



Image courtesy of Natural Health Spa (www.budockvean.co.uk)

305

Provide body massage

Body massage is an ancient method of maintaining and promoting health and wellbeing. It can be physically demanding to carry out, but it can be extremely rewarding to feel your client relaxing as the massage progresses. In this unit, you will learn how to choose the correct products to suit the client, and which techniques will best meet their needs. You will also learn about the body and how its systems work. The use of infra-red and mechanical massage are also covered to give you a really broad knowledge base from which you can tailor the best possible treatment.

Assignment mark sheet

Unit 305 Provide body massage

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade. For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.

What you must know	Tick when complete
Task 1a: produce an information sheet	
Task 1b: produce a chart	
Task 1c: produce a fact sheet	
Task 1d: produce a fact sheet	
Task 1e: anatomy and physiology	
Or tick if covered by an online test	

What you must do	Grade	Points
Task 2: Provide body massage		

Overall grade

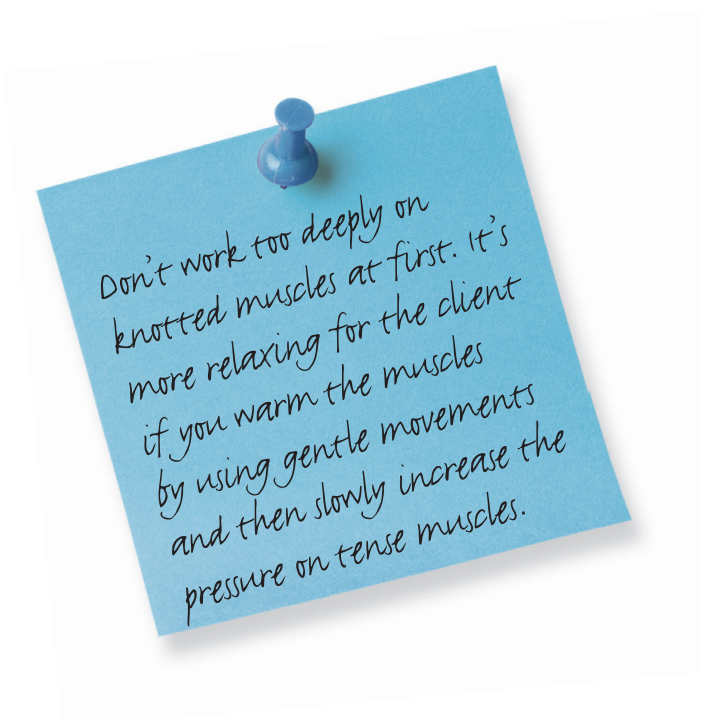
Candidate name:

Candidate signature: Date:

Assessor signature: Date:

Quality assurance co-ordinator signature (where applicable): Date:

External Verifier signature (where applicable): Date:



What does it mean?

Some useful words are explained below



Cellulite

Congested tissue with a dimply 'orange peel' appearance. It is usually cold to the touch and commonly found on the thighs and buttocks.

Ectomorph

A long slender body type, this frame finds it hard to put on weight or muscle.

Effleurage

A stroking technique used to begin the massage and complete an area. It is also useful to link movements to provide flow and rhythm in the massage.

Endomorph

With this body type, the limbs tend to be short, and the hips wider than the shoulders. Weight gain may be a problem.

Infra-red lamp

A lamp producing infra-red light waves, which penetrate beyond the epidermis, used during the massage to warm and relax the client's skin and muscles.

Kyphosis

A postural condition where the upper thoracic area of the spine curves forward, rounding the shoulders and causing the head to 'poke' forward.

Lethargy

A feeling of tiredness and indifference.

Lordosis

A postural condition where the lower lumbar region of the spine curves in causing a 'hollow' back and the buttocks and abdomen to protrude.

Mechanical massage

A method of massage using a machine with interchangeable heads, giving a deeper effect than that which can be given manually.



Medium

The product that is used to carry out a massage in order to provide slip and glide, eg oil/cream.

Mesomorph

With this body type, the client has narrow hips compared to their shoulders and muscle tone is usually well developed.

Petrissage

A technique that compresses the tissues of the body and lifts them away from the underlying structures.

Scoliosis

A sideways curvature to the spine, which can result in uneven hip and shoulder height.

