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| Title | **Perform massage therapy** | | |
| Level | **2** | **Credits** | **9** |

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| Purpose | Trainees will be able to perform massage manipulation on different parts of body for relaxation of nerves and muscles. Trainees should be able to offer various types of massages. |

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| Classification ISCED | 1012 Hair and beauty services |

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| Available grade | Competent / Not yet competent |

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| Modification history | N/A |

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| **Competency Unit** | **Performance Criteria** | **Knowledge and understanding** |
| **D-1: Massage Techniques and Strokes.**  This unit describes the skills and knowledge required to provide a manual body relaxation massage. It can be massage service based on a specific body part or whole body. Similarly, it can be an isolated service or part of more complex therapies / treatments. | **P-1** Recognize the use of hands to massage. **P-2** Demonstrate the starting tips of massage. **P-3** Demonstrate different massage strokes. **P-4** Demonstrate Connecting Strokes.   * 1. Demonstrate Effleurage strokes.   2. Demonstrate Fan Strokes.   3. Demonstrate Circular strokes.   4. Demonstrate Petrissage- Kneading, Pulling and Wringing   5. Demonstrate Friction/ knuckling/ Thumb stroking   6. Demonstrate circular pressure. **P-11** Demonstrate static pressure. **P-12** Demonstrate Cat Strokes.   7. Demonstrate feather strokes.   8. Demonstrate Raking. | * 1. Explain the pressure points of hands for demonstration of massage.   2. Explain the procedure of draping and cantering.   3. Describe different massage strokes.   4. Explain the procedure of connecting strokes. (Long, light, flowing strokes)   5. Explain the procedure of Effleurage. (smooth, long, gliding strokes to spread oil)   6. Describe the procedure of Fan Strokes.   7. Explain the procedure of circular strokes.   8. Explain the procedure of Petri sage- Kneading, Pulling and Wringing   9. Describe the procedure of Friction/ knuckling/ Thumb strokes.   10. Explain the function of circular pressure movements. (Deep, penetrating circles)   11. Describe static pressure movements. |

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|  |  | * 1. Explain the procedure of cat strokes.   2. Explain feathering (very light, long and fingertip strokes)   3. Explain raking. (Tips of fingernails are allowed to touch the skin)   4. Describe accurate posture while doing massage.   5. Importance of pressure points. |
| **D-2: Select suitable massage oils according to the massage types.**  This unit describes the skills and knowledge required to use different types of massage oils and their healing properties. | * 1. Demonstrate the use of massage oils.   2. Apply Massage oil for therapy.   3. Recognize different types of massage oils. (Sweet almond oil, Apricot Oil, Jojoba Oil, coconut Oil, Sunflower Oil, Mustard Oil, Cocoa Butter, Olive Oil etc)   4. Recognize aroma therapy Essential oils.   5. Explain the different healing properties of different massage oils.   6. Explain the precautions of use of massage oils. | * 1. Describe the quantity of oils used for body massage.   2. Explain the procedure of application of oil on body.   3. Explain the functions of different massage oils, (Sweet almond oil, Apricot Oil, Jojoba Oil, coconut Oil, Sunflower Oil, Mustard Oil, Cocoa Butter, Olive Oil etc)   4. Describe the functions and precautions of aroma therapy oils.   5. Explain different healing properties of massage oils.   6. Explain the precautionary measures to use massage oils on body.   7. Distinguish between massage oils and creams.   8. Explain the effect of oil massage. |

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| **D-3: Perform face massage.**  This unit describes the skills and knowledge required to perform face massage. | * 1. Recognize face structure.   2. Set up service area to start treatment with respect to selected massage type,   3. Use massages products appropriately and efficiently and provide gown to the client.   4. Apply appropriate massage techniques according to client’s record card.   5. Monitor client’s response and vary the procedure according to the situation.   6. Allow sufficient treatment recovery time in a relaxing environment.   7. Identify and record effects of massage on client record card.   8. Rebook client according to agreed schedule given on client record card (if applicable). | * 1. Describeface structure (It includes the hair, forehead, eyebrow, eyelashes, eyes, nose, ears, cheeks, mouth, lips, (area between nose and upper lip), teeth, skin, and chin.   2. Explain the procedure of preparing the client and work area.   3. explain the procedure and steps of face massage (massage of forehead, eyes, cheeks, around the lips, chin and neck)   4. Explain contraindications (Hypersensitive skin, acne, rashes, inflamed skin, infection, high blood pressure etc)   5. Explain the importance of aftercare advice |
| **D-4: Perform Head Massage.**  This unit describes the skills and knowledge required to perform head massage. | * 1. Prepare them, the client and work area for head massage.   2. Identify influencing factors for head massage.   3. Recognize different consultation techniques used to identify treatment objectives.   4. Recognize environmental conditions suitable for head massage treatment.   5. Identify contraindications.   6. Explain anatomy of the head. | * 1. Explain the procedure of preparing work area and client   2. Explain different factors that influence the choice of head massage products and techniques   3. Importance of hair and scalp condition for head massage   4. Importance of positive body language, positioning of themselves and client, good communication skills)   5. Importance of lightening, heating, ventilation, noise level, available space etc |

