
B23 Indian head massage



Indian head massage has been practised for thousands of years. The treatment is carried out on the upper body, in particular on the scalp and shoulders. It is beneficial in helping to relieve stress and tension, and also helps to improve the condition of the hair and scalp. It is based on the ancient system of medicine known as Ayurveda, the aim of

which is to promote health, beauty and a long life. This unit will teach you how to plan the best treatment for the client, how to select appropriate oils, how to coordinate your breathing to the best effect and how to carry out suitable massage techniques. You will also learn about Chakras and Marma points, as well as body, mind and spiritual awareness.



Image courtesy of Daylesford Day Spa

Unit B23 (City & Guilds Unit 029)

Provide Indian head massage

Mandatory (Massage route)



Indian head massage

Evidence requirements

To achieve this unit you must practically demonstrate in your everyday work that you have met the standards for providing Indian head massage treatment.

The standards cover things that you must do (performance criteria), things that you must cover (range) and things that you must know.

What you must do

Your evidence should be collected when carrying out a real job, whether paid or voluntary, and when dealing with real clients, whether internal or external to the salon. Simulation is **not** allowed for any performance evidence within this unit.

Most evidence of your performance will be gathered from the observations made by your assessor, but you may be required to produce other evidence to support your performance if your assessor has not been present. This will involve your assessor observing your performance on at least **three** separate occasions, on **three** different clients. **One** massage must include the use of massage oil and **one** massage must exclude the use of oil.

“

An Indian head massage is a wonderfully relaxing treatment, which helps to relieve the client's stresses and leaves them feeling great.

Adele O'Keefe

”



This unit has four outcomes.

Outcome 1

Maintain safe and effective methods of working when providing Indian head massage

Outcome 2

Consult, plan and prepare for treatments with clients

Outcome 3

Perform Indian head massage

Outcome 4

Provide aftercare advice



Unit B23 (City & Guilds Unit 029)

Provide Indian head massage

Mandatory (Massage route) (continued)

What you must cover

You will see key words in bold on the 'What you must do' list. For each of these, there is a range of things that you must cover. You must show that you have:

Used all of the following consultation techniques:

Questioning

Visual

Manual

Reference to client records

Dealt with all of the following client physical characteristics:

Posture

Muscle tone

Age

Health

Skin condition

Hair condition

Scalp condition

Dealt with at least one of the following necessary actions*:

Encouraging the client to seek medical advice

Explaining why the treatment cannot be carried out

Modification of treatment

* However, you must prove to your assessor that you are able to deal with the other **two**.

Met all of the following treatment objectives:

Relaxation

Sense of wellbeing

Uplifting

Improvement of hair and scalp condition

Used all of the following massage techniques:

Effleurage

Petrissage

Tapotement

Friction

Marma (pressure) points

Covered all of the following treatment areas:

Face

Head

Chest and shoulders

Arms and hands

Back

Chakras

Given all of the following types of advice:

Avoidance of activities which may cause contra-actions

Future treatment needs

Modifications to lifestyle patterns

Suitable homecare products and their use

“
Indian head massage is a very powerful treatment, so become familiar with the term 'Healing Crisis' and the symptoms.
Sarah Farrell



What you must know

You will be assessed on your knowledge of the following:

Organisational and legal requirements

How to work safely and effectively when providing Indian head massage

Client consultation

Preparation for treatment

Anatomy and physiology

Contra-indications and contra-actions

Indian head massage mediums

Treatment specific knowledge

Aftercare advice for clients

This will be completed through written and oral questioning by your assessor, or by an online test. For details of what you must know, see pages 158–164.



Indian head massage began in India, where the skills were passed down through each generation.

Hints and tips

Have fresh water nearby to offer your client, to ensure their comfort and minimise contra-actions.



Indian head massage

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Useful words

Some terms that you will come across in this unit are explained below.

Alopecia This is the term used for hair loss, whether it is a small bald patch or total hair loss over the whole body. It usually results from shock, trauma, illness or prolonged stress.