Tapotement/percussion

A rhythmic movement performed to stimulate the skin and muscle tissues.

Treatment objective

The desired outcome of the massage, eg relaxation.

Vibrations

Fine trembling movements that can stimulate or relax nerves depending on how they are applied.

What you must know

You must be able to:

- 1 Describe salon requirements for preparing yourself, the client and work area
- 2 Describe the environmental conditions suitable for body massage treatments
- 3 Describe the different consultation techniques used to identify treatment objectives
- 4 Describe how to select products and tools to suit client treatment needs, skin types and conditions
- 5 Describe the different skin types and conditions
- 6 Explain the contra-indications that prevent or restrict body massage treatments
- 7 State the objectives of massage treatments
- 8 State the benefits derived from massage treatments
- 9 Identify general body types
- 10 Describe the different types of body fat
- 11 Outline common postural faults
- 12 Explain how to communicate and behave in a professional manner
- 13 Describe health and safety working practices
- 14 Explain the importance of positioning yourself and the client correctly throughout the treatment
- 15 Explain the importance of using products, tools and techniques to suit client's treatment needs, skin types and conditions

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Revision tip

If you remember what each of the massage movements does, it will make it easier for you to decide which ones will be the best to meet your client's needs.

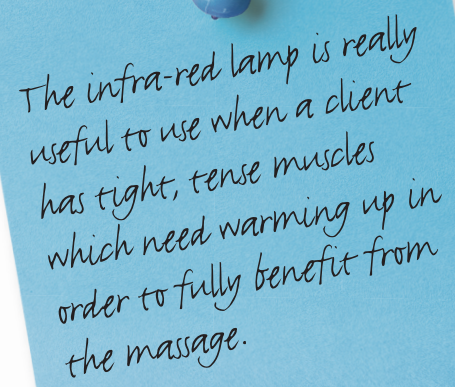


Follow in the footsteps of... “ *Stephanie Pedrini*”

I am currently studying VRQ Level 3 Beauty Therapy at Bournemouth and Poole College. I have always had an interest in beauty therapy, enjoying the practical element as well as the opportunity to meet, treat and help new people on a daily basis. Last year I completed four weeks of work experience in two top UK spas, 'Senspa' and 'Chewton Glen Spa'.

In the future I hope to work within the spa environment or travel whilst working on cruise ships, eventually leading to setting up my own business within the industry. [Read the blue quotes for Stephanie's handy hints!](#)

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- 16** Describe the benefits and uses of mechanical massage and pre-heat treatments
-
- 17** Describe how treatments can be adapted to suit client treatment needs, skin types and conditions
-
- 18** State the contra-actions that may occur during and following treatments and how to respond
-
- 19** Explain the importance of completing the treatment to the satisfaction of the client
-
- 20** Explain the importance of completing treatment records
-
- 21** Describe the methods of evaluating the effectiveness of the treatment
-
- 22** Describe the aftercare advice that should be provided
-
- 23** Describe the structure and the main functions of the following body systems in relation to massage:
- skin
 - skeletal
 - muscular
 - cardio-vascular
 - lymphatic
 - nervous
 - digestive
 - urinary
 - endocrine
-
- 24** Describe the main diseases and disorders of body systems
-
- 25** Describe the effects of massage on the body
-
- 26** Describe the uses of the five classical massage movements
-
- 27** Describe the uses of different massage mediums
-
- 28** Describe the legislation relating to the provision of massage treatments
-



The infra-red lamp is really useful to use when a client has tight, tense muscles which need warming up in order to fully benefit from the massage.

“

The client's modesty should be respected at all times and every effort should be made to ensure the client is at ease and relaxed in the therapist's presence. This can easily be achieved by small gestures such as a smile, eye contact, care and understanding.

Revision tip

Remember the uses of the different types of medium, so you can select what is most suitable for your client's needs.

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Before giving a body massage and throughout the treatment, stay 'grounded' to prevent dizziness.



A warm, inviting relaxation room will help the client stay relaxed even after their treatment.

