



Australian Government

SHBBSPA007 Provide stone therapy massages

Release: 1

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Modification History

Supersedes and is not equivalent to SHBBSPA003 Provide stone therapy massages.

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 to select pre-heated stones, design massage and provide a stone massage 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.

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
SHBBBOS008	Provide body massages

Competency Field

Spa Services

Unit Sector

Spa Services

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. Prepare for stone massage therapy treatment.
 - 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. Prepare and present self, according to organisational policy.
 - 1.6. Use energy, water and other resources efficiently during preparation and subsequent treatment process.
 - 1.7. Comply with health and hygiene regulations and requirements.
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. Develop or 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.

SKILLS	DESCRIPTION
Reading skills to:	interpret and follow manufacturer instructions and safety data sheets for safe dilution, handling, storage and disposal of cleaning products and equipment.
Writing skills to:	record treatment using correct 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

Supersedes and is not equivalent to SHBBSPA003 Provide stone therapy massages.

Links

Companion Volume implementation guides are found in VETNet -

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