Ayurveda A healing system that comes from a sacred Hindu text, describing how the mind, body and spirit should be in harmony to improve the health and wellbeing of the person.

Chakras Energy centres that do not have a physical form and are a way of describing energies and energy flow. They are the focal points for restoring balance to the body. There are seven major Chakras – Indian head massage refers to the three higher Chakras.

Coconut oil Derived from coconuts, this is a light moisturising oil which relieves inflammation.

Fibromyalgia A condition that causes musculoskeletal pain. Deep massage on the local area should be avoided.

Hair tugging A scalp technique where the hair is lifted and pulled at scalp level to stimulate blood flow.

Marma points Pressure points on the body that stimulate life force, similar to acupuncture. During Indian head massage you may cover 37 points in the treatment area.

Mustard oil A popular oil in India, useful during cold spells due to the hot warming sensation it creates. It is good for tense, tight muscles and dryness of the scalp. Not for use on sensitive skin.

Sesame oil Popular in Ayurveda, it has a high mineral content and so is useful for nourishing the hair.

Whiplash A condition produced when the muscles, ligaments, discs or nerves in the neck region are damaged due to sudden trauma. Indian head massage can help to relieve pain and discomfort.



Observation sign-off sheet

Unit B23 Provide Indian head massage

What you must do

148 Level 3 NVQ/SVQ Beauty

Within your work, you must show your assessor that you can do the following. Your assessor will make at least **three** observations of your work on at least **three** separate occasions, on **three** different clients. This must include **one** massage with the use of massage oil and **one** massage that excludes the use of oil.

Each time you achieve **all** the points listed below within a single client service, your assessor will tick the circle and enter the date.

Outcome 1

Maintain safe and effective methods of working when providing Indian head massage

- a Set up and monitor the treatment area to meet organisation procedures and manufacturers' instructions
- b Make sure that environmental conditions are suitable for the client and the treatment
- c Ensure your personal hygiene, protection and appearance meets accepted industry and organisational requirements
- d Ensure that your nails are short, clean, well manicured and free of polish
- e Effectively disinfect your hands prior to and after treatment
- f Ensure your own posture and position minimises fatigue and risk of injury whilst working
- g Ensure all tools and equipment are cleaned using the correct methods
- h Position equipment and massage medium for ease and safety of use
- i Ensure the client is in a comfortable and relaxed position suitable for the treatment
- j Maintain accepted industry hygiene and safety practices throughout the treatment

Continues on next page



Always make sure the treatment area is ready before your client arrives.

- k Adopt a positive, polite and reassuring manner towards the client throughout the treatment
- l Maintain the client's modesty, privacy and comfort at all times
- m Dispose of waste materials safely and correctly
- n Ensure the treatment is cost-effective and is carried out within a commercially viable time
- o Ensure client record cards are up-to-date, accurate, complete, legible and signed by the client and practitioner
- p Leave the treatment area in a condition suitable for future treatments



Observation	1	2	3		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date					
Candidate signature					
Assessor signature					
IQA signature (if sampled)					
EQA signature (if sampled)					

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“
The ambience of a treatment room is very important in ensuring the client feels comfortable.
 Anita Crosland
 ”



Observation sign-off sheet

Unit B23 Provide Indian head massage

What you must do (continued)

150 Level 3 NVQ/SVQ Beauty

Hints and tips

If carrying out a seated treatment, make sure your client's legs are uncrossed and feet are placed firmly on the floor.



