



Australian Government

Department of Education, Employment and Workplace Relations

SIBBOS402A Provide body treatments

Revision Number: 2

SIBBBOS402A Provide body treatments

Modification History

Not applicable.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to perform a range of body treatments using various combinations of manual massage with electrical currents, exfoliation or body wraps according to a treatment plan.

Body treatments are performed in response to a client consultation and assessment, conducted and recorded on a treatment plan. They involve the application of a combination of manual and other selected techniques which may include electrical currents, exfoliation and body wraps. This may involve a single treatment or a series of body treatments that have been designed to meet client requirements.

The therapist performing the body treatment may or may not have designed the treatment, but is expected to access and interpret a treatment plan, explain the administration of the treatment to the client and adapt as required during the service in response to client reaction.

Application of the Unit

This unit applies to beauty therapy salon or spa environments and to beauty therapists exercising judgement in planning and selecting appropriate products, services, equipment and techniques.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

SIBBBOS401A Perform body massage

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

Element

Elements describe the essential outcomes of a unit of competency.

1 Prepare for body treatments.

2 Manage body treatments.

3 Provide body treatments.

Performance Criteria

Performance criteria describe the achievement of the element. Where information is detailed in the range statement. Assessment of evidence guide.

1.1 Access and review client *tr*

1.2 Review and note *contraindications* and subsequent *condition*

1.3 Offer advice to *client* regarding *treatment* tactfully and without reference

1.4 Confirm *treatment objectives* ensure consent.

1.5 Set up and monitor service *a*

1.6 Clean and maintain tools and *instructions*, workplace *prac*

1.7 Use energy, water and other *subsequent treatment proces*

1.8 Explain *factors that may pr*

2.1 Explain *mode of administration* where required.

2.2 Request client to monitor re

2.3 Drape client to sequentially *client comfort and modesty*

2.4 Select *body treatment products* treatment plan and treatment

2.5 Recognise *reactions* to treat

2.6 Safely dispose of treatment *impacts*.

3.1 Ensure client is in a comfort *treatment*.

3.2 Apply body treatment product *following manufacturer inst*

3.2 Apply body treatment product *following manufacturer inst*

- 3.3 Apply brush treatments to p
indicated by treatment plan.
- 3.4 Use direct current to perform
product to body parts accor
indicated by treatment plan.
- 3.5 Use low frequency current t
cellulite according to manu
treatment plan.
- 3.6 Select and apply *equipment*
of the body according to ma
by treatment plan.
- 4 Review treatment and provide post-treatment advice.
 - 4.1 Evaluate progress with clien
 - 4.2 Explain potential *post-treati*
 - 4.3 Revise previous treatment a
additional treatment.
 - 4.4 Negotiate *future treatment*
outcomes.
 - 4.5 Provide *home-care advice* a
 - 4.6 Rebook client according to

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:

- technical skills to:
 - recognise and respond to contraindications and adverse effects
 - interpret treatment plan and identify and adjust to changes in client's condition
 - prepare client for treatment according to treatment plan and workplace procedures
 - ensure treatment is provided, according to the individual, the condition and the presence of complicating factors
 - identify major bones and muscle groups through palpation
 - safely apply a defined range of electrical equipment and current levels according to agreed treatment plan
- communication skills to:
 - seek feedback and respond to questions
 - provide information and reassurance to client throughout the service
- literacy skills to:
 - read and apply relevant workplace documents and manufacturers' safety data sheets on electrical equipment
 - read, interpret and adjust treatment plans as appropriate
- time-management skills to manage time throughout the body treatment.

Required knowledge

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

- relevant health and hygiene regulations and requirements
- relevant occupational health and safety regulations and requirements
- infection control procedures and application of universal precautions as they apply to the provision of a body treatment service
- correct and environmentally sound disposal methods for all types of waste and in particular for hazardous substances
- workplace policies and procedures in regard to manual and electrical body treatments
- appearance of contraindications and adverse effects
- factors likely to affect the suitability of each technique to client needs and the effects and benefits of each step in body treatments
- skeletal and muscular system, including:
 - awareness of postural and skeletal abnormalities
 - muscle contractility and motor points
 - position and action of superficial muscles of the body in relation to body

massage, including deltoid, biceps, triceps, brachialis, trapezius, latissimus dorsi, serratus anterior, pectorals, rectus abdominous, obliques, gluteals, hamstrings, quadriceps, sartorius, adductors, gastrocnemius, soleus, and tibialis anterior

- nervous system and its relationship to skin sensations
- lymphatic, digestive, respiratory, and circulatory systems and their relationship to skin function, including thermoregulation and homeostasis
- categories of massage, motor points and reflex points
- causes of skin reactions and allergies in regard to body treatments
- principles and properties of electricity as they relate to body treatments
- ethical and legal implications of the practice of massage.

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:

- interpreting a treatment plan and making any adjustments required by variations in client's condition
- preparing the service area and clients for body treatments
- safely and effectively sequencing and applying body treatments, products and electrical equipment listed in range statement applied across a range of body treatment services
- using time effectively
- evaluating outcomes of body treatments and advising clients on future treatments
- accurately and legibly recording relevant data on client treatment plans.

