

Unit 733 – Provide Indian Head Massage

Guided Learning Hours: 54

Learning Outcome	Assessment Criteria
1. Be able to maintain safe and effective methods of working when providing Indian head Massage	<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 equipment using the correct methods1.4 position equipment and massage medium for safety and ease of use1.5 position the client and themselves to minimise fatigue and risk of injury and in a way suitable for the treatment1.6 use accepted industry hygiene and safety practices throughout the treatment to minimise cross-infection1.7 adopt a positive, polite and reassuring manner towards the client at all times1.8 maintain the client's modesty, privacy and comfort at all times1.9 complete the treatment within a commercially viable time1.10 keep records up-to-date, accurate, complete, legible and signed by the client and practitioner1.11 leave the treatment area in a condition suitable for future treatments
2. Be able to consult, plan and prepare for treatments with clients	<ul style="list-style-type: none">2.1 use consultation techniques to determine the client's treatment needs2.2 obtain signed, written and informed consent prior to carrying out the treatment from

	<p>the client or parent/guardian if the client is a minor</p> <p>2.3 explain to the client what the treatment entails in a way they can understand</p> <p>2.4 identify the client's medical history, physical characteristics and lifestyle pattern by asking questions</p> <p>2.5 consult effectively with the client to identify any contra-indications to massage treatments, recording the client's responses and take any necessary action</p> <p>2.6 provide client advice without reference to a specific medical condition and without causing undue alarm or concern</p> <p>2.7 explain and agree the projected cost, duration and frequency of treatment needed</p> <p>2.8 agree in writing the client's needs expectations and treatment objectives ensuring they are realistic and achievable</p> <p>2.9 adapt client preparation procedures to suit the environment in which the massage is to be undertaken</p> <p>2.10 protect clothing, hair and accessories prior to beginning massage</p> <p>2.11 select suitable resources and massage medium to meet the treatment objectives</p>
3. Be able to perform Indian head massage	<p>3.1 provide suitable support and cushioning, as necessary, to specific areas of the body during the treatment</p> <p>3.2 adapt massage techniques, sequence and use of massage medium 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 objectives, treatment area(s) and client's physical characteristics and preferences</p>

	<p>3.4 co-ordinate breathing techniques with that of the client</p> <p>3.5 apply massage medium to ensure minimal waste</p> <p>3.6 take prompt remedial action if contra-actions or discomfort occur during the course of treatment</p> <p>3.7 allow the client sufficient post-treatment recovery time</p> <p>3.8 check that the finished result is to the client's satisfaction and meets the agreed treatment objectives</p> <p>3.9 provide aftercare advice specific to the client's individual needs</p>
4. Understand organisational and legal requirements for providing Indian head massage	<p>4.1 explain own responsibilities under current health and safety legislation, standards and guidance</p> <p>4.2 explain own responsibilities under local authority licensing regulations for themselves and their premises</p> <p>4.3 explain the importance of not discriminating against clients with illnesses and disabilities and why</p> <p>4.4 state the age at which an individual is classed as a minor and how this differs nationally</p> <p>4.5 explain why minors should not be given treatments without informed and signed parental or guardian consent</p> <p>4.6 explain why it is important, when treating minors under the age of 16, to have a parent present</p> <p>4.7 explain the legal significance of gaining signed, informed consent to treatment</p>

	<p>4.8 explain manufacturer's and organisational requirements for waste disposal</p> <p>4.9 explain the importance of the correct storage of client records in relation to the Data Protection Act</p> <p>4.10 explain how to complete client records and the reasons for keeping records of treatments and gaining client signatures</p> <p>4.11 explain own responsibilities and reasons for maintaining personal hygiene, protection and appearance according to accepted industry and organisation requirements</p> <p>4.12 explain the organisation's requirements for client preparation</p> <p>4.13 explain the organisation's service times for Indian head Massage and the importance of completing the service in a commercially viable time</p> <p>4.14 explain the organisation's requirements for treatment area maintenance</p>
5. Understand how to work safely and effectively when providing Indian Head Massage	<p>5.1 explain how to set up the work area for Indian head massage</p> <p>5.2 explain the necessary environmental conditions for Indian head massage (including lighting, heating, ventilation, sound and general comfort) and why these are important</p> <p>5.3 explain the importance of and reasons for disinfecting hands and how to do this effectively</p> <p>5.4 explain how to position themselves and the client for Indian head massage taking into account individual physical characteristics</p> <p>5.5 explain what repetitive strain injury (RSI) is, how it is caused and how to avoid developing it when delivering massage treatments</p> <p>5.6 explain the importance of adopting the correct posture throughout the treatment and</p>

	<p>the impact this may have on themselves and the outcome of the treatment</p> <p>5.7 explain the reasons for maintaining client modesty, privacy and comfort during the treatment</p> <p>5.8 explain why it is important to maintain standards of hygiene and the principles of avoiding cross-infection</p> <p>5.9 explain how to minimise and dispose of waste treatments</p>
6. Understand how to consult with clients	<p>6.1 explain how to use consultation techniques when communicating with clients from different cultural and religious backgrounds, ages, disabilities and genders for this treatment</p> <p>6.2 explain why it is important to encourage and allow time for clients to ask questions</p> <p>6.3 explain the importance of questioning clients to establish any contra-indications to Indian head massage</p> <p>6.4 explain why it is important to record client responses to questioning</p> <p>6.5 explain the legal significance of client questioning and recording the client's responses</p> <p>6.6 explain how to give effective advice and recommendations to clients</p> <p>6.7 explain how to visually assess the physical characteristics</p> <p>6.8 explain how to assess posture and skeletal conditions that may be present and how to adapt and change the massage routine</p> <p>6.9 explain how to recognise different skin types and conditions</p> <p>6.10 explain how to recognise different scalp conditions and hair types</p>

