

ITEC Level 3

Unit 827 - Provide Indian Head Massage

Recommended Minimum Guided Learning Hours – 49

Learning Outcome The Learner will:

1. Be able to prepare for Indian Head Massage

Assessment Criteria

Taught Content

- 1.1 Prepare themselves, client and work area for Indian Head Massage

1.1.1 To include:

- Preparation of working area • Equipment • Products • Work wear • Personal appearance and behaviour • Hygiene e.g. sterilizing /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

- 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 Provide clear recommendations to the client

1.3.1 To include:

Taking into account the following:

- The outcome of the consultation • Diet • Smoking • Alcohol • Central heating • Air conditioning • Stress • Sleep • Exercise • Fresh air • Occupation • Lifestyle • Current regime

- 1.4 Select products and equipment to suit client treatment needs

1.4.1 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 • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal
- Mediums – suitable for skin, scalp, hair type and condition • The effects and benefits of mediums should be known e.g. • Sesame • Mustard • Olive • Almond • Coconut • Evening Primrose • Apricot Kernel • Grapeseed • Jojoba • Hazelnut

1.5 Describe salon requirements for preparing themselves, the client and work area	1.5.1 To include: • Any particular rights, restrictions and Acts applicable to Indian head massage treatment • Code of practice/ethics • Insurance and professional association membership • Record keeping • Professional appearance
1.6 Describe the environmental conditions suitable for Indian Head Massage	1.6.1 To include: • Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas
1.7 Describe the 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 Explain the importance of carrying out relevant tests	1.8.1 To include: • Identifying client's treatment needs • Patch test • Tactile test • Contraindications • Scope of treatment(s) • Aftercare advice • Home care advice
1.9 Describe how to select products and equipment to suit client treatment needs	1.9.1 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 • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Mediums – suitable for skin, scalp, hair type and condition • The effects and benefits of mediums should be known e.g. • Sesame • Mustard • Olive • Almond • Coconut • Evening Primrose • Apricot Kernel • Grapeseed • Jojoba • Hazelnut
1.10 Explain the contraindications that prevent or restrict Indian Head Massage	1.10.1 To include: With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the Nervous System (e.g. Muscular Sclerosis, Parkinson's disease, Motor Neurone disease) • Trapped/Pinched nerve • Inflamed nerve • Spastic conditions • Kidney infections

	<ul style="list-style-type: none"> • Urinary infections • Acute rheumatism • Undiagnosed facial pain • When taking prescribed medication <p>Contraindications that restrict treatment</p> <ul style="list-style-type: none"> • Fever • Contagious or infectious • Under the influence of recreational drugs or alcohol • Cancer • Diarrhoea and vomiting • Hypersensitive skin • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Cuts • Bruises • Abrasions • Scar tissue (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Recent fractures (minimum 3 months) • Cervical spondylitis • After a heavy meal • Anaphylaxis • Vertigo • Adhesive capsulitis • Bell's Palsy • Tinnitus • Migraine • Earache • Headaches • Psoriasis • Myalgic Encephalomyelitis (chronic fatigue syndrome)
<p>Learning Outcome The Learner will:</p> <p>2. Be able to provide Indian Head Massage</p>	
Assessment Criteria	Taught Content
2.1 Communicate and behave in a professional manner	<p>2.1.1 To include:</p> <ul style="list-style-type: none"> • Checking consultations and contraindications • Explaining the treatment to the client • Benefits, limitations and co-operation required • Helping the client onto the couch/chair prior to and off the couch/chair after the treatment • Positioning the client correctly • Sanitising client's hands/feet as appropriate • Sanitising own hands as appropriate throughout treatment • Protecting the client's modesty at all times • Ensuring that all parts of the client are covered except the area being treated • Ensuring that the client is comfortable • Using appropriate covered supports • Adapt the Indian head massage treatments to suit the needs of the client • Ensuring client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment
2.2 Follow health and safety working practices	<p>2.2.1 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
2.3 Position themselves and client correctly throughout the treatment	<p>2.3.1 To include:</p> <ul style="list-style-type: none"> • Positioning of the client • Client comfort • Application of the treatments • Indian head massage therapist self-care