Outcome 2

Consult, plan and prepare for treatments with clients

- a Use **consultation techniques** in a polite, sensitive and friendly manner to determine the client's treatment needs
- b Ensure that informed and signed parent or guardian consent is obtained for minors prior to any massage treatment *
- c Ensure that a parent or guardian is present throughout the massage treatment for minors under the age of 16 **
- d Clearly explain to the client what the treatment entails in a way they can understand
- e Use suitable **consultation techniques** to identify your client's medical history, **physical characteristics** and lifestyle pattern
- f Ask your client appropriate questions to identify if they have any contra-indications to massage treatments
- g Accurately record your client's responses to questioning
- h Actively encourage clients to ask questions and clarify any points
- i Take the **necessary action** in response to any identified contra-indications ***
- j Ensure client **advice** is given without reference to a specific medical condition and without causing undue alarm and concern
- k Clearly explain and agree the projected cost, likely duration and frequency treatment needed
- l Agree in writing the client's needs, expectations and **treatment objectives**, ensuring they are realistic and achievable

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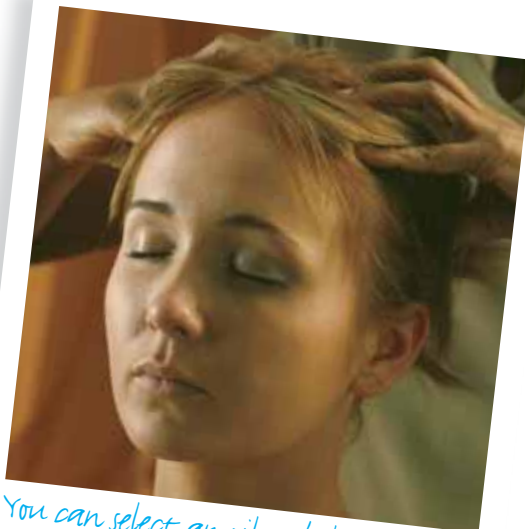
- m Adapt client preparation procedures to suit the environment in which the massage is to be undertaken
- n Ensure that clothing, hair and accessories are effectively protected or removed
- o Select suitable resources and massage medium, if required, to meet the **treatment objectives**



Observation	1	2	3		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date					
Candidate signature					
Assessor signature					
IQA signature (if sampled)					
EQA signature (if sampled)					

* Covered by observation	<input type="radio"/>	Date
Covered by oral questioning	<input type="radio"/>	Date
** Covered by observation	<input type="radio"/>	Date
Covered by oral questioning	<input type="radio"/>	Date
*** Covered by observation	<input type="radio"/>	Date
Covered by oral questioning	<input type="radio"/>	Date

Continues on next page



You can select an oil to help and improve your client's hair condition.

Hints and tips

If your client has long or thick hair, section it into quarters to ensure even coverage of oil and prevent using too much.



Observation sign-off sheet

Unit B23 Provide Indian head massage

What you must do (continued)



Outcome 3

Perform Indian head massage

- a Provide suitable support and cushioning to specific areas of the body during the treatment if necessary
- b Adapt your massage techniques, sequence and use of massage medium to meet the client's **physical characteristics** and treatment area(s)
- c Effectively vary the depth, rhythm and pressure of massage movements to meet **treatment objectives**, treatment area(s) and client's **physical characteristics** and preferences
- d Ensure that correct breathing techniques are co-ordinated with that of the client
- e Ensure the application and use of massage medium minimises waste, when used
- f Take appropriate and prompt remedial action if contra-actions or discomfort occur during the course of treatment
- g Allow the client sufficient post-treatment recovery time
- h Ensure the finished result is to the client's satisfaction and meets the agreed **treatment objectives**

Observation	1	2	3		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date					
Candidate signature					
Assessor signature					
IQA signature (if sampled)					
EQA signature (if sampled)					

Outcome 4

Provide aftercare advice

- Give **advice** and recommendations accurately and constructively
- Give your clients suitable **advice** specific to their individual needs



Observation	1	2	3		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date					
Candidate signature					
Assessor signature					
IQA signature (if sampled)					
EQA signature (if sampled)					

Timing tip

The maximum commercially viable time for an Indian head massage is 45 mins.



Relax as you perform the massage and your client will relax too.

