions), and the relevant National Occupational Standards (NOS).

By delivering a treatment that incorporates all signature body massage techniques, learners effectively perform a treatment commonly called manual massage or Swedish massage.

Learners who have previously completed this type of training may be eligible to be fast-tracked for this component of the unit, allowing them to concentrate on styles and modalities. The signature body massage styles and modalities listed are intentionally designed to offer flexibility and to future-proof the unit. In this way, the unit can evolve over time, and centres can explore emerging innovations and contemporary massage practices.

Direct-entry learners will need additional time and support to develop proficiency in signature body massage techniques, as these form the foundation of all signature body massage treatments and are essential for delivering safe, effective, and professional care. The signature body massage techniques are embedded into each assessment, ensuring treatments are tailored to reflect both the client's needs and the intended therapeutic outcomes. This approach reinforces the importance of understanding the different signature body massage techniques and how they would have an impact on the treatment provided.

In addition to the specific vocational skills being developed and assessed, learners can enhance their employability skills, such as customer care, effective communication, and time management.

Learners should provide comprehensive aftercare, homecare and lifestyle advice relevant to the treatment of each client, alongside specific lifestyle advice and recommendations.

Resources

The occupational expertise of assessors and internal verifiers is key to ensuring valid, fair and reliable assessment, and they must be occupationally competent.

They must:

- hold an appropriate professional or technical qualification — for example Higher National diploma (HND) in Beauty Therapy or equivalent — which must demonstrate an in-depth technical knowledge of the unit and the standard of competencies required
- hold an appropriate teaching qualification or be working towards one
- be able to interpret current working practices, technologies and products in the beauty industry and be committed to upholding the integrity of the unit
- demonstrate competence in assessment and/or internal verification of the subject
- have access to and engage with continuous professional development activities to keep up to date with developments and any issues relevant to the unit. All chosen products, tools and equipment should be of a professional quality, reflecting the expectations of industry standards

Learners must have access to:

- a salon environment to allow for teaching and assessing
- professional-quality, up-to-date, industry-standard products, equipment and tools — these will depend on the massage styles and modalities chosen
- practical examples of real-life industry applications of signature body massage treatments to provide context
- e-learning platforms: for virtual classes or supplementary learning (for example, Microsoft Teams, Canvas, Moodle, Blackboard)
- course materials: learner handouts, textbooks, articles, and other reading or reference materials
- formative and summative assignments and quizzes to track progress and understanding
- budget: sufficient funding for appropriate materials and tools
- facilities: access to realistic working environments that should reflect current industry practice, including toilet and water facilities
- library access for research and study

Approaches to delivery

You should introduce learners to the unit, and they should take part in a discussion to ensure they fully understand what is required to complete the unit successfully. You should clearly outline the learning approach and assessment criteria, along with the content covered, before starting the unit. You must encourage a participative and practical approach throughout the course. Given the practical nature of the unit, every aspect of learning and teaching should integrate both theory and practice to facilitate effective learning. You should also encourage learners to draw on their knowledge of anatomy and physiology to better understand the benefits and effects of signature body massage.

Initially, you should conduct practical demonstrations to show how to perform signature body massage using specific signature body massage techniques, styles and modalities. You should teach them how to accurately select and use products that are appropriate for each client and ask them to discuss their treatment aims and

objectives. These demonstrations reinforce the benefits and results of each treatment. You can give further demonstrations to explain how to adapt treatment applications. You should also demonstrate the preparation of the treatment area and client to ensure professional organisation and to incorporate relevant health and safety considerations. You should encourage learners to be aware of and check for absolute and relative contra-indications prior to treatment.

We have identified a list of general contra-indications, contra-actions and adverse reactions across HNC Beauty Therapy. However, not all apply to every unit. In addition, some units may include subject-specific contra-indications, contra-actions and adverse reactions that learners must also consider.