	<p>6.11 explain the reasons why it is important to encourage clients with contra-indications to seek medical advice</p> <p>6.12 explain the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice</p> <p>6.13 explain why it is important to maintain client's modesty, privacy and comfort</p> <p>6.14 explain the relationship between lifestyle patterns and effectiveness of treatment</p> <p>6.15 explain the beneficial effects which can result to the client's lifestyle pattern</p>
7. Understand how to prepare for providing Indian head massages	<p>7.1 explain the importance of giving clients clear instructions on the removal of relevant clothing, accessories and general preparation for the treatment</p> <p>7.2 explain why it is important to reassure clients during the preparation process whilst also maintaining the client's modesty and privacy</p> <p>7.3 explain how to select the appropriate massage oil suitable for skin, scalp and hair type and condition</p> <p>7.4 explain how and when to adapt client preparation for working in different environments</p> <p>7.5 explain how to practically and mentally prepare themselves for carrying out the treatment</p>
8. Understand anatomy and physiology related to Indian head massages	<p>8.1 explain the structure and function of muscles, including the types of muscles within the treatment areas</p> <p>8.2 explain the positions and actions of the main muscle groups within the treatment areas</p> <p>8.3 explain the position and action of the primary bones and joints of the skeletal system</p>

	<p>within the treatment areas</p> <p>8.4 explain how to recognise postural faults and conditions within the treatment areas</p> <p>8.5 explain the structure, function and location of blood vessels and the principles of circulation, blood pressure and pulse within the treatment areas</p> <p>8.6 explain the interaction of lymph and blood within the circulatory system</p> <p>8.7 explain the structure and function of the lymphatic system</p> <p>8.8 explain the position and function of the sinuses</p> <p>8.9 explain the basic principles of the central nervous system and autonomic system</p> <p>8.10 explain the basic principles of the endocrine and respiratory systems</p> <p>8.11 explain the structure and function of skin</p> <p>8.12 compare the skin characteristics and skin types of different ethnic client groups</p> <p>8.13 explain the effects of Indian head massage on the individual systems of the body</p> <p>8.14 summarise the physical and psychological effects of Indian head massage</p>
9. Understand contra-indications and contra-actions that affect or restrict body massage treatments	<p>9.1 explain the contra-indications that prevent treatment and why</p> <p>9.2 explain the contra-indications which may restrict treatment or where caution should be taken, in specific areas and why</p> <p>9.3 explain the possible contra-actions which may occur during and post treatment and how to deal with them</p>

<p>10. Understand different Indian head massage mediums</p>	<p>10.1 explain how to store and maintain Indian head massage mediums in a safe and hygienic manner and why this is important</p> <p>10.2 explain how to use Indian head massage mediums safely and effectively</p> <p>10.3 explain the types of Indian head massage oils available and their beneficial properties e.g. mustard, coconut, olive and sesame</p>
<p>11. Understand the principles of Indian head massage</p>	<p>11.1 explain the key aspects of the origins and traditions of Indian head massage</p> <p>11.2 summarise the basic principles of Ayurveda</p> <p>11.3 explain the principles of body, mind and spiritual wellness</p> <p>11.4 explain the principles and practices of marma (pressure) points application (of which 37 are in the treatment area) and their purpose</p> <p>11.5 explain the principles and practices of the 7 primary chakras and their importance in relation to the Indian head massage treatment</p> <p>11.6 explain the importance of getting the client to remove their shoes before treatment</p> <p>11.7 explain why it is important to maintain correct posture during Indian head massage and to complete stretching exercises to prevent repetitive strain injury</p> <p>11.8 explain the correct use and application of Indian head massage techniques to meet a variety of treatment objectives</p> <p>11.9 explain how to adapt the Indian head massage sequence, depth and pressure to suit different client physical characteristics, areas of the body and preferences</p> <p>11.10 explain why effective client breathing is necessary prior to starting the treatment</p> <p>11.11 explain how own breathing techniques can enhance the effectiveness of the</p>

	<p>treatment process</p> <p>11.12 evaluate the advantages of Indian head massage</p> <p>11.13 explain how and why support and cushioning would be used during the treatment</p> <p>11.14 explain the importance of evaluating the effectiveness of Indian head massage treatments</p>
12. Understand how to provide aftercare advice	<p>12.1 explain why it is important to give post-treatment advice</p> <p>12.2 explain the benefits of a course of treatment</p> <p>12.3 explain the lifestyle factors and changes that may be required to improve the effectiveness of the treatment</p> <p>12.4 explain post-treatment restrictions and future treatment needs</p> <p>12.5 explain products for home use that will benefit the client and those to avoid and why</p>