“
An Indian head massage performed by an expert is a fantastic experience. It seems to lift weight, worries and stress, leaving your client feeling free and exhilarated.
Narendra Mehta

”



Observation sign-off sheet

Unit B23 Provide Indian head massage

What you must cover (continued)

Before ticking the circles below, you must make sure that you have achieved 'What you must cover' in **all** the outcomes in which it occurs.

Consultation techniques

Tick the consultation techniques used for each observation. You must use **all** consultation techniques.

	1	2	3		
Questioning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Manual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reference to client records	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical characteristics

Tick the types of client physical characteristics dealt with for each observation. You must deal with **all** physical characteristics.

	1	2	3		
Posture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muscle tone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skin condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hair condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scalp condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Necessary actions

Tick the necessary action dealt with if it occurs during an observation. You must deal with at least **one** of the necessary actions, but you must prove to your assessor that you are able to deal with the other **two**.

	1	2	3		
Encouraging the client to seek medical advice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Explaining why the treatment cannot be carried out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Modification of treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Treatment objectives

Tick the treatment objectives met in each observation.
You must meet **all** treatment objectives.

	1	2	3		
Relaxation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sense of wellbeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Uplifting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improvement of hair and scalp condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Massage techniques

Tick the massage techniques used for each observation.
You must use **all** of the massage techniques.

	1	2	3		
Effleurage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Petrissage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tapotement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marma (pressure) points	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Treatment areas

Tick the treatment areas covered for each observation.
You must cover **all** of the treatment areas.

	1	2	3		
Face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Head	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chest and shoulders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Arms and hands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chakras	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Observation sign-off sheet

Unit B23 Provide Indian head massage

What you must cover (continued)

Advice

Tick the types of advice given for each observation.
You must give **all** types of advice.

Avoidance of activities which may cause contra-actions

Future treatment needs

Modifications to lifestyle patterns

Suitable homecare products and their use

	1	2	3		
Avoidance of activities which may cause contra-actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Future treatment needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Modifications to lifestyle patterns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Suitable homecare products and their use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Observation

Achieved

Date

Candidate signature

Assessor signature

IQA signature (if sampled)

EQA signature (if sampled)

	1	2	3		
Observation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date					
Candidate signature					
Assessor signature					
IQA signature (if sampled)					
EQA signature (if sampled)					



Indian head massage strengthens hair follicles, improves the texture of the hair and encourages hair growth.

Comment form

Unit B23



This form can be used to record oral questioning, or for assessor/candidate comments, if required.

Comment

Date

1

2

3



Support the client's head throughout the treatment, so the sternocleidomastoid muscle isn't strained.



Knowledge sign-off sheet

Unit B23 Provide Indian head massage

What you must know

You will be assessed on your knowledge and understanding of **all** the following points. This will be completed by your assessor through oral or written questions (evidence type E3) or a mandatory written paper (E4). Either of these could be an online test. The form tells you which evidence type is needed for each point.

Some areas appear in more than one unit (shaded in darker blue). These are covered in a cross-unit knowledge test. You only need to be tested on these once.

Once you have been assessed on each point, you can fill in the date and reference any written evidence that you've put in your portfolio.

You need to understand:		Evidence type
Organisational and legal requirements		
1	your responsibilities under current health & safety legislation, standards and guidance eg the Care Standards Act, the Health & Safety at Work Act (and any other relevant legislation)	E3
2	your responsibilities under local authority licensing regulations for yourself and your premises	E3
3	the importance of not discriminating against clients with illnesses and disabilities and why (eg Disability Discrimination Act)	E3
4	the age at which an individual is classed as a minor and how this differs nationally	E3
5	why minors should not be given treatments without informed and signed parental or guardian consent	E3
6	why it is important, when treating minors under the age of 16, to have a parent present	E3
7	the legal significance of gaining signed, informed client consent to treatment	E3
8	manufacturer's and organisational requirements for waste disposal	E3
9	the importance of the correct storage of client records in relation to the Data Protection Act	E3
10	how to complete the client records used in your organisation and the importance of, and reasons for, keeping records of treatments and gaining client signatures	E3
11	your responsibilities, and reasons for, maintaining your own personal hygiene, protection and appearance according to accepted industry and organisation requirements	E3