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|  | * 1. Demonstrate basic steps of head massage.   2. Provide suitable aftercare advice | * 1. Explain contraindications.   2. Explain head anatomy ( cranium bones, facial bones, muscles, glands etc)   3. Explain the procedure of head massage (shoulder massage, neck massage, scalp massage, forehead massage, finishing strokes)   4. Explain different aftercare advice   5. Explain the effect of head massage. |
| **D-5:**  **Perform body massage.**  This unit describes the skills and knowledge required to provide a manual body relaxation massage. It can be massage service based on a specific body part or whole body. Similarly, it can be an isolated service or part of more complex therapies / treatments. | * 1. Set up service area to start treatment with respect to selected massage type.   2. Use massages products appropriately and efficiently and provide gown to the client.   3. Apply appropriate massage techniques and strokes according to client’s record card.   4. Monitor client’s response and vary the procedure according to the situation.   5. Allow sufficient treatment recovery time in a relaxing environment.   6. Identify and record effects of massage on client record card.   7. Rebook client according to agreed schedule given on client record card (if applicable). | * 1. Explain the procedure of preparing the client and work area.   2. Explain the procedure and steps of body massage (massage of back, Thai and full body)   3. Explain contraindications (Hypersensitive skin, acne, rashes, inflamed skin, infection, high blood pressure etc)   4. Importance of aftercare advice. |

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| **D-6: Perform Swedish massage.**  This unit describes the skills and knowledge required to perform a manual Swedish body relaxation massage. | * 1. Provide reasonable knowledge to the client about the procedure.   2. Understand the client’s needs as well as physical health to develop the service plan.   3. Set up and monitor service area to meet workplace requirements.   4. Recognize and respond timely to contra-indications and adverse effects.   5. Use silky smooth powder efficiently during preparation and subsequent massage process.   6. Provide an appropriately private environment and draping.   7. Apply massage mediums and massage techniques according to client’s record card.   8. Apply a defined range of massage movements and routines according to treatment plan.   9. Identify the massage points and work them properly.   10. Identify major bones and muscle groups.   11. Effectively communicate all necessary information to the client.   12. Efficiently manage time throughout the body massage treatment   **P-13**Monitor client’s response and vary the procedure according to the situation. | * 1. Describe basics of skeletal, nervous and muscular system.   2. Explain health and hygiene requirements of Swedish massage.   3. Describe standard precautions to make the massage comfortable and result oriented.   4. Explain the procedure of preparing the client and work area.   5. Explain contraindications.   6. Describe different products and tools used for Swedish massage.   7. Explain the factors likely to affect the suitability of each massage technique to client needs.   8. Describe different massage mediums.   9. Explain different massage movements and techniques suitable for Swedish massage.   10. Importance of pressure points.   11. Describe major bones and muscle groups of body. |

