

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">1.1 set up and maintain the treatment area to meet legal, hygiene and service requirements1.2 maintain personal hygiene, protection and appearance that meets accepted industry and organisational requirements1.3 clean all tools and equipments using the correct methods1.4 position equipment and massage mediums for safety and ease of use1.5 position the client and themselves to minimise fatigue and risk of injury and and for the treatment1.6 use industry hygiene and safety practices throughout the treatment to minimise the risk of cross-infection1.7 adopt a positive, polite and reassuring manner towards the client throughout the treatment1.8 maintain the client's modesty, privacy and comfort throughout the treatment1.9 complete the treatment within a commercially viable time1.10 keep the records up-to-date, accurate, easy to read and signed by the client and practitioner1.11 leave the treatment area and equipment in a suitable condition for future treatments
2. Be able to consult, plan and prepare to provide body massage treatments	<ul style="list-style-type: none">2.1 use consultation techniques to determine the client's treatment needs

	<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>
<p>3. Be able to perform manual massage treatments</p>	<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>
<p>4. Be able to perform mechanical massage treatments</p>	<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>

	<p>objectives</p> <p>4.11 provide aftercare advice specific to the client's individual needs</p>
<p>5. Understand organisational and legal requirements for protecting body massage treatments</p>	<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>
<p>6. Understand how to work safely and effectively when providing body massage treatments</p>	<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>
<p>7. Understand how to consult with clients</p>	<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>
<p>8. Understand how to prepare to provide body massage treatments</p>	<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>
<p>9. Understand anatomy and physiology related to body massage treatments</p>	<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>
<p>10. Understand contra-indications and contra-actions that affect or restrict body massage treatments</p>	<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>
<p>11. Understand how to carry out body massage treatments</p>	<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>
<p>12. Understand how to provide aftercare advice</p>	<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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