Context of and specific resources for assessment

Assessment must ensure:

- that competency is consistently demonstrated over a period of time and observed by assessor or technical expert working in partnership with the assessor as described in the Assessment Guidelines
- that the candidate demonstrates competency in the workplace or 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 access to:
 - individual client workstations
 - adjustable massage couch with safe working access for operator and equipment
 - electricity supply to each workstation
 - appropriate supply of towels
 - client gown
 - client cover
 - trolley
 - magnifying lamp
 - direct and indirect current high frequency equipment

- brush machine
- steamer or vapourzone
- a professional body treatments product range
- appropriate cleaning and disinfection products and equipment
- relevant workplace documentation including:
 - manufacturer's equipment instructions
 - product instructions
 - manufacturer safety data sheets
 - workplace policies and procedures manuals
- a range of clients with different body treatment requirements.

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 learner performing a range of tasks in the workplace or a simulated work environment, over sufficient time to demonstrate handling of a range of contingencies, including:
 - preparing clients for body treatments
 - applying a range of manual massage techniques according to the treatment plan
 - using body treatment products
 - applying a range of electrical equipment and current levels according to the treatment plan and client feedback
 - providing post-treatment advice and making treatment recommendations to the client
- written and oral questioning appropriate to the language and literacy level of the learner, to assess knowledge and understanding of:
 - appearance of contraindications and adverse effects
 - factors likely to affect the suitability of each technique to client needs, and effects and benefits of each step in body treatment
 - anatomy and physiology of the body as they relate to the provision of body treatments
 - categories of massage, motor points and reflex points
 - classifications, benefits and application of range of massage movements described in range statement
 - causes of skin reactions and allergies in regard to body treatments
 - principles and properties of electricity as they relate to body treatments
 - ethical and legal implications of the practice of body treatments
- completion of workplace documentation relevant to providing body treatments
- third-party reports from technical experts
- completion of self-paced learning materials, including personal reflection and feedback from a trainer, workplace coach or supervisor.

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

example:

- SIBBCCS301A Apply the principles of skin biology to beauty treatments
- SIBBCCS404A Work in a skin therapies framework
- SIBBCCS405A Develop treatment plans
- SIBBCCS406A Use electricity in beauty therapy treatments.

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.

- Treatment plan*** must include:
- outcomes of previous treatments
 - relevant medical history
 - medications being used
 - contraindications
 - massage techniques, including types, frequency and duration of movements
 - electrical treatments
 - tools and equipment selected.
 - those which prevent body electrical treatment:
 - contagious skin diseases
 - dysfunction of nervous system
 - heart diseases and disorders
 - pacemakers
 - cancer-related treatments
 - recent scar tissue
 - undiagnosed lumps
 - inflammations and swellings
 - medications that cause thinning or inflammation of skin
 - those which restrict body electrical treatment:
 - diabetes
 - epilepsy
 - high or low blood pressure
 - history of thrombosis or embolism
 - metal pins or plates
 - pregnancy
 - piercings
 - anxiety
 - varicose veins
 - cuts
 - abrasions and bruises
 - recent dermabrasion or chemical peels
 - intense pulsed light (IPL) or laser and epilation.
- Contraindications*** may include:

- Body condition*** may include:
- cellulite
 - poor muscle tone
 - sluggish circulation
 - uneven skin texture.
- 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.
- Treatment objectives*** may include:
- improved skin and body condition
 - improved contour and muscle condition.
- Factors that may prevent or restrict the treatment*** may include:
- other medical treatment being undertaken
 - pregnancy
 - client's physical and psychological readiness or wellness
 - cultural factors
 - contraindications to treatment
 - planned post-massage activity.
- Mode of administration*** may include:
- exposure of sections of the body
 - rotating of exposure around the body
 - use of oils and treatments
 - requirement for feedback and interaction
 - massage technique
 - variations in application intensity
 - requirements of specific positioning of client.
- Treatment area*** must include:
- torso
 - back
 - neck
 - décolletage
 - arms
 - legs.
- Body treatment products*** may include:
- exfoliants
 - nourishing creams.
- Electrical equipment*** must include:
- high frequency - direct and indirect
 - brush machines
 - steamer or vapourzone
 - galvanic.
- Electrical equipment*** may include:
- micro current
 - low level intensity laser
 - low frequency neuromuscular electronic stimulator

- heat blanket
 - infra-red lamp
 - ultraviolet light
 - mechanical massager.
- Reactions** may include:
- pain or discomfort
 - verbal, tactile or visual feedback
 - muscular spasms
 - allergy or reactions to body oils or treatments
 - skin blemishes due to massage stimulation
 - bruising
 - temperature discomfort
 - joint sounds
 - client relaxation
 - emotional release.
- Responses** to reactions may include:
- adjusting treatment accordingly
 - seeking appropriate expertise
 - discussing reaction with client
 - adhering to workplace guidelines for dealing with emergencies
 - accessing local emergency services.
- Equipment to stimulate circulation** may include:
- vapourzone
 - high frequency
 - infra-red light therapy
 - hydrotherapy
 - vibratory apparatus
 - gyratory apparatus.
- Post-treatment adverse effects** may include:
- erythema resulting from treatment, massage medium or skin care product
 - skin blemishes due to massage stimulation
 - bruising
 - allergic reactions of the skin or body to treatment or products
 - psychological reactions of client to the electrical current, treatment or product.
- Future treatment program** may include:
- further body treatments
 - complementary treatments.
- Home-care advice** may include:
- dietary habits
 - lifestyle advice.

Unit Sector(s)

Beauty

Competency Field

Body Services