



# 222

---

## Head massage

A head massage in the salon is a totally relaxing and luxurious treatment that can be enjoyed by all. It may be carried out with the client lying on a couch or sitting comfortably in a chair, depending on the environment and the client's wishes. In this unit you will learn how to select appropriate techniques, such as the different types of massage movements, and also to select products that are suited to the client's needs, such as coconut, sesame or pre-blended oils. You will also cover the theory of hair and scalp conditions, including how to identify contra-indications. You will cover basic anatomy and physiology that is appropriate to the head, including the skin's structure, the bones of the skull and neck and the muscles of the scalp and neck; all important if you are to carry out an effective head massage.

# Assignment mark sheet

## Unit 222 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	Tick when complete
Task 1a: produce a report	
Task 1b: produce a fact sheet	
Task 1c: produce an information sheet	
<b>Or</b> tick if covered by a GOLA online test	

What you must do	Grade	Points
Task 2: provide head 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

### Aftercare advice

Advice given to the client following a treatment to enhance the treatment and prevent any adverse reactions occurring.

### Body language

A way of communicating with clients or colleagues using gestures rather than speech.

### Contra-indication

A condition that will prevent the head massage being carried out.

### Dermis

The layer under the epidermis, which contains collagen and elastin fibres.

### Epidermis

The top, outer layer of the skin.

### Epilepsy

A neurological condition where there is a tendency for people to have seizures.

### Erythema

Redness of the skin due to dilation of blood capillaries on the surface of the skin.

### Pre-blended oils

A diluted mixture of base oils with a few drops of essential oils that together form a blend for a specific use, eg relaxation.



### Scalp

The top part of the head where the hair is located – on some people it is fairly flexible while on others it is quite tight and rigid.



### Scalp products

Products designed to be used on the head, which may be for the hair or the skin – these may stimulate the blood supply, soften the hair or cool the area, for example.

### Subcutaneous

The layer found under the dermis, made up of adipose tissue (fat), which helps to protect the skin.



#### Revision tip

Make sure your client's head is supported if they are going to be seated during the head massage, otherwise they will strain their neck muscles.



## Follow in the footsteps of... “ Chelsea Billman

Chelsea has always been interested in massage, and this inspired her to enrol on Body Massage and Spa courses at Folkestone Academy. She loves learning about the body in her Anatomy and Physiology classes and is looking forward to next September when she will be studying body massage. When Chelsea qualifies she wants to work on a cruise liner. **Look for the pink quote marks to see what she has to say to you!**

## What you must know

### You must be able to:

- 1 describe the salon's requirement for client preparation, preparing yourself and the work area
- 2 identify different consultation techniques used to identify treatment objectives
- 3 describe the factors that need to be considered when selecting techniques, products and equipment
- 4 describe the environmental conditions suitable for head massage treatment
- 5 describe the safety considerations that must be taken into account when providing head massage treatment
- 6 identify the range of equipment used for head massage treatment
- 7 identify products used and their key ingredients
- 8 describe contra-indications that prevent or restrict head massage treatment
- 9 describe how to communicate and behave in a professional manner
- 10 state the importance of positioning yourself and the client correctly throughout the treatment
- 11 describe safe and hygienic working practices

*Continues on next page*

- 
- 12** describe contra-actions which might occur during and following the treatment and how to respond
- 
- 13** describe the aftercare advice that should be provided
- 
- 14** state the importance of completing the treatment to the satisfaction of the client
- 
- 15** state the methods of evaluating the effectiveness of the treatment
- 
- 16** describe the basic structure and function of the skin
- 
- 17** describe the basic structure and functions of the bones of the neck and skull
- 
- 18** describe the functions of the muscles of the scalp and neck
- 
- 19** describe the massage movements used in head massage treatments
- 

