



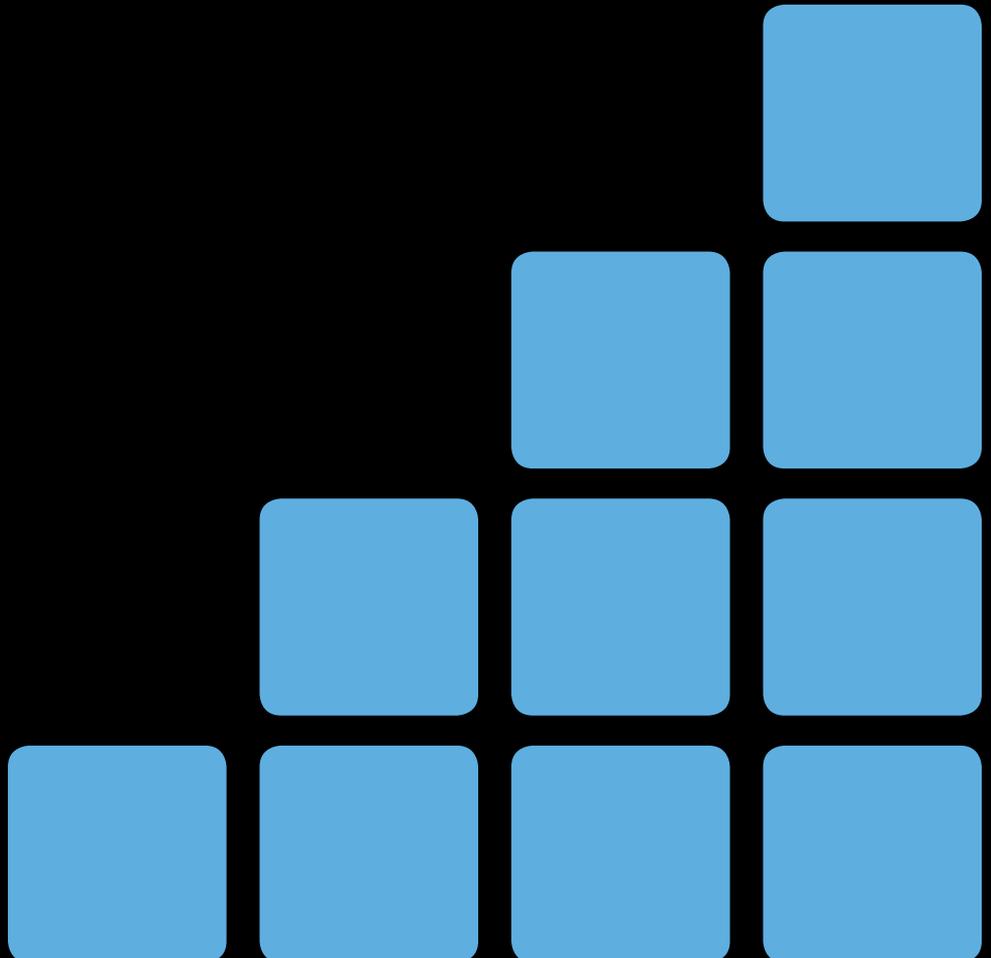
Provide Indian head massage

UB30B23

D/600/7504

Learner name:

Learner number:



UB30B23

Provide Indian head massage

This unit is about the skills involved in providing Indian head massage treatment. The ability to adapt massage techniques to suit individual client needs and the environment in which the massage takes place are crucial requirements. The ability to perform Indian head massages with and without the use of oils is also required.

To carry out this unit you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance, hygiene and good communication with the client.

NOS

B23

Level

3

Credit value

7

GLH

54

Observations

3

External paper(s)

2



Provide Indian head massage

Learning outcomes

On completion of this unit you will:

1. Be able to maintain safe and effective methods of working when providing Indian head massage
 2. Be able to consult, plan and prepare for treatments with clients
 3. Be able to perform Indian head massage
 4. Understand organisational and legal requirements for providing Indian head massage
 5. Understand how to work safely and effectively when providing Indian head massage
 6. Understand how to consult with clients
 7. Understand how to prepare for providing Indian head massages
 8. Understand anatomy and physiology related to Indian head massages
 9. Understand contra-indications and contra-actions that affect or restrict body massage treatments
 10. Understand different Indian head massage mediums
 11. Understand the principles of Indian head massage
 12. Understand how to provide aftercare advice
3. Your assessor will observe your performance on **at least 3 separate occasions, each on 3 different clients, 1 massage must include the use of massage oil and 1 massage which must exclude the use of oil.**
 4. From the range, you must practically demonstrate that you have:
 - used all consultation techniques
 - dealt with all the client's physical characteristics
 - dealt with **at least 1** of the necessary actions*
 - met all treatment objectives
 - used all massage techniques
 - covered all treatment areas
 - given all types of advice.

