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# Award in Indian Head Massage

## Learning Outcomes

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## Learning Outcomes of the Qualification's Unit:

- Unit: iUBT322 Provide Indian Head Massage

### Purpose of this document:

This document outlines the learning outcomes for each unit within the Award in Indian Head Massage. It provides learners, tutor, and assessors with a clear understanding of the knowledge, skills, and competencies to be achieved upon successful completion of the qualification.

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# Unit – iUBT322 Provide Indian Head Massage

## LO1 Be able to prepare for Indian head massage

**Prepare self, client and work area for Indian head massage**

Preparation of working area; Equipment; Products; Work wear; Personal appearance and behaviour; Hygiene e.g. sterilising/sanitising tools and equipment; Client for treatment; Client care and modesty

**Use suitable consultation techniques to identify treatment objectives**

Suitable area; Positive body language; Positioning of the client; Communication skills; Professionalism; Contra-indications and contra-actions; Treatment plan; Importance of planning a treatment programme bearing in mind the client's diverse needs such as gender, age, ability, disability, religious, cultural, moral and social beliefs; Products used; Consent (including parental or guardian consent when treating minors); Confidentiality; Compliance with current data protection regulations; Signature of client, parent/guardian/carer.

**Provide clear recommendations to the client**

The outcome of the consultation; Diet; Smoking; Alcohol; Central heating; Air conditioning; Stress; Sleep; Exercise; Fresh air; Occupation; Lifestyle; Current regime Select products and equipment to suit client treatment needs; Couch or chair; Trolley; Stool; Towels; Blanket; Additional support if appropriate; Headband; Bedroll; Robe; Disposable slippers; Disinfecting fluid; Tissues; Cotton wool; Spatulas; Bowls; Sterilising solution; UV cabinet; Autoclave; Chemical immersion equipment; Waste disposal; Mediums suitable for skin, scalp, hair type and condition and the effects and benefits of mediums should be known: Sesame, Mustard, Olive, Almond, Coconut, Evening Primrose, Apricot kernel, Grapeseed, Jojoba, Hazelnut.

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**Describe salon requirements for preparing self, the client and work area**

Any particular rights, restrictions and acts applicable to Indian head massage treatment; Code of practice/ethics; Insurance and professional association membership; Record keeping; Record in line with current data protection legislation and professional codes of conduct; Professional appearance Describe the environmental conditions suitable for Indian head massage; Lighting; Heating; Ventilation; Noise levels; Available space; Music; General hygiene; Waste disposal; Décor; Equipment; Privacy (including the need for parent/guardian to remain present throughout the treatment when treating a minor); Reception areas; General use/treatment areas Describe the different consultation techniques used to identify treatment objectives; Positive body language; Positioning of the client (no barriers between themselves and client); Good communication skills (asking open and/or closed questions where appropriate); Verbal and non-verbal communication.

**Explain the importance of carrying out relevant tests; Identifying client's treatment needs**

Patch test; Contra-indications; Scope of treatment(s); Aftercare advice; Home care advice Describe how to select products and equipment to suit client treatment needs; Couch or chair; Trolley; Stool; Towels; Blanket; Additional support if appropriate; Headband; Bedroll; Robe; Disposable slippers; Disinfecting fluid; Tissues; Cotton wool; Spatulas; Bowls; Sterilising solution; UV cabinet; Autoclave; Chemical immersion equipment; Waste disposal; Mediums – suitable for skin, scalp, hair type and condition - The effects and benefits of mediums should be known e.g.: Sesame, Mustard, Olive, Almond, Coconut, Evening primrose, Apricot kernel, Grapeseed, Jojoba, Hazelnut.

**Explain the contra-indications that prevent or restrict Indian Head Massage; 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 has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist: -** Pregnancy; Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions); Haemophilia; Medical oedema; Osteoporosis;

Any condition already being treated by a GP or another practitioner; - Nervous/psychotic conditions; Epilepsy; Recent operations; Diabetes; Asthma; Any dysfunction of the nervous system (e.g. Multiple sclerosis, Parkinson's disease, motor neurone disease); Trapped/pinched nerve; Inflamed nerve; Conditions causing muscular spasticity (e.g. cerebral palsy); Kidney infections urinary infections; Acute rheumatism; Undiagnosed facial pain; When taking prescribed medication.

