

## Overview

This standard coexists alongside, *\*SKAHDBRBNST1 Implement and maintain safe, hygienic and effective working practices* \*and *\*SKAHDBRBNS1 Consult, assess, plan and prepare for Hair, Barbering, Beauty, Nails, Wellness and Holistic services*. \*This standard is for a Beauty professional providing body massage treatments using fundamental massage techniques. You will also be required to do a post treatment evaluation and reflection for continuous improvement. Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance. It is advisable users of this standard are aware of, and comply with first aid requirements in accordance with legislation and organisational policies and procedures.

### **The main outcomes are:**

1. Provide body massage treatments using fundamental techniques

## Performance criteria

### *You must be able to:*

1. carry out a concise and comprehensive consultation with the individual
2. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives, body and skin concerns, expectations and desired outcomes to inform the body massage treatment plan, to include:
  - 3.1 treatment history
  - 3.2 recent activities
  - 3.3 current skincare regime
  - 3.4 alternative treatment options
4. confirm and agree with the individual, they have understood the proposed body massage treatment, to include:
  - 4.1 expected outcomes
  - 4.2 contra-actions
  - 4.3 **adverse reactions**
  - 4.4 physical sensation
5. obtain and record the individual's informed consent for the body massage treatment in accordance with organisational and insurance requirements
6. carry out a pre-treatment test(s) to determine skin sensitivity
7. prepare and cleanse the individual's treatment area in accordance with the **body massage treatment protocol**, to include:
  - 7.1 maintaining the individual's modesty and comfort

8. carry out a body and skin analysis, to include:

8.1 *\*body characteristics \**

9. select a **massage medium** to be used in accordance with the treatment protocol

10. apply the massage medium and carry out **fundamental massage techniques** as agreed in the body massage treatment plan, to include:

10.1 maintaining your own posture and stance

11. check the pressure, rhythm and flow of the massage with the individual and adapt the fundamental massage techniques in accordance with the individual's needs

12. monitor the individual's health, wellbeing and skin reaction throughout the body massage treatment

13. implement the correct course of action in the event of an adverse reaction

14. conclude the treatment in accordance with the body massage treatment protocol, legislative requirements and organisational policies and procedures

15. complete the individual's treatment records and store in accordance with data legislation

16. use reflective practice to evaluate the body massage treatment and take appropriate action

17. provide **instructions** and advice to the individual, pre and post the treatment

18. record the outcome and evaluation of the body massage treatment

## Knowledge and understanding

### *You need to know and understand:*

1. your role and responsibilities in providing body massage treatments and the importance of working within your competence
2. why you must comply with ethical practice and work within the legislative requirements, to include:
  - 2.1 the responsibilities under local authority licensing regulations for yourself and your premises
3. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
4. the **anatomy and physiology** relevant to this standard
5. the relative and absolute contraindications relevant to the beauty treatment, to include:
  - 5.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
6. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
7. the purpose, use and limitations of body massage treatments, in relation to:
  - 7.1 past and current medical history
  - 7.2 medication and medical conditions
8. the adverse reactions associated with a body massage treatment and how to respond
9. the health and safety responsibilities in line with legislation before, during and after the body massage treatment
10. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the body massage treatment plan

11. the legal requirements for providing beauty services to minors and vulnerable adults
12. the fee structures and treatment options
13. the legislative and indemnity requirements of gaining signed, informed consent for the body massage treatment
14. the importance of adhering to the body massage treatment protocol
15. how to carry out and interpret pre-treatment tests
16. the frequency of providing body massage treatments and the potential impact on the professional's health and wellbeing, to include:
  - 16.1 ways in which risks to health and wellbeing can be avoided
  - 16.2 avoidance of *\*work related injuries\**
  - 16.3 maintaining your own personal well being
17. the importance of maintaining your own posture and stance throughout a massage treatment, to include:
  - 17.1 how posture and stance supports the flow and effectiveness of the treatment
18. maintain the individual's comfort and care throughout the treatment in accordance with the body massage, to include:
  - 18.1 how the environment promotes calming or stimulation of the multisensory perceptions of the body
19. the importance of carrying out a body and skin analysis to determine the treatment plan
20. the types of hygiene products for the skin and the importance of following manufacturer instructions, to include:
  - 20.1 adaptations depending on the individuals treatment area
21. the massage mediums used in body massage and their effects

22. the types, benefits and limitations of fundamental massage techniques used within a body massage treatment, to include:

22.1 associated risks and how to respond

23. how to prepare and use products in accordance with the body massage treatment protocol

24. why it is important to explain the treatment process to the individual

25. the importance of monitoring the health and wellbeing of the individual during, and post the treatment

26. the importance of allowing recovery time for the individual post the body massage treatment

27. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational requirements

28. the legislative and regulatory requirements of completing and storing the individual's body massage treatment records

29. the expected outcomes of body massage treatment

30. the purpose of reflective practice and evaluation and how it informs future treatments

31. the importance to record the outcome and evaluation of the body massage treatment

32. the instructions and advice, pre and post the body massage treatment

## Scope/range

### Adverse reactions

1. hyperaemia
2. bruising
3. allergy
4. excessive healing response

### Body massage treatment protocol

1. working environment
2. health and safety
3. infection prevention and control
4. treatment plan
5. informed consent
6. data management
7. test outcomes
8. manufacturer instructions
9. audit and accountability
10. instructions and advice
11. sustainability
12. waste management
13. evidence-based practice
14. reflective practice

### Body characteristics

1. muscle tone
2. muscle tension
3. hair density
4. sluggish circulation
5. skin classification
6. skin condition
7. lax elasticity
8. posture

### Massage medium

1. oil
2. cream

Provide body massage treatments using fundamental techniques

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3. oil free
4. powder

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### **Fundamental massage techniques**

1. effleurage
2. petrissage
3. tapotement
4. friction

### **Instructions**

1. the individual and practitioner's legal rights and responsibilities
2. pre and post treatment instructions and care
3. restrictions and associated risks
4. future treatments

### **Anatomy and physiology**

1. the structure and function of the tissues, cells, organs and body systems and their interdependence on each other
2. relative and absolute contraindications and pathologies
3. the physical, physiological and psychological effects of fundamental body massage treatments

### ***\*Work related injuries \****

1. repetitive strain injury
2. postural
3. dermatitis
4. dehydration
5. fatigue

## Glossary

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**\*\*Absolute contraindication\*\*** An absolute contraindication is a condition that prevents the service from being carried out and may require referral. **\*\*Adverse reaction\*\*** An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e. fainting **\*\*Contra action\*\*** A contra-action is an 'expected' reaction or outcome following a service, i.e. erythema **\*\*Evidence-based practice\*\*** Evidence-based practice is based on the best available, current, valid and relevant evidence. **\*\*First aid\*\*** First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness. **\*\*Protocol\*\*** A protocol is a standard procedure to ensure best practice and compliance when providing services, i.e. follow manufacturer instructions. **\*\*Relative contraindication\*\*** A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.

## Links to other NOS