

Indian Head Massage

NVQ Level 3
Beauty Therapy
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Indian Head Massage

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Effleurage

This is a stroking movement that is applied in the direction of venous return using a light to moderate even pressure. It is applied at the beginning of the massage to introduce the client to the therapist's touch. The palm of the hand, fingers and thumbs should remain relaxed, moulded and in contact with the body contours. This stroke should be smooth and rhythmical when it's applied.

The effects of effleurage are as follows:

- Aids relaxation due to its effect on the nerve endings and mind.
- Aids removal of waste products (lactic acid & carbon dioxide) from the body.
- Assists with the blood circulation.
- Improved blood flow increases the metabolic rate of the tissues.
- Assists with the lymph flow and drainage of lymph.

Petrissage

The aim of a petrissage movement is to lift or press the soft tissues away from or towards the underlying bone. Petrissage contains the following group of movements - kneading, wringing, picking up and rolling.

The effects of petrissage are:

- Pressing will stimulate the blood supply and bring nutrients to the bone.
- Aids removal of waste products from the area.
- The pressing & releasing action has a pumping effect on the blood vessels, speeding up circulation, improving the condition of the surrounding tissues.
- Loosens adherent tissues.
- Improved blood flow increases the metabolic rate of the tissues.
- Aids the lymphatic circulation.

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The Chakras

What are the chakras?

The Ayurvedic concept believes that energy channels exist within the body through which energy or 'prana' flows. It is also believed that energy centres referred to as chakras also exist as wheels of prana. There are seven major chakras situated along the spine and skull, through which prana enters and exits. In turn, each body system is linked with an individual chakra. A free flow of prana through the chakras is seen as good health, whereas stagnant prana and blocked chakras results in poor health. Indian head massage aims to unlock the chakras to allow a free flow of energy and restore good

The base or root chakra is located at the reproductive centre. It is linked to the colour red, element earth, the sense smell and the adrenal glands. An imbalance can make a person feel unfocused, weak or unconfident.

The sacral chakra is located two fingers below the navel. It is linked to the colour orange, element water, the sense taste and the reproductive glands. An imbalance can lead to sexual difficulties, infertility or blocks in creativity.

The solar plexus chakra is located below the sternum. It is linked to the colour yellow, element fire, the sense sight and the pancreas. An imbalance may result in negative thoughts or lacking in confidence.

The heart chakra is located level with the heart. It is linked to

Crown chakra
Brow chakra
Throat chakra
Heart chakra
Solar plexus chakra
Sacral chakra
Base chakra



the colour green, element air, sense touch and the thymus gland. An imbalance may lead to a person feeling unloved or unworthy.

The throat chakra is located in the neck. It is linked to the colour blue, element ether, sense hearing and the thyroid and parathyroid glands.

An imbalance may affect a person's willingness to hear.

The brow chakra is located above and between the eyes. It is linked to the colour indigo, element light and pineal gland. An

imbalance may indicate a person who is afraid of success or who is unassertive.

The crown chakra is on top of the head. It is linked to the colour white, element thought and the pituitary gland. An imbalance may cause unwillingness to open up to their spiritual potential.

45 Contra-actions

46 Changes in lifestyle

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Changes in lifestyle

As a long term plan advise the client of the importance of:

1. Eating a healthy, balanced diet will reduce the amount of toxins put into the body, and enable more efficient digestion and functioning of organs.
2. Regular exercise is good for efficient functioning of the body and mind, and also increases energy levels.
3. Avoid putting any toxins into the body such as caffeine, alcohol, drugs, smoking & addictive substances as they all have adverse effects such as lethargy, addiction and some cause fatal illnesses. Also increase the amount of water you drink to flush toxins out of the body.
4. Recommend the client drinks 8 glasses of water per day to flush toxins out of the system, ensure adequate functioning of the



bodies organs and to prevent dehydration.

5. Hobbies are a valuable means of relaxation. They are also an excellent means of socialising and help to take a person's mind off their problems.
6. Relaxation time is very important to improve energy levels and the functioning of the mind. Recommended relaxation tapes, yoga, meditation, listening to music, abdominal breathing or relaxing for example.
7. All the above will help to improve a clients sleeping pattern, however if

the client still struggles recommend the use of warm milky drinks at bedtime, relaxing essential oils in a bath or on a pillow, reading and relaxation breathing. The body requires sleep in order to re-charge itself and many symptoms can occur from insomnia, such as irritability, lack of concentration, aching muscles, strain and headaches. A good nights sleep is vital for mind, body and soul.

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Aftercare advice

Scalp and hair care

- Choose a shampoo to suit scalp and hair type
- Condition hair after each wash, comb conditioner through
- For daily washing choose a shampoo for frequent use and gently give hair one wash for 30 seconds
- Do not rough dry hair with a towel - pat dry
- Avoid over heating hair with dryers, tongs etc.
- Change shampoo and conditioner regularly
- Use styling aids to protect hair when drying
- Cut hair every 6 weeks to prevent split ends
- Do not use elastic bands as they damage the hair
- Do not brush hair when wet, use a comb
- If oil has been used, apply shampoo to dry hair before applying water to assist with the removal of the oil

The client should be given of aftercare advice to follow which will ensure maximum benefits from the treatment. The client should be made aware that the benefits are far greater if the after care advice is followed.