** However, you must prove to your assessor that you have the necessary knowledge, understanding and skills to be able to perform competently in respect of all the items in these ranges.*
 5. It is likely most evidence of your performance will be gathered from the observations made by your assessor, but you may be required to produce other evidence to support your performance if your assessor has not been present.
 6. Knowledge and understanding in this unit will be assessed by an external paper. The criteria that make up this paper are highlighted in white throughout this unit. **There are two external papers that must be achieved.**

Evidence requirements

1. Simulation is not allowed for any performance evidence within this unit.
2. You must practically demonstrate in your everyday work that you have met the standard for providing Indian Head massage treatment.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of observations required is indicated in the evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through oral questioning.

Your assessor will sign off an outcome when all criteria have been competently achieved in a single client service.

Maximum service times

The following maximum service times apply to this unit:

Indian Head Massage	45 minutes
---------------------	------------

Achieving range

The range section indicates what must be covered. Ranges must be practically demonstrated as part of an observation. Your assessor will document the portfolio reference once a range has been competently achieved.



Observations

Outcome 1

Be able to maintain safe and effective methods of working when providing Indian head Massage

You can:

- a. Set up and maintain the treatment area to meet legal, hygiene and service requirements
- b. Maintain personal hygiene, protection and appearance that meets accepted industry and organisational requirements
- c. Clean all tools and equipment using the correct methods
- d. Position equipment and massage medium for safety and ease of use
- e. Position the client and yourself to minimise fatigue and risk of injury and in a way suitable for the treatment
- f. Use accepted industry hygiene and safety practices throughout the treatment to minimise cross-infection
- g. Adopt a positive, polite and reassuring manner towards the client at all times
- h. Maintain the client's modesty, privacy and comfort at all times
- i. Complete the treatment within a commercially viable time
- j. Keep records up-to-date, accurate, complete, legible and signed by the client and practitioner
- k. Leave the treatment area in a condition suitable for future treatments

**May be assessed through oral questioning.*

Observation	1	2	3
Criteria questioned orally			
Date achieved			
Portfolio reference			
Learner signature			
Assessor initials			



Outcome 2

Be able to consult, plan and prepare for treatments with clients

You can:

- a. Use consultation techniques to determine the client's treatment needs
- b. Obtain signed, written and informed consent prior to carrying out the treatment from the client or parent/guardian if the client is a minor*
- c. Explain to the client what the treatment entails in a way they can understand
- d. Identify the client's medical history, physical characteristics and lifestyle pattern by asking questions
- e. Consult effectively with the client to identify any contra-indications to massage treatments, recording the client's responses and take any necessary action
- f. Provide client advice without reference to a specific medical condition and without causing undue alarm or concern*
- g. Explain and agree the projected cost, duration and frequency of treatment needed
- h. Agree in writing the client's needs expectations and treatment objectives ensuring they are realistic and achievable
- i. Adapt client preparation procedures to suit the environment in which the massage is to be undertaken
- j. Protect clothing, hair and accessories prior to beginning massage
- k. Select suitable resources and massage medium to meet the treatment objectives

*May be assessed through oral questioning.

Observation	1	2	3
Criteria questioned orally			
Date achieved			
Portfolio reference			
Learner signature			
Assessor initials			



Outcome 3

Be able to perform Indian head massage

You can:

- a. Provide suitable support and cushioning, as necessary, to specific areas of the body during the treatment
 - b. Adapt massage techniques, sequence and use of massage medium to meet the client's physical characteristics and treatment area(s)
 - c. Vary the depth, rhythm and pressure of massage movements to meet treatment objectives, treatment area(s) and client's physical characteristics and preferences
 - d. Co-ordinate breathing techniques with that of the client
 - e. Apply massage medium to ensure minimal waste
 - f. Take prompt remedial action if contra-actions or discomfort occur during the course of treatment*
 - g. Allow the client sufficient post-treatment recovery time
 - h. Check that the finished result is to the client's satisfaction and meets the agreed treatment objectives
- i. Provide aftercare advice specific to the client's individual needs

*May be assessed through oral questioning.

