

## 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, Wellbeing and Holistic services*. \*This standard is for a Beauty professional providing holistic scalp, face, neck, décolleté and upper shoulder massage treatments. 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 a holistic treatment head, neck and shoulder massage treatment

## 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, scalp, skin and hair concerns, expectations and desired outcomes to inform the head massage treatment plan, to include:
  - 3.1 treatment history
  - 3.2 recent activities
  - 3.3 current skincare regime
  - 3.4 *\*lifestyle profile \**
  - 3.5 alternative treatment options
4. confirm and agree with the individual, they have understood the proposed head 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 head 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 **head massage treatment protocol**, to include:

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- 7.1 maintaining the individual's modesty and comfort
8. carry out a hair, skin and scalp analysis, to include:
  - 8.1 skin type, **skin classification** and skin condition
  - 8.2 hair classification, condition and density
  - 8.3 scalp condition
9. select a massage medium to be used in accordance with the treatment protocol for the:
  - 9.1 face, neck décolleté and upper shoulders
  - 9.2 scalp
10. apply the **massage medium** and carry out head massage techniques as agreed in the head massage treatment plan
11. check the pressure of the head massage with the individual and adapt the **massage techniques** in accordance with the individual's needs
12. monitor the individual's health, wellbeing and skin reaction throughout the head massage treatment
13. implement the correct course of action in the event of an adverse reaction
14. conclude the treatment in accordance with the head 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 head 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 head massage treatment

## Knowledge and understanding

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

1. your role and responsibilities in performing head 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. how traditional eastern ayurvedic principles and indian head massage has evolved to incorporate diverse needs of individuals and environment, to include:
  - 7.1 how to incorporate these principles in practice and adapt the position of the individual
8. the purpose, use and limitations of head massage treatment, in relation to:
  - 8.1 past and current medical history
  - 8.2 relevant lifestyle factors
  - 8.3 medication and medical conditions

#### 8.4 individual's expectations

9. the adverse reactions associated with a head massage treatment and how to respond
10. the health and safety responsibilities in line with legislation before, during and after the head massage treatment
11. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the head massage treatment plan
12. the fee structures and treatment options
13. the legal requirements for providing beauty treatments to minors and vulnerable adults
14. the legislative and indemnity requirements of gaining signed, informed consent for the head massage treatment
15. the importance of adhering to the head massage treatment protocol
16. how to carry out and interpret pre-treatment tests
17. the frequency of providing head massage treatments and the potential impact on the professional's health and wellbeing, to include:
  - 17.1 ways in which risks to health and wellbeing can be avoided
  - 17.2 avoidance of *\*work related injuries \**
  - 17.3 maintaining your own personal well being
18. the importance of maintaining your own posture and stance throughout a head massage treatment
19. maintain the individual's comfort and care throughout the treatment, in accordance with the head massage treatment protocol, to include:
  - 19.1 ensure the environment promotes calming or stimulation of the multisensory perceptions of the body, in accordance with the head massage treatment protocol

20. the importance of carrying out a hair, skin and scalp analysis to determine the head massage treatment plan
21. the types of hygiene products for the skin and the importance of following manufacturer instructions
22. the massage mediums used in head massage and their effects, to include:
  - 22.1 when it is appropriate to carry out head massage without the use of a massage medium
23. the types and effects of massage techniques used in head massage treatments
24. how head massage techniques can be adapted to create **therapeutic effects**
25. how to prepare and use products and equipment in line with the head massage treatment protocol
26. why it is important to explain the treatment process and sensation to the individual
27. the importance of monitoring the health and wellbeing of the individual during, and post the treatment
28. the importance of allowing recovery time for the individual post the head massage treatment
29. 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
30. the legislative and regulatory requirements of completing and storing the individual's head massage treatment records
31. the expected outcomes of head massage treatment
32. the purpose of reflective practice and evaluation and how it informs future treatments
33. the importance to record the outcome and evaluation of the head massage

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treatment

34. the instructions and advice, pre and post the head massage treatment

## Scope/range

### Lifestyle profile

1. genetics
2. diet
3. occupation
4. sleep
5. wellbeing
6. stress level

### Adverse reactions

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

### Head massage treatment protocol

1. working environment
2. health and safety
3. infection prevention and control
4. service 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

### Skin classification

1. Fitzpatrick scale
2. Lancer scale
3. Phenotype and genotype

### Massage medium

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1. oil
2. cream
3. oil free

### **Massage techniques**

1. effleurage
2. petrissage
3. tapotement
4. friction
5. vibrations
6. pressure point
7. lymphatic drainage
8. adapted pressure
9. eastern ayurvedic techniques

### **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. intrinsic and extrinsic factors that impact the functions of the human body and integral biology
4. the physical, psychological and physiological effects of head, neck and shoulder massage treatments

### **Work related injuries**

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

### **Therapeutic effects**

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1. detoxification
2. stimulating
3. toning
4. relaxation
5. improved sense of wellbeing
6. mild pain relief
7. improve immune function
8. improves neurological function

## Glossary

### **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

### **Anatomy and Physiology**

How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, olfactory, limbic, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.

### **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.

### **Indian head massage**

Indian head massage is an eastern ayurvedic treatment and is traditionally carried out on the individual in a seating position.

### **Integral biology**

Environmental and lifestyle factors that impact on the human body.

### **Multisensory perception**

Multisensory perception is described as encouraging mindfulness. Techniques and strategies are used to heighten the desired effect.

### **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](#)**