

**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

1.1.1 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 Use suitable consultation techniques to identify treatment objectives

1.2.1 To include: An example of a consultation form can be downloaded from:

[www.itecworld.co.uk](http://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 Advise the client on how to prepare for the treatment

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 Identify influencing factors

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 Provide clear recommendations to the client based on factors

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 Describe salon's requirement for client preparation, preparing themselves and the work area

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

<p>1.7 Identify different consultation techniques used to identify treatment objectives</p>	<p>1.7.1 To include:</p> <ul style="list-style-type: none"> <li>• Positive body language</li> <li>• Positioning of the client (no barriers between themselves and client)</li> <li>• Good communication skills (asking open and/or closed questions where appropriate)</li> <li>• Verbal and non-verbal communication</li> </ul>
<p>1.8 Describe the factors that need to be considered when selecting techniques, products and equipment</p>	<p>1.8.1 To include</p> <ul style="list-style-type: none"> <li>• Selected areas: head, hands and arms, neck and shoulders</li> <li>• Select and record products being used to achieve the desired result</li> <li>• Provide aftercare advice</li> <li>• Individual's wishes prior to any form of treatment</li> <li>• Establish and maintain a record of the procedures and products used</li> <li>• Adaptation of massage techniques</li> <li>• Presence of any contra-actions</li> </ul>
<p>1.9 Describe the environmental conditions suitable for massage treatment</p>	<p>1.9.1 To include:</p> <ul style="list-style-type: none"> <li>• Lighting</li> <li>• Heating</li> <li>• Ventilation</li> <li>• Noise levels</li> <li>• Available space</li> <li>• Music</li> <li>• General hygiene</li> <li>• Waste disposal</li> <li>• Décor</li> <li>• Equipment</li> <li>• Privacy</li> <li>• Reception areas</li> <li>• General use/treatment areas</li> </ul>
<p>1.10 Describe the safety considerations that must be taken into account when providing massage treatment</p>	<p>1.10.1 To include:</p> <ul style="list-style-type: none"> <li>• Methods of sterilisation</li> <li>• Disposal of contaminated waste</li> <li>• Legislation</li> <li>• PPE</li> <li>• Relevant Health &amp; Safety.</li> </ul>
<p>1.11 Identify the range of equipment used for massage treatment</p>	<p>1.11.1 To include:</p> <ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Sterilising solution</li> <li>• Waste disposal</li> </ul>
<p>1.12 Identify products used and their key ingredients</p>	<p>1.12.1 To include:</p> <ul style="list-style-type: none"> <li>• Skin cleansing products</li> <li>• Creams</li> <li>• Lotions</li> <li>• Oils</li> </ul>



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

<p>2.12 Describe contra-actions which might occur during and following the treatment and how to respond</p> <p>2.13 Describe the aftercare advice that should be provided</p> <p>2.14 State the importance of completing the treatment to the satisfaction of the client</p> <p>2.15 State the methods of evaluating the effectiveness of the treatment</p> <p>2.16 Describe the physiological effects and benefits of massage</p> <p>2.17 Describe the psychological effects of massage</p>	<p>2.12.1 To include:</p> <ul style="list-style-type: none"> <li>• Explaining any possible side effects to the treatment</li> <li>• Feeling tired</li> <li>• Increased micturition</li> <li>• Increased defecation</li> <li>• Healing crisis</li> <li>• Headache</li> <li>• Thirst</li> <li>• Heightened emotions</li> <li>• Skin reactions</li> <li>• Increase in symptoms</li> <li>• Referral procedures</li> </ul> <p>2.13.1 To include:</p> <ul style="list-style-type: none"> <li>• Recommendations for immediate aftercare</li> <li>• Suitable body care regime</li> <li>• Lifestyle</li> <li>• Use of SPF</li> <li>• Recommendation of further salon treatments</li> </ul> <p>2.14.1 To include:</p> <ul style="list-style-type: none"> <li>• Conclusion of treatment in appropriate manner to meet client's needs</li> </ul> <p>2.15.1 To include:</p> <ul style="list-style-type: none"> <li>• Maintaining records for accurate future treatment</li> <li>• Aftercare</li> <li>• Home care</li> <li>• Product advice</li> <li>• Compliance with current legislation</li> <li>• Concluding the treatment in the correct manner to meet client's requirements</li> <li>• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout</li> </ul> <p>2.16.1 To include:</p> <ul style="list-style-type: none"> <li>• Circulatory system</li> <li>• Lymphatic system</li> <li>• Skin</li> <li>• Muscular system</li> <li>• Nervous system.</li> </ul> <p>2.17.1. To include:</p> <ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Sense of well-being</li> </ul>
<p>Assignment Unit 922 - <b>Origins, Principles and Theories of Massage</b></p> <p>Unit 922 - <b>Origins, Principles and Theories of Massage</b> Assignment Guidance form AG922 may be downloaded from <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a></p>	<p>Unit 922 - <b>Origins, Principles and Theories of Massage</b> - Assignment must be evidence using assignment assessment form AA 922 see <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a></p>