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| Title | **Perform body massage with various movements** | | |
| Level | **3** | **Credits** | **4** |

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| Purpose | These competency-standards will ensure the trainees competence in performing different massage movements by using different aroma oils and creams. |

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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** |
| **G-1: Perform massage**  This unit specifies the skills and knowledge required to be competent in identifying between different movements of Massage and is able to perform them in the right manner. | **Trainee will be able to:**   * P1-Identify the movements and steps of the massage. * P2-Demonstrate effleurage massage movement with full-length upward strokes in continuity with different massage oils and creams. * P3-Describe petrissage massage in circular movements with different massage oils and creams. * P4-Apply tapotement massage in a flow with piano like movement with different massage oils and creams. * P5-Illustrate vibrating massage in a flow in vibrations with hands using different oils and creams. * P6-Prepare Client before the service to salon standards. * P7-Explain different pressure points and muscle groups | * K-1Describe the Procedure of different movements of massage. * K2-Explain techniques of effleurage massage movement. * K3-Identify petrissage massage movements. * K4-Recognize tapotement massages movement. * K5-Identify vibrating massage movements. * K6-Describe the Pre requisites of massage movements * K7-Identify different pressure points. and muscle groups * K8-Identify suitable oil/ creams and according to skin conditions. * K9-Explain basic techniques and resources required for massage * K10-Identify the clients response |

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|  | * P8-Apply suitable oils/creams according to skin condition and client’s requirements * P9-Apply standard massage techniques. * P10-Monitor Client’s response and vary the procedure according to the situation. * P11-Apply required pressure on the face, neck and décolleté area. | * K11-Explain the importance of required pressure on the face and décolleté area |
| **G-2: Perform heat massage**  This unit specifies the skills and knowledge required to be competent in performing heat massage. | * P1-Demonstrate the setup of service area to meet standard requirements of massage and provide gowns to the clients * P2-Demonstrate, using standard procedures, the Use of heat, electrical equipment or heated stones * P3-Apply standard massage techniques. * P4-Identify pressure points, major bones and muscle groups. * P5-Monitor client’s response and vary the procedure according to the situation. * P6-Identify & record effects of massage. * P7-Select the products according to the client’s requirement and salon policy. * P8-Cleanse the face before you start a massage. * P9-Remove toxic waste from the lymphatic system by applying required pressure | * K1-Explain Pre requisites of massage. * K2-Describe the Procedure of heat massage. * K3-Explain the techniques of massage * K4-Describe different pressure points and muscle groups. * K5-Identify the client’s response. * K6-Recognize the effects of massage. * K7-Describe the list of products (creams and oils) according to salon policy. * K8-Explain the role of cleansing in massage * K9-Explain the basic knowledge of pressure points related to lymphatic system. |

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| **G-3: Perform Swedish massage**  This unit specifies the skills and knowledge required to be competent in performing Swedish massage. | * P1-Demonstrate the setup of service area to meet standard requirements of massage & provide gowns to the clients. * P2-Apply long smooth strokes. * P3-Apply kneading and circular movements on superficial layers of muscles with lotions and oils * P4-Apply massage gently and relax the client by using comfortable hand techniques. * P5-Identify major bones, muscle groups and pressure points. * P6-Monitor client’s response and vary the procedure according to the situation. * P7-Provide sufficient treatment recovery time in a relaxing environment. * P8-Identify and record effects of massage on client record card. * P9-Remove toxic waste from the lymphatic system. * P10-Select different oils and massage creams available in market * P11-Apply required pressure on the face, neck and décolleté area. | * K1-Explain Pre requisites of massage. * K2-Identify movements of strokes. * K3-Describe the Procedure of Swedish massage. * K4-Recognize the techniques of using hands in massage * K5-Identify pressure points and muscle groups. * K6-Identify the client response. * K7-Explain the importance of time for relaxing environment. * K8-Collect clients record in proper manner   .   * K9-Recognize basic knowledge of lymphatic system   .  K10- Identify the list of oils and creams available in market.   * K11-Movements of hands. System |

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| **G-4: Perform aroma therapy**  This unit specifies the skills and knowledge required to be competent in performing aroma therapy. | * P1-Demonstrate the set-up of service area to meet standard requirements of massage and provide gowns to the clients. * P2-In corporate essential oils into the oil that is massaged on skin. * P3-Diffuse essential oils into the air to relieve tension. * P4-Apply massage techniques and movements varying the length of massage according to clients’ response and requirement. * P5-Provide sufficient time for relaxation of muscles. * P6-Identify and record effects of massage. * P7-Satisfy the client by relaxing the muscles. | * K1-Identify the Pre requisites of massage. * K2-Recognize suitable essential oils and other oils massaged on skin. * K3-Explain Techniques of diffusing essential oils. * K4-Identify Massage techniques and movements. . * K5-Explain Importance of relaxing the muscles (reduces pain and inflammation, ease cramping, relieve sinus congestion.). * K6-Recognize effects of massage. * K7-Explain the importance of professional behavior. |
| **G-5: Perform deep tissue massage.**  This unit specifies the skills and knowledge required to be competent in performing deep tissue massage | * P1-Demonstrate the set-up of service area to meet standard requirements of massage and provide gowns to the client. * P2-Select different oils and massage creams according to massage requirements. * P3-Apply required pressure on the muscles that have been strained or related to chronic pain or posture problems. * P4-Identify the technique of using your hands | * K1-Explain Pre requisites of massage. * K2-Identify suitable oils and creams for massage. * K3-Explain Importance of relaxation of the face, neck and décolleté area muscles * K4-Recognize the required pressure on the muscles that have been strained or related to chronic pain * K5-Explain the Technique of using hands in massage. |

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|  | while massaging the client   * P5-Apply Massage on deep layers of muscles and connective tissue by using short strokes and intense pressure * P6-Apply massage movements * P7-Recognize reactions & respond properly and vary procedure accordingly. * P8-Manage time throughout the massage treatment. * P9-Analyze the benefits of deep tissue massage. | * K6-Describe the Procedure of deep tissue massage. * K7-Recognize Massage movements. * K8-Apply remedial measures. * K9-Identify reactions and response * K10-Explain Importance of time in massage. * K11-Recognize benefits of deep tissue massage. |
| **G-6: Perform reflexology treatment**  This unit specifies the skills and knowledge required to be competent in using reflexology points in the face and aroma oils for calming the mind. | P1-Demonstrate mixing of different base oils and cream with aroma oil  P2-Illustrate different aroma concentrates and their use  P3-Describe the -Use of oils on some specific pressure points.  P4-Select and sequence reflexology relaxation techniques according to tissue condition and clients sensitivity.  P5-Discuss the Use of leverage and pressure on clients feet as required to apply specific techniques, while holding and supporting feet with care | K1-Recognize different base oil, creams and aroma oil.  K2-Identify different aroma concentrate .and their use K3-Explain effects of oil on pressure points.  K4-Identify history, believes and philosophies of reflexology.  K5-Define technique of using leverage in massaging feet.  K6-Explain reactions and remedies. |