General absolute and relative contra-indications that apply to signature body massage include:

- fungal infections
- parasitic infections
- viral infections
- bacterial infections
- allergies
- recent injuries: cuts, abrasions, scars, operations, fractures or bruising
- undergoing medical treatments (chemotherapy, Roaccutane)
- sunburn
- skin disorders (severe psoriasis and severe eczema)
- dysfunction of the nervous system
- under the influence of alcohol or drugs
- hypersensitive skin
- recent aesthetic procedures (microneedling, Botox or fillers)
- epilepsy (uncontrolled)
- diabetes (uncontrolled)
- high blood pressure (uncontrolled)
- low blood pressure (uncontrolled)
- claustrophobia
- pregnancy

This is an additional list of contra-indications specific to signature body massage treatments:

- heart conditions
- pacemaker
- history of thrombosis or embolism
- varicose veins
- metal pins or plates
- medication
- piercings
- menorrhagia

You must make learners aware of the risks associated with signature body massage treatments and the precautions that they should take. Contra-actions and adverse reactions to signature body massage treatments may include:

- adverse skin reactions
- swelling
- bruising
- dizziness, lightheaded and/or nausea
- skin breakouts
- increased urination and/or bowel activity
- muscle soreness and/or muscle fatigue
- headaches
- general fatigue
- heightened emotional release and/or healing crisis

Where applicable, learners may cross-reference prior evidence if they have already been assessed in contra-indications, contra-actions and adverse reactions in other units in the HNC Beauty Therapy and HNC Complementary Health frameworks at SCQF Level 7.

You should give learners time after demonstrations so they can practise and develop their skills and gain confidence before they progress to a practical assessment on clients, which should be carried out in a commercially acceptable timeframe.

You should emphasise the importance of communicating with clients in a professional way throughout all stages of the treatment:

- at the beginning of a consultation to gather important and accurate information, allowing learners to develop appropriate treatment plans
- throughout the treatment to ensure client comfort
- after the treatment, when they give relevant, specific aftercare, homecare and lifestyle advice on the treatment provided

You should integrate knowledge of relevant current legislation in a realistic context, so learners develop an understanding of their responsibilities in relation to that legislation.

You should encourage learners to develop good working practices that meet organisational, current occupational, and national health and safety policies and procedures. This should enhance their employability skills profile and help them identify opportunities to develop meta-skills. You must monitor progress and ensure that learners get feedback on their developing skills. Feedback should be constructive and re-enforcing, highlighting aspects where learners did well and areas in which they need to improve.

Approaches to assessment

Learners can generate evidence through various types of assessment. The following suggestions are just examples; there may be other methods that are more suitable for specific learners. Prior verification of centre-devised assessments is crucial to ensure that these meet the national standard. When learners are exposed to a range of assessment methods, they can develop different skills that can be transferred to the workplace or to further and higher education.

Requirements are detailed in the 'Evidence requirements' section of this unit specification. For outcomes 1 to 3, learners complete a research assignment focused on identifying and describing the signature body massage techniques, styles and modalities they use during massage application. They also explain the benefits and effects of each signature body massage technique, style and modality. They

identify absolute and relative contra-indications which could prevent and restrict the application of massage techniques, styles and modalities, alongside specific contra-actions that may occur during or after massage application.

You can cross-reference the assessment of the absolute and relative contra-indications component of this unit alongside other units. When combining assessments, you must consider the assessment conditions specified in the evidence requirements. Closed-book assessment cannot be carried out under open-book conditions. This holistic approach reduces the assessment load and avoids over-assessing learners. Candidate evidence must be valid, sufficient, reliable, authentic and current, and relate directly to specific criteria.

We encourage holistic assessment for outcomes 4 to 8. Learners must perform a minimum of four signature body massage treatments. You should use an assessor observation checklist alongside a thorough client consultation card to ensure that all evidence requirements are met and documented, allowing you to track the learner's progress throughout the unit.

Equality and inclusion

This unit is designed to be as fair and as accessible as possible, with no unnecessary barriers to learning or assessment.

You must consider the needs of individual learners when planning learning experiences, selecting assessment methods or considering alternative evidence.

Guidance on assessment arrangements for disabled learners and those with additional support needs is available on the [assessment arrangements web page](#).