Image courtesy of Simon Hylton

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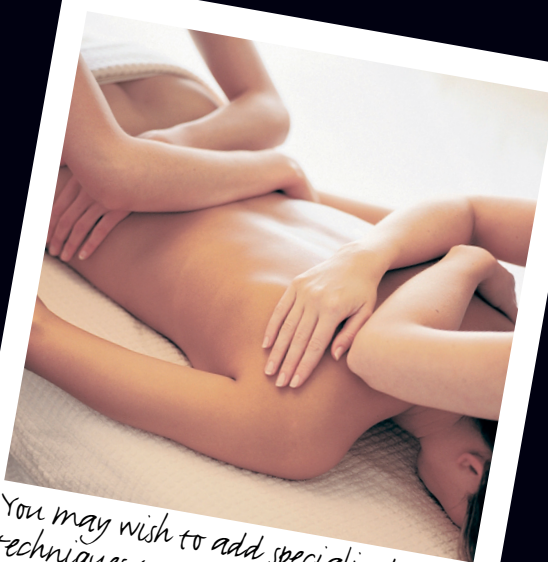
Concentrate on your client during the massage. It helps you to provide a better massage if you can focus on the way the client's muscle, fat and skin tissue react to the movements.



Explain you will only uncover the part of the body being worked on, to put your client at ease.

Image courtesy of Collin UK

Image courtesy of www.espaonline.com



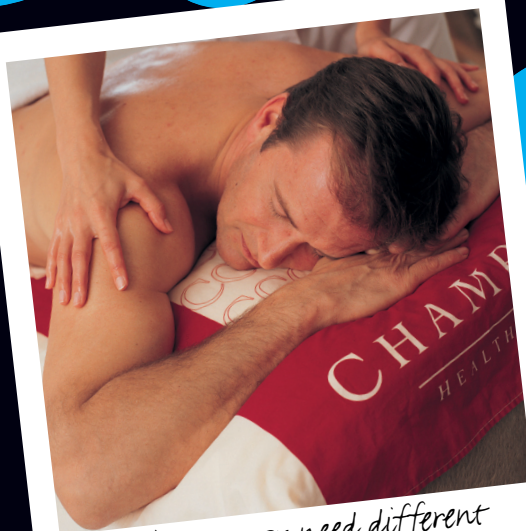
You may wish to add specialised techniques to your training.

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To make a body massage more personal, make sure you ask the client if they are warm enough and comfortable. Once started, ask if the pressure is to their liking and adapt the treatment if not.

Massage

Image courtesy of Champneys Health Resorts (www.champneys.com)



Male clients may need different pressures and mediums from female clients.

What you must do

Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with *****.

Conversion chart

Grade	Marks
Pass	13–15
Merit	16–21
Distinction	22–25

Please tick when all pre-observation requirements have been met

- 1 Prepare yourself, client and work area for body massage treatment
- 2 Use suitable consultation techniques to identify treatment objectives *
- 3 Carry out a body analysis *
- 4 Advise the client how to prepare for the treatment
- 5 Provide clear recommendations to the client *
- 6 Position yourself and the client correctly throughout the treatment
- 7 Follow health and safety working practices
- 8 Communicate and behave in a professional manner
- 9 Apply and use massage medium to suit client's skin type and conditions
- 10 Use and adapt massage techniques correctly to suit client treatment needs *
- 11 Complete the treatment to the satisfaction of the client *
- 12 Record and evaluate the results of the treatment
- 13 Provide suitable aftercare advice *

Provide body massage		
1		
1	2	3
1	2	3
1		
1	2	3
1		
1		
1		
1	2	3
1	2	3
1		
1	2	3

Total

Grade

Candidate signature and date

Assessor signature and date

What you must do

Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

	1 mark	2 marks	3 marks
2 Use suitable consultation techniques to identify treatment objectives	<p>Basic consultation</p> <p>Examples: uses open and closed questions, checks for contra-indications, identifies the treatment objectives correctly.</p>	<p>Good consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations; identifies the treatment objectives and any factors that may limit or restrict the treatment.</p>	<p>Thorough consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations, how client feels about their body and what improvement they would like to achieve; identifies the treatment objectives and any factors that may limit or restrict the treatment, allows the client to ask any questions to confirm understanding.</p>
3 Carry out a body analysis	<p>Carries out a basic analysis, identifies client's posture, records findings.</p>	<p>Carries out a good analysis, identifies client's posture and any figure faults, body and skin type, records findings.</p>	<p>Carries out a detailed analysis, identifies client's posture and any figure faults, body type, and skin type and condition (ie soft fat, hard fat, cellulite), records findings.</p>

