



Australian Government

SHBBSPA003 Provide stone therapy 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 massages with hot and cold stones.

It requires the ability to establish priorities with clients, and synthesise knowledge of anatomy and physiology, skin science and lifestyle factors to select pre-heated stones, design massage and provide the treatment. Stone massage therapy can be an individual treatment or form part of a series of treatments.

This unit applies to beauty and spa therapists who work in day, destination and resort spas and beauty salons. In this environment they work in a team but are responsible for individual client recommendations and treatment.

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

Pre-requisite Unit

Nil

Competency Field

Spa Services

Unit Sector

Beauty

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes.

1. Prepare for stone massage therapy treatment.

PERFORMANCE CRITERIA

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

1.1 Check readiness of treatment area and availability of equipment.

1.2 Select type and a variety of stone sizes.

1.3 Immerse stones in temperature controlled heater.

1.4 Prepare bowl of iced water to lower stone temperature as required.

- 1.5 Use energy, water and other resources efficiently during preparation and subsequent treatment process.
2. Establish client objectives.
 - 2.1 Access and review client treatment plan if available.
 - 2.2 Discuss stone massage requirement and lifestyle factors to identify treatment priorities with client.
 - 2.3 Identify client skin condition, skin disorders and diseases and possible adverse reactions and discuss with client.
 - 2.4 Review client medical history, medications and obtain medical approval prior to treatment as required.
 - 2.5 Identify contraindications to stone massage, and refer client to appropriate professional as required.
 - 2.6 Assess the capacity of stone therapy massage to meet client needs.
3. Design and recommend stone therapy massage.
 - 3.1 Design proposed treatment for a single or series of treatments.
 - 3.2 Discuss benefits and potential adverse effects of selected stones and treatment sequence with client.
 - 3.3 Explain recommendations for duration, frequency and treatment costs.
 - 3.4 Modify treatment plan, record updates and obtain client consent.
4. Apply stones.
 - 4.1 Prepare client and select size and type of stones to suit degree of adipose tissue and treatment plan.
 - 4.2 Check client temperature tolerance and lower stone temperature as required.
 - 4.3 Remove placement stones and apply massage medium to body.
5. Apply massage.
 - 5.1 Position self to minimise fatigue and risk of injury.
 - 5.2 Ensure client comfort and privacy throughout massage.
 - 5.3 Use hot stones to perform gentle effleurage massage sequence on selected body areas.
 - 5.4 Provide body massage with hot stones and use cold stones as required.
 - 5.5 Adapt massage techniques and stone sizes to suit subcutaneous tissue and client relaxation.
 - 5.6 Allow post treatment recovery time in a relaxing environment.
6. Review treatment and provide post treatment advice
 - 6.1 Evaluate stone massage treatment with client.
 - 6.2 Manage client expectations of potential outcomes.
 - 6.3 Recommend home care, lifestyle changes, products and future treatments to improve health and relaxation.

- 6.4 Update client treatment plan and rebook client as required.
7. Clean treatment work area
- 7.1 Remove used linen and clean surfaces, equipment and stones according to organisational policies and procedures.
 - 7.2 Restock equipment and products in preparation for next treatment.
 - 7.3 Dispose of general waste to minimise negative environmental impacts and 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 material safety data sheets for safe dilution, handling, storage and disposal of cleaning products and equipment.
Writing skills to:	record treatment using basic anatomy terminology to describe body areas and anatomical positions.
Oral communication skills to:	- discuss treatment contraindications and precautions tactfully - use and interpret verbal and non-verbal communication to develop rapport with client to convey service and product advice.
Numeracy skills to:	calculate treatment time and price.
Technology skills to:	- operate stone heater - use client software to update client notes, record stock data and product purchases.

Unit Mapping Information

SIBBSPA504A Provide stone therapy massage

Links

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=255d312b-db07-48f2-b6d6-1b0b06c42898>