Restrictions to activity

after the treatment you should advise the client to avoid the following for the next 24 hours: caffeine, smoking, alcohol, drugs, strenuous activity, undertaking a long drive and a heavy or spicy meal. The client should also be advised to avoid shampooing hair for several hours after treatment.

Suitable rest period

immediately after the treatment a single treatment will produce some benefits, however, these will not be long coming around and prevent any dizziness from occurring. The client should be advised to rest for the remainder of the day if possible or at least a few hours in



order to gain maximum benefit from the treatment.

Future treatments - it is important that the client understands the benefits of continuous treatment. A single treatment will produce some benefits, however, these will not be long coming around and prevent any dizziness from occurring. The client should be advised to rest for the remainder of the day if possible or at least a few hours in

that the client receives a regular treatment - the frequency will depend on the clients needs, free time and budget. A general outline is once a week for a specific problem up to a maintenance of once a month.

Other suitable treatments

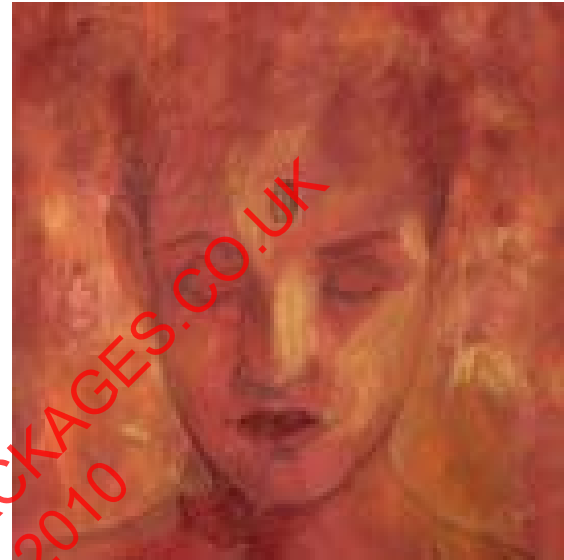
may be advised such as aromatherapy, reiki, crystal therapy, facial treatments, reflexology or body massage.

Introduction To Indian Head Massage

Holistic Approach

Holistic means the *whole* and is derived from the Greek word 'Holos'. Holistic approach considers the *mind, body and spirit as one*. The body works as one unit made up of different systems. If one body system begins to dysfunction then other body systems will over compensate for it by changing the way they work, therefore the whole body can be affected. During a holistic treatment, we believe that we should treat the cause and not the symptoms. Usually, with conventional treatments the symptoms would be treated.

Indian head massage is a treatment that is applied using the hands to the upper body, shoulders, upper arms, neck & head. Traditionally used by Indian women who believed the massage promoted health and shiny hair growth. The massage has been practised in India since Hinduism began, and was once the mainstay of Indian life. The family tradition of massage plays an important role in Indian life and Indian head massage is known as *champi* in India. The massage is part of Ayurveda (the science of life) an ancient form of medical treatment which is nearly 4000 years old. Ayurveda teaches that there



are five elements: ether, air, fire, water and earth — which underlie all living systems and are constantly changing and interacting. These can be simplified into three doshas or vital energies. The doshas can be affected by factors such as different foods, time of day, season, stress levels and repressed emotions. Imbalances in the doshas are thought to

affect the flow of energy known as prana through the body. Through Indian head massage the prana can be balanced to encourage mental, physical, emotional and spiritual well being.

As the therapeutic effects of massage are becoming more popular in the western world Indian head massage has become a popular treatment.

Physical And Psychological Effects Of Indian Head Massage

The effects of Indian head massage:

- Relieves muscular tension due to the effective removal of waste and toxins from the area.
- Improves the blood circulation therefore increasing the amount of nutrients and oxygen being delivered to the area and also assisting with the removal of carbon dioxide and waste.
- Improves lymphatic drainage therefore assisting in the removal of waste and fluid retention (oedema).
- Stimulates or soothes the nerve endings depending on the movement applied.
- Causes hyperaemia (increase in blood flow) which has a warming effect on the body.
- Causes vasodilation of the blood capillaries which results in erythema.
- Due to the increase in circulation, cells receive nourishment, which increases cell division and improves their condition.
- Aids desquamation and dandruff (removal of dead skin cells).
- The massage medium used will have specific effects on the skin, scalp and hair.
- The sebaceous glands are stimulated and produce additional sebum which keeps the skin supple and protected.
- The warmth which is generated by the massage causes the sudoriferous glands (sweat glands) to perspire which eliminate waste products.
- Skin tone and elasticity is improved slightly.
- Deeply relaxing which gives the client a feeling of well being.
- Massage can also be invigorating which stimulates the client and induces an energised feeling.
- Increases joint mobility.
- Oils, especially if left on for a few hours or overnight, will condition the hair and the scalp.
- Helps to improve mental concentration.
- Eases tension in the jaw due to teeth grinding etc.
- Eases symptoms of eyestrain, sinus congestion and headaches.
- Encourages hair growth.
- Improves respiration by encouraging deeper breathing.
- Releases emotions.

