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Provide Indian head massage

Indian head massage is an ancient art handed down through generations in India, as an integral part of family life. Its roots lie in the medicine system of Ayurveda, which aims to promote health, beauty and a long life. Depending on the techniques used, it can relax or invigorate. This unit will teach you how to select the most suitable medium for your client to improve scalp or hair condition, and how to adapt your treatment according to your client. You will learn what is meant by the chakras, as well as how the body systems work.

Assignment mark sheet

Unit 311 Provide Indian head 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

Task 1a: produce an information sheet

Task 1b: produce a report

Task 1c: produce a fact sheet

Task 1d: anatomy and physiology

Or tick if covered by an online test

Tick when complete

What you must do

Task 2: Provide Indian head massage

Grade

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Points

--

Overall grade

--

--

Candidate name:

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Candidate signature:

Date:

--

Assessor signature:

Date:

--

Quality assurance co-ordinator signature (where applicable):

Date:

--

External Verifier signature (where applicable):

Date:

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What does it mean?

Some useful words are explained below

Alopecia

Partial or total hair loss. It can result from shock, trauma, illness, prolonged stress, or trichotillomania.

Ayurveda

A healing system describing how the mind, body and spirit must be in harmony to improve health and wellbeing.

Chakras

There are seven major chakras (energy centres without a physical form). They are a way of describing energies and energy flow and are the focal points for restoring balance to the body.

Dehydrated skin

A lack of water or moisture within the skin. It can occur on any skin type.

Effleurage

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

Erythema

Redness of the skin, resulting from dilation of blood vessels, due to stimulation, irritation or allergy.

Mature skin

In beauty therapy terms, this is any skin over the age of 25. However, the skin is not usually described as mature until ageing is apparent.

Medium

The product used to give slip and glide during the massage, as well as to nourish the hair and scalp.

Mustard oil

A popular oil in India, which creates a warming sensation. It is good for tense, tight muscles and dryness of the scalp. Not for use on sensitive skins.

Osteoporosis

A disease in which the bones become extremely porous and are subject to fracture.

Petrissage

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

Sesame oil

Used in Ayurveda, this has a high mineral content and is useful for nourishing the hair.



Skin type

A way of classifying the skin according to the amount of oil it produces. The skin types are normal, dry, oily and combination.

Tapotement

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

Tinea capitis

Ringworm of the scalp. A contagious fungal infection where there are circles of red itchy skin. On the scalp, it will result in hair breakage and loss.

Tinnitus

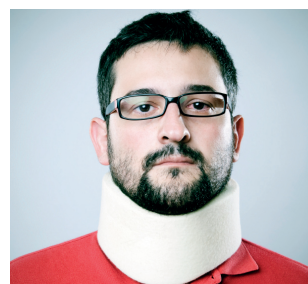
Sensation of a ringing, roaring, or buzzing sound in the ears or head, when no external sound is present.

Trichotillomania

A nervous habit where the sufferer has a compulsive urge to pull out hair from the scalp, brows or lashes.

Vibrations

Fine, trembling movements used by the therapist during massage that can stimulate or relax nerves.



Whiplash

A condition produced when the muscles, ligaments, discs or nerves in the neck are damaged due to sudden trauma.

Revision tip

By relaxing the muscles of the head, neck and shoulders, Indian head massage can help with the relief of tension headaches.



Follow in the footsteps of... “ *Jenny Smith*”

Jenny has always known that she wanted to study Hair and Beauty. She completed her Level 2 and 3 in Hairdressing at Andover College, and during this course her secondary learning goal was Indian head massage. She soon realised her passion for Massage Therapy, and went on to do Level 2 Beauty Therapy, before progressing on to Level 3 Complementary Therapies. In the future she'd like to get a job in a salon where she can do both hair and beauty. [Read on for Jenny's top tips!](#)

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 Indian head massage
- 3 Describe the different consultation techniques used to identify treatment objectives
- 4 Explain the importance of carrying out relevant tests
- 5 Describe how to select products and equipment to suit client treatment needs
- 6 Explain the contra-indications that prevent or restrict Indian head massage
- 7 Explain how to communicate and behave in a professional manner
- 8 Explain health and safety working practices
- 9 Explain the importance of positioning yourself and the client correctly throughout the treatment
- 10 Explain the importance of using products, equipment and techniques to suit client's treatment need
- 11 Explain the effects and benefits of Indian head massage

