



Australian Government

Department of Education, Employment and Workplace Relations

SIBBSPA504A Provide stone therapy massage

Revision Number: 1

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Modification History

Not applicable.

Unit Descriptor

Unit descriptor

This unit describes the performance outcomes, skills and knowledge required to provide stone therapy massage as part of a spa program.
No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Application of the Unit

Application of the unit

Day spas, destination spas and beauty salons may offer stone therapy massage as a specialised treatment in conjunction with a full body massage.
Beauty therapists providing stone therapy massage exercise judgement in planning and selecting appropriate products, equipment and techniques.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Prerequisite units

Employability Skills Information

Employability skills This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a unit of competency. Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
1 Consult with client and plan the treatment.	<p>1.1 <i>Consult</i> in a polite and friendly manner to determine <i>client</i> expectations while gaining trust and maintaining confidentiality.</p> <p>1.2 Encourage client to ask questions and clarify points that may arise.</p> <p>1.3 Explain <i>stone therapy massage</i>, and <i>treatment objectives</i> and outcomes that would meet client's needs.</p> <p>1.4 Identify and evaluate <i>client's relevant medical history, contraindications</i>, physical condition and <i>lifestyle</i>.</p> <p>1.5 Identify relevant contraindications, discuss with client and refer to <i>appropriate professional</i> where required.</p> <p>1.6 Assess and discuss <i>options and limitations</i> for future treatments, according to client characteristics and contraindications.</p> <p>1.7 Record, explain and confirm <i>treatment plan</i> with client.</p>

ELEMENT	PERFORMANCE CRITERIA
2 Prepare for stone therapy massage.	<p>2.1 Prepare client for treatment, ensuring client's modesty and privacy at all times.</p> <p>2.2 Immerse hot stones in water in a temperature-adjustable stone heater placed for easy access during treatment.</p> <p>2.3 Prepare bowl of iced water to lower stone temperature where required, and place for easy access during treatment.</p>
3 Provide stone therapy massage.	<p>3.1 Apply massage oil to selected body areas.</p> <p>3.2 Select stones from heating unit and pass between hands, laying the warmed hands on client's skin to commence skin warming.</p> <p>3.3 Place one stone to check client's temperature tolerance and lower stone temperature in iced water where required, before placing stones against client's skin.</p> <p>3.4 Use hot stones to perform a gentle effleurage massage sequence on selected body areas according to the treatment plan.</p> <p>3.5 Place hot and cold stones on selected body areas for defined periods, according to agreed treatment plan.</p> <p>3.6 Check client's comfort and wellbeing at regular intervals during treatment, according to workplace procedures.</p> <p>3.7 Recognise adverse reactions that occur during the treatment and take necessary action.</p> <p>3.8 Ensure treatment stages are carried out in line with expected treatment time frames.</p> <p>3.9 Confirm client satisfaction with the treatment.</p>
4 Follow post-treatment procedures.	<p>4.1 Monitor client in a relaxing environment according to workplace procedures.</p> <p>4.2 Identify adverse effects and respond as required.</p> <p>4.3 Provide post-treatment care according to client needs and workplace procedures.</p>

ELEMENT**PERFORMANCE CRITERIA**

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|---------------------------------|--|
| 5 Advise on further treatments. | 5.1 Evaluate <i>outcomes</i> of treatment and make recommendations for <i>further treatments</i> . |
| | 5.2 Advise client of suitable <i>home-care products</i> and appropriate <i>lifestyle changes</i> . |
| | 5.3 Explain and demonstrate home-care product use as required. |
| | 5.4 Adjust client treatment plan. |
| | 5.5 Rebook client according to the plan. |

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit.

Required skills

The following skills must be assessed as part of this unit:

- interpersonal and communication skills to:
 - develop rapport with clients when conveying service and product advice
 - ask questions to identify and confirm requirements
 - use language and concepts appropriate to cultural differences
 - use and interpret non-verbal communication
 - explain the features, benefits and application processes of stone therapy
- technical skills to:
 - adjust temperature of stones to suit client needs and tolerance levels
 - monitor client's comfort and wellbeing at regular intervals
 - safely use hot stones and heating equipment according to workplace procedures and manufacturer instructions
 - sequence stone therapy massage treatments to meet client needs
 - respond to contraindications and adverse effects
 - clean, disinfect and maintain heating equipment and stones
- literacy skills to read, comprehend and update treatment plans, relevant workplace documents, equipment instructions, safety data and product ingredient or treatment information
- numeracy skills to comprehend and achieve workplace treatment time frames
- initiative and enterprise skills to evaluate outcomes of stone therapy massage and recommend further treatments.

Required knowledge

The following knowledge must be assessed as part of this unit:

- history and benefits of stone therapy massage
- different materials used for hot and cold stones
- effects of heat and cold on blood flow to the muscles and other body tissue
- effects of cooling temperatures on the nervous system
- stone massage routines, including sequencing stone placement
- appearance and management of contraindications and adverse effects
- anatomy and physiology of the:
 - body and body structures as they relate to stone therapy massage
 - skin and skin structures as they relate to stone therapy massage.

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- interacting with clients in a polite and friendly manner
- planning treatments to meet client needs
- safely performing stone therapy massage according to the range statement and within workplace service time frames
- recognising and advising clients regarding the management of contraindications and adverse effects
- recommending and planning stone therapy treatments to meet client needs.

