

## ITEC Level 3 Diploma in Indian Head Massage

### Unit 6 Indian Head Massage

Recommended guided learning hours – 50

**Pre requisite** – ITEC Anatomy and Physiology or equivalent (can be completed as part of the Diploma in Indian Head Massage)

**Unit 22 Professional Conduct and Business Awareness is also mandatory**

QCA Qualification Accreditation Number: 100/2572/8

Unit 6 Indian Head Massage	
Learning outcome Students will be able to:	Underpinning knowledge
1) Understand, explain and demonstrate the Holistic Approach	<ul style="list-style-type: none"> <li>• Greek term holos</li> <li>• Importance of the treatment of the whole person in relation to holistic health and the power of touch</li> <li>• Concept of balance and harmony in the body (homeostasis)</li> </ul>
2) Understand and explain the term integral biology	<ul style="list-style-type: none"> <li>• The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing</li> </ul> <p>To include:</p> <ul style="list-style-type: none"> <li>• Computers • Mobile phones • Processed food</li> <li>• Lack of fresh air • Stress • Lack of sleep • Jet lag</li> <li>• Lack of natural light • Financial problems • Poor ventilation</li> <li>• Lack of exercise • Chemicals • Pollution</li> </ul>
3) Understand and explain the history and concept of Indian Head massage	<p>To include:</p> <ul style="list-style-type: none"> <li>• Part of family life • Rituals • Barbers</li> <li>• Use of certain oils for healing</li> <li>• Evolution of Indian Head massage and the concept</li> </ul>
4) Understand and explain the concept of Ayurveda	<p>To include:</p> <ul style="list-style-type: none"> <li>• Vata • Pitta • Kapha</li> </ul>
5) Understand and explain the effects and benefits of Indian head massage	<p>To include:</p> <ul style="list-style-type: none"> <li>• Relaxation • Stress relief • Uplifting</li> <li>• Aids postural problems • Improves hair and scalp condition</li> <li>• Increases vascular/lymphatic circulation</li> <li>• Decreases sympathetic nervous system (S.N.S.)</li> <li>• Activates parasympathetic nervous system (P.N.S.)</li> <li>• Improves skin texture • Increases oxygen to the brain</li> <li>• Releases endorphins • Restores energy to the body</li> </ul>
6) Understand and explain the different oils to be used and their effects and benefits	<p>To include:</p> <ul style="list-style-type: none"> <li>• Sesame • Mustard • Olive • Almond • Coconut</li> <li>• Evening Primrose • Apricot Kernel • Grapeseed</li> <li>• Jojoba • Hazelnut</li> </ul>
7) Understand and recognise common ailments and contraindications to Indian Head Massage with reasons why	<ul style="list-style-type: none"> <li>• <b>With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist</b></li> <li>• Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia</li> <li>• Any condition already being treated by a GP or another complementary practitioner • Medical oedema</li> <li>• Osteoporosis • Arthritis • Nervous/Psychotic conditions</li> <li>• Epilepsy • Recent operations • Diabetes • Asthma</li> <li>• Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease)</li> <li>• Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve</li> <li>• Cancer • Postural deformities • Spastic conditions</li> <li>• Whiplash • Slipped disc • Undiagnosed pain</li> <li>• When taking prescribed medication • Acute rheumatism</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Contraindications that restrict treatment</b></li> <li>• Fever • Contagious or infectious diseases</li> <li>• Under the influence of recreational drugs or alcohol</li> <li>• Diarrhoea and vomiting</li> <li>• Pediculosis Capitis (head lice) • Conjunctivitis</li> <li>• Sycosis barbae • Skin diseases</li> <li>• Undiagnosed lumps and bumps • Localised swelling</li> <li>• Inflammation • Cuts • Bruises • Abrasions</li> <li>• Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants</li> <li>• Recent fractures (minimum 3 months) • Cervical spondylitis</li> <li>• After a heavy meal • Anaphylaxis • Vertigo</li> <li>• Adhesive capsulitis • Bells Palsy • Tinnitus • Migraine</li> <li>• Earache • Headaches</li> <li>• Myalgic Encephalomyelitis (chronic fatigue syndrome)</li> <li>• Psoriasis</li> </ul>
8) Understand and explain common ailments which can be treated	<p>To include:</p> <ul style="list-style-type: none"> <li>• Temporomandibular tension (TMJ syndrome) • Sinusitis</li> <li>• Ankylosis spondylitis • Pityriasis simplex capitis (dandruff)</li> </ul>
9) Understand and explain the classical massage movements	<ul style="list-style-type: none"> <li>• Effleurage • Petrissage • Frictions • Percussion</li> <li>• Vibrations</li> </ul> <p>Specific Indian Head Massage movements:</p> <ul style="list-style-type: none"> <li>• Champi • Tabla • Hair pulling • Plucking • Stroking</li> <li>• Pressure points</li> <li>• Movements should be performed correctly and on areas appropriate for the movement</li> <li>• Movements should be adapted to produce a massage suitable for the client's needs</li> </ul>
10) Understand and explain the positions of the Chakras and their representation	<p>To include:</p> <ul style="list-style-type: none"> <li>• Crown • 3<sup>rd</sup> Eye/Brow • Throat • Heart • Solar Plexus</li> <li>• Sacral • Base/Root</li> </ul>
11) Understand what is meant by the term marma point	<p>To include:</p> <ul style="list-style-type: none"> <li>• Knowledge of the effects of Indian head massage on marma points</li> </ul>
12) Understand and explain the main Doshas and be aware of the oils linked to each	<p>To include:</p> <ul style="list-style-type: none"> <li>• Vata • Pitta • Kapha</li> </ul>
13) Understand and explain the structures they are working over and their function	<ul style="list-style-type: none"> <li>• To include all body systems in the anatomy and physiology unit</li> </ul>
<b>Structure of the Hair</b>	
14) Understand and explain (with the aid of diagrams) the position and function of the following:	<ul style="list-style-type: none"> <li>• Cuticle • Cortex • Medulla • Dermal Papilla • Hair shaft</li> <li>• Hair bulb • Hair root</li> </ul>
15) Understand and explain types of hair	<ul style="list-style-type: none"> <li>• Lanugo • Vellus • Terminal</li> </ul>
16) Understand and explain the factors which affect hair growth	<ul style="list-style-type: none"> <li>• Stress • Hormones • Diet • Medication • Climate</li> </ul>
17) Understand and explain the hair growth cycle	<ul style="list-style-type: none"> <li>• Anagen • Catagen • Telogen</li> </ul>
18) Understand and explain the effect of Indian Head Massage on the following systems	<p>To Include:</p> <ul style="list-style-type: none"> <li>• Circulatory • Lymphatic • Nervous • Skin • Muscular</li> <li>• Skeletal • Endocrine • Respiratory</li> </ul>
19) Understand and briefly explain other complementary therapies and when clients should be referred to this type of therapist	<p>To include:</p> <ul style="list-style-type: none"> <li>• Homeopathy • Reflexology • Reiki/Spiritual Healing</li> <li>• Yoga/meditation • Acupuncture • Shiatsu</li> <li>• Bach Flower remedies • Kinesiology • Bowen Technique</li> <li>• Alexander Technique • Herbalism • Chiropractic</li> <li>• Iridology • Acupressure • Ayurvedic medicine</li> <li>• Aromatherapy • Osteopathy • Holistic Massage</li> <li>• Crystal therapy • Ear candling • Colour therapy</li> </ul>

