Overview
This unit will enable learners to develop the underpinning theory knowledge of the history and origins of massage therapies. Learners will further develop their understanding of the history, the philosophy, the role of massage therapies and other massage traditions.

Learning outcomes
On completion of this unit, learners will:

LO1 Know the history and origins of massage therapies
LO2 Understand the philosophy and role of different massage therapies
Assessment requirements

Learners must complete the assessment requirements related to this unit:

1. External examination
2. Graded synoptic assessment

1. External examination

The theory content of LO1 and LO2 will be tested by external examinations at the end of the period of learning.

External examinations will test knowledge and understanding from across the whole vocational area (mandatory units). Learners should use the unit content section of this unit to aid revision since exam questions will test the full breadth of this section.

External examinations will be set and marked by VTCT and will contribute to the overall qualification grade.

2. Graded synoptic assessment

In the last term or final third of their qualification, learners will be required to undertake a graded synoptic assessment. This will require learners to carry out a range of services from across the whole vocational area (mandatory units). Assessment coverage will vary year on year, although all services will be covered over time.

VTCT will set a brief for centres which will detail the services to be covered in the graded synoptic assessment. Grading descriptors for the synoptic assessment will also be provided by VTCT.

The graded synoptic assessment will be marked and graded by centre staff and externally verified by VTCT.

The graded synoptic assessment will contribute to the overall qualification grade.
Unit content

LO1 Know the history and origins of massage therapies

Learners must know the definition of massage therapies:
- The word "massage" is derived from either
  - The Arabic word "mass" meaning to press softly
  - The Greek word “massien” to knead
  - The French word “masser” meaning friction or kneading
  - The Portuguese word "amassar " to knead
- Massage is the term used to describe certain manipulations of the soft tissues of the body. There are more than 250 variations of massage and bodywork therapies. Despite the differences between each modality, all of them involve touch and manipulation techniques to move muscles and body tissue. The aim of the massage therapy is to relieve stress, tension, pain and improve general wellbeing and relaxation

Learners must know the history of massage therapies:
- The earliest known reference to massage dates back to 2700 BC. A Chinese medical text details its use for therapeutic purposes
- The west was introduced to massage therapy during the Greek empire. Hippocrates wrote about the therapy, referring to it as ‘rubbing’ which loosened and softened muscles. Greek women regarded massage as an important part of their beauty regimen. Exercise and massage combined were also believed to address the "whole" of the person, not just one area
- Galen, one of the greatest Roman medical physicians used the therapy to treat diseases and physical injuries. He contributed to the development of the knowledge of anatomy and physiology
- Between 1450 and 1600, massage therapy reached Europe and medical schools. Ambroise Para, a French doctor and founder of modern surgery, started using massage to treat stiff and injured joints
- During the nineteenth century, Swedish massage was developed from techniques used in Swedish gymnastics by Pehr Henrik Ling. Ling has often been mistakenly credited for having invented Swedish massage
- During the 1840s, Dr Mathia Roth, a former student of Ling, introduced massage therapy to Britain and in 1856 The two Taylor brothers introduced massage therapy to the U.S.
- In 1878 a Dutch massage practitioner named Johan Georg Mezger, introduced the phrase Swedish massage and applied the French terms to name the five classical massage techniques
- Today’s massage therapists practise a multitude of techniques originating from ancient methods. From those roots, massage therapists remain inspired by a goal cultivated centuries ago, to help others heal their physical and emotional well-being and experience a higher quality of life

Learners must know the origins of massage therapies:
- Massage from India is believed to be passed down through generations, Ayurveda is the traditional holistic medical system in India. Ancient seers and natural scientists developed this system based on centuries of studies, experiments and meditations. Texts detailing Ayurvedic principles and practices were written sometime between 1500 and 500 BCE. Ayurveda was widely adopted throughout India and Southeast Asia. Ayurveda views that individuals incur illnesses and diseases when they live out of harmony with their environment. To treat conditions, individuals must restore natural mental and physical balance by re-establishing harmony between themselves and the world around them. At that point, they can begin to heal naturally. Based on the patient’s health imbalances, constitution and the time of year, Ayurveda recommends how to use
the five senses to interact with the environment in order to create balance. Treatments in Ayurveda include diet and herbalism, aromatherapy, colour therapy, sound therapy and touch therapy