Observation	1	2	3
Criteria questioned orally			
Date achieved			
Portfolio reference			
Learner signature			
Assessor initials			

Range



You must practically demonstrate that you have:

Used all consultation techniques	Portfolio reference
Questioning	
Visual	
Manual	
Reference to client records	
Dealt with all the client's physical characteristics	Portfolio reference
Posture	
Muscle tone	
Age	
Health	
Skin condition	
Hair condition	
Scalp condition	
Dealt with at least 1 of the necessary actions	Portfolio reference
Encouraging the client to seek medical advice	
Explaining why the treatment cannot be carried out	
Modification of treatment	
Met all treatment objectives	Portfolio reference
Relaxation	
Sense of wellbeing	
Uplifting	
Improvement of hair and scalp condition	



You must practically demonstrate that you have:

Used all massage techniques	Portfolio reference
Effleurage	
Petrissage	
Tapotement	
Friction	
Marma (pressure) points	
Covered all treatment areas	Portfolio reference
Face	
Head	
Chest and shoulders	
Arms and hands	
Back	
Chakras	
Given all types of advice	Portfolio reference
Avoidance of activities which may cause contra-actions	
Future treatment needs	
Modifications to lifestyle patterns	
Suitable home care products and their use	

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below:

- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

Where possible your assessor will integrate knowledge outcomes into practical observations through oral questioning.

Achieving the external paper

The external paper will test your knowledge of the criteria highlighted in white. **A pass mark of 70% must be achieved.** Criteria not achieved will be identified to your tutor/assessor. You will then be orally questioned or asked to produce other forms of evidence as **all unit criteria must be achieved.**

Your assessor will complete the table below when the 70% pass mark has been achieved.

Paper	Date achieved	Assessor initials
1 of 2		
2 of 2		

Knowledge



Outcome 4

Understand organisational and legal requirements for providing Indian head massage

You can:	Portfolio reference / Assessor initials*
a. Explain your responsibilities under current health and safety legislation, standards and guidance	
b. Explain your responsibilities under local authority licensing regulations for yourself and your premises	
c. Explain the importance of not discriminating against clients with illnesses and disabilities and why	
d. State the age at which an individual is classed as a minor and how this differs nationally	
e. Explain why minors should not be given treatments without informed and signed parental or guardian consent	
f. Explain why it is important, when treating minors under the age of 16, to have a parent present	
g. Explain the legal significance of gaining signed, informed consent to treatment	
h. Explain manufacturers' and organisational requirements for waste disposal	
i. Explain the importance of the correct storage of client records in relation to the Data Protection Act	
j. Explain how to complete client records and the reasons for keeping records of treatments and gaining client signatures	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 4 (continued)

Understand organisational and legal requirements for providing Indian head massage

You can:	Portfolio reference / Assessor initials*
k. Explain your responsibilities and reasons for maintaining personal hygiene, protection and appearance according to accepted industry and organisation requirements	
l. Explain the organisation's requirements for client preparation	
m. Explain the organisation's service times for Indian head massage and the importance of completing the service in a commercially viable time	
n. Explain the organisation's requirements for treatment area maintenance	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 5

Understand how to work safely and effectively when providing Indian head massage

You can:	Portfolio reference / Assessor initials*
a. Explain how to set up the work area for Indian head massage	
b. Explain the necessary environmental conditions for Indian head massage (including lighting, heating, ventilation, sound and general comfort) and why these are important	
c. Explain the importance of, and reasons for, disinfecting hands and how to do this effectively	
d. Explain how to position yourself and the client for Indian head massage taking into account individual physical characteristics	
e. Explain what repetitive strain injury (RSI) is, how it is caused and how to avoid developing it when delivering massage treatments	
f. Explain the importance of adopting the correct posture throughout the treatment and the impact this may have on yourself and the outcome of the treatment	
g. Explain the reasons for maintaining client modesty, privacy and comfort during the treatment	
h. Explain why it is important to maintain standards of hygiene and the principles of avoiding cross-infection	
i. Explain how to minimise and dispose of waste treatments	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 6

Understand how to consult with clients

You can:	Portfolio reference / Assessor initials*
a. Explain how to use consultation techniques when communicating with clients from different cultural and religious backgrounds, ages, disabilities and genders for this treatment	
b. Explain why it is important to encourage and allow time for clients to ask questions	
c. Explain the importance of questioning clients to establish any contra-indications to Indian head massage	
d. Explain why it is important to record client responses to questioning	
e. Explain the legal significance of client questioning and recording the client's responses	
f. Explain how to give effective advice and recommendations to clients	
g. Explain how to visually assess the physical characteristics	
h. Explain how to assess posture and skeletal conditions that may be present and how to adapt and change the massage routine	
i. Explain how to recognise different skin types and conditions	
j. Explain how to recognise different scalp conditions and hair types	
k. Explain the reasons why it is important to encourage clients with contra-indications to seek medical advice	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 6 (continued)