<p>20) Understand and explain the importance of referral procedures</p>	<p>To include:</p> <ul style="list-style-type: none"> <li>• Only working within the realms of their own expertise as a therapist</li> <li>• Demonstration of the understanding when a client should be referred to either :</li> <li>• GP • Counsellor • Other Complementary Therapist</li> <li>• Member of the social care or nursing team</li> </ul>
<p>21) Understand and explain methods of consultation</p>	<p>Students should demonstrate knowledge of the importance of the following:  <i>A sample of a consultation form can be found at <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a></i></p> <ul style="list-style-type: none"> <li>• Private comfortable area • Positive body language</li> <li>• Positioning of the client (no barriers between themselves and client)</li> <li>• Good communication skills (asking open and/or closed questions where appropriate) • Trust</li> <li>• Professionalism, confidence and enthusiasm</li> <li>• Professionally informing the client of restrictions of treatments e.g. contra indications</li> <li>• Ensuring client is not alarmed in any way</li> <li>• Confidentiality • Consent (see later notes on consent)</li> <li>• Any contraindications to treatment (as listed below)</li> <li>• Client lifestyle • Client profile</li> <li>• Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs</li> <li>• Determining the nature and extent of the client's needs</li> <li>• Agreement to the course of action</li> <li>• Ascertain the client's consent to the treatment</li> <li>• Where the client is not in a position themselves, ascertain from the appropriate companion's agreement to the treatment</li> <li>• Explanation of any possible side effects to the treatment</li> <li>• Explanation how the programme will be evaluated and the review process</li> <li>• Where applicable clarify with the client information which may be available to other, e.g. relevant health care workers</li> <li>• Obtain the client's signature (or that of the companion)</li> </ul>
<p>22) Demonstrate appropriate client care and ensure client displays open body language</p>	<p>To include:</p> <ul style="list-style-type: none"> <li>• Checking consultation and contraindications</li> <li>• Explaining the treatment to the client</li> <li>• Protecting the client's modesty at all times</li> <li>• Ensure that all parts of the client are covered except the area being massaged (treatment can be performed with clothing on or off) • Wash own hands</li> <li>• Keep ensuring that the client is comfortable</li> <li>• Use appropriate covered supports, i.e. chest and forehead, knees, head</li> <li>• Adapt the massage techniques to suit the needs of the client • Remove the massage medium if appropriate</li> <li>• Client's feet flat on floor • Client to remove shoes</li> </ul>
<p>23) Demonstrate correct hygiene procedures</p>	<ul style="list-style-type: none"> <li>• Wash own hands • Use clean towels for each client</li> <li>• Put couch roll on top of towels</li> <li>• Wear clean professional work wear, socks/tights and full flat shoes</li> <li>• Remove all jewellery (except wedding band) from self and client • No nail enamel • Clean, short nails</li> <li>• Ensure the massage medium is removed at the end of the treatment (if appropriate)</li> <li>• Ensure all surfaces are lined with couch roll</li> <li>• Sanitise working area at the end of each day/treatment</li> <li>• Sanitise hands after massaging the scalp</li> </ul>