Legislation

Health and Safety at Work Act 1974

This is the main piece of legislation under which nearly all other regulations are made. This piece of legislation covers all persons whether employers, employees or self-employed.

Employers must provide:

- Access to a health and safety policy.
- Proper safety procedures e.g. fire exits and evacuation procedure.
- Safe equipment that is serviced regularly.
- Adequate training to all staff in safety procedures.
- A workplace that is both safe and meets health requirements.

Employees (you the therapist) must:

- Follow health and safety procedures that your employer provides you with.
- Act to protect yourself and others, such as clients and work colleagues.
- Treat all equipment properly and report any faults that you notice to your manager. You must not misuse or interfere with any equipment.

All salons should display a health and safety poster and ensure that staff are trained in health and safety procedures. If a salon employees 5 or more staff they must have a written health and safety policy

The Workplace (Health, Safety and Welfare) Regulations 1992

This act covers things such as toilet facilities, minimum working temperature, adequate lighting, adequate ventilation, appropriate floor covering, drinking water and staff area.

The Care Standards Act 2000

The Care Standards Act is an act in the United Kingdom which provides for administration, regulation and inspection of various care institutions such as children's homes, nursing homes, residential care homes and independent hospitals.

The Disability Discrimination Act 1995

This aims to prevent discrimination against people with disabilities. All employers are expected to make reasonable adjustments to their premises to enable a person with a disability to work there, or for a client to access the premises. A disability is defined as:

- A person with a physical or mental impairment.
- A person with an impairment that has an adverse effect on a person's ability to perform normal activities.
- An impairment that has a long-term effect.

A disability can include diabetes, epilepsy, multiple sclerosis, cancer, depression and heart disease.

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Sterilisation And Hygiene



A therapist must be aware that high standards of hygiene are essential to prevent cross infection and secondary infection occurring.

Cross infection occurs due to certain contagious micro-organisms (germs such as fungus, virus or bacteria) being transferred through direct or indirect contact.

Secondary infection occurs because germs enter a cut or broken skin. For example, if the client has a small graze and you use unhygienic practices, the graze could become infected.

Task

List the hygienic practises that are used during an Indian head massage treatment.

- Always wash hands before and after each client. You should thoroughly wash your hands (it takes up to 3 minutes to destroy all germs).
- All towels must be boil-washed after each client.
- Only use spatulas to remove products from any containers, never fingers.
- If wooden spatulas are used for the removal of products, they should be disposed of after each client.
- Replace lids straight away on all products.
- Dispose of waste correctly.
- Therapist's hair is secured away from the face if it is long. If hair is shorter it should be presented in a way that does not interfere with the treatment. If the hair is touched at any time during the treatment, the therapist must wash their hands.
- Nails are short, clean and free from enamel.
- Cuts on the therapist's hands are covered with a waterproof plaster.
- Clean and wipe over all surfaces with a detergent or surgical spirit.

Task

Why is it important that you sanitise your hands?

- To provide a professional image and reassure the client
- To prevent secondary infection
- To prevent cross infection
- To remove any odours, grease and sweat from the hands

Disposal of waste

All waste must be placed straight into a bin, which has a lid and contains a bin liner. At the end of the day/session this should then be sealed and disposed of immediately into the main bin liner. Any waste that has met body fluids should be placed into a yellow bin liner if a large item, otherwise into a yellow 'sharps' container. This will then be collected and incinerated at a suitable site.

Surfaces and floors

Clean surfaces and floors daily with hot water and detergent and then disinfect with surgical spirit or a similar product. In a training environment, the top of the trolley should be wiped over before use every time.

Hygiene when treating the client

Before commencing treatment, you must ensure that the client has no contagious diseases or disorders. You should then sanitise the area.

Professional Ethics

As a therapist, it is important that you follow a code of professional ethics. This is to ensure that you provide a professional treatment and do not offend anybody. Clients will wish to receive their treatment in a relaxed and professional environment.

Task

Provide a list of examples of professional ethics that you should comply with.

- Do not talk about sex, religion or politics.
- Do not speak badly of another colleague or salon.
- Do not discriminate.
- Only use appropriate language.
- Do not entice clients away from another therapist or salon.
- Do not keep clients waiting for a treatment. If this is unavoidable then apologise to the client and keep them informed.
- Clients' details are confidential and should not be discussed with other clients etc.
- Always give an honest opinion to the client when advising on treatments and products.
- Give the client the opportunity to make the decision to talk through the treatment. Some clients like to have a chat, others don't.
- When treating a minor (under 16) a parent or guardian should be present.

Treating minors

If you are performing a massage treatment on a client who is a minor (under 16 years of age in England and under 18 years of age in Scotland) you will need a parent or guardian present during the consultation and throughout the treatment. They will need to sign the record card as consent for the treatment to go ahead. This is a legal requirement and you would be breaking the law if you were to provide the treatment without consent.

Cost Effectiveness

To work cost effectively in all treatments you need to consider three main areas:

1. Minimising waste
2. Being cost effective with your time
3. Charging an appropriate price for the treatment

Minimising waste

For a business to run cost effectively and make a profit, it is important that all wastage is minimal. To work cost effectively:

- Use the minimal amount of product to produce the desired outcome.
- Split tissues, bedroll and cotton wool.
- Use minimal amount of towels.
- Place tops back on products to work hygienically and prevent spillages.
- Always turn off taps and don't run the water excessively.
- Store products in the correct environment - usually dark, cool, dry and upright.
- Turn out lights when not in use.

