



Australian Government

SHBBBOS010 Use reflexology relaxation techniques in beauty treatments

Release: 1

SHBBBOS010 Use reflexology relaxation techniques in beauty treatments

Modification History

Supersedes and is not equivalent to SHBBBOS005 Use reflexology relaxation techniques in beauty treatments.

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 of reflexology relaxation techniques.

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

Unit Code	Unit Title
SHBBSSC001	Incorporate knowledge of skin structure and functions into beauty therapy
SHBBSSC002	Incorporate knowledge of body structures and functions into beauty therapy
SHBXCCS006	Promote healthy nutritional options in a beauty therapy context

Competency Field

Body Services

Unit Sector

Beauty

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Establish client priorities.

2. Prepare for reflexology treatment.

3. Provide reflexology treatment.

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.

- 2.1. Clean and prepare treatment area according to organisational procedures.
- 2.2. Present self, according to organisational policy.
- 2.3. Use energy, water and other resources efficiently during preparation and subsequent treatment process.
- 2.4. Prepare client and select treatment products.
- 2.5. Comply with health and hygiene regulations and requirements.

- 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 records 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 accurate terminology for conditions and treatment.
Oral communication skills to:	select and use appropriate terminology in consultations with clients.
Numeracy skills to:	calculate treatment cost and timing.
Teamwork 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 SHBBBOS005 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>