- Massage culture in Egypt and China. The earliest written records of massage therapy were discovered in Egypt and China between 3000 and 2500 BCE. Tomb paintings in Egypt depict individuals being kneaded by others. Furthermore, Egyptians are credited with creating reflexology in approximately 2500 BCE

- In China, texts documenting the medical benefits of massage therapy date back to approximately 2700 BCE. The Chinese tradition of massage therapy was developed from the combined expertise and methods of doctors in traditional Chinese medicine, practitioners of martial arts, Buddhists and Taoists who viewed touch as essential to their spiritual yoga training, and laymen who offered massages for relaxation. Chinese massage methods originated from the principle that diseases and illnesses arise due to a deficiency or imbalance in the energy in specific pathways or meridians that represent physiological systems. Through massage and other specific bodywork techniques, energy will flow more harmoniously through these pathways, allowing the body to heal itself naturally. Techniques include acupuncture and acupressure

- Massage Therapy in Japan started in approximately 1000 BCE. Japanese monks studying Buddhism in China observed the healing methods of traditional Chinese medicine, including massage therapy. Japan soon began to import and customise Chinese massage techniques, giving rise to traditional Japanese massage or anma, which grew into Shiatsu
LO2 Understand the philosophy and role of different massage therapies

Learners must know the philosophy and role of different massage therapies:
There are many types of massage therapy. They are as varied as the cultures where they originate. From Swedish massage to Shiatsu massage the goal with each type of massage therapy is improvement to health.

- **Amatsu massage therapy** addresses the build-up of emotional and physical tensions in the body that are the result of past incidents. Amatsu therapists will use a range of massage techniques to re-balance the body. The aim is to help clients cope better with any difficulties they face in life both emotionally and physically.

- **Acupressure** is an ancient healing art using the fingers gradually to press key healing points, which stimulates the body's natural self-curative abilities. Acupressure releases tension, increases circulation, reduces pain, and develops spirituality and vibrant health.

- **Bowen Technique** is a remedial, hands-on therapy that is applied using very gentle pressure. Thumbs and fingers are placed on precise points of the body to perform Bowen's unique sets of rolling-type moves which stimulate the muscles and soft tissue of the body. There is no manipulation or adjustment of hard tissue and no force is used. The experience of a treatment is gentle, subtle and relaxing. It is believed that the Bowen Technique prompts the body to reset, repair and balance itself and clients report the experience of pain relief, improvement of function and recovery of energy.

- **Chinese massage** derives from a range of massage techniques, but it is most closely linked to acupuncture. Chinese massage therapists are guided by the meridian system. The primary aim of Chinese massage is to stimulate and re-balance the body's energy.

- **Deep tissue massage** aims to realign deeper layers of connective tissue and muscles in order to relieve pain and restore natural movement. It is commonly used to treat chronic aches and pains and tension in the neck, back and shoulders. A deep-tissue massage can help to break down these adhesions via the application of slow, pressurised movements, with deep strokes and finger pressure. This is to ensure all the sub-layer of muscles and the fascia is stimulated.

- **Deep lymphatic therapy** is used to release areas of built-up fluid in the body. The aim is to treat various ailments that are associated with the lymphatic system. Deep lymphatic therapy enables the body to re-balance and return to its normal state.

- **Stone therapy** involves the use of hot stones placed on the body to treat a range of health concerns. It is also a highly rejuvenating, and is thought to encourage the release of pent up emotions.

- **Infant massage** refers to the application of gentle strokes and rhythmic hand movements to a baby's body. The technique is an ancient practice that was introduced to western society over 30 years ago. It has become more popular in recent years. Infant massage can also promote better sleep, relieve discomfort such as wind and ease emotional stress.

- **Indian head massage** is an Ayurvedic form of healing and relaxation. Thousands of years ago the treatment was applied only to the head and hair area as a remedy for dry scalp conditions. Today it is a much broader therapy, incorporating the upper back, shoulders, upper arms and face. It can help provide relief from certain physical ailments whilst promoting relaxation, concentration and energy.

- **Lomi Lomi massage**, otherwise known as 'the loving touch' is thought to originate in Hawaii. It refers to a form of full body treatment that promotes relaxation whilst treating muscle pain and tension. A Lomi Lomi therapist will use long flowing strokes across the whole body.