**Contra-indications that restrict treatment:**

Fever; Contagious or infectious; Under the influence of recreational drugs or alcohol; Cancer; Diarrhoea and vomiting; Hypersensitive skin; Skin diseases; Undiagnosed lumps and bumps; Localised swelling; Inflammation; Cuts; Bruises; Abrasions; Scar tissue (2 years for major operation and 6 months for a small scar); Sunburn; Hormonal implants; Recent fractures (minimum 3 months); Cervical spondylitis; After a heavy meal; Anaphylaxis; Vertigo; Adhesive capsulitis; Bell's palsy; Tinnitus; Migraine; Earache; Headaches; Psoriasis; Metal pins/plates; Piercings; Myalgic encephalomyelitis (chronic fatigue syndrome).

## LO2 Be able to provide Indian head massage

**Communicate and behave in a professional manner**

Checking consultations and contra-indications; Explaining the treatment to the client; Benefits, limitations and co-operation required; Helping the client onto the couch/chair prior to and off the couch/chair after the treatment; Positioning the client correctly; Sanitising client's hands/feet as appropriate; Sanitising own hands as appropriate throughout treatment; Protecting the client's modesty at all times; Ensuring that all parts of the client are covered except the area being treated; Ensuring that the client is comfortable; Using appropriate covered supports; Adapt the Indian head massage treatments to suit the needs of the client; Ensuring client does not stand on floor with bare feet; Client care; Communication; Correct posture, hygiene and a professional approach to the client throughout treatment; Compliance with current data protections regulations.

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**Follow health and safety working practices**

Recommendations for immediate aftercare; Suitable body care regime; Lifestyle; Use of SPF; Recommendation of further salon treatments and appropriate intervals between treatments.

**Position themselves and client correctly throughout the treatment**

Positioning of the client; Client comfort; Application of the treatments; Indian head massage therapist self-care; Appropriate breathing techniques; Co-ordinating therapist's own breathing techniques with that of the clien.

**Use products, equipment and techniques to suit client's treatment needs**

Couch or chair; Trolley; Stool; Towels; Blanket; Additional support if appropriate; Headband; Bedroll; Robe; Disposable slippers; Disinfecting fluid; Tissues; Cotton wool; Spatulas; Bowls; Sterilising solution; UV Cabinet; Autoclave; Chemical immersion equipment; Waste disposal; Mediums – suitable for skin, scalp, hair type and condition; The effects and benefits of mediums should be known e.g.: Sesame, Mustard, Olive, Almond, Coconut, Evening Primrose, Apricot Kernel, Grapeseed, Jojoba, Hazelnut.

**Complete the treatment to the satisfaction of the client**

Conclusion of treatment in appropriate manner to meet client's needs

**Record and evaluate the results of the treatment**

Reviewing and recording treatment outcomes; Record and store in line with current data protection legislation and professional codes of conduct; Treatment recommendations; Homecare advice.

**Provide suitable aftercare advice**

Recommendations for immediate aftercare; Avoidance of activities that may cause contra-actions; Suitable body care regime; Lifestyle; Use of SPF; Recommendation of further salon treatments and appropriate intervals between treatments.

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**Explain how to communicate and behave in a professional manner**

Consultation; Treatment explanation; Client care; Hygiene; Good communication skills Explain health and safety working practices; Checking consultations and contra-indications; Explaining the treatment to the client; Agreeing the treatment plan with the client; Benefits, limitations and co-operation required; Helping the client onto the couch/chair prior to and off the couch/chair after the treatment; Positioning the client correctly; Sanitising client's hands/feet as appropriate; Sanitising own hands as appropriate throughout treatment; Protecting the client's modesty at all times; Ensuring that all parts of the client are covered except the area being treated; Ensuring that the client is comfortable; Using appropriate covered supports; Adapting the Indian head massage treatments to suit the needs of the client; Ensuring client does not stand on floor with bare feet; Client care; Communication; Correct posture, hygiene and a professional approach to the client throughout treatment.

**Explain the importance of positioning themselves and the client correctly throughout the treatment**

Ensuring the client is comfortable and correctly supported; Applying the treatments as appropriate to the client's needs; Therapist maintaining correct posture/stance throughout treatment.