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What you must do

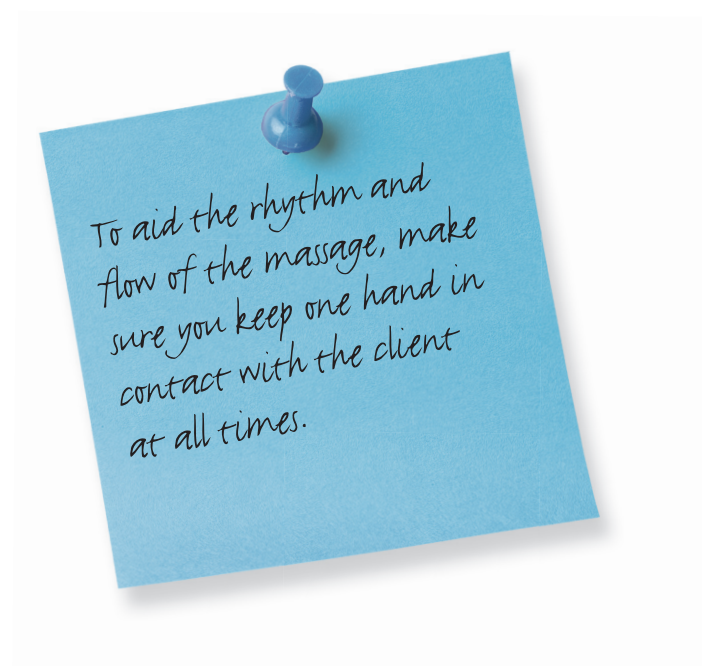
Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on page 62.

	1 mark	2 marks	3 marks
5 Provide clear recommendations to the client	A basic treatment plan is recommended Example: explains treatment procedure and any adaptations to meet client treatment needs.	A good treatment plan is recommended Example: explains treatment procedure and any adaptations to meet client treatment needs based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of postural diagnosis), a choice of products to be used.	A thorough treatment plan is recommended Example: explains treatment procedure and any adaptations to meet client treatment needs based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of postural diagnosis), a choice of products to be used, adaptation of massage movements to suit client treatment needs, allows the client to ask questions about the treatment plan.
10 Use and adapt massage techniques correctly to suit client treatment needs	Adapts the massage routine to suit client treatment objectives. Uses a variety of movements, movements are even and flowing, uses appropriate pressure for the client.	Adapts the massage routine to suit client treatment objectives, muscle and fat type. Carries out massage movements correctly and fully with even flow showing variations in rate and rhythm according to treatment objectives, uses appropriate pressure for the client.	Adapts the massage routine to suit client treatment objectives, muscle and fat type, taking into account findings of the postural diagnosis. The whole routine flows throughout, uses appropriate pressure for the client, checks the client's comfort and wellbeing at appropriate times.

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	1 mark	2 marks	3 marks
11 Complete the treatment to the satisfaction of the client	The treatment is completed within the agreed time and brought to a satisfactory close.	The treatment is completed within the agreed time, brought to a satisfactory close, excess massage medium is removed from the skin correctly.	The treatment is completed within the agreed time, brought to a satisfactory close, excess massage medium is removed from the skin correctly, the client is asked for feedback and is allowed sufficient time to get dressed.
13 Provide suitable aftercare advice	Basic aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, importance of rest and relaxation, future treatment needs.	Good level of aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, importance of rest and relaxation, specific lifestyle advice (ie dealing with stress, fluid intake, healthy eating), future treatment needs.	Excellent aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, importance of rest and relaxation, specific lifestyle advice (ie dealing with stress, fluid intake, healthy eating), postural awareness, recommends future treatment programme (regular massage, introduction of new/ alternative treatments).



Comment form

Unit 305 Provide body massage

This form can be used to record comments by you, your client, or your assessor.

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Clear and concise aftercare advice should be given to the client after a body massage so the full effects of the massage can be experienced. This will increase the chance of another treatment being booked.



Image courtesy of Collin UK



Image courtesy of Daylesford Day Spa