Remember one of the most important things to be cost effective with is with your treatment time.

Timing of treatments

A calculation is made for how long each treatment should take to ensure that the price charged for each treatment is correct and profitable. It is important that you complete the service within the agreed time because:

- It prevents time wastage within the salon.
- Clients can calculate the time required for the treatment.
- Clients are not left waiting.
- An effective appointment system is guaranteed.

Pricing of treatment

Task

Research the price charged for an Indian head massage treatment at your salon and other salons in the area.



Preparation of the work area for an Indian Head Massage

You should prepare your work area by considering the following points:

1. Appropriate **ventilation** or **heating** will be required as the client may be partly dressed throughout the treatment, the room temperature should be slightly warmer than normal. The room temperature should be able to be adjusted throughout the treatment as required. Adequate ventilation should also be provided to prevent cross infection of viruses and diseases, carbon dioxide saturated air, stale smells and odours.
2. Subtle **lighting** is recommended, the lighting should be dim so that it is not bright on the client's eyes; the client needs to be able to relax.
3. **Ambience**, the room should smell pleasant, you may need to use aromatherapy oils or air fresheners. You should also consider the use of appropriate relaxing background music during the treatment.
4. **Two chairs** will be required for the consultation.
5. **Height adjustable chair** will be required for the treatment.
6. An adequate supply of freshly laundered **towels** will be needed.
7. A supply of **cotton wool** and **tissues** are available.
8. An empty, lined **bin** should be available for use.
9. The **trolley** should have been disinfected with appropriate product or surgical spirit.
10. All **products** should be available (sanitiser, hand sanitiser and appropriate massage mediums), containers should be clean and contain an adequate quantity of product.
11. **Record card** and pen should be placed on the bottom shelf of the trolley. Check details of the client's previous treatments prior to their arrival.
12. **A comb and hair clip** will be required to secure the client's hair away from the area that you are treating.

Consultation And Record Cards

Considerations

- Good communication skills
- Good questioning techniques
- Time for client to ask questions
- Good observation skills
- Visual and manual assessment
- Reference to records
- Adapting your consultation

One of the most important parts of the treatment is the consultation. At this point, you will discuss the client's needs and decide what is required to meet those needs. In order for the client to be satisfied with the treatment you must know what is expected. As a therapist, you must be able to put the client at ease and be good at encouraging clients to give you the required information.

- **Good communication skills** - both verbal and non-verbal; examples of good body language are good posture, eye contact, smiling and encouraging head nods. You need to speak clearly, varying your tone and at the appropriate pace. Use words that your client will understand and always look at the client when you are talking to them.
- **Good questioning techniques** - this is vital to gain the information that you require to carry out the treatment. You will need to mainly use open questioning techniques.
- **Allow the client time to ask questions** - this will give the client the opportunity to clarify any concerns or worries and makes them feel valued.
- **Good observation skills** - you need to be able to read your client's body language as it will help you to understand how your client is feeling.
- **Visual and manual assessment** - you will need to assess the client in order to select suitable treatment applications and products, also to consider any special requirements such as extra towels or bolsters.
- **Reference to other records** - you should obtain any previous record cards and check previous treatment and product details to provide a background about the client's treatment history. You may also need to check medical conditions and establish if any contra-indications have been given previous medical consent.
- **Adapting your consultation** - you should adapt your consultation for each individual client taking into consideration their age, gender, previous knowledge of massage treatments, culture, religion and any disabilities.

Task

What should you do during the consultation for an Indian head massage treatment?

- Introduce yourself and exchange pleasantries.
- Complete the record card.
- Obtain clients consent to treatment - usually the client will sign the record card.
- Discuss the client's requirements.
- Suggest a treatment to meet the client's needs.
- Explain the treatment procedure.
- Discuss cost, time and frequency of treatments.
- Give the client the opportunity to ask any questions. When replying you should be informative, however do not use professional terminology.

If the consultation is carried out ineffectively:

- You would be less likely to meet the client's requirements.
- The client would not relax during the treatment, as they do not feel confident in your service.
- You would not give a professional image to the client.
- You would feel less confident performing the treatment, as you do not have all the required information.
- The client may be dissatisfied with the result.
- If you did not obtain important information such as client signature or check for contra-indications then you could put the client at risk. This could result in the client taking legal action against the salon.
- You would not get repeat business from the client.
- They would not recommend the salon to friends etc.
- All the above would have a negative effect on the salons takings.

Record keeping

A record card should be completed for all treatments and contains confidential personal information about each client that is specific to each treatment. They should be stored in alphabetical order by surname in a locked metal filing cabinet or box. This should be easily accessible to the therapist, when ready to perform a treatment. This information could also be updated onto a computerised system.

A record card should contain the following information for an Indian head massage treatment:

- Personal details
- Doctors name and telephone number
- Any medical details
- List to check for contra-indications
- Treatment aims and outcomes
- Treatment plan on which to base future treatments
- Client's signature or parent/guardian signature if the client is a minor
- Application techniques
- All products used
- Postural identifications or noted body language
- Details on lifestyle
- Clients physical appearance

Task

Why is it important that you keep a record card for each client?