EVIDENCE GUIDE

Context of and specific resources for assessment

Assessment must ensure:

- that competency is consistently demonstrated over a period of time and observed by the assessor or the technical expert working in partnership with the assessor as described in the Assessment Guidelines
- that competency is demonstrated in the workplace or in a simulated workplace environment in a range of real work situations which may include client interruptions and involvement in other related activities normally expected in the workplace.

Assessment must ensure access to:

- an environment, which includes as a minimum:
 - shower and change facilities
 - individual dry treatment rooms
 - adjustable massage couches with safe working access for operator and equipment at head, foot and each side
 - electricity supply access to each stone treatment workstation
 - thermostatically controlled stone heating unit
 - full thermal stone set with a range of shapes and sizes for various body areas
 - thermometer for checking stone temperature
 - client gowns
 - light sheets
 - appropriate supply of small and medium towels
 - large bowl for chilled water
- appropriate detergent, disinfectant and cleaning materials for cleaning and sanitising stones and work area
- relevant workplace documentation including:
 - manufacturer's equipment instructions
 - product instructions
 - manufacturer safety data sheets
 - workplace policies and procedures manuals
- a range of clients seeking and experiencing stone therapy treatments, including wet room and dry room therapies requiring the use of products, treatments and equipment from a professional spa range.

EVIDENCE GUIDE

For further guidance on the use of an appropriate simulated environment, refer to the Assessment Guidelines in this Training Package.

Methods of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- direct observation of the learner providing stone therapy massage over sufficient time to demonstrate handling of a range of contingencies, including:
 - consulting clients and planning treatments
 - performing stone therapy massage according to the range statement and within workplace service time frames
 - cleaning, disinfecting and maintaining stones and heating equipment
 - recommending home-care products and future treatments from the workplace range
- written and oral questioning appropriate to the language and literacy level of the learner, to assess knowledge and understanding of the required skills and knowledge of this unit
- completion of self-paced learning materials, including personal reflection and feedback from a trainer or supervisor
- third-party reports from experienced beauty therapists in the workplace.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SIBBBOS401A Perform body massage
- SIBBSPA501A Work in a spa therapies framework
- SIBBSPA502A Plan spa programs
- SIBBSPA503A Provide spa therapies.

Range Statement

RANGE STATEMENT

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Consultation may include:

- questioning
- visual examination
- reviewing client records.

Clients may include:

- new or regular clients with routine or special needs
- female or male clients
- people from a range of social, cultural and ethnic backgrounds and with varying physical and mental abilities.

Stone therapy massage must include:

- hot stones used to massage areas of the body
- hot stones placed on areas of the body for defined times
- cold stones placed on areas of the body for defined times
- a combination of hot and cold stones according to the treatment diagnosis.

RANGE STATEMENT

Treatment objectives may include:

- general relaxation
- maintaining a sense of wellbeing
- therapeutic approach to conditions, such as:
 - back pain and aches
 - poor circulation
 - osteoarthritis and related pain
 - stress, anxiety and tension
 - depression.

Client's relevant medical history must include:

- existing medical conditions
- previous medical conditions
- medications.

RANGE STATEMENT

Contraindications may include:

- pregnancy:
 - first trimester
 - on or around the abdominal area during later stages of pregnancy
- sunburn
- skin trauma or open wounds
- immediately post-surgery
- immediately post-chemotherapy or radiation
- abdominal hernia
- postherpetic neuralgia (a complication of shingles)
- areas of recent fractures
- people prone to blood clots
- heart conditions
- low blood pressure
- those found more frequently in:
 - the elderly
 - children
- conditions requiring consent from a medical practitioner.

Lifestyle may include:

- occupation
- dietary and fluid intake
- hobbies, interests and means of relaxation
- exercise habits
- smoking habits
- sleep patterns.

Appropriate professional may include:

- medical practitioner
- complementary therapist.

Options and limitations may include:

- alternative treatment recommendations
- lifestyle recommendations
- contraindications
- medical conditions.

Treatment plan may include:

- lifestyle details
- contraindications

RANGE STATEMENT

- relevant medical history and medications
- outcomes of previous treatments
- planned treatment:
 - hot and cold stone selection
 - stone massage routine
 - sequencing of stone placement
- product recommendations
- recommendations for future treatments.

RANGE STATEMENT

- Preparation of client*** may include:
- disrobing
 - showering.
- Adverse reactions*** may include:
- dizziness
 - nausea
 - skin irritation
 - headache.
- Necessary action*** may include:
- adjusting treatment
 - discontinuing treatment
 - encouraging client to seek medical advice
 - informing relevant members of staff
 - facilitating first aid.
- Adverse effects*** may include:
- erythema or inflammatory reaction to treatments or products
 - skin blemishes due to massage stimulation
 - allergic reactions of the skin or body to treatments or products
 - reaction to changes in body temperature.
- Post-treatment care*** may include:
- hydration
 - thermoregulation.
- Outcomes*** may include:
- appearance of treatment area or areas
 - client's expressed sense of wellbeing
 - relaxation.
- Further treatments*** may include:
- facial treatments
 - body treatments
 - spa treatments.
- Home-care products*** may
- skin care

RANGE STATEMENT

include:

- body care
- pre-blended aromatic oils
- nutritional supplements.

Lifestyle changes may include:

- improved diet
- sun protection
- reduced alcohol or tobacco consumption
- exercise
- meditation.

Unit Sector(s)**Sector**

Beauty

Competency field**Competency field**

Spa Services