**Explain the importance of using products, tools, equipment and techniques to suit client's treatment need**

Couch or chair; Trolley; Stool; Towels; Blanket; Additional support if appropriate; Headband; Bedroll; Robe; Disposable slippers; Disinfecting fluid; Tissues; Cotton wool; Spatulas; Bowls; Sterilising solution; UV cabinet; Autoclave; Chemical immersion equipment; Benefits, limitations and co-operation required; Helping the client onto the couch/chair prior to and off the couch/chair after the treatment; Positioning the client correctly; Sanitising client's hands/feet as appropriate; Sanitising own hands as appropriate throughout treatment; Protecting the client's modesty at all times; Ensuring that all parts of the client are covered except the area being treated; Ensuring that the client is comfortable; Using appropriate covered supports; Adapting the Indian head massage treatments to suit the needs

of the client; Ensuring client does not stand on floor with bare feet; Client care; Communication; Correct posture, hygiene and a professional approach to the client throughout treatment Explain the importance of positioning themselves and the client correctly throughout the treatment; Ensuring the client is comfortable and correctly supported; Applying the treatments as appropriate to the client's needs; Therapist maintaining correct posture/stance throughout treatment Explain the importance of using products, tools, equipment and techniques to suit client's treatment need; Couch or chair; Trolley; Stool; Towels; Blanket; Additional support if appropriate; Headband; Bedroll; Robe; Disposable slippers; Disinfecting fluid; Tissues; Cotton wool; Sterilising solution; UV cabinet; Autoclave; Chemical immersion equipment; Waste disposal; Mediums – suitable for skin, scalp, hair type and condition - The effects and benefits of mediums should be known e.g.: Sesame, Mustard, Olive, Almond, Coconut, Evening primrose, Apricot kernel, Grapeseed, Jojoba, Hazelnut; 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; Products and equipment applicable for Indian head massage.

**Explain the effects and benefits of Indian Head Massage**

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; Effects on the following systems: Circulatory, Lymphatic, Nervous, Skin, Muscular, Skeletal, Endocrine, Respiratory; Common ailments which can be treated: Temporo-Mandibular Tension (TMJ syndrome), Sinusitis, Ankylosis spondylitis, Pityriasis simplex capitis (dandruff).

**Describe how treatments can be adapted to suit client treatment needs**

Restrictions; Client preferences and commitment; Product availability; Time scales; Costs; Indian head massage.

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**State the contra-actions that may occur during and following treatments and how to respond**

Explaining any possible side effects to the treatment; Feeling tired; Increased micturition; Increased defecation; Healing crisis; Headache; Thirst; Heightened emotions; Fainting; Vomitin; Skin reactions; Increase in symptoms; Referral procedures.

**Explain the importance of completing the treatment to the satisfaction of the client**

Concluding the treatment in appropriate manner to meet client's needs; Concluding the Indian head massage treatment in an appropriate and safe manner to meet the client's needs; Ongoing treatment needs.

**Explain the importance of completing treatment records**

Maintaining records; Record and store records in line with current data protection legislation and professional codes of conduct; Aftercare; Home care; Product advice; Advice for on-going treatments and suitable interval between treatments.

**Describe the methods of evaluating the effectiveness of the treatment**

Maintaining records for accurate future treatment; Aftercare; Home care; Product advice; Compliance with current legislation; Concluding the treatment in the correct manner to meet client's requirements; The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout.

**Describe the aftercare and home care advice that should be provided**

Based upon consultation and relevant test recommendations for ongoing or further treatments and intervals between treatments; Healthy eating; Fluid/water intake; Exercise; Smoking habits; Hobbies; Interests; Rest; Relaxation; Stress levels; Sleep; General care and lifestyle advice and the beneficial effects thereof.

**Describe the structure and functions of the skin Skin**

Epidermis: - Stratum corneum, Stratum lucidum, Stratum granulosum, Stratum spinosum/malphigian layer, Stratum germinativum/basal layer, Melanocytes;

Dermis: Blood supply, Lymphatic supply, Hair follicle, Hair, Sebaceous glands, Sweat glands [Eccrine and apocrine], Sensory nerve endings, Dermal papilla, Collagen, Elastin, Histiocytes, Mast cells, Fibroblasts, Erector pili muscle and Subcutaneous layer Functions; Secretion; Heat regulation; Absorption; Protection; Elimination; Sensation; Vitamin D formation (7-dehydro-cholesterol); Keratinisation; Melanin formation; Mitosis.

