

Body Massage Diploma Course

Course Outline

Aim of Course

1. To enable a candidate to perform safe and effective body massage treatments.
2. To achieve a qualification, approved by local authority and of an international standard.
3. To enable a candidate to gain employment as a body therapist.
4. As a pre-requisite to other diplomas offered by Immanuel Beauty School. Such as the CIBTAC Body Therapy Diploma, CIDESCO & IFA

Entry Level

1. National Standard qualification in Anatomy & Physiology

Subjects Covered

1. Refresher of Anatomy & Physiology
2. Health & Hygiene
3. Skin Diseases
4. Business Studies
5. Salon Procedures
6. Consultation/ Lifestyle Assessment
7. Body Massage Sequence
8. Aftercare/ Home care

Learning Objectives

1. Identify lifestyle characteristics and take appropriate action in selecting or advising clients about treatments and aftercare.
2. Adapt treatments to suit the individual clients' needs by analyzing information gathered at consultation, including contra-indications.
3. Perform safe, hygienic and effective body massage to a commercially acceptable standard and timing.
4. Understand the different massage techniques and their effects on the body.
5. Understand the importance of current legislation to beauty and complementary therapies employment.

Learning Outcomes Section by Section

Consultation, Figure Diagnosis and Assessment

Learning outcome:

The Learner will be able to:

1. Perform a successful consultation with any client
2. Understand the purpose of consultations and recording procedures for clients and therapists
3. Identify key data required to create an appropriate and safe treatment plan.

The Learner will be able to :

1. Demonstrate safe, hygienic and effective preparation of the treatment room, trolley and couch.
2. Demonstrate safe, hygienic and effective preparation of client, to include:
 - i. Privacy for the client to change if necessary
 - ii. Support for the client's body
 - iii. Covering to keep the client warm if necessary
3. Understand the purpose and importance of consultations, figure diagnosis and assessment, with consideration of relevant legislation.
4. Understand and explain the methods used to gain and record information.
5. Understand and justify the relevance of medical history.
6. Obtain and document information from the client, to include all the standard consultation information and specifically:
 - i. Personal details
 - ii. Medical history
 - iii. Current Medication being taken
 - iv. Contra-Indications
 - v. Reasons for treatment and treatments required
 - vi. Postural defects
 - vii. Lifestyle
7. Understand the importance of client confidentiality.
8. Ensure the client has a full understanding of the treatment procedure.

9. Demonstrate figure analysis and justify why the following information is needed in the consultation/ assessment:
 - i. Height
 - ii. Weight
 - iii. Figure Measurements
 - iv. Fat Distribution
 - v. Body Type
10. Use a plum line to identify the clients posture and any possible defects.
11. Describe the following postural defects:
 - i. Scoliosis
 - ii. Lordosis
 - iii. Kyphosis
12. Prepare a suitable treatment environment considering
 - i. Equipment
 - ii. Products
 - iii. Heating
 - iv. Lighting
 - v. Ventilation
 - vi. Sound
13. Recognize contra-indications that restrict or prohibit treatment and the know how tp act accordingly
14. Understand referral procedures and how to carry them out, including:
 - i. Referring the client to medical profession
 - ii. Referring the clients to a different therapist
 - iii. Accepting a client who has been referred to you

Body Massage

Learning outcome:

The Learner will be able to:

1. Understand a diversity of massage techniques and be able to adapt them to suit the individual clients' needs.
2. Understand the effects of massage on the physiology of the body.
3. Perform an effective and safe massage using all the classical movements appropriately on a variety of clients.

The Learner will be able to:

1. Define the term body massage.
2. Demonstrate a high standard of hygiene and safety throughout.
3. Explain the contra-indications to massage.
4. List the following massage pre-treatments and explain the reasons for using them before massage:
 - i. Showers
 - ii. Steam rooms
 - iii. Saunas
 - iv. Infra-red lamps
 - v. Paraffin wax
5. Define and describe the five classical massage movements:
 - i. Effleurage
 - ii. Petrissage
 - iii. Frictions
 - iv. Vibrations
 - v. Tapotement
6. Describe the effects of each of the massage movements listed above, and their specific effects and use.
7. Demonstrate each of the five classical Swedish massage movements and techniques on the body.
8. State the benefits of massage both psychological and physiological.

9. Demonstrate the ability to adapt massage to suit individual client's requirements, considering:
 - i. De-stress and relaxation
 - ii. Muscle aches and pains
 - iii. Stimulation
 - iv. Weight loss/ Detox
 - v. Apprehensive clients
 - vi. Male/ Female
 - vii. Time Constrain
10. Describe the principles of good massage practice, including:
 - i. Rate
 - ii. Rhythm
 - iii. Pressure and continuity
 - iv. Posture
11. Be aware of the different types pf massage and their effects on the body to cover:
 - i. Aromatherapy
 - ii. Manual Lymph Drainage
 - iii. Multi/ Mix/ Oriental

Aftercare

Learning Outcome:

The Learner will be able to:

1. Understand and explain to a client the effects and contra-actions that may occur after treatment.
2. Recommend the appropriate aftercare/homecare advice following the treatment, to include:
 - i. Lifestyle
 - ii. Diet
 - iii. Fluid to be taken
 - iv. Level and type of exercise
 - v. Level of rest
 - vi. Possible alternative treatments
 - vii. Any supportive action the client may need to take home
 - viii. Treatment plan for follow up treatments
3. Explain to the client how they may feel following a treatment and how long this might last, to include:
 - i. Energy levels, mood and emotions changes
 - ii. Tiredness
 - iii. Appetite
 - iv. Excretions from the body
 - v. General state of health
4. Explain why the following contra-actions sometimes occur:
 - i. Cleansing of toxins from the body
 - ii. Tiredness
 - iii. Headache
 - iv. Dizziness or nausea
 - v. Increased secretions
 - vi. Altered sleep patterns
 - vii. Altered skin condition
 - viii. Changes in emotional state