- **Postnatal massage** is designed to help the mind and body adjust to motherhood and recover from the birthing process. The benefits of postnatal massage include reduced stress, better sleep and re-balanced hormones. It can also help to reduce swelling, aches and pains.
- Prenatal massage is a gentle therapy designed to ease stress, and any aches and pains associated with pregnancy. This is to help expectant mothers to feel more relaxed and prepared for childbirth. Pillows and a cut out massage table are used to position a woman's pregnant body comfortably.

- Reflexology is a holistic treatment based on the principle that there are areas and points on the feet, hands, and ears that map via the nervous system to corresponding parts of the body. By stimulating these predefined pressure points with specific massage movements and controlled pressure, it is possible to alleviate the source of the discomfort in corresponding areas of the body. Reflexology works on the principle that this type of massage stimulates the movement of energy along the nerve channels, and helps to restore homeostasis in the whole body.

- Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

- Remedial massage is effective for preventing and treating muscle injuries and pain. It involves using deep tissue techniques to remove blockages and damaged cells. This helps to reduce recovery time and encourage healing. Remedial massage can also be used to remove scar tissue from old injuries, which reduces the chances of a repeat injury.

- Shiatsu originated in Japan from traditional Chinese medicine, it uses comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow. It is a deeply relaxing experience and regular treatments can alleviate stress and illness and maintain health and well-being. It works on the whole person, not just with the physical body, but also with the psychological, emotional and spiritual aspects of being.

- Swedish massage is considered to be one of the first types of massage to be developed. The entire process is very relaxing and is championed for its ability to reduce both emotional and physical stress.

- Sports massage is designed to help prevent and treat injuries that can occur as a result of overexertion or poor training exercises. Sports massage therapists will use a range of deep and intense techniques to restore mobility to an injured muscle tissue. Stretching, compression, toning and trigger point response techniques similar to acupressure may be used.

- Aromatherapy – utilises the therapeutic effects of oils derived from plants. Aromatic essential oils are applied in conjunction with massage movements to promote physical and psychological wellbeing.
Resources
The special resources required for this unit are access to a real or realistic working environment which supports the knowledge of the history and origins of massage therapies.

Delivery guidance
Teachers are encouraged to use innovative, practical and engaging delivery methods to enhance the learning experience. Learners may benefit from:

- Using interactive information and technology, systems and hardware so they can learn about concepts and theories; research knowledge and produce visual aids for history and origins of massage therapies

Links with other units
This unit is closely linked with the following units:

UBT96M Swedish massage
This unit allows learners to develop the knowledge and skills required to prepare for and provide a professional Swedish massage treatment to clients, while following the correct salon requirements. Learners also develop the understanding of the classical massage movements, the possible contra-indications to treatment, appropriate aftercare advice and the effects and indications of Swedish massage treatments.

UBT99M/UBT99X Mechanical massage
This unit allows learners to develop the knowledge and skills required to prepare for and provide a professional mechanical massage or infrared treatment to a client, whilst following salon requirements. Learners also develop an understanding of the possible contra-indications to treatment, appropriate aftercare advice and the effects and indications of mechanical massage or infrared treatments.

UBT101M/UBT101X Stone therapy
This unit allows learners to develop the knowledge and skills required to prepare for and provide stone therapy treatments to clients whilst following salon requirements. Learners also develop their understanding of possible contra-indications to treatment, appropriate aftercare advice and the effects and indications of stone therapy treatments.

UBT100M/UBT100X Indian head massage
This unit allows learners to develop the knowledge and skills required to prepare for and provide Indian head massage treatments to clients whilst following salon requirements. Learners also develop their understanding of possible contra-indications to treatment, appropriate aftercare advice and the effects and indications of Indian head massage treatments.

Graded synoptic assessment
At the end of the qualification of which this unit forms part, there will be a graded synoptic assessment which will assess the learner’s ability to identify and use effectively in an integrated way an appropriate selection of skills, techniques, concepts, theories, and knowledge from a number of units from within the qualification. It is therefore necessary and important that units are delivered and assessed together and synoptically to prepare learners suitably for their final graded assessment.