**Describe skin types, conditions, diseases and disorders**

Skin types: White, Black, Asian, Mixed, Dry, Oily, Combination; Skin conditions / characteristics: Mature skin, Young skin, Sensitive, Dehydrated, Loss of elasticity, Loss of muscle tone, Blemishes, Age, Crows' feet, Broken capillaries, Open pores, Milia, Comedones, Pustules, Papules, Hyper pigmentation, Hypo pigmentation, Dermatosis papulosa nigra, Psuedo folliculitis, Keloids, Ingrowing hairs, Vitiligo, Albinism, Chloasma, Ephilides, Lentigo, Naevae, Port wine stain, Leucoderma, Scarring, Thin skin, Small moles; Infestations: Scabies, Pediculosis, Congenital, Atopic eczema, Atopic dermatitis, Psoriasis; Bacterial: Acne vulgaris, Impetigo, Acne rosacea, Boils, Folliculitis; Viral: Warts, Herpes simplex, Herpes zoster; Fungal: Tinea (ringworm); Pigmentation disorders: Vitiligo, Albinism, Chloasma, Ephilides, Lentigo, Moles (papilloma), Naevae, Port wine stain, Leucoderma; General disorders: UV damage, Urticaria, Allergic reaction, Hyper keratosis.

**Describe the structure and function of the hair and explain hair types and conditions**

Structure: Cuticle, Cortex, Medulla, Hair shaft, Hair bulb, Hair root; Types of hair: Lanugo, Vellus, Terminal; Stages of hair growth: Anagen, Catagen, Telogen; Conditions: Oily hair, Dry hair, Fine hair, Chemically treated hair; The factors which affect hair growth: Stress, Hormones, Diet, Medication, Climate.

**Describe the structure of the bone of the neck, upper back, head and arms**

Cancellous; Compact; Long; Short; Flat; Irregular; Sesamoid; Cranium: Parietal, Frontal, Ethmoid, Sphenoid, Occipital, Temporal, Facial: Nasal, Zygomatic, Maxilla, Lacrimal, Turbinate, Palatine, Mandible, Vomer; Shoulder: Clavicle, Scapula, Humerus; Chest: Sternum; Neck: Cervical vertebrae.

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**Outline the position and actions of the muscles in the upper back, neck, head and arms**

Voluntary; Involuntary; Cardiac; Origin; Insertion; Action; Tone; Tension; Fatigue; Head and face: Orbicularis oculi, Orbicularis oris, Masseter, Buccinator, Risorius, Levator anguli oris, Levator labii superioris, Depressor anguli oris (Triangularis), Depressor labii inferioris, Mentalis, Zygomaticus, Temporalis, Nasalis, Procerus, Corrugator, Frontalis, Occipitalis, Pterygoids; Back, neck and shoulders: Trapezius, Platysma, Sternocleidomastoid, Deltoid, Pectoralis major and minor.

**Describe the structure, function and supply of the blood and lymph to the head; Blood plasma**

Erythrocytes; Leucocytes; Platelets; Thrombocytes; Arteries; Arterioles; Veins; Venules; Capillaries; Main arteries of the head and neck: Thyroid, Facial, Temporal, Lingual, Occipital, Maxillary; Main veins of the head and neck: Middle temporal, Superficial temporal, Maxillary, Anterior facial, Common facia, Internal jugular, External jugular; Content of lymph; Transports waste; Purifies toxins; Adds antibodies, antitoxins and lymphocytes; Part of the immune system; Secondary circulation; Lymphocyte; Lymphatic capillary; Lymphatic vessel; Lymph node; Lymphatic duct; Superficial and deep cervical; Submandibular; Anterior and posterior auricular; Occipital; Buccal; Sub-mental.

**Define the term chakra and describe the positions of the 7 main chakras and their representation**

Crown; 3rd Eye/brow; Throat; Heart; Solar plexus; Sacral; Base/root

**Define Marma point and explain the effects of Indian head massage on points**

Marma – ancient Sanskrit word meaning hidden or secret; Marma points – vital energy points defined as an anatomical site where flesh, veins, arteries, tendons bones and joints meet up; Acupressure massage is applied to these vital energy points; Effects of Indian head massage on Marma points; Position of the main Marma points used in Indian head massage.

**Explain the concept of Ayurveda, the main Doshas and the oils linked to them**

An ancient Indian healing system which combines natural therapies and encompasses the mind, body and spirit; Doshas: Vata, Pitta, Kapha.

## Case Studies / Portfolio of evidence

Treatment evidence (4 treatments)

These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include:

Consultation including medical history; Treatment details; After/Home care advice; Learner and Client signature; Treatment date