



Purpose

ITEC Level 3 Certificate in Body Massage

QAN 501/0801/3

Aims and Objectives

The main aim of the ITEC Level 3 Certificate in Body Massage is to enable Learners to gain the necessary practical skills and knowledge in order to provide Body Massage to the general public and to gain employment in the Spa and Beauty Industry. The qualification is suitable for Learners aged 16 and over and is designed to provide occupational competence at Level 3. It also provides a sound platform into further learning at Levels 3 and 4

Content

This qualification is for Learners who want to work within the Beauty Therapy Industry. The qualification consists of 4 mandatory units with a total of 172 hours of Guided Learning (GL) to achieve the full qualification

The main skills you will perform are:

- Body massage – to include consultation, identifying skin types, general body types, different types of fat and common postural faults and contraindications, selecting suitable massage mediums for the client's skin type, classical massage movements and adapting the treatment to the client's specific needs
- Monitoring and maintaining health and safety in the salon

You will also develop knowledge about client care and communication which is essential in order to work and be successful in the industry

This qualification also provides:

- The related knowledge and understanding required to perform the massage treatments outlined above effectively, in particular the anatomy and physiology of the body and common diseases and disorders that may affect whether a client should or should not receive treatment
- Opportunities for Learners to focus on the development of their wider skills in a massage treatment setting, such as communicating with clients, working with others and problem solving
- Opportunities for Learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a Massage Therapist

Why Choose the ITEC Level 3 Certificate in Body Massage?

1. This Qualification combines the full range of skills and knowledge for the Learner seeking employment or self-employment as a Massage Therapist at Level 3. There are other ITEC Diplomas and smaller Awards in Massage at Level 3. This qualification focuses on classical massage which enables the Learner to become specialised in Massage Therapy ready for employment in Industry
2. This Qualification is listed in the Ofqual Register of Qualifications
3. This Qualification contains all the skills and knowledge required for employability at Level 3
4. Learners may progress on to qualifications such as the ITEC Level 3 Diploma in Spa and Body Treatments, the ITEC Level 3 Diploma in Beauty Therapy, the ITEC Level 3 Diploma in Advanced Beauty Therapy, the ITEC Level 3 Apprenticeship in Beauty Therapy – General, the

ITEC Level 3 Apprenticeship in Spa Therapy and the ITEC Level 4 Diploma in Salon and Spa Management or a Degree in Management at University

5. This qualification does not form part of an Apprenticeship
6. This qualification is recognised by all relevant professional bodies within the Beauty Therapy Industry for membership and insurance purposes at Level 3

Opportunities for Employment

There are opportunities for a Massage Therapist to find employment in a variety of areas:

- Beauty salon
- Spa
- Hotel or resort
- Health club
- Cruise ships
- Own business

Please see the letters of support from employers within the industry, including [Steiner Training Limited](#), [Rene Guinot](#), [The Carlton Group](#), [Champneys](#), [Alexandra House](#)

Opportunities for Progression

Once Learners have achieved the ITEC Level 3 Certificate in Body Massage they may progress on to other ITEC or equivalent qualifications at Level 3 and 4 for example:

- Level 3 Diploma in Advanced Beauty Therapy
- Level 3 Certificate in Spa Treatments
- Level 4 Diploma in Salon and Spa Management or a Degree in Management at University
- Level 4 Diploma in Advanced Skincare
- Level 4 Diploma in Laser and Light Treatments
- Level 4 Certificate in Laser and Light Treatments for Hair Removal
- Level 4 Certificate in Laser and Light Treatments for Skin Rejuvenation

For further Awards, Certificates and Diplomas please go to www.itecworld.co.uk

Professional Recognition

The qualification was developed collaboratively with the Hair and Beauty Industry Authority (HABIA) and enables Learners to apply for entry to the HABIA Register of Spa or Beauty Professionals once they have gained their qualification. It is also recognised for membership by:

- British Association of Beauty Therapists and Cosmetologists (BABTAC)
- The Guild of Beauty Therapists
- Association of International Therapists (AIT)
- Federation of Holistic Therapists (FHT)
- Complementary Therapists Association CThA)

For further details regarding the content of this qualification please see the qualification specification [here](#)