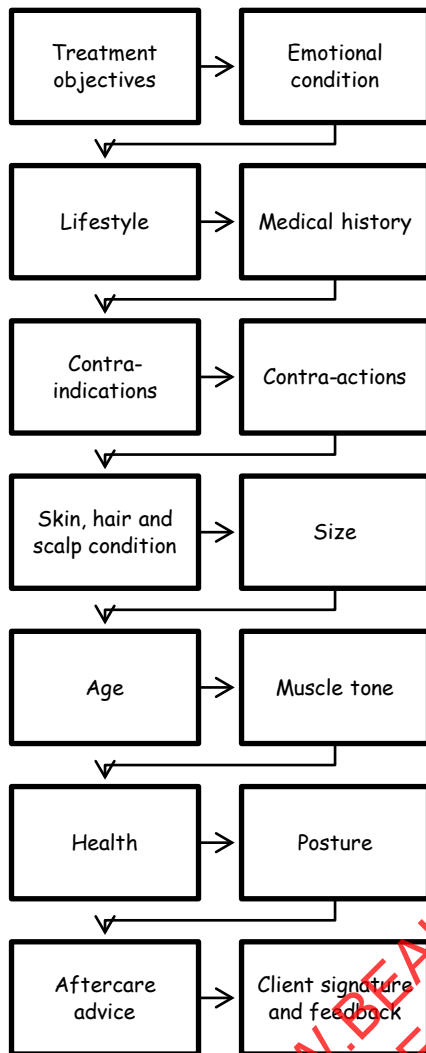
- In case you need to contact a client urgently due to a cancellation, double booking etc.
- If you need to check up on a particular detail of the treatment.
- If another therapist is to take over the treatment.
- To use as a legal document in case the client was to take legal action against yourself or your place of work.

Data Protection Act 1998

This legislation is in place to protect client's privacy and confidentiality. You will be required to keep records of your clients' treatments; these could be either computer or paper based. Inform the client that their records will be stored and will only be accessed by those authorised to do so. The information should be:

1. Adequate, relevant and not excessive for the purpose
2. Accurate
3. Kept for no longer than is necessary
4. Secure

Treatment Planning



When devising a treatment plan you should take into account many different points; however, primarily the main reason for treatment. An initial treatment plan is completed with the client during the consultation. All the details are noted on the record card and agreed to by the client. It is very important that you write down the contents of the treatment plan as important details can easily be forgotten. In addition, another therapist may need to refer to the treatment plan.

- **Treatment objectives** - this is what the aim of the treatment is for the client, for example relaxation, maintaining a sense of wellbeing, uplifting or improvement of hair and skin condition. Your treatment plan should always be in line with client requirements.

- **Emotional condition** - consider the clients stress levels and whether they would benefit from a more relaxing or uplifting treatment.

Clients may also want to talk to you about their problems during the treatment.

- **Lifestyle** - the client's lifestyle plays a very important part in the treatment plan. It will effect how often the client can/should receive treatment, application techniques, effectiveness of treatment and the homecare advice given. All the following points need to be discussed with the client and considered:

- * **Occupation**
- * **Domestic situation**
- * **Dietary and fluid intake**
- * **Hobbies, interests and means of relaxation**
- * **Exercise habits**
- * **Smoking habits**
- * **Sleep patterns**

- **Medical history** - certain conditions may affect how the client needs to be positioned for the treatment, how long the client can sit still for, treatment choice or how the treatment should be performed.
- **Contra-indications** - may restrict how the treatment is applied.
- **Contra-actions** - if a client has suffered from previous contra-actions to the treatment, you will need to adjust the treatment accordingly to prevent the contra-actions from reoccurring.
- **Skin, hair and scalp condition** - you should record information on the client's skin type, hair and scalp conditions to make sure that appropriate products, pressure and massage techniques are selected.
- **Size** - the client's body size should also be taken into account when deciding on the treatment application. A larger person will require more strokes to cover the area and the opposite applies for a smaller person, therefore your procedure will need to be adapted.
- **Muscle tone** - can vary a great deal, you will adapt your massage routine and movements to suit the individual's muscle tone.
- **Age** - should be taken into consideration when applying the procedure. An elderly client may have frail bones and fragile skin that is prone to bruising and therefore additional care must be taken to ensure that the massage is gentle but still beneficial for the client's needs.
- **Health** - you will need to take into account any health implications and adapt the treatment for client comfort and to achieve optimum benefits.
- **Posture** - adapt your massage techniques and advice for a client with any postural problems. For a client with rounded shoulders additional petrissage & tapotement movements may help to break down the fatty deposits or tension over the back of the neck and shoulders.
- **Client signature and feedback** - is required to confirm that all information is correct, this is particularly important in the case of contra-indications. How you produce and adapt your treatment plan will depend on the feedback that you receive.

- **Aftercare advice** - the aftercare and homecare advice that the client is following will determine the effectiveness of the treatment. If a client is following an excellent homecare routine then they will often not require treatment as frequently, and vice versa.

Task

1. Why is it important that the treatment plan is realistic?

It is important that the treatment plan is realistic, as you will find that the client will follow the treatment plan, and the improved result will be far greater than that of a client who is trying to follow an unrealistic treatment plan.