Continues on next page

You need to understand:	Evidence type
12 the organisation's requirements for client preparation	E3
13 your organisation's service times for Indian head massage and the importance of completing the service in a commercially viable time	E3
14 your organisation's requirements for treatment area maintenance	E3
How to work safely and effectively when providing Indian head massage	
15 how to set up the work area for Indian head massage	E3
16 the necessary environmental conditions for Indian head massage (including lighting, heating, ventilation and general comfort) and why these are important	E3
17 the importance and reasons for disinfecting hands and how to do this effectively	E3
18 how to position yourself and the client for Indian head massage taking into account individual physical characteristics	E3
19 what is repetitive strain injury (RSI), how it is caused and how to avoid developing it when delivering massage treatments	E3
20 the importance of adopting the correct posture throughout the treatment and the impact this may have on yourself and the outcome of the treatment	E3
21 reasons for maintaining client modesty, privacy and comfort during the treatment	E3
22 why it is important to maintain standards of hygiene and the principles of avoiding cross-infection	E3
23 how to minimise and dispose of waste from treatments	E3
Client consultation	
24 why it is important to encourage and allow time for clients to ask questions	E3
25 how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, age, disabilities and gender for this treatment	E3



Continues on next page



Knowledge sign-off sheet

Unit B23 Provide Indian head massage

What you must know (continued)

You need to understand:	Evidence type
26 the importance of questioning clients to establish any contra-indications to Indian head massage	E3
27 why it is important to record client responses to questioning	E3
28 the legal significance of client questioning and recording the client's responses	E3
29 how to give effective advice and recommendations to clients	E3
30 how to visually assess the physical characteristics in the range	E3
31 how to assess posture and skeletal conditions that may be present and how to adapt and change the massage routine	E3
32 how to recognise different skin types and conditions	E3
33 how to recognise different scalp conditions and hair types	E3
34 the reasons why it is important to encourage clients with contra-indications to seek medical advice	E3
35 the importance of, and reasons for, not naming specific contra-indications when encouraging clients to seek medical advice	E3
36 why it is important to maintain client's modesty, privacy and comfort	E3
37 relationship between lifestyle patterns and effectiveness of treatment	E3
38 the beneficial effects which can result from changes to the client's lifestyle pattern (eg dietary and fluid intake, exercise habits, smoking habits, sleep patterns, hobbies, interests and means of relaxation)	E3

Hints and tips

A client suffering from tension headaches should be encouraged to relax their upper body muscles with specific exercises before treatment, and to continue with these at home.

Continues on next page

You need to understand:	Evidence type
Preparation for treatment	
39 the importance of giving clients clear instructions on the removal of relevant clothing, accessories and general preparation for the treatment	E3
40 why it is important to reassure clients during the preparation process whilst also maintaining the client's modesty and privacy	E3
41 how to select the appropriate massage oil suitable for skin, scalp and hair type and condition	E3
42 how and when to adapt client preparation when working in different environments (eg cleansing the face, suitable positioning of the client etc)	E3
43 how to practically and mentally prepare yourself for carrying out the treatment	E3
Anatomy and physiology	
44 the structure and function of muscles, including the types of muscles (ie voluntary and involuntary) within the treatment areas	E4
45 the positions and actions of the main muscle groups within the treatment areas	E4
46 the position and function of the primary bones and joints of the skeletal system within the treatment areas	E4
47 how to recognise postural faults and conditions within the treatment areas (eg kyphosis, scoliosis)	E4
48 the structure, function and location of blood vessels and the principles of circulation, blood pressure and pulse within the treatment areas	E4
49 the interaction of lymph and blood within the circulatory system	E4
50 the structure and function of lymphatic system	E4
51 the position and function of the sinuses	E4
52 the basic principles of the central nervous system and autonomic system	E4
53 the basic principles of the endocrine and respiratory systems	E4



Hints and tips

Think carefully about the most appropriate time of day for carrying out treatments, in order to fully meet the client's needs.