Understand how to consult with clients

You can:	Portfolio reference / Assessor initials*
l. Explain the importance of, and reasons for, not naming specific contra-indications when encouraging clients to seek medical advice	
m. Explain why it is important to maintain client's modesty, privacy and comfort	
n. Explain the relationship between lifestyle patterns and effectiveness of treatment	
o. Explain the beneficial effects which can result to the client's lifestyle pattern	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 7

Understand how to prepare for providing Indian head massages

You can:	Portfolio reference / Assessor initials*
a. Explain the importance of giving clients clear instructions on the removal of relevant clothing, accessories and general preparation for the treatment	
b. Explain why it is important to reassure clients during the preparation process whilst also maintaining the client's modesty and privacy	
c. Explain how to select the appropriate massage oil suitable for skin, scalp and hair type and condition	
d. Explain how and when to adapt client preparation for working in different environments	
e. Explain how to practically and mentally prepare yourself for carrying out the treatment	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 8

Understand anatomy and physiology related to Indian head massages

You can:	Portfolio reference / Assessor initials*
a. Explain the structure and function of muscles, including the types of muscles within the treatment areas	
b. Explain the positions and actions of the main muscle groups within the treatment areas	
c. Explain the position and action of the primary bones and joints of the skeletal system within the treatment areas	
d. Explain how to recognise postural faults and conditions within the treatment areas	
e. Explain the structure, function and location of blood vessels and the principles of circulation, blood pressure and pulse within the treatment areas	
f. Explain the interaction of lymph and blood within the circulatory system	
g. Explain the structure and function of the lymphatic system	
h. Explain the position and function of the sinuses	
i. Explain the basic principles of the central nervous system and autonomic system	
j. Explain the basic principles of the endocrine and respiratory systems	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 8 (continued)

Understand anatomy and physiology related to Indian head massages

You can:	Portfolio reference / Assessor initials*
k. Explain the structure and function of skin	
l. Compare the skin characteristics and skin types of different ethnic client groups	
m. Explain the effects of Indian head massage on the individual systems of the body	
n. Summarise the physical and psychological effects of Indian head massage	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 9

Understand contra-indications and contra-actions that affect or restrict body massage treatments

You can:	Portfolio reference / Assessor initials*
a. Explain the contra-indications that prevent treatment and why	
b. Explain the contra-indications which may restrict treatment or where caution should be taken, in specific areas and why	
c. Explain the possible contra-actions which may occur during and post treatment and how to deal with them	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 10

Understand different Indian head massage mediums

You can:	Portfolio reference / Assessor initials*
a. Explain how to store and maintain Indian head massage mediums in a safe and hygienic manner and why this is important	
b. Explain how to use Indian head massage mediums safely and effectively	
c. Explain the types of Indian head massage oils available and their beneficial properties e.g. mustard, coconut, olive and sesame	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 11

Understand the principles of Indian head massage

You can:	Portfolio reference / Assessor initials*
a. Explain the key aspects of the origins and traditions of Indian head massage	
b. Summarise the basic principles of Ayurveda	
c. Explain the principles of body, mind and spiritual wellness	
d. Explain the principles and practices of marma (pressure) points application (of which 37 are in the treatment area) and their purpose	
e. Explain the principles and practices of the 7 primary chakras and their importance in relation to the Indian head massage treatment	
f. Explain the importance of getting the client to remove their shoes before treatment	
g. Explain why it is important to maintain correct posture during Indian head massage and to complete stretching exercises to prevent repetitive strain injury	
h. Explain the correct use and application of Indian head massage techniques to meet a variety of treatment objectives	
i. Explain how to adapt the Indian head massage sequence, depth and pressure to suit different client physical characteristics, areas of the body and preferences	
j. Explain why effective client breathing is necessary prior to starting the treatment	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 11 (continued)

Understand the principles of Indian head massage

You can:	Portfolio reference / Assessor initials*
k. Explain how own breathing techniques can enhance the effectiveness of the treatment process	
l. Evaluate the advantages of Indian head massage	
m. Explain how and why support and cushioning would be used during the treatment	
n. Explain the importance of evaluating the effectiveness of Indian head massage treatments	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.



Outcome 12

Understand how to provide aftercare advice

You can:	Portfolio reference / Assessor initials*
a. Explain why it is important to give post-treatment advice	
b. Explain the benefits of a course of treatment	
c. Explain the lifestyle factors and changes that may be required to improve the effectiveness of the treatment	
d. Explain post-treatment restrictions and future treatment needs	
e. Explain products for home use that will benefit the client and those to avoid and why	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external written paper.

Notes

Use this area for making notes and drawing diagrams