

iUBT296 – Indian head massage

URN – T/617/0224

Guided Learning Hours: 100

Learning outcome	Assessment criteria	Taught content
LO1 Know the history and concept of Indian head massage	1.1. The learner will be able to explain and demonstrate the Holistic Approach	To include: • Greek term holos • Importance of the treatment of the whole person in relation to holistic health and the power of touch • Concept of balance and harmony in the body (homeostasis)
	1.2. The learner will be able to explain the term 'integral biology'	To include: • The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing • To include: - Computers - Mobile phones - Processed food - Lack of fresh air - Stress - Lack of sleep - Jet lag - Lack of natural light - Financial problems - Poor ventilation - Lack of exercise - Chemicals - Pollution
	1.3. The learner will be able to explain the history and concept of Indian Head massage	To include: • Part of family life

		• Rituals • Barbers • Use of certain oils for healing • Evolution of Indian Head massage and the concept
	1.4. The learner will be able to explain the concept of Ayurveda	To include: • Vata • Pitta • Kapha
	1.5. The learner will be able to explain the effects and benefits of Indian head massage	To include: • 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
	1.6. The learner will be able to explain the positions of the Chakras and their representation	To include: • Crown • 3rd Eye/Brow • Throat • Heart • Solar Plexus • Sacral • Base/Root
	1.7. The learner will be able to explain what is meant by the term marma point	• Knowledge of the effects of Indian head massage on marma points
	1.8. The learner will be able to explain the main Doshas and be aware of the oils linked to each	To include: • Vata • Pitta

		• Kapha
	1.9. The learner will be able to explain the effect of Indian head massage on the following systems	To include: • Circulatory • Lymphatic • Nervous • Skin • Muscular • Skeletal • Endocrine • Respiratory

LO2 Know the structure of the hair in relation to Indian head massage	2.1. The learner will be able to explain (with the aid of diagrams) the position and function of the following	• Cuticle • Cortex • Medulla • Dermal Papilla • Hair shaft • Hair bulb • Hair root
	2.2. The learner will be able to explain types of hair	• Lanugo • Vellus • Terminal
	2.3. The learner will be able to explain the factors which affect hair growth	To include: • Stress • Hormones • Diet • Medication • Climate
	2.4. The learner will be able to explain the hair growth cycle	• Anagen • Catagen • Telogen

LO3 Know how to carry out a consultation and recognise contra-indications to Indian head massage	3.1. The learner will be able to explain and demonstrate methods of consultation	To include: • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Trust • Professionalism, confidence and enthusiasm • Professionally informing the client of restrictions of treatments, e.g. contra-indications • Ensuring client is not alarmed in any way • Confidentiality • Consent (see later notes on consent) • Any contra-indications to treatment (as listed below) • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the course of action • Confirm the client's consent to the treatment • Where the client is not in a position themselves, confirm agreement to the treatment from the appropriate companion • Explanation of any possible side effects to the treatment • Explanation of how the programme will be evaluated and the review process • Where applicable clarify with the client information which may be available to others, e.g. relevant health care workers • Obtain the client's signature (or that of the companion)
	3.2. The learner will be able to understand and recognise common ailments and contra-indications to Indian head massage with reasons why	• 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 have been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist - Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypo-tension, heart conditions)

		- Haemophilia - Any condition already being treated by a GP or another complementary practitioner - Medical oedema - Osteoporosis - Arthritis - 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 (e.g. Sciatica) - Inflamed nerve - Cancer - Postural deformities - Spastic conditions - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Pediculosis Capitis (head lice) - Conjunctivitis - Sycosis Barbae - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions
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	3.3. The learner will be able to understand common ailments which can be treated	To include: • Temporo-mandibular tension (TMJ syndrome) • Sinusitis • Ankylosis spondylitis • Pityriasis simplex capitis (dandruff)
	3.4. The learner will be able to understand and recognise the different hair types and different hair conditions	To include: • Oily • Dry • Fine • Chemically treated
	3.5. The learner will be able to understand and recognise scalp conditions	To include: • Dandruff (Pityriasis capitis) • Alopecia • Psoriasis • Eczema • Pediculosis Capitis • Tinea Capitis
	3.6. The learner will be able to understand and recognise conditions of the neck and shoulders	To include: • Torticollis • Adhesive Capsulitis

