



Australian Government

SHBBBOS005 Use reflexology relaxation techniques in beauty treatments

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to provide relaxation treatments using reflexology techniques.

It requires the ability to consult with clients, select products and techniques, and provide manual reflexology relaxation according to client needs and agreed treatment plan. Reflexology can be an individual treatment, or form part of a series of treatments.

This unit applies to beauty and spa therapists who work in beauty salons, massage clinics and spas. In this environment they work in a team but make independent treatment decisions. They have knowledge across a range of reflexology relaxation techniques.

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.

1. Establish client priorities.

PERFORMANCE CRITERIA

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

1.1 Access and review client treatment plan if available.

1.2 Discuss treatment requirements with client.

1.3 Identify contraindications to treatment, and refer client to appropriate professional as required.

1.4 Explain principles of reflexology, treatment sequence and

	factors that may restrict treatment.
	1.5 Confirm revised treatment plan, record updates and obtain client consent.
2. Prepare for reflexology treatment.	2.1 Prepare treatment area and self. 2.2 Use energy, water and other resources efficiently during preparation and subsequent treatment process. 2.3 Prepare client and select treatment products.
3. Provide reflexology treatment.	3.1 Drape client for warmth, with feet and hands exposed as required. 3.2 Ensure client comfort and modesty throughout treatment. 3.3 Select, apply and sequence reflexology relaxation techniques according to treatment plan. 3.4 Use leverage and pressure to apply reflexology techniques while holding and supporting the foot adequately. 3.5 Work on reflexology points of both feet according to treatment plan. 3.6 Monitor client reactions and adjust reflexology technique and duration as required. 3.7 Allow post treatment recovery time in a relaxing environment.
4. Review treatment and provide post treatment advice.	4.1 Evaluate treatment with client. 4.2 Record outcomes of treatment on client treatment plan. 4.3 Provide aftercare advice and recommend products and future treatments. 4.4 Update treatment plan and rebook client as required.
5. Clean treatment area.	5.1 Remove used towels and gown and clean treatment area and surfaces according to organisational policies and procedures. 5.2 Replenish treatment area for next treatment. 5.3 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.

Skills	Description
Writing skills to:	record treatment using basic anatomy and physiology

terminology.

Oral communication skills to:

- select and use appropriate terminology in consultations with clients.

Numeracy skills to:

- calculate treatment cost and timing.

Technology skills to:

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

Unit Mapping Information

SIBBBOS506A Use reflexology relaxation techniques in beauty treatments

Links

Companion Volume implementation guides are found in VETNet -

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