

Title	Perform foundation relaxation massage of the back, neck, and shoulder for beauty therapy		
Level	4	Credits	4

Purpose	People credited with this unit standard are able to: demonstrate knowledge of foundation relaxation massage practice; describe the effects of, and contraindications to, foundation relaxation massage; perform a foundation relaxation massage of the back, neck and shoulders; and complete follow up actions.
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Classification	Beauty Services > Beauty Therapy
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Available grade	Achieved
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Entry information	
Critical health and safety prerequisites	Unit 29590, <i>Select, maintain, and demonstrate safe handling of beauty therapy equipment and tools</i> , and Unit 29603, <i>Demonstrate knowledge of skin, hair and nail conditions relevant for beauty therapy services</i> , or demonstrate equivalent knowledge and skills.
Recommended skills and knowledge	Unit 27176, <i>Demonstrate knowledge of micro-organisms in a beauty salon</i> and Unit 29599, <i>Demonstrate knowledge of human body structure and systems for beauty therapy services</i> .

Explanatory notes

1 Definition

Salon requirements, for the purposes of this unit standard, refer to any policies, procedures, and requirements of the company and/or workplace involved (including manufacturers' instructions), and any ethical codes of relevant professional management, which collectively provide a standard that applies to all competent performances in this unit standard. It is assumed that such enterprise requirements exist in all companies and/or workplaces.

- 2 All performances in this unit standard must comply with the requirements of: Consumer Guarantees Act 1993, Fair Trading Act 1986, Health and Safety at Work Act 2015, Privacy Act 1993, Health Act 1956, and their subsequent amendments; The New Zealand Association of Registered Beauty Therapists, *Code of Ethics for Members of The New Zealand Association of Registered Beauty Therapists Inc.* (9th ed, April 2009) (Auckland, NZ), and The New Zealand Association of Registered

Beauty Therapists, *Health and Hygiene Guidelines* (1st ed, August 2016) (Auckland, NZ), both available from <http://www.beautynz.org.nz>.

3 Range

- all work must comply with legislative and salon requirements, and must ensure maximum client care and comfort at all times
- all beauty services must have the client's prior, informed, and signed consent, based on the beauty practitioner's analysis of the client's need and their explanation of the service to the client, during the consultation
- where medically-related contraindications are established during the consultation, written medical approval must be obtained by the client prior to service
- an ergonomically correct posture must be maintained which ensures minimum postural impairment of the beauty practitioner.

4 Performance of the outcomes in this unit standard must be within the limits of the professional expertise of the candidate. Referral of clients to other industry professionals and/or to health professionals must occur when situations arise which are outside this range of professional expertise.

5 Performance of the outcomes in this unit standard must reflect that no beauty practitioner may carry out any treatment on any person under the age of 16 years without the written permission of a parent or guardian who must be present at the initial consultation.

6 Assessment information

Assessment against the practical outcomes of this unit standard requires a collection of evidence. A foundation relaxation massage service must be performed for three clients. The foundation relaxation massage service for at least one client must be directly observed by an assessor.

Evidence generated during assessment against this unit standard must meet salon requirements and be consistent with industry practice and knowledge. Such knowledge is available in reference texts, models, and other information-bearing media. No one textbook or other source of information is envisaged, as new approaches to the study of beauty therapy are published regularly.

Outcomes and evidence requirements

Outcome 1

Demonstrate knowledge of foundation relaxation massage practice.

Evidence requirements

1.1 Personal boundaries of massage practice are described.

Range personal boundaries – legal, professional, limits of training.

1.2 Conditions and therapies that are beyond the scope of foundation relaxation massage practice are identified and described.

Range major joint conditions, nerve damage, counselling, high-impact joint adjustments, dietary advice, medical contraindications, physiotherapy massage.

1.3 Alternative practitioners that clients may be referred to when the massage practice required or requested is beyond the scope of foundation relaxation massage are described.

1.4 Products and equipment used in foundation relaxation massage practice are described.

Range includes but is not limited to – talcum powder, oil, cream, gel, wax.

Outcome 2

Describe the effects of, and contraindications to, foundation relaxation massage.

Evidence requirements

2.1 The general effects of massage are described.

2.2 The contraindications are identified, and the general and local conditions for which massage therapy is contraindicated are described.

2.3 The effects of individual movements of massage are described.

Range effleurage, petrissage, tapotement, vibrations, frictions.

Outcome 3

Perform a foundation relaxation massage of the back, neck and shoulders.

Range foundation massage must include – effleurage, petrissage.

Evidence requirements

3.1 Consultation with client identifies and confirms work required.

Range analysis, recommendations, confirmation of service.

3.2 Contraindications to massage service for a client are identified, treatment is adapted or suspended accordingly, and if necessary client is referred to other industry professionals and/or to health professionals.

3.3 Outcomes of client consultation are recorded.

3.4 Products and equipment are selected and prepared in accordance with health and safety practice.

Range may include but is not limited to – talcum powder, oil, cream, gel, wax.

- 3.5 The client is prepared in accordance with agreed treatment plan.
Range clothing managed, client draping and modesty maintained.
- 3.6 The massage medium is applied to meet consultation outcome.
- 3.7 The massage service is performed using classical massage movements to meet consultation outcome.
Range service must be completed within 30 minutes.

Outcome 4

Complete follow up actions.

Evidence requirements

- 4.1 Home care advice provided is consistent with completed service.
Range includes but is not limited to – product recommendations, possible adverse reactions and how to respond to them.
- 4.2 Recommended time period for rebooking next service is explained to the client in terms of obtaining and maintaining optimum results and benefits.
- 4.3 Tools and equipment are sanitised.
- 4.4 The work area is cleaned and tidied.
- 4.5 Client service history is updated.

Replacement information	This unit standard replaced unit standard 19601.
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Planned review date	31 December 2021
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	15 September 2016	N/A

Consent and Moderation Requirements (CMR) reference	0035
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMR). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the NZ Hair and Beauty Industry Training Organisation Inc enquiries@hito.org.nz if you wish to suggest changes to the content of this unit standard.