



**Australian Government**

# **Assessment Requirements for SHBBSPA003 Provide stone therapy massages**

**Release: 1**

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## Modification History

Not applicable.

## Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- communicate, follow and adjust treatment plans to provide six safe and appropriate stone therapy massages for clients of differing height, weight and age
- design, record and update treatment plans and records for each client using correct anatomical terminology and specifying details of:
  - client feedback
  - contraindications and conditions
  - outcomes of previous and current treatment
  - massage details and stones used
  - post treatment lifestyle and product advice
  - products used
  - recommended future treatments
  - relevant medical history and medication
  - treatment duration, areas treated and areas not treated
  - treatment objectives
- maintain temperature of stones to suit each client's temperature tolerance
- sequence stone therapy routine to maximise benefits for each client
- adapt massage routine to stone therapy and each client needs
- present self, according to organisational policy
- comply with health and hygiene regulations and requirements.

## Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- state or territory and local health and hygiene regulations and requirements relevant to providing stone therapy massages
- organisational policies and procedures relevant to providing stone therapy massages:
  - client record management
  - equipment use and maintenance
  - incident reporting

- linen use and laundry procedures
- personal hygiene and presentation
- presentation of treatment area
- waste disposal
- water use minimisation
- work health and safety
- legal and insurance liabilities and responsibilities regarding stone therapy massages
- scope of practice:
  - when to refer clients to other practitioners
  - importance of not stating a diagnosis of a contraindication
  - limitations of stone massage
  - role of complementary therapist and medical practitioner
- factors likely to affect suitability of treatments for client needs:
  - budgetary and time constraints
  - outcomes of previous treatments
  - physical attributes
- effects and benefits of:
  - each type of massage movement and technique
  - each type of stone
  - variations in stone temperature
  - stone placement and sequencing
- effects of stone therapy on body systems:
  - circulatory
  - integumentary
  - lymphatic
  - muscular
  - nervous
  - skeletal and articular
- common disorders of body systems and their relationship to stone therapy massage
- interdependence of body systems and their relationship to a healthy body and skin:
  - skeletal, muscular and nervous systems and relationship to stone massage
  - nervous system and its relationship to skin sensations
  - lymphatic and circulatory systems and their relationship to skin functions, thermoregulation and homeostasis
- position of major bones
- position and action of superficial muscles
- postural and skeletal abnormalities
- gross skin anatomy and physiology and differences in skin depending on body location
- role of skin in:
  - homeostasis

- protection
- sensation
- thermoregulation
- skin as a sense organ:
  - process of nerve conduction
  - stimuli and skin receptors
  - systems and pathways of sensory and motor neuronal conduction
  - variations in sensory perception and its relationship to stone therapy massage
- history of stone therapy massage
- properties of different materials for stones
- contraindications that prevent or restrict treatment or require clearance from a medical professional to proceed and relationship to stone therapy massage:
  - abdominal hernia
  - asthma
  - bacterial, fungal, parasitic and viral infections
  - cancer
  - heart conditions
  - loss of skin sensation
  - low blood pressure
  - intoxication or drug use
  - people prone to blood clots
  - post chemotherapy or radiation
  - post herpetic neuralgia
  - post surgery
  - pregnancy
  - recent fractures
  - skin lesions
  - skin trauma
  - sunburn
- adverse effects to stone therapy massage and appropriate remedial action:
  - dizziness
  - headache
  - nausea
  - skin irritation
- lifestyle factors and benefits of lifestyle changes
- sustainable operating procedures for the conservation of product, water and power
- effects and benefits of aftercare advice, products and future treatments to maintain client stone therapy massage objectives.

## Assessment Conditions

Skills must be demonstrated in a beauty industry or spa environment; this can be:

- an industry workplace or
- a simulated workplace set up for the purpose of skills assessment, that provides services to paying members of the public.

Assessment must ensure access to:

- paying clients, both new and regular, with different stone therapy massage requirements, who have the expectation that the services provided reflect those of a commercial business
- hand washing facilities:
  - basin
  - hot and cold running water
  - liquid soap
  - single use towels or hand dryer
- relevant workplace documentation:
  - blank client cards
  - organisational policies and procedures relevant to stone therapy massage treatments
  - equipment instructions
  - product instructions and safety data sheets.

Assessment must ensure use of:

- cleaning and disinfection products and equipment
- dry treatment area
- individual work station consisting of:
  - adjustable treatment table with safe working access at both ends and sides
  - bowl for chilled water
  - individual electricity supply
  - trolley or stable surface for product and bowls
- information resources such as charts, electronic resources, texts, three-dimensional models and videos for anatomy and physiology and skin
- full thermal stone set with a range of shapes and sizes for various body areas
- massage oil
- thermostatically controlled stone heating unit
- treatment towels or linen, or disposable linen

Assessment activities that allow the learner to:

- complete stone massage treatments within commercially realistic speed, timing and productivity
- demonstrate competency in an environment reflective of real work situations

- manage tasks and contingencies in the context of the job role.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors and:

- hold a qualification as a beauty or spa therapist
- have worked as a beauty or spa therapist for at least three years where they have applied the skills and knowledge of this unit of competency.

## **Links**

Companion Volume implementation guides are found in VETNet -

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