



Australian Government

**Assessment Requirements for
SHBBSPA004 Provide Indian head
massages for relaxation**

Release: 1

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Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- communicate, follow and adjust treatment plans to provide six safe and appropriate Indian head massages for different clients
- provide Indian head massage to treat each of the following areas as appropriate to the above clients:
 - arms
 - face
 - neck
 - primary chakra areas
 - scalp
 - shoulders
- design, record and update treatment plans and records for each client using correct anatomical terminology and specifying details of:
 - client feedback
 - contraindications and conditions
 - massage routines
 - outcomes of previous and current treatment
 - post treatment lifestyle and product advice
 - products used
 - recommended future treatments
 - relevant medical history and medication
 - treatment duration, areas treated and areas not treated
 - treatment objectives
- design and provide treatment routines that demonstrate appropriate selection, application and modification of the following massage movements:
 - effleurage
 - petrissage
 - Marma point
 - tapotement
 - vibration
- present self, according to organisational policy

- comply with health and hygiene regulations and requirements.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- state or territory and local health and hygiene regulations and requirements relevant to providing massage treatments
- organisational policies and procedures relevant to providing massage treatments:
 - client record management
 - equipment use and maintenance
 - incident reporting
 - linen use and laundry procedures
 - personal hygiene and presentation
 - presentation of treatment area
 - waste disposal
 - water use minimisation
 - work health and safety
- legal and insurance liabilities and responsibilities regarding treatments
- scope of practice:
 - when to refer clients to other practitioners
 - importance of not stating a diagnosis of a contraindication
 - limitations to Indian head massage
 - role of complementary therapist and medical practitioner
- factors likely to affect suitability of treatments for client needs:
 - budgetary and time constraints
 - outcomes of previous treatments
 - physical attributes
- history, origins, and traditions of Indian head massage
- features, benefits and effects of Indian head massage
- principles of body, mind and spiritual wellness
- basic aspects of Ayurveda and Ayurvedic bodywork
- Marma points application
- major chakra areas as they relate to Indian head massage
- benefits of continuous treatments
- effects and benefits of Indian head massage on body systems:
 - circulatory
 - digestive
 - integumentary
 - lymphatic
 - muscular

- nervous
- respiratory
- skeletal and articular
- common disorders of body systems and their relationship to Indian head massage
- contraindications that prevent or restrict treatment or require clearance from a medical professional to proceed and relationship to Indian head treatments:
 - allergies to products
 - areas exhibiting loss of sensation
 - bacterial, fungal, parasitic and viral infections
 - cancer
 - clients under the influence of alcohol or drugs
 - clients with symptoms of infectious disease:
 - fever
 - nausea
 - extreme fatigue
 - extremes of body temperature
 - dysfunctions of the nervous system
 - epilepsy
 - heart condition
 - injury or surgery in treatment area
 - recent scar tissue
 - severe circulatory disorder
 - severe migraine or headaches
 - skin trauma
 - spondylitis
 - thrombosis or embolism
 - type one and two diabetes mellitus
 - undiagnosed lumps, bumps or swellings
 - very high or low blood pressure
- adverse effects to Indian Head massage and appropriate remedial action:
 - dizziness
 - headache
 - nausea
 - skin irritation
- lifestyle factors and benefits of lifestyle changes
- sustainable operating procedures for the conservation of product, water and power
- aftercare advice, products and future treatments to maintain client objectives.

Assessment Conditions

Skills must be demonstrated in a spa environment; this can be:

- an industry workplace or
- a simulated workplace set up for the purpose of skills assessment, that provides services to paying members of the public.

Assessment must ensure access to:

- paying clients, both new and regular, with different Indian head massage requirements, who have the expectation that the services provided reflect those of a commercial business
- access to hand washing facilities:
 - basin
 - hot and cold running water
 - liquid soap
 - single use towels or hand dryer
- relevant workplace documentation:
 - blank client cards
 - organisational policies and procedures relevant to massage treatments
 - product instructions
 - safety data sheets for cleaning products.

Assessment must ensure use of:

- cleaning and disinfection products and equipment
- individual work station consisting of:
 - adjustable treatment table or chair with safe working access for client and worker
 - trolley for products and bowls
- massage mediums
- treatment towels or linen, or disposable linen.

Assessment activities that allow the individual to:

- complete Indian head massages within commercially and organisational realistic speed, timing and productivity
- demonstrate competency in an environment reflective of real work situations
- manage tasks and contingencies in the context of the job role.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors and:

- hold a qualification as a beauty therapist

- have worked as a beauty therapist for at least three years where they have applied the skills and knowledge of this unit of competency.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=255d312b-db07-48f2-b6d6-1b0b06c42898>