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- 12** Describe how treatments can be adapted to suit client treatment needs
-
- 13** State the contra-actions that may occur during and following treatments and how to respond
-
- 14** Explain the importance of completing the treatment to the satisfaction of the client
-
- 15** Explain the importance of completing treatment records
-
- 16** Describe the methods of evaluating the effectiveness of the treatment
-
- 17** Describe the aftercare advice that should be provided
-
- 18** Describe the structure and functions of the skin
-
- 19** Describe skin types, conditions, diseases and disorders
-
- 20** Describe the structure and function of the hair
-
- 21** Describe the structure of the head, neck, upper back and arms
-
- 22** Outline the position and actions of the muscles in the head, neck, upper back and arms
-
- 23** Describe the structure, function and supply of the blood and lymph to the head
-
- 24** Describe the location and function of chakras
-



To achieve a better massage use a lower backed chair, or even purchase a professional Indian head chair.

Revision tip

The hair shaft is made up of three main parts: the outer cuticle, the cortex and the medulla. The sebaceous gland is attached to the follicle, lubricating the hair.

“

Always remember to have a towel or a pillow to support the client's head and neck when working on the face.

Indian head

Poor posture can cause many conditions, including tension, poor circulation and headaches. Noting the client's posture, adapting the massage and then giving advice may provide relief.



Passed down through generations, Indian head massage is a popular treatment today.

You need to check your pressure with the client during the massage. Start the massage by asking if the client prefers a light or deeper massage.



Head massage



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

“

Pick the carrier oil to suit your client's needs, eg almond oil for dry skin.

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	11–13
Merit	14–19
Distinction	20–23

Please tick when all pre-observation requirements have been met

- 1 Prepare yourself, the client and the work area for Indian head massage
- 2 Use suitable consultation techniques to identify treatment objectives *
- 3 Provide clear recommendations to the client *
- 4 Position yourself and the client correctly throughout the treatment
- 5 Follow health and safety working practices
- 6 Communicate and behave in a professional manner
- 7 Select and use products to suit client's treatment needs, skin and hair conditions *
- 8 Use and adapt massage techniques to meet the needs of the client *
- 9 Complete the treatment to the satisfaction of the client *
- 10 Record and evaluate the results of the treatment
- 11 Provide suitable aftercare advice *

Provide Indian head massage		
1		
1	2	3
1	2	3
1		
1		
1	2	3
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 Provide clear recommendations to the client	<p>A basic treatment plan is recommended</p> <p>Example: explains treatment procedure and any adaptations to meet client treatment needs.</p>	<p>A good treatment plan is recommended</p> <p>Examples: explains treatment procedure and any adaptations to meet client treatment needs based on factors identified during consultation (lifestyle, medication (if any), contra-indications, hair and skin conditions), a choice of products to be used.</p>	<p>A thorough treatment plan is recommended</p> <p>Examples: explains treatment procedure and any adaptations to meet client treatment needs based on factors identified during consultation (lifestyle, medication (if any), contra-indications, hair and skin conditions), 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.</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 132.

	1 mark	2 marks	3 marks
7 Select and use products to suit client's treatment needs, skin types and condition	Selects appropriate massage media to suit client's skin and hair conditions.	Selects appropriate massage media to suit client's skin and hair conditions, taking into account client preference.	Selects appropriate massage media to suit client's skin and hair conditions, taking into account client preference, lifestyle, general health and treatment objectives.
8 Use and adapt massage techniques to meet the needs of the client	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, skin and hair conditions. 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, hair and skin conditions, taking into account all factors. The whole routine flows throughout, uses appropriate pressure for the client, checks the client's comfort and wellbeing at appropriate times.
9 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, and feedback is gained from the client.	The treatment is completed within the agreed time, brought to a satisfactory close, feedback is gained from the client, and client is allowed sufficient time to get dressed and is provided with tools (eg comb and mirror) to neaten the hair.

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1 mark

2 marks

3 marks

11 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), advice to improve postural awareness, recommends future treatment programme (regular Indian head massage, introduction of new/alternative treatments).

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Comment form

Unit 311 Provide Indian head massage

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



Keep nails short and tidy for when working with the pressure points – you don't want to hurt your client.

