



Australian Government

SHBBSPA008 Provide Indian head massages for relaxation

Release: 1

SHBBSPA008 Provide Indian head massages for relaxation

Modification History

Supersedes and is not equivalent to SHBBSPA004 Provide Indian head massages for relaxation.

Application

This unit describes the performance outcomes, skills and knowledge required to provide Indian head massage as part of a spa program.

It requires the ability to consult with clients, plan massage routine and massage arms, neck, shoulders, scalp and face. Indian head massage can be an individual treatment or form part of a series of treatments.

This unit applies to beauty and spa therapists who work in day, destination and resort spas, and beauty salons. In this environment they operate with some level of autonomy or under limited supervision.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Spa Services

Unit Sector

Beauty

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

1. Establish client objectives.
 - 1.1. Access and review client treatment plan if available.
 - 1.2. Discuss with client Indian head massage requirements and lifestyle factors to identify treatment priorities.
 - 1.3. Identify contraindications to Indian head massage, and refer client to appropriate professional as required.
 - 1.4. Identify client scalp condition, scalp disorders and possible adverse reactions and discuss with client.
 - 1.5. Identify client medical history, medications and obtain medical approval prior to treatment as required.
 - 1.6. Assess the capacity of Indian head massage to meet client needs.
2. Design and recommend Indian head massage.
 - 2.1. Design proposed treatment for a single or series of treatments.
 - 2.2. Discuss with client benefits and potential adverse effects of selected Indian head treatment sequence.
 - 2.3. Explain recommendations for duration, frequency and cost of treatments.
 - 2.4. Develop or modify treatment plan, record updates and obtain client consent.
3. Prepare for Indian head massage treatment.
 - 3.1. Check readiness of treatment area and availability of equipment required.
 - 3.2. Prepare and present self, according to organisational policy.
 - 3.3. Prepare client and select massage products according to treatment plan, as required.
 - 3.4. Position self to minimise fatigue and risk of injury.
 - 3.5. Comply with health and hygiene regulations and requirements.
 - 3.6. Use energy, water and other resources efficiently during preparation and subsequent treatment process.
4. Provide Indian head massage treatment.
 - 4.1. Ensure client modesty throughout treatment.
 - 4.2. Instruct and monitor client on breathing technique.
 - 4.3. Apply massage medium as required avoiding product waste.
 - 4.4. Perform Indian head massage techniques according to treatment plan.
 - 4.5. Monitor client comfort throughout the treatment and adjust massage techniques and routine as required.
 - 4.6. Identify adverse effects and respond as required.

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| 5. Review treatment and provide post treatment advice. | 5.1. Evaluate Indian head massage treatment with client.
5.2. Manage client expectations of potential outcomes.
5.3. Recommend home care, lifestyle changes, products and future treatments to improve health.
5.4. Update client treatment plan and rebook client as required. |
| 6. Clean treatment area. | 6.1. Remove used linen and clean surfaces and equipment according to organisational policies and procedures.
6.2. Restock equipment and products in preparation for next treatment.
6.3. Dispose of general waste to minimise negative environmental impacts and according to organisational policies and procedures. |

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS

DESCRIPTION

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| Reading skills to: | <ul style="list-style-type: none">• interpret and follow manufacturer instructions and safety data sheets for dilution, handling, storage and disposal of cleaning treatment products and equipment. |
| Writing skills to: | <ul style="list-style-type: none">• record treatment using basic anatomy and physiology terminology to describe body areas and anatomical positions. |
| Oral communication skills to: | <ul style="list-style-type: none">• select and use appropriate terminology in consultations with clients• protect confidentiality of client information by ensuring that other clients and colleagues do not overhear discussions• use and interpret verbal and non-verbal communication to develop rapport with client to convey service and product advice. |
| Numeracy skills to: | <ul style="list-style-type: none">• calculate treatment time and cost. |

Technology skills to:

- use client software to update client notes, rebook future treatments, record stock data and product purchases.

Unit Mapping Information

Supersedes and is not equivalent to SHBBSPA004 Provide Indian head massages for relaxation.

Links

Companion Volume implementation guides are found in VETNet -

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