“

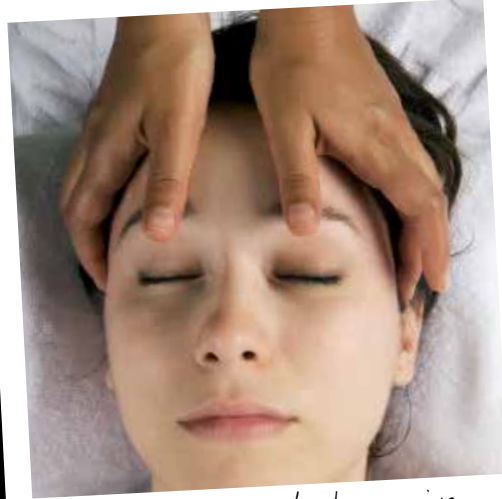
*Always ask your client if the massage pressure is comfortable for them – never assume that it is.*

Image courtesy of Spa Find Skincare





# Head m



*If working on a couch always give plenty of support to under the neck.*

Image courtesy of iStockphoto.com/Niko Guido



*Comb long or curly hair through before you start the head massage, to avoid causing the client discomfort.*

*If you are using oil during a head massage and your client is seated, only apply a small amount at a time otherwise it will run down the client's face.*

Image courtesy of Daylesford Day Spa

Image courtesy of Decléor

When carrying out a head massage, lighten pressure over the temple area as it can be quite tender.



# massage

“

---

*During a head massage have appropriate calm music playing. This will relax the client, and will help you get into a rhythm so that you also feel relaxed, calm and focussed. It's important not to transfer any stress to the client.*

---



# 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 **\***.

- 1 Prepare yourself, the client and the work area for head massage
- 2 Use suitable consultation techniques to identify treatment objectives **\***
- 3 Identify influencing factors
- 4 Provide clear recommendations to the client **\***
- 5 Advise the client on how to prepare for the treatment
- 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 Use and adapt appropriate massage techniques **\***
- 10 Complete the treatment to the satisfaction of the client **\***
- 11 Record and evaluate the results of the treatment with the client
- 12 Provide suitable aftercare advice **\***

Total

Grade

Candidate signature  
and date

Assessor signature  
and date

### Conversion chart

Grade	Marks
Pass	12–14
Merit	15–19
Distinction	20–22

Please tick when all pre-observation requirements have been met.

### Provide head massage

1		
1	2	3
1		
1	2	3
1		
1		
1		
1	2	3
1	2	3
1		
1	2	3

## What you must do

### Practical observations descriptors table

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

	1 mark	2 marks	3 marks
<b>2</b> <b>Use suitable consultation techniques to identify treatment objectives</b>	Basic consultation carried out. Examples: closed questions used throughout, questioning covered contra-indications.	Good consultation carried out. Examples: open and closed questions, positive body language, questioning covered contra-indications, general health, lifestyle and expectations.	Thorough consultation carried out. Examples: open and closed questions, positive body language, questioning covered contra-indications, general health, lifestyle and expectations.
<b>4</b> <b>Provide clear recommendations to the client</b>	A basic treatment plan is recommended. Example: objectives of the treatment identified.	A good treatment plan is recommended. Examples: objectives of the treatment identified, and products used.	A thorough treatment plan is recommended. Examples: objectives of the treatment identified, taking into account products to be used, and their specific effects; how the treatment will feel and benefits of each process.
<b>9</b> <b>Use and adapt appropriate massage techniques</b>	Adapts the massage to suit skin type and conditions.	Adapts the massage to suit the skin type, skin condition, varies the rate and rhythm according to the treatment objectives identified.	Adapts the massage to suit the skin type, skin conditions, varies the rate and rhythm, pressure, sequence and time according to the treatment objectives identified.

*Continues on next page*

## 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 the previous page.

	1 mark	2 marks	3 marks
<b>10</b> 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, client is allowed sufficient time to get dressed and is provided with tools (eg comb and mirror) to neaten the hair.
<b>12</b> Provide suitable aftercare advice	Basic aftercare advice Example: how to deal with possible contra-actions.	Good level of aftercare advice Example: how to deal with possible contra-actions, homecare products and future treatments.	Excellent aftercare advice Example: how to deal with possible contraactions, homecare products, specific lifestyle advice (eg dealing with stress, fluid intake, healthy eating) and future treatments.

“

*It's important to look after yourself when performing physical treatments such as head massage. Get plenty of sleep and eat well.*

# Comment form

## Unit 222 Head massage

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

---

---

---

---

---

---

---

---

Image courtesy of Gina Conway Aveda Salons

