



Australian Government

Assessment Requirements for SHBBSPA008 Provide Indian head massages for relaxation

Release: 1

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Modification History

Supersedes and is not equivalent to SHBBSPA004 Provide Indian head massages for relaxation.

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:

- provide five safe and appropriate Indian head massages for different clients
- provide Indian head massage to treat each of the following areas at least once, as appropriate to the above clients:
 - arms
 - face
 - neck
 - primary chakra areas
 - scalp
 - shoulders
- design, record and update treatment plans and records for each client using correct anatomical terminology and specifying details of:
 - client feedback
 - contraindications and conditions
 - massage routines
 - outcomes of previous and current treatment
 - 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
- for the above treatments design and provide treatment routines that demonstrate appropriate selection, application and modification of each of the following massage movements:
 - effleurage
 - petrissage
 - Marma point
 - tapotement
 - vibration.

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 massage treatments
- organisational policies and procedures relevant to providing massage treatments:
 - 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 treatments
- scope of practice:
 - when to refer clients to other practitioners
 - importance of not stating a diagnosis of a contraindication
 - limitations to Indian head 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
- history, origins, and traditions of Indian head massage
- features, benefits and effects of Indian head massage
- principles of body, mind and spiritual wellness
- basic aspects of Ayurveda and Ayurvedic bodywork
- Marma points application
- major chakra areas as they relate to Indian head massage
- benefits of continuous treatments
- effects and benefits of Indian head massage on body systems:
 - circulatory
 - digestive
 - integumentary
 - lymphatic
 - muscular
 - nervous
 - respiratory

- skeletal and articular
- common disorders of body systems and their relationship to Indian head massage
- contraindications that prevent or restrict treatment or require clearance from a medical professional to proceed and relationship to Indian head treatments:
 - allergies to products
 - areas exhibiting loss of sensation
 - bacterial, fungal, parasitic and viral infections
 - cancer
 - clients under the influence of alcohol or drugs
 - clients with symptoms of infectious disease:
 - fever
 - nausea
 - extreme fatigue
 - extremes of body temperature
 - dysfunctions of the nervous system
 - epilepsy
 - heart condition
 - injury or surgery in treatment area
 - recent scar tissue
 - severe circulatory disorder
 - severe migraine or headaches
 - skin trauma
 - spondylitis
 - thrombosis or embolism
 - type one and two diabetes mellitus
 - undiagnosed lumps, bumps or swellings
 - very high or low blood pressure
- adverse effects to Indian Head 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
- aftercare advice, products and future treatments to maintain client 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 with different Indian head massage requirements, who have the expectation that the services provided reflect those of a commercial business
- access to 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 massage treatments
 - product instructions
 - safety data sheets for cleaning products.

Assessment must ensure use of:

- cleaning and disinfection products and equipment
- individual work station consisting of:
 - adjustable treatment table or chair with safe working access for client and worker
 - trolley for products and bowls
- massage mediums
- treatment towels or linen, or disposable linen.

Assessment activities that allow the individual to:

- complete Indian head massages within commercially and organisational 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 Organisations' requirements for assessors and:

- hold a qualification as a beauty therapist
- have worked as a beauty 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>