2. Why is it important that you gain client agreement prior to treatment and how would you document this?

It is important that you gain client agreement so that they understand exactly what the treatment involves; they disclose that they are suitable and consent to the treatment. This would be documented by the client signing the record card.

3. Why is it important that you gain client feedback pre, during and post treatment?

This will enable the therapist to judge how effective the treatment has been, if the client is experiencing any contra-actions, if the pressure/technique needs adapting etc. By gaining feedback, it will enable the therapist to provide the most suitable treatment for the client.

Contra-indications

Contra-indications that prevent treatment

- During chemotherapy or radiotherapy
- Skin diseases and disorders - i.e. impetigo, tinea and scabies
- Hair and scalp conditions or disorders - i.e. tinea and head lice

Contra-indications that restrict treatment

- Diabetes
- Epilepsy
- High and low blood pressure
- Product allergies
- Sebaceous cysts
- Skin disorders -i.e. eczema
- Acne
- Medical conditions requiring GP referral

Receiving treatment for cancer - chemotherapy or radiotherapy

If a client has cancer, massage is not advisable as it may stimulate cancerous cells to spread due to the stimulation of the lymphatic system. If the client is terminally ill, massage is often recommended as a method of relaxation and pain relief, however this should only be carried out whilst liaising closely with the client's physician.

Contagious skin diseases and disorders

You should not proceed with treatment if the client has any contagious skin disease or disorders as you do not want to risk spreading the infection to yourself or others.

Hair and scalp conditions or disorders

You should not proceed with treatment if the client has any scalp disorders as you do not want to risk causing infection or discomfort to the client.

Diabetes

A diabetic has reduced healing, i.e. bruising and blood vessel bleeding. Treatments that cause the body to perspire or the blood vessels to dilate will disturb the blood sugar balance in the body. The client should inform you of their condition. A diabetic person may feel dizzy or may go into a coma if their blood sugar level becomes too high or too low.

Epilepsy

A disorder that is due to an abnormal discharge of electrical impulses across the brain resulting in attention lapsing for short periods or more severe seizures, which may result in unconsciousness. The client would have to inform you if they were epileptic.

High or low blood pressure

The client would have to inform you during the consultation if they had blood pressure problems. The client may feel faint or have palpitations during the treatment. A client who suffers from blood pressure problems should be regularly reviewed.

Product allergies

If the client has had an allergic reaction to certain ingredients or products in the past, this should be noted on the record card. You must be very cautious treating a client with nut allergies. Use a massage medium that is least likely to trigger an allergic reaction.

Sebaceous cysts

This would be recognised as a swelling around a hair follicle that may be filled with pus, it is more common on the hair line. The area should be avoided as treatment could cause discomfort.

Skin disorders

Certain skin disorders such as eczema, dermatitis or psoriasis may be present on areas of the body. During treatment, these areas should be avoided to prevent irritating the skin further.

Acne

If the client has acne which is inflamed, red and contains very pustular spots or boils the area should not receive treatment to prevent further aggravation.

Conditions requiring medical referral

If the client has a medical condition which you are uncertain of you should ask the client to check with their doctor before receiving treatment. This is to prevent any future complications to the client.

Preparation For The Indian Head Massage Treatment

1. Prepare the work area as previously discussed.
2. Greet the client.
3. Explain the treatment procedure, benefits, timings and cost to the client.
4. Carry out the consultation and complete the record card - check verbally for contra-indications.
5. Allow the client time to ask any questions.
6. Instruct the client how to prepare for the treatment:
 1. Ask them to remove jewellery from the area, any hair accessories and glasses if worn.
 2. Ask the client if they would remove their shoes.
 3. A client can receive an Indian head massage treatment through their clothing however; they may need to remove some items such as jackets with shoulder pads, tie or bulky clothing. It is advisable that a client with a shirt collar should loosen the collar to allow for access to the neck region.
7. Wash hands or spray with hand sanitiser.
8. Check visually for contra-indications.
9. Sanitise the skin and remove any make-up as required.
10. Assess the client's skin type and conditions, scalp conditions and condition of the hair.
11. Secure long hair away from the neck and shoulders.
12. Mentally prepare and ground yourself prior to treatment.

Verbal reassurance

You can reassure the client that:

- They will feel more relaxed as they become used to their therapist. Generally, on the first visit the client will not be as relaxed as on subsequent visits due to the new surroundings and therapist.
- If they feel uncomfortable at any time, they must let you know so that you can adapt the treatment.
- If the client does not feel comfortable having a certain area massaged, that area can be avoided.

Maintaining the client's modesty and privacy

The client's modesty and privacy must be maintained throughout the treatment due to basic ethics and also to ensure client comfort. If working in a curtained area, the curtain should be secured around the treatment area. Talk using hushed tones and keep client details confidential.

Client positioning

The client should be **seated** on a height adjustable chair or stool and may be positioned facing the protected treatment couch, if the client wishes to relax forwards during the treatment. **Pillows or towels** could then be placed over the couch if you wish to encourage the client to lean forwards, placing their arms upwards for maximum comfort. At other stages in the procedure, the client should place their feet flat on the floor and relax their arms, so that their hands rest comfortably in their lap.

