

<b>Title</b>	<b>Demonstrate knowledge of and perform full body massage for beauty therapy</b>		
<b>Level</b>	<b>5</b>	<b>Credits</b>	<b>10</b>

<b>Purpose</b>	People credited with this unit standard are able to: demonstrate knowledge of specific massage requirements for massage practice; describe the physiological effects of massage; prepare for massage service; perform a full body massage; and complete follow up actions.
----------------	--

<b>Classification</b>	Beauty Services > Beauty Therapy
-----------------------	----------------------------------

<b>Available grade</b>	Achieved
------------------------	----------

<b>Prerequisites</b>	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.
----------------------	--

---

## Guidance Information

- 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 performance criteria in this unit standard.
- 2 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.
- 3 Evidence generated during assessment against this unit standard must be consistent with the current edition of The New Zealand Association of Registered Beauty Therapists, *Code of Ethics for Members of The New Zealand Association of Registered Beauty Therapists Inc.* (Auckland, NZ), and The New Zealand Association of Registered Beauty Therapists, *Health and Hygiene Guidelines* (Auckland, NZ), both available from <http://www.beautynz.org.nz>.
- 4 All work must comply with legislative and salon requirements, and must ensure maximum client care and comfort at all times. Legislative requirements include but

are not limited to the Health and Safety at Work Act 2015, and subsequent amendments.

- 5 An ergonomically correct posture must be maintained which ensures minimum postural impairment of the beauty practitioner.
- 6 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.
- 7 Performance of the outcomes in this unit standard must ensure that no beauty practitioner carries 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.
- 8 **Range**  
A full body massage service must be performed for five clients.  
  
A full body massage service includes but is not limited to – arms, legs, back, feet, abdomen, décolletage.
- 9 It is recommended that people seeking credit for this unit standard first hold credit for Unit 27176, *Demonstrate knowledge of micro-organisms in a beauty salon*; and Unit 29599, *Demonstrate knowledge of human body structure and systems for beauty therapy services*.

## Outcomes and performance criteria

### Outcome 1

Demonstrate knowledge of specific massage requirements for massage practice.

### Performance criteria

- 1.1 Describe types of manual massage techniques.  
  
Range includes but is not limited to – Swedish, superficial lymph drainage, aromatherapy massage, stone, poultice, deep tissue, sport.
- 1.2 Describe the parameters of massage within the beauty therapy salon.  
  
Range includes but is not limited to – scope of practice, limits of training, code of conduct.
- 1.3 Describe the alternative practitioners that clients may be referred to when the massage practice required or requested is beyond the scope of body massage.

- 1.4 Describe techniques for developing a massage practice.
- Range hand and finger strength, sensitivity, pressure, operators posture (walk standing, stride standing).
- 1.5 Explain options for and benefits of varying and adapting massage services to meet individual client requirements.
- Range stress release, tight muscles, slack muscles, weight problems, males, skin conditions, older clients, postural conditions, pregnancy, gravitational oedema, massage medium.
- 1.6 Identify types of massage medium and explain the effects or benefits of these on the skin and muscles.
- Range oil, cream, powder, balm, cornstarch or talc.

## Outcome 2

Describe the physiological effects of massage.

### Performance criteria

- 2.1 Describe the effects of massage on the systems of the body.
- Range circulatory (cardio vascular), lymphatic, muscular, nervous, skin (integumentary), respiratory, skeletal, endocrine, digestive.
- 2.2 Describe the effects of massage on stress management.
- Range mental, emotional, physical.
- 2.3 Describe the effects and use of individual movements of massage.
- Range stroking or effleurage (superficial, deep), compression or petrissage (palmar kneading, double handed kneading, reinforced kneading, thumb kneading, finger kneading, picking up, wringing, skin rolling); percussion or tapotement (hacking, cupping, beating, pounding), vibrations (static or running; digital, thumb, palmer), frictions (thumb, finger, palmer), pressure point, passive or joint mobilisation.

## Outcome 3

Prepare for massage service.

**Performance criteria**

- 3.1 Consult with client to identify and confirm work required.
- Range analysis of work required, contraindications, recommendations and adaptations, product selection, confirmation of service, signed consent form.
- 3.2 Identify contraindications to massage service for a client in terms of diseases and disorders, and adapt or suspend service accordingly.
- Range includes but is not limited to – medical approval obtained by the client prior to service.
- 3.3 Record outcomes of client consultation.
- 3.4 Select, prepare, and use products and equipment in accordance with manufacturers' instructions.
- 3.5 Prepare the client in accordance with the agreed service plan.

**Outcome 4**

Perform a full body massage.

**Performance criteria**

- 4.1 Apply the massage medium in accordance with manufacturers' instructions to meet consultation outcome.
- 4.2 Perform the massage service to meet consultation outcome.
- 4.3 Perform a broad range of massage movements during the service. Modify and adapt the application of movements according to the service plan.
- Range movements – effleurage, petrissage, tapotement, vibration, friction, passive.
- 4.4 Complete the full body massage service within 75 minutes including the consultation.

**Outcome 5**

Complete follow up actions.

**Performance criteria**

- 5.1 Provide home care advice that is consistent with completed service.
- Range includes but is not limited to – product recommendations; possible adverse reactions and how to respond to them; exercise, stretching, dietary, and lifestyle recommendations.

- 5.2 Explain recommended time period for rebooking next service to the client in terms of obtaining and maintaining optimum results and benefits.
- 5.3 Sanitise tools and equipment.
- 5.4 Clean and tidy the work area.
- 5.5 Update client service history.

<b>Planned review date</b>	31 December 2023
----------------------------	------------------

#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	31 May 2018	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0035
--	------

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

#### Comments on this unit standard

Please contact the NZ Hairdressing Industry Training Organisation Inc [support@hito.org.nz](mailto:support@hito.org.nz) if you wish to suggest changes to the content of this unit standard.