Continues on next page



Knowledge sign-off sheet

Unit B23 Provide Indian head massage

What you must know (continued)

You need to understand:	Evidence type
54 the structure and function of skin (ie the layers of the epidermis, the dermis, subcutaneous layer, including connective tissues, nerve endings, sweat glands, sebaceous glands, capillaries and hairs)	E4
55 the skin characteristics and skin types of different ethnic client groups	E4
56 the effects of Indian head massage on the individual systems of the body	E4
57 the physical and psychological effects of Indian head massage	E4
Contra-indications and contra-actions	
58 those contra-indications that prevent treatment and why (eg during chemotherapy and radiotherapy, skin diseases and disorders, hair and scalp disorders etc.)	E4
59 those contra-indications which may restrict treatment or where caution should be taken, in specific areas and why (eg diabetes, epilepsy, high and low blood pressure, product allergies, sebaceous cysts, eczema, acne, any medical condition with specialist or general practitioner approval etc)	E4
60 possible contra-actions which may occur during and post treatment and how to deal with them (eg light-headedness, headache)	E4
Indian head massage mediums	
61 how to store and maintain Indian head massage mediums in a safe and hygienic manner (eg in date and away from light and heat) and why this is important	E3

Continues on next page

You need to understand:	Evidence type
62 how to use Indian head massage mediums safely and effectively	E3
63 the types of Indian head massage oils available and their beneficial properties (eg mustard, coconut, olive and sesame)	E3
Treatment specific knowledge	
64 key aspects of the origins and traditions of Indian head massage	E3
65 the basic principles of Ayurveda	E3
66 principles of body, mind and spiritual wellness	E3
67 the principles and practices of Marma (pressure) points application (of which 37 are in the treatment area) and their purpose	E3
68 the principles and practices of the 7 primary Chakras and their importance in relation to the Indian head massage treatment	E3
69 the importance of getting the client to remove their shoes before treatment	E3
70 why it is important to maintain correct posture during Indian head massage and complete your own stretching exercises to prevent repetitive strain injury	E3
71 the correct use and application of Indian head massage techniques to meet a variety of treatment objectives, including those in the range	E3
72 how to adapt the Indian head massage sequence, depth and pressure to suit different client physical characteristics, areas of the body and preferences	E3
73 why effective client breathing is necessary prior to starting the treatment	E3
74 how your own breathing techniques can enhance the effectiveness of the treatment process (eg to maintain stamina and concentration)	E3
75 the advantages of Indian head massage	E3
76 how and why support and cushioning would be used during the treatment	E3
77 the importance of evaluating the effectiveness of Indian head massage treatments	E3



Continues on next page



Knowledge sign-off sheet

Unit B23 Provide Indian head massage

What you must know (continued)

You need to understand:	Evidence type
78 why it is important to give post-treatment advice	E3
79 the benefits of a course of treatment	E3
Aftercare advice for clients	
80 the lifestyle factors and changes that may be required to improve the effectiveness of the treatment	E3
81 post-treatment restrictions and future treatment needs	E3
82 products for home use that will benefit the client and those to avoid and why	E3
Tick if E3 was an online test	<input type="radio"/> Date
Tick if E4 was an online test	<input type="radio"/> Date
Tick if cross-unit knowledge was an online test	<input type="radio"/> Date
Tick if E3 was an oral/written test	<input type="radio"/> Date
Tick if E4 was a written test	<input type="radio"/> Date
Tick if cross-unit knowledge was an oral/written test	<input type="radio"/> Date

“

It is always best to take time to ground yourself prior to an Indian head massage treatment. If you don't you could take on your client's negative energy and feel drained.

Sarah Farrell

”



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