2.4 Use products, equipment and techniques to suit clients treatment needs	<p>2.4.1 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 • UV cabinet • Autoclave • Chemical immersion equipment • Wasted disposal • Mediums – suitable for skin, scalp, hair type and condition • The effects and benefits of mediums should be known e.g. • Sesame • Mustard • Olive • Almond • Coconut • Evening Primrose • Apricot Kernel • Grapeseed • Jojoba • Hazelnut
2.5 Complete the treatment to the satisfaction of the client	<p>2.5.1 To include:</p> <ul style="list-style-type: none"> • Conclusion of treatment in appropriate manner to meet client's needs
2.6 Record and evaluate the results of the treatment	<p>2.6.1 To include:</p> <ul style="list-style-type: none"> • Reviewing and recording treatment outcomes • Treatment recommendations • Homecare advice
2.7 Provide suitable aftercare advice	<p>2.7.1 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
2.8 Explain how to communicate and behave in a professional manner	<p>2.8.1 To include:</p> <ul style="list-style-type: none"> • Consultation • Treatment explanation • Client care • Hygiene • Good communication skills
2.9 Explain health and safety working practices	<p>2.9.1 To include:</p> <ul style="list-style-type: none"> • Checking consultations and contraindications • Explaining the treatment to the client • Benefits, limitations and co-operation required • Helping the client onto the couch/chair prior to and off the couch/chair after the treatment • Positioning the client correctly • Sanitising client's hands/feet as appropriate • Sanitising own hands as appropriate throughout treatment • Protecting the client's modesty at all times • Ensuring that all parts of the client are covered except the area being treated • Ensuring that the client is comfortable • Using appropriate covered supports • Adapting the Indian head massage treatments to suit the needs of the client • Ensuring client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment
2.10 Explain 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 treatments as appropriate to the client's needs • Therapist maintaining correct posture/stance throughout treatment

<p>2.11 Explain the importance of using products, tools, equipment and techniques to suit clients treatment need</p>	<p>2.11.1 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 • UV cabinet • Autoclave • Chemical immersion equipment • Wasted disposal • Mediums – suitable for skin, scalp, hair type and condition • The effects and benefits of mediums should be known e.g. • Sesame • Mustard • Olive • Almond • Coconut • Evening Primrose • Apricot Kernel • Grapeseed • Jojoba • Hazelnut • Effleurage • Petrissage • Frictions • Percussion • Vibrations • Specific Indian Head Massage movements: • Champi • Tabla • Hair pulling • Plucking • Stroking • Pressure points • Movements should be performed correctly and on areas appropriate for the movement <p>Products and equipment applicable for the following – Indian head massage</p>
<p>2.12 Explain the effects and benefits of Indian Head Massage</p>	<p>2.12.1 To include:</p> <ul style="list-style-type: none"> • Relaxation • Stress relief • Uplifting • Aids postural problems • Improves hair and scalp condition • Increases vascular/lymphatic circulation • Decreases Sympathetic Nervous System (S.N.S.) • Activates Parasympathetic Nervous System (P.N.S.) • Improves skin texture • Increases oxygen to the brain • Releases endorphins • Restores energy to the body <p>2.12.2 To include: Effects on the following systems:</p> <ul style="list-style-type: none"> • Circulatory • Lymphatic • Nervous • Skin • Muscular • Skeletal • Endocrine • Respiratory <p>2.12.3 To include: common ailments which can be treated</p> <ul style="list-style-type: none"> • Temporo-mandibular tension (TMJ syndrome) • Sinusitis • Ankylosis spondylitis • Pityriasis simplex capitis (dandruff)
<p>2.13 Describe how treatments can be adapted to suit client treatment needs</p>	<p>2.13.1 To include:</p> <ul style="list-style-type: none"> • Restrictions • Client preferences and commitment • Product availability • Time scales • Costs • Indian head massage
<p>2.14 State the contra-actions that may occur during and following treatments and how to respond</p>	<p>2.14.1 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
<p>2.15 Explain the importance of completing the treatment to the satisfaction of the client</p>	<p>2.15.1 To include:</p> <ul style="list-style-type: none"> • Concluding the treatment in appropriate manner to meet client's needs • Concluding the body massage treatment in an appropriate and safe manor to meet the clients needs • Ongoing treatments