		• Spondylitis • Ankylosing Spondylitis • Osteoarthritis • Fibromyalgia • Whiplash
	3.7. The learner will be able to explain the importance of referral procedures	To include: • Only working within the realms of their own expertise as a therapist • Demonstration of the understanding of when a client should be referred to either: - GP - Counsellor - Another Complementary Therapist - Member of the social care or nursing team
	3.8. The learner will be able to briefly explain other complementary therapies and when clients should be referred to this type of therapist	To include: • Homeopathy • Reflexology • Reiki/Spiritual Healing • Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen Technique • Alexander Technique • Herbalism • Chiropractic • Iridology • Acupressure • Ayurvedic medicine • Aromatherapy • Osteopathy • Holistic Massage • Crystal therapy • Ear candling • Colour therapy

LO4 Know how to carry out an Indian head massage treatment	4.1. The learner will be able to demonstrate appropriate client care and ensure that the client displays open body language	To include: • Checking consultation and contra-indications • Explaining the treatment to the client • Protecting the client's modesty at all times • Ensure that all parts of the client are covered except the area being massaged (treatment can be performed with clothing on or off) • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate covered supports, e.g. chest and forehead, knees, head • Adapt the massage techniques to suit the needs of the client • Remove the massage medium if appropriate • Client's feet flat on floor • Client to remove shoes
	4.2. The learner will be able to demonstrate correct hygiene procedures	To include: • Wash own hands • Use clean towels for each client • Put couch roll on top of towels • Wear clean professional work wear, socks/tights and full flat shoes • Remove all jewellery (except wedding band) from self and client • No nail enamel • Clean, short nails • Ensure the massage medium is removed at the end of the treatment (if appropriate) • Ensure all surfaces are lined with couch roll • Sanitise working area at the end of each day/treatment • Sanitise hands after massaging the scalp
	4.3. The learner will be able to explain and demonstrate correct breathing techniques	To include: • Diaphragmatic breathing at the beginning and at the end of the treatment
	4.4. The learner will be able to explain and demonstrate use of the different oils and their effects and benefits	To include: • Sesame • Mustard • Olive

		• Almond • Coconut • Evening Primrose • Apricot Kernel • Grapeseed • Jojoba • Hazelnut
	4.5. The learner will be able to explain and demonstrate the classical massage movements	To include: • 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 • Movements should be adapted to produce a massage suitable for the client's needs
	4.6. The learner will be able to explain the structures they are working over and their function	To include: • All body systems in the anatomy and physiology unit
	4.7. The learner will be able to evaluate and review the Indian head massage treatment/programme	• At the end of each treatment the client's feelings should be recorded and also any skin or other reactions • The following areas should be monitored: - Outcomes achieved - Effectiveness of the treatment - Any change in demands - Whether the treatment met the needs of the client - Longer term needs of the client (particularly when working in a care environment)

	4.8. The learner will be able to explain the possible side effects to Indian head massage	To include: • Increased micturition • Intensified emotional reactions • Tiredness • Light headedness • Aching muscles • Increase in mucus production from the nasal passages • Healing crisis
	4.9. The learner will be able to understand and explain possible contra-actions	To include: • Vomiting • Fainting
	4.10. The learner will be able to demonstrate and explain the importance of giving appropriate homecare advice after treatment	To include: • Healthy eating • Fluid/Water intake • Exercise • Smoking habits • Sleep patterns • Hobbies • Interests • Rest • Hair care • Relaxation • Stress levels • General care and lifestyle advice and the beneficial effects thereof • Helping clients and families to identify options to improve their health and wellbeing • Helping clients and their families to put their choices into action

Evidence of treatments	Evidence of treatments
Evidence of treating 3 clients on 3 separate occasions each These are internally assessed by the college lecturer and verified by the VTCT Skills Practical Examiner	To include: • Consultation • Medical history • Stress levels at work and at home • Treatment details • Client feedback • Aftercare and home care advice Treatments should be evidenced through the consultation form. See www.vtctskills.org.uk for a sample consultation form and evidence of treatment guidance form

Document History

Version	Issue Date	Changes	Role
v1	01/05/2018	First published	Qualifications Manager
v2	30/08/2019	Amended product coding	Qualifications and Regulation Co-ordinator
v3	16/06/2026	Rebranding	Development Administrator