

## Unit 726 - Provide Body Massage Treatments

Guided Learning Hours: 79

Learning Outcome	Assessment Criteria
1. Be able to maintain safe and effective methods of working when providing body massage treatments	<ul style="list-style-type: none"><li>1.1 set up and maintain the treatment area to meet legal, hygiene and service requirements</li><li>1.2 maintain personal hygiene, protection and appearance that meets accepted industry and organisational requirements</li><li>1.3 clean all tools and equipments using the correct methods</li><li>1.4 position equipment and massage mediums for safety and ease of use</li><li>1.5 position the client and themselves to minimise fatigue and risk of injury and and for the treatment</li><li>1.6 use industry hygiene and safety practices throughout the treatment to minimise the risk of cross-infection</li><li>1.7 adopt a positive, polite and reassuring manner towards the client throughout the treatment</li><li>1.8 maintain the client's modesty, privacy and comfort throughout the treatment</li><li>1.9 complete the treatment within a commercially viable time</li><li>1.10 keep the records up-to-date, accurate, easy to read and signed by the client and practitioner</li><li>1.11 leave the treatment area and equipment in a suitable condition for future treatments</li></ul>
2. Be able to consult, plan and prepare to provide body massage treatments	<ul style="list-style-type: none"><li>2.1 use consultation techniques to determine the client's treatment needs</li></ul>

	<p>2.2 obtain signed, written and informed consent prior to carrying out the treatment from the client or parent/guardian if the client is a minor</p> <p>2.3 question the client to identify the client's medical history, physical characteristics and lifestyle pattern</p> <p>2.4 consult with the client to identify any contra-indications to facial electrical treatments, recording the client's responses, taking any necessary action</p> <p>2.5 provide client advice without referring to a specific medical condition and without causing undue alarm and concern</p> <p>2.6 explain and agree the projected cost, likely duration, frequency and types of treatment needed</p> <p>2.7 agree in writing the client's needs, expectations and treatment objectives, ensuring they are realistic and achievable</p> <p>2.8 clean and prepare the client's skin to suit the type of massage to be given</p> <p>2.9 protect the client's clothing, hair and accessories prior to beginning massage</p> <p>2.10 select equipment and related products to suit the treatment objectives</p>
3. Be able to perform manual massage treatments	<p>3.1 check that the client's body is suitably supported prior to and during the treatment</p> <p>3.2 adapt massage techniques, sequence and massage mediums to meet the client's physical characteristics and treatment area(s)</p> <p>3.3 vary the depth, rhythm and pressure of massage movements to meet treatment objective, treatment area(s) and client's physical characteristics and preferences</p> <p>3.4 apply and use massage oil medium to minimise waste</p>

	<p>3.5 take prompt remedial action if contra-actions or discomfort occur during the course of treatment</p> <p>3.6 give the client sufficient post-treatment recovery time</p> <p>3.7 consult with the client to confirm the finished result is to the client's satisfaction and meets the agreed treatment objectives</p> <p>3.8 provide aftercare advice specific to the client's individual needs</p>
4. Be able to perform mechanical massage treatments	<p>4.1 explain to the client the sensation created by the equipment used</p> <p>4.2 explain the treatment procedure to the client in a clear and simple way at each stage in the process</p> <p>4.3 check the client's body is suitably supported prior to and during the treatment</p> <p>4.4 use safely the correct treatment settings, application and applicator heads on the body throughout the treatment to meet manufacturers' instructions</p> <p>4.5 adjust the intensity and duration of the treatment to suit the client's physical characteristics and the treatment area(s)</p> <p>4.6 vary the sequence, depth and pressure of massage movements to meet treatment objectives and treatment area(s)</p> <p>4.7 check the client's wellbeing throughout the mechanical massage treatment</p> <p>4.8 take prompt remedial action if contra-actions or discomfort occur during the course of treatment</p> <p>4.9 give the client sufficient post-treatment recovery time</p> <p>4.10 check the finished result is to the client's satisfaction and meets the agreed treatment</p>

	objectives
	4.11 provide aftercare advice specific to the client's individual needs
5. Understand organisational and legal requirements for protecting body massage treatments	<p>5.1 explain own responsibilities under relevant health and safety legislation, standards and guidance</p> <p>5.2 explain own responsibilities under local authority licensing regulations for themselves and the premises</p> <p>5.3 explain the importance of not discriminating against clients with illnesses and disabilities and why</p> <p>5.4 state the age at which an individual is classed as a minor and how this differs nationally</p> <p>5.5 explain why it is important, when treating minors under 16 years of age, to have a parent or guardian present</p> <p>5.6 explain why minors should not be given treatments without informed and signed parental or guardian present</p> <p>5.7 explain the legal significance of gaining signed, informed consent to treatment</p> <p>5.8 explain own responsibilities and reasons for maintaining personal hygiene, protection and appearance according to accepted industry and organisational requirements</p> <p>5.9 explain the manufacturers' and organisational requirements for waste disposal</p> <p>5.10 explain the importance of the correct storage of client records in relation to the Data Protection Act</p>

	<p>5.11 explain how to complete the client records and the reasons for keeping records of treatments and gaining client signatures</p> <p>5.12 explain the organisation's requirements for client preparation</p> <p>5.13 explain the organisation's service times for body massage treatments and the importance of completing the service in a commercially viable time</p> <p>5.14 explain own responsibilities and reasons for keeping own nails short, clean, well-manicured and free of polish for massage treatments</p> <p>5.15 explain the organisation's and manufacturers' requirements for treatment area, equipment maintenance and equipment cleaning regimes</p>
6. Understand how to work safely and effectively when providing body massage treatments	<p>6.1 explain how to set up the work area for body massage treatments</p> <p>6.2 explain the necessary environmental conditions for body massage treatments (including lighting, heating, ventilation, sound and general comfort) and why these are important</p> <p>6.3 explain the reasons for disinfecting hands and how to do this effectively</p> <p>6.4 explain how to position themselves and the client for body massage treatments taking into account individual physical characteristics</p> <p>6.5 explain what repetitive strain injury (RSI) is, how it is caused and how to avoid developing it when delivering massage treatments</p> <p>6.6 explain the importance of adopting the correct posture throughout the treatment and the impact this may have on themselves and the outcome of the treatment</p> <p>6.7 explain the reasons for maintaining client modesty, privacy and comfort during the treatment</p>