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|  | **P-14** Allow client enough time to relax & enjoy effects. |  |
| **D-7: Perform Thai massage.**  This unit describes the skills and knowledge required to perform a manual Thai body relaxation massage. | * 1. Identify client’s objectives of massage.   2. Explain the factors that may prevent or restrict the massage procedure.   3. Set up service area to meet standard requirements of massage and provide gowns to the client.   4. Perform Thai massage.   5. Apply massage medium and massage techniques according to clients’ record card.   6. Recognize reactions and respond properly.   7. Monitor clients’ response and vary the procedures according to the situation.   8. Allow sufficient treatment recovery time in a relaxing environment.   9. Identify and record effects of massage on client record card.   10. Re-book client according to agreed schedule given on client record card. | * 1. Explain contraindications.   2. Explain the procedure of preparing the client and work area.   3. Explain the use of essential tools, and equipment required for Thai massage.   4. Explain the procedure of Thai massage.   5. Describe steps of Thai massage.   6. Explain massage mediums and strokes.   7. Describe standard safety precautions involved in conducting Thai massage. |
| **D-8: Perform reflexology.**  This unit describes the skills and knowledge required to apply a blend of basic reflexology | * 1. Obtain full medical history and objectives of massage   2. Discuss principles of reflexology with client and explain the factors that may affect the procedure including the possible physical and emotional reactions that may occur during the treatment. | * 1. Importance of medical history.   2. Explain principles of reflexology.   3. Explain effects of reflexology on body.   4. Explain the procedure of preparing the work |

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| techniques and body treatments. . | * 1. Set up and monitor service area to meet workplace requirements.   2. Prepare clients for treatment according to the defined plan and standard procedures.   3. Provide an appropriate environment and draping to the client for warmth and privacy keeping hands and feet exposed.   4. Apply massage movements in line with standard operating procedure.   5. Treat zones of body according to the schedule mentioned in client record card.   6. Select and sequence reflexology relaxation techniques according to client treatment schedule, tissue condition and client sensitivity.   7. Use leverage and pressure on client’s feet as required to apply specific techniques, while holding and supporting feet with care   8. Work on reflexology points of both feet according to body systems or using an appropriate sequence while gently holding feet.   9. Recognize reactions of procedure and respond properly if necessary.   10. Explain post adverse effects to the clients and their remedies.   11. Provide home care advice to the clients. | area.  **K-5** Explain the procedure of preparing the client. **K-6** Describe the procedure of draping the client. **K-7** Describe different massage movements.   * 1. Explain body zones.   2. Explain different techniques of reflexology.   3. Importance of pressure points.   4. Describe different pressure points of body.   5. Importance of home care advice. |

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| **D-9: Perform Stone Therapy Massage.**  This unit describes the skills and knowledge required to apply a blend of basic stone therapy techniques. | * 1. Identify the common contraindication to stone therapy massage.   2. Prepare the client for stone therapy massage   3. Demonstrate correct hygienic procedure.   4. Demonstrate the selection and placement of the stones.   5. Demonstrate stone therapies massage movement in sequence.   6. Select the appropriate medium for the treatment and client’s skin type.   7. Provide suitable homecare advice after treatment. | * 1. Explain contraindications (skin diseases, cuts, burns, kidney infections etc)   2. Explain the procedure of preparing the client   3. Describe hygienic procedures   4. Describe selection and placement of the stones   5. Explain the methods of re-charging the stones   6. Explain types of stones and their benefits   7. Describe different massage movements   8. Describe different massage mediums (Oil, Cream, Powder, Emulsion, Gel   9. Explain effects and benefits of stone therapy. |
| **D-10: Perform aroma therapy.**  This unit describes the skills and knowledge required to perform an aromatherapy massage using pre-blended aromatic plant oils. | * 1. Discuss the objectives of the aromatherapy with the client, explaining effects and benefits of selected oils and obtain their consent.   2. Explain post massage effects to the clients   3. Recognize and timely handle the contra-indications and adverse effects.   4. Set up and monitor service area to meet workplace requirements.   5. Select pre-blended oils according to individual product specifications and the client record card.   6. Provide a private environment and draping for the client. | * 1. Explain aroma therapy.   2. Describe skeletal and muscular system and human anatomy.   3. Explain precautions to make the massage as comfortable yet result oriented as possible.   4. Explain effects of treatment products, essential oils and pre-blended oils.   5. Explain the factors likely to affect the suitability of each massage technique to client needs.   6. Explain the method of using and maintaining |

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|  | * 1. Apply massage movements and massage techniques according to client’s record card varying the length of massage routine to suit the needs of client.   2. Apply a defined RANGE of massage movements and routines according to massage plan   3. Recognize reactions of massage and respond as necessary.   4. Allow sufficient treatment recovery time in a relaxing environment.   5. Obtain client feedback.   6. Provide home care advice to the clients.   7. Re-book client according to agreed schedule given on client record card (if applicable).   8. Handle and store pre-blended oils properly. | the equipment.   * 1. Explain the procedure of aroma therapy.   2. Describe different techniques and strokes used in aroma therapy. |