Task

What are the possible risks to yourself or the client due to poor positioning of the client?

Client positioning is important to enable the client to relax and prevent the client from experiencing any discomfort during the treatment, which could lead to muscular aches and pains. If the client is not in the correct position, the movements will not be performed as effectively and the therapist may strain their back, arms, neck or shoulders trying to readjust their positioning.

Good posture

Remember to keep your back straight, shoulders pushed back where possible, do not over stretch, do not hyper extend the knees and keep your weight as evenly balanced as possible.

A massage is a very physical treatment and therefore it is important that you prepare appropriately and have good posture throughout the treatment. If you have poor posture you will find:

- That you suffer from aches and pains.
- The treatment will be more difficult to perform.
- You will tire more easily.
- You become easily irritated.
- Usually the massage is less effective.
- You may develop Repetitive Strain Injury (RSI).

Repetitive Strain Injury

RSI is caused by injury to the soft tissues resulting from overuse. The symptoms include pain, tingling and weakness in the wrist and fingers. It is important that you perform mobilising and stretching exercises for your hands and wrists prior to massage to prevent any repetitive strain injuries from

occurring and to enable a more successful massage to be performed. Take regular breaks and ensure you are working with the correct posture. It is also advantageous to stretch the muscles of your back, shoulders and arms to avoid muscle damage.

Grounding

Grounding

Both of your feet firmly in contact with the floor

Imagine roots growing from your soles to the earth

Earth life force will be drawn up through your body

Provides a sense of well being and calmness

The idea of grounding (or levelling) is to balance all your chakras, so that when you place your hands onto the client's shoulders, all the outside energies can then pass through your body to the client, leaving you unaffected.

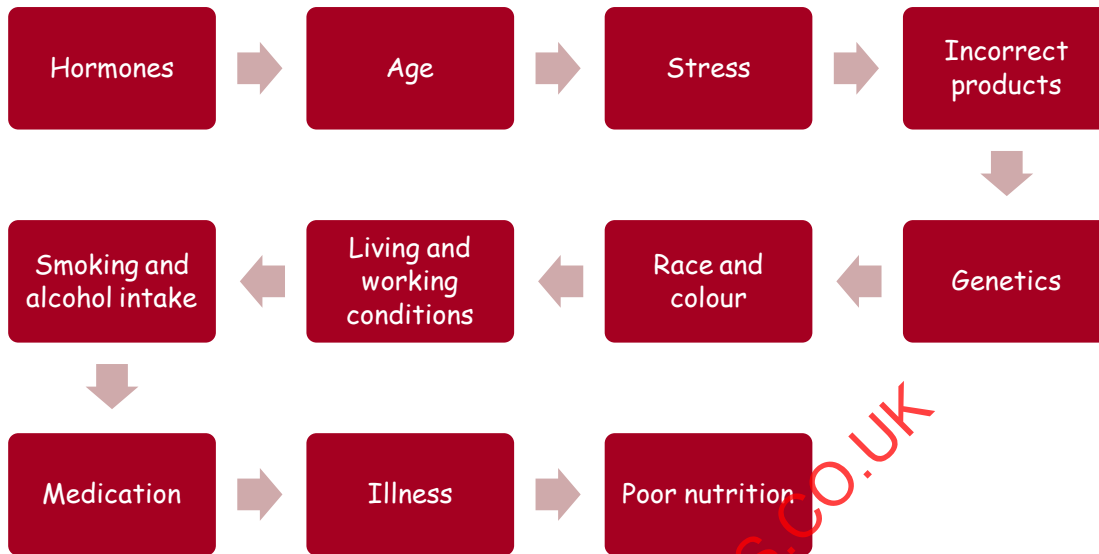
You will need to ensure that both your feet are firmly in contact with the floor. It is important that you follow this procedure otherwise you may feel drained after the treatment.

Stand or sit with feet flat and breathe three times, imagine your feet are planted on the ground with a root growing from your soles into the earth. The life force in the earth will be drawn up through your body, this will give you a sense of well being and calmness.

Alternatively, you may wish to imagine a waterfall flowing through your body carrying the negative energy with it, out into the ground.

Skin Types And Conditions

Skin types and conditions can be influenced by:



Oily

This skin type is most common in teenage years although can be found on skins of all ages. This skin type has overactive sebaceous glands, which are controlled by the hormone levels. Common characteristics that you will see are:

- Open pores.
- Spots and blackheads
- Seborrhoea, producing a greasy shine.
- A build up of dead skin cells making the skin appear coarse in texture.

The client should use products that are light in formulation and are designed for an oilier skin and that prevent blackheads from forming. A lighter pressure is less likely to stimulate the skin to produce more oil.

Dry

This skin type is often associated with mature skins although can be found on skins of all ages. The sebaceous glands of this skin type are under-active and do not produce sufficient sebum. Using products that are too harsh for the skin may also cause the skin to become dry. This skin will often have:

- Dry flaky patches, which may become red and irritated.
- Tight pores.
- Eyebrow dandruff.
- Milia - often found on the skin around the eyes and cheeks.

Advise the client to use nourishing creams and a firmer pressure will stimulate the production of oil during the treatment.

Hair Types And Scalp Conditions

Hair in good condition

Moisture levels within the hair are vital to maintain the hair in a good condition.