Information for learners

Signature Body Massage Treatments (SCQF level 7)

This information explains:

- what the unit is about
- what you should know or be able to do before you start
- what you need to do during the unit
- opportunities for further learning and employment

Unit information

This unit provides you with the necessary knowledge, understanding and skills to carry out signature body massage treatments.

You will develop the ability to assess each client's individual needs and to confidently prepare, consult, and deliver personalised signature body massage treatments.

The unit aims to deepen your understanding of selected signature body massage techniques and chosen massage styles and modalities, with an emphasis on recognising the benefits and effects of each of these for your clients. You also learn about absolute and relative contra-indications, contra-actions and adverse reactions.

You complete a research assignment focusing on identifying and describing the signature body massage techniques, styles and modalities used during the signature body massage treatment, and explain the benefits and effects. Conditions which prevent and restrict the treatment are identified alongside specific contra-actions, which may occur during or after signature body massage application. You are observed as you carry out a signature body massage treatment on a minimum of four occasions.

You give personalised aftercare, homecare and lifestyle recommendations to your clients, and evaluate the effectiveness of the treatments while reflecting on client and assessor feedback to improve future practices.

Throughout the unit, you must demonstrate a thorough understanding of and strict adherence to current health and safety regulations. You must also exhibit hygienic practices in the salon and comply with a dress code that reflects salon and industry standards. Effective communication and consultation techniques are a key focus, and you develop important interpersonal skills, while ensuring sensitivity when working with clients.

Upon successful completion of this unit, you are equipped with the essential skills and knowledge to pursue a successful career in the beauty therapy industry.

Meta-skills

Throughout this unit, you develop meta-skills that are useful for the beauty therapy sector.

Meta-skills are transferable behaviours and abilities that help you adapt and succeed in life, study and work. There are three categories of meta-skills: self-management, social intelligence and innovation.

Self-management

You ensure that all areas of the signature body massage treatment are meticulously planned and executed. You:

- pay attention to detail and focus to guarantee a high-quality treatment
- devise treatments based on accurate information, best practices, and a genuine desire to improve the client's well-being. You must ensure that every decision is based on honesty, ethical practice, and a commitment to the client
- build trust between you and the client, who may share personal information during the consultation process. You must understand the importance of following General Data Protection Regulation (GDPR) guidelines
- treat your clients fairly and respectfully throughout the treatment process
- adjust treatments based on changing client needs or preferences
- ensure the treatments you provide are up to date and adapt to the latest trends and techniques

- use your initiative to think ahead and anticipate potential challenges or needs. By proactively addressing these issues, you can create a more comprehensive and effective treatment plan
- proactively find innovative solutions to clients' concerns. This can lead to more personalised and effective treatment options that cater to the unique needs of each client

Social intelligence

You:

- ensure that the client fully understands the treatment plan, including procedures, benefits, effects and potential risks
- actively listen to your client's feedback to adapt the treatment plan as needed. This ensures that the treatment remains relevant and effective
- empathise with the client to better understand their physical, emotional, and psychological needs. This understanding helps you devise a treatment plan that is not only effective, but also treats the client's individual concerns
- demonstrate empathy during the consultation and the treatment process to build trust between you and the client. This trust encourages clients to share their true concerns and preferences, leading to a more personalised and effective treatment plan
- collaborate with the client to continuously monitor and adapt the treatment plan. This flexibility ensures that the treatment remains effective
- show strong leadership skills to help guide the client through the treatment process

Innovation

You:

- look beyond the step-by-step signature body massage treatment to find innovative ways to adapt and enhance the treatment for the client
- design customised treatment plans that suit individual clients, incorporating the relevant techniques, styles and modalities for each individual client

- interpret and understand information that the client provides during the consultation process and during the signature body massage treatment
- evaluate client and assessor feedback and self-evaluate the full signature body massage treatment

Learning for Sustainability

Throughout this unit, you develop skills, knowledge and understanding of sustainability.

You learn about social, economic and environmental sustainability principles and how they relate to the beauty therapy sector. You also develop an understanding of the [United Nations Sustainable Development Goals](#).

Administrative information

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Superclass: HL

History of changes

Version	Description of change	Date

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