2.16 Explain the importance of completing treatment records	2.16.1 To include: • Maintaining records • Aftercare • Home care • Product advice • Advice for on-going treatments • Compliance with Data Protection
2.17 Describe the methods of evaluating the effectiveness of the treatment	2.17.1 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
2.18 Describe the aftercare advice that should be provided	2.18.1 To include: • Based upon consultation and relevant test recommendations for ongoing or further treatments, home and aftercare advice • Healthy eating • Fluid/water intake • Exercise • Smoking habits • Hobbies • Interests • Rest • Relaxation • Stress levels • Sleep • General care and lifestyle advice and the beneficial effects thereof
2.19 Describe the structure and functions of the skin	2.19.1 To include: ♦ Skin - Epidermis: • Stratum Corneum • Stratum Lucidum • Stratum Granulosum • Stratum Spinosum/Malphigian layer • Stratum Germinativum/Basal layer • Melanocytes • Dermis: • Blood supply • Lymphatic supply • Hair follicle • Hair • Sebaceous gland • Sweat glands: • Eccrine and apocrine • Sensory nerve endings • Dermal Papilla • Collagen • Elastin • Histeocytes • Mast Cells • Fibroblasts • Erector pili muscle and Subcutaneous layer • Secretion • Heat Regulation • Absorption • Protection • Elimination • Sensation • Vitamin D formation (7-dehydro-cholesterol) • Keratinisation • Melanin Formation • Mitosis
2.20 Describe skin types, conditions, diseases and disorders	2.20.1 To include: Skin types • White • Black • Asian type skin • Mixed • Dry • Oily • Combination Skin conditions/characteristics • Mature skin • Young skin • Sensitive • Dehydrated • Lack of elasticity • Lack of muscle tone • Blemishes • Age • Crows' feet • Broken capillaries • Open pores • Milia • Comedones • Pustules • Papules • Hyper pigmentation • Hypo pigmentation • Dermatitis papulosa nigra • Psuedo folliculitis • Keloids • Ingrowing hairs • Vitiligo • Albinism • Chloasma • Ephilides • Lentigo • Naevae • Port wine stain • Leucoderma • Scarring • Thin skin • Small moles ♦ Infestations: • Scabies • Pediculosis ♦ Congenital: • Atopic eczema • Atopic dermatitis • Psoriasis ♦ Bacterial: • Acne vulgaris • Impetigo • Acne rosacea • Boils • Folliculitis ♦ Viral: • Warts • Herpes simplex • Herpes zoster

<p>2.25 Describe the location and function of chakra's</p>	<p>2.24.2 To include:</p> <ul style="list-style-type: none"> • Content of lymph • Transports waste • Purifies toxins • Adds antibodies, antitoxins and lymphocytes • Part of the Immune System • Secondary circulation • Lymphocyte • Lymphatic Capillary • Lymphatic Vessel • Lymph Node • Lymphatic Duct • Superficial and deep cervical • Submandibular • Anterior and Posterior Auricular • Occipital • Buccal • Sub-mental <p>2.25.1 To include:</p> <ul style="list-style-type: none"> • Crown • 3rd Eye/Brow • Throat • Heart • Solar Plexus • Sacral • Base/Root
<p>Unit 827 - Provide Indian Head Massage Practical Assessment</p> <p>All candidates will be examined via a practical examination of their technical skills and treatments techniques</p> <p>Treatment evidence Evidence of 4 Treatments to include: Consultation including medical history Treatment details After/Home care advice Candidates and Client signature Treatment date</p>	<p>Unit 827 - Provide Indian Head Massage Practical assessment forms and marking criteria may be downloaded from www.itecworld.co.uk</p> <p>Unit 827 - Provide Indian Head Massage must be evidenced through the use of signed and dated treatment evidence forms. See www.itecworld.co.uk for sample form</p>