Features of hair in good condition are:

- Good strength and elasticity
- Healthy shine
- Good natural moisture levels

Hair in poor condition

Factors such as brushes, combs, chemicals, sunlight, chlorine, hairdryers and straighteners all have a negative effect on the hair. Features of hair in poor condition would be:

- Damaged and torn hair
- Split ends
- Low strength and elasticity
- Over stretchy hair
- Dry hair

Greasy scalp

A greasy scalp is caused by too much sebum being secreted by the sebaceous glands in the scalp resulting in the hair looking lank and greasy, particularly at the roots. The condition will improve with the use of a medicated shampoo, also advise the client not to rub the scalp too vigorously when shampooing as this will stimulate oil production. When applying the Indian head massage a lighter pressure would be less likely to stimulate the scalp to produce more oil.

Dry scalp

A dry scalp could easily be mistaken for dandruff as it will have flaky skin, the scalp may also look whiter than a healthier pink scalp. Ask the client if they suffer from dry skin on other areas of the body to ascertain if the problems are related to lack of sebum. A moisturising and nourishing conditioner will benefit this condition. The Indian head massage will also encourage the scalp to secrete more sebum which will help to improve the condition.

Dandruff

Dandruff is caused by over production of skin cells which appear as white flakes and will be visible on the client's scalp and clothing. A client with dandruff may also have an oiler scalp. The condition will improve with the use of an anti dandruff shampoo and conditioner.

Posture

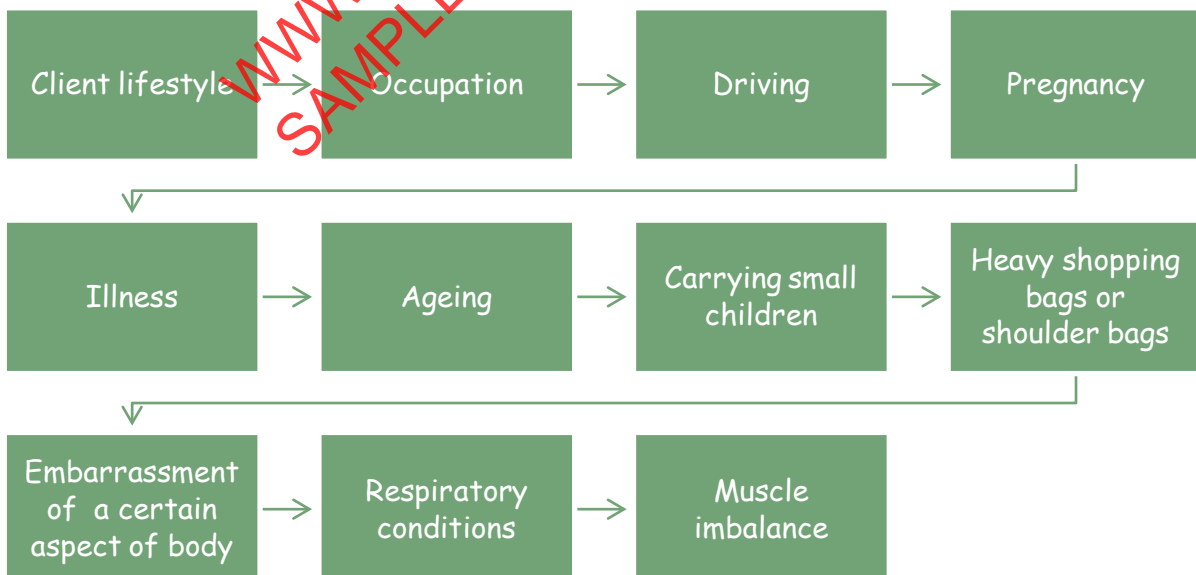


Good Posture

Points that indicate good posture are:

1. The head should not extend beyond the mid line.
2. When relaxed the arms should lie evenly at the sides.
3. The distance between the scapulas and spine is equal on both sides.
4. Scapulas are positioned equally horizontally.
5. The spinal column is straight.
6. The back has a natural curve.
7. The abdomen should appear flat.
8. The curves of the waist are level.
9. The buttocks should not protrude abnormally.
10. The legs should be equal in length, with knees facing forwards.
11. Body weight is evenly distributed.
12. The feet should face forwards and be slightly apart.

It is rare to find a person who has a perfect posture; there are some common postural faults that many people present, which are due to:



Poor posture would be any deviation away from the points listed under good posture; it may only be a minor fault or could be a more predominant postural fault. Some common examples of postural conditions are outlined below:

Kyphosis		
Rounded shoulders develop. The pectoral muscles tighten and the muscles over the thoracic region of the spine become stretched. In women, it can lead to sagging breasts.		
Advise the client about correct posture.	Exercises are required to strengthen the scapula adductors.	Recommend stretches for the pectoral muscles.

Scoliosis		
Recognised by a lateral curve of the spine, which could be either in a C or S shape. This causes the muscles on one side of the body to shorten which results in uneven shoulders, hips or waist.		
Advise the client about correct posture.	Recommend exercises to strengthen the stretched muscles- (this would be the side of the body which is higher up).	Recommend stretches to the shortened side to lengthen the tightened muscles.