	<p>6.8 explain why it is important to maintain standards of hygiene and the principles of avoiding cross-infection</p> <p>6.9 explain how to minimise and dispose of waste treatments</p> <p>6.10 explain why it is important to check the client's wellbeing at regular intervals during mechanical massage</p>
7. Understand how to consult with clients	<p>7.1 explain how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, ages, disabilities and genders for this treatment</p> <p>7.2 explain why it is important to encourage and allow time for clients to ask questions</p> <p>7.3 explain the importance of questioning clients to establish any contra-indications to head and body massage treatments</p> <p>7.4 explain why it is important to record client responses to questioning</p> <p>7.5 explain the legal significance of client questioning and the recording of client responses</p> <p>7.6 explain how to give effective advice and recommendations to clients</p> <p>7.7 explain how to assess posture and skeletal conditions that may be present and how to adapt and change the massage routines</p> <p>7.8 explain how to recognise different skin types and conditions</p> <p>7.9 explain the reasons why it is important to encourage clients with contra-indications to seek medical advice</p> <p>7.10 explain the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice</p>

	<p>7.11 explain why it is important to maintain the client's modesty and privacy</p> <p>7.12 explain the relationship between lifestyle patterns and effectiveness of treatment</p> <p>7.13 explain the beneficial effects which can result from changes to the client's lifestyle pattern</p>
8. Understand how to prepare to provide body massage treatments	<p>8.1 explain the importance of giving clients clear instructions on the removal of relevant clothing, accessories and general preparation for the treatment</p> <p>8.2 explain why it is important to reassure clients during the preparation for the treatment</p> <p>8.3 explain how to select the appropriate massage medium suitable for skin type and condition</p> <p>8.4 explain how to cleanse different areas of the body in preparation for treatment</p>
9. Understand anatomy and physiology related to body massage treatments	<p>9.1 explain the structure and function of cells and tissues</p> <p>9.2 explain the structure and function of muscles, including the types of muscle</p> <p>9.3 explain the positions and actions of the main muscle groups within the treatment areas of the body</p> <p>9.4 explain the position and function of the primary bones and joints of the skeleton</p> <p>9.5 explain how to recognise postural faults and conditions</p> <p>9.6 explain the interaction of lymph and blood within the circulatory system</p> <p>9.7 explain the structure and function of the lymphatic system</p> <p>9.8 explain the basic principles of the central nervous system and autonomic system</p>

	<p>9.9 explain the basic principles of the endocrine, respiratory, digestive and excretory systems</p> <p>9.10 explain the structure and function of skin</p> <p>9.11 compare the skin characteristics and skin types of different ethnic client groups</p> <p>9.12 explain the structure and location of the adipose tissue</p> <p>9.13 summarise the effects of massage on the individual systems of the body</p> <p>9.14 explain the function of blood and the principles of circulation, blood pressure and pulse</p> <p>9.15 summarise the physical and psychological effects of body massage</p> <p>9.16 explain how to recognise erythema and hyperaemia and its causes</p>
10. Understand contra-indications and contra-actions that affect or restrict body massage treatments	<p>10.1 explain the contra-indications that prevent treatment and why</p> <p>10.2 explain the contra-indications which may restrict treatment or where caution should be taken, in specific areas and why</p> <p>10.3 explain the possible contra-actions which may occur during and post-treatment, why and how to deal with them</p>
11. Understand how to carry out body massage treatments	<p>11.1 explain the preparation and application of the massage equipment</p> <p>11.2 explain the benefits of using the massage equipment</p> <p>11.3 explain the different types and uses of massage mediums</p> <p>11.4 explain the types and benefits of pre-heat treatments which can be used prior to massage</p>



	<p>11.5 explain why it is important to maintain correct posture during massage and complete their own stretching exercises to prevent repetitive strain injury</p> <p>11.6 explain the correct use and application of massage techniques to meet a variety of treatment objectives</p> <p>11.7 explain how to adapt the massage sequence, depth and pressure to suit different client physical characteristics, areas of the body and client preferences for manual massage</p> <p>11.8 explain how to adapt the massage sequence, depth and pressure to suit different client physical characteristics and areas of the body for mechanical massage</p> <p>11.9 explain how to adapt massage treatments for male and female clients</p> <p>11.10 explain the areas of the body and body characteristics needing particular care when undertaking mechanical treatments</p> <p>11.11 explain the advantages of mechanical and manual massage</p> <p>11.12 evaluate the advantages of combining mechanical and manual massage</p> <p>11.13 explain how to select and utilise massage equipment, media and techniques to achieve maximum benefits to the client</p> <p>11.14 explain how and why support and cushioning would be used during the treatment</p> <p>11.15 explain the importance of evaluating the effectiveness of body massage treatments</p>
12. Understand how to provide aftercare advice	<p>12.1 explain the lifestyle factors and changes that may be required to improve the effectiveness of the treatment</p> <p>12.2 explain post-treatment restrictions and future treatment needs</p>

	<p>12.3 explain products for home use that will benefit and protect the client and those to avoid and why</p> <p>12.4 explain how eating and exercise habits can affect the effectiveness of treatment</p>
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