24) Understand, explain and demonstrate correct breathing techniques	To Include: • Diaphragmatic breathing at the beginning and at the end of the treatment
25) Understand and recognise the different hair types and different hair conditions	To include: • Oily • Dry • Fine • Chemically treated
26) Understand and recognise scalp conditions	To include: • Dandruff (Pityriasis capitis) • Alopecia • Psoriasis • Eczema • Pediculosis capitis • Tinea capitis
27) Understand and recognise conditions of the neck and shoulders	To include: • Torticollis • Adhesive capsulitis • Spondylitis • Ankylosing spondylitis • Osteoarthritis • Fibromyalgia • Whiplash
28) Evaluate and review the Indian Head Massage treatment/programme	• At the end of each treatment the client's feeling should be recorded and also any skin or other reactions • The following areas should be monitored: • Outcomes achieved • Effectiveness of the treatment • Any change in demands • Whether the treatment met the needs of the client • Longer term needs of the client (particularly when working in a care environment)
29) Understand and explain the possible side effects to Indian head massage	To include: • Increased micturition • Intensified emotional reactions • Tiredness • Light headedness • Aching muscles • Increase in mucus production from the nasal passages • Healing crisis
30) Understand and explain possible contra-actions	To include: • Vomiting • Fainting
31) Demonstrate and explain the importance of giving appropriate home care advice after treatment	To include: • Healthy eating • Fluid/Water intake • Exercise • Smoking habits • Sleep patterns • Hobbies • Interests • Rest • Hair care • Relaxation • Stress levels • General care and lifestyle advice and the beneficial effects thereof • Helping clients and families to identify options to improve their health and wellbeing • Helping clients and their families to put their choices into action
<p><b>ITEC Unit 6 Indian Head Massage Evidence of Treatments</b></p> <p>Evidence of treating 3 clients on 3 separate occasions each.</p> <p>These are internally assessed by the college lecturer and verified by the ITEC Practical Examiner</p>	<p>To include:</p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Stress levels at work and at home</li> <li>• Treatment details</li> <li>• Client feedback</li> <li>• Aftercare and home care advice</li> </ul> <p>Treatments should be evidenced through the consultation form. See <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a> for a sample consultation form and evidence of treatments guidance form</p>