

ITEC Unit 922 – Origins, Principles and Theories of Massage Recommended Minimum Guided Learning Hours – 60 Unit Accreditation Number: M/601/4358	
Learning outcome The Learner will: 1. Be able to prepare for a massage treatment	
Assessment Criteria	Taught Content
1.1 Prepare themselves, the client and work area for a massage treatment 1.2 Use suitable consultation techniques to identify treatment objectives 1.3 Advise the client on how to prepare for the treatment 1.4 Identify influencing factors 1.5 Provide clear recommendations to the client based on factors 1.6 Describe salon's requirement for client preparation, preparing themselves and the work area	1.1.1 To include: • Preparation of working area • Equipment • Products • Work wear • Personal appearance and behaviour • Hygiene e.g. sterilising /sanitising tools and equipment • Client for treatment • Client care and modesty 1.2.1 To include: An example of a consultation form can be downloaded from: www.itecworld.co.uk • Suitable area • Positive body language • Positioning of the client • Communication skills • Professionalism • Contraindications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Client's signature 1.3.1 To include: • Explain the treatment to the client • Client preparation - remove clothing down to underwear and remove shoes • Use robes/towels to maintain client modesty 1.4.1 To include: • Sensitivity of the skin and scalp • Adverse skin, hair and scalp conditions • Degree of subcutaneous tissue • Age • Muscle tone • Muscle tension • Skin type and condition 1.5.1 To include: • Sensitivity of the skin and scalp • Adverse skin, hair and scalp conditions • Degree of subcutaneous tissue • Age • Muscle tone • Muscle tension • Skin type and condition 1.6.1 To include: • Any particular rights, restrictions and Acts applicable to body massage treatment • Code of practice/ethics • Insurance and professional association membership • Record keeping • Professional appearance

1.7 Identify different consultation techniques used to identify treatment objectives	1.7.1 To include: • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication
1.8 Describe the factors that need to be considered when selecting techniques, products and equipment	1.8.1 To include • Selected areas: head, hands and arms, neck and shoulders • Select and record products being used to achieve the desired result • Provide aftercare advice • Individual's wishes prior to any form of treatment • Establish and maintain a record of the procedures and products used • Adaptation of massage techniques • Presence of any contra-actions
1.9 Describe the environmental conditions suitable for massage treatment	1.9.1 To include: • Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas
1.10 Describe the safety considerations that must be taken into account when providing massage treatment	1.10.1 To include: • Methods of sterilisation • Disposal of contaminated waste • Legislation • PPE • Relevant Health & Safety.
1.11 Identify the range of equipment used for massage treatment	1.11.1 To include: • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • Waste disposal
1.12 Identify products used and their key ingredients	1.12.1 To include: • Skin cleansing products • Creams • Lotions • Oils

2.3 Select and use products, equipment and techniques taking into account identified factors	<p>2.3.1 To include:</p> <ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • Waste disposal • Mediums • Skin cleansing products • Creams • Lotions • Oils • Effleurage • Petrissage • Frictions • Tapotement • Vibrations • Areas to cover: Head, Arms and hands, Neck and shoulders
2.4 Follow safe and hygienic working practices	<p>2.4.1 To include:</p> <ul style="list-style-type: none"> • Methods of sterilisation • Disposal of contaminated waste • Legislation • PPE • Relevant Health & Safety.
2.5 Identify contra-actions and take appropriate action during treatment	<p>2.5.1 To include:</p> <ul style="list-style-type: none"> • Explaining any possible side effects to the treatment • Feeling tired • Increased micturition • Increased defecation • Healing crisis • Headache • Thirst • Heightened emotions • Skin reactions • Increase in symptoms • Referral procedures
2.6 Provide suitable aftercare advice	<p>2.6.1 To include:</p> <ul style="list-style-type: none"> • Recommendations for immediate aftercare • Suitable body care regime • Lifestyle • Use of SPF • Recommendation of further salon treatments
2.7 Complete the treatment to the satisfaction of the client	<p>2.7.1 To include:</p> <ul style="list-style-type: none"> • Conclusion of treatment in appropriate manner to meet client's needs
2.8 Evaluate the results of the treatment with the client	<p>2.8.1 To include:</p> <ul style="list-style-type: none"> • Reviewing and recording treatment outcomes • Treatment recommendations • Homecare advice
2.9 Describe how to communicate and behave in a professional manner	<p>2.9.1 To include:</p> <ul style="list-style-type: none"> • Consultation • Treatment explanation • Client care • Hygiene • Good communication skills
2.10 State the importance of positioning themselves and the client correctly throughout the treatment	<p>2.10.1 To include:</p> <ul style="list-style-type: none"> • Ensuring the client is comfortable and correctly supported • Applying the treatment as appropriate to the client's needs • Therapist maintaining correct posture/stance throughout treatment
2.11 Describe safe and hygienic working practices	<p>2.11.1 To include:</p> <ul style="list-style-type: none"> • Methods of sterilisation • Disposal of contaminated waste • Legislation • PPE • Relevant Health & Safety

2.12 Describe contra-actions which might occur during and following the treatment and how to respond	2.12.1 To include: • Explaining any possible side effects to the treatment • Feeling tired • Increased micturition • Increased defecation • Healing crisis • Headache • Thirst • Heightened emotions • Skin reactions • Increase in symptoms • Referral procedures
2.13 Describe the aftercare advice that should be provided	2.13.1 To include: • Recommendations for immediate aftercare • Suitable body care regime • Lifestyle • Use of SPF • Recommendation of further salon treatments
2.14 State the importance of completing the treatment to the satisfaction of the client	2.14.1 To include: • Conclusion of treatment in appropriate manner to meet client's needs
2.15 State the methods of evaluating the effectiveness of the treatment	2.15.1 To include: • Maintaining records for accurate future treatment • Aftercare • Home care • Product advice • Compliance with current legislation • Concluding the treatment in the correct manner to meet client's requirements • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout
2.16 Describe the physiological effects and benefits of massage	2.16.1 To include: • Circulatory system • Lymphatic system • Skin • Muscular system • Nervous system.
2.17 Describe the psychological effects of massage	2.17.1. To include: • Relaxation • Sense of well-being
<p>Assignment Unit 922 - Origins, Principles and Theories of Massage</p> <p>Unit 922 - Origins, Principles and Theories of Massage Assignment Guidance form AG922 may be downloaded from www.itecworld.co.uk</p>	<p>Unit 922 - Origins, Principles and Theories of Massage - Assignment must be evidence using assignment assessment form AA 922 see www.itecworld.co.uk</p>