



Australian Government

SHBBBOS002 Provide body massages

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to provide full body relaxation massages.

It requires the ability to establish priorities with clients, synthesise knowledge of anatomy and physiology and lifestyle factors to design body massage routines, and provide advice on body products and protection from environmental damage. Body massage can be a single treatment or form part of a series of treatments.

This unit applies to beauty therapists who work in beauty salons, massage clinics and spas. In this environment they work as part of a team but make independent treatment decisions.

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

Pre-requisite Unit

Nil

Competency Field

Body 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 priorities.
 - 1.1 Access and review client treatment plan if available.
 - 1.2 Discuss body massage requirements and lifestyle factors with client to identify treatment priorities.
 - 1.3 Identify client skin, contraindications, and possible adverse reactions and discuss with client.
 - 1.4 Refer client to appropriate professional as required.
 - 1.5 Review client medical history, medications and obtain medical approval prior to treatment as required.
2. Design and recommend massage.
 - 2.1 Design proposed treatment for a single or series of treatments and discuss benefits and potential adverse effects with client.
 - 2.2 Explain recommendations for duration, frequency and cost of body massages to client.
 - 2.3 Modify treatment plan, record updates and obtain client consent.
3. Prepare for body massage treatment.
 - 3.1 Check readiness of treatment area and availability of equipment.
 - 3.2 Prepare client and select massage products based on agreed treatment plan.
 - 3.3 Use energy, water, products and other resources efficiently during preparation and subsequent treatment process.
4. Provide body massages.
 - 4.1 Position self and client to minimise fatigue and risk of injury.
 - 4.2 Apply massage medium, movements and techniques according to treatment plan.
 - 4.3 Vary massage routine to suit treatment objectives and client reactions.
 - 4.4 Ensure client comfort and modesty throughout treatment.
 - 4.5 Allow post treatment recovery time in a relaxing environment.
5. Review massage and provide body care advice.
 - 5.1 Evaluate body massage treatment with client.
 - 5.2 Record outcomes of treatment on client treatment plan.
 - 5.3 Review current body skin care regimen and make recommendations to support client objectives.
 - 5.4 Manage client expectations of potential outcomes.
 - 5.5 Recommend home care, lifestyle changes, products and future treatments.
 - 5.6 Update 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 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.

Skill	Description
Reading skills to:	- interpret and follow manufacturer instructions and safety data sheets for dilution, handling and disposal of cleaning products - source and interpret credible information from: - anatomy and physiology publications - anatomical charts and models.
Writing skills to:	record treatment using basic anatomy and physiology terminology to describe body areas and anatomical positions.
Oral communication skills to:	- use open and closed probe questions to clarify and confirm client requirements - 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.
Numeracy skills to:	calculate treatment price and timing.
Technology skills to:	- access credible online publications and resources that build knowledge for providing advice to clients - use client software to update client notes, rebook future treatments, and record stock data and product purchases.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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