

iUBT433 – Indian head massage

URN – T/617/0224

Guided Learning Hours: 100

Learning outcome	Assessment criteria	Taught content to include
LO1 Know the history and concept of Indian head massage	1.1. Explain the meaning of holistic approach	• Greek term holos • Importance of the treatment of the whole person in relation to holistic health and the power of touch • Concept of balance and harmony in the body (homeostasis)
	1.2. Explain the term 'integral biology'	• The way in which the physical environment and social, economic and environmental factors affect health and social wellbeing - Computers - Mobile phones - Processed food - Lack of fresh air - Stress - Lack of sleep - Jet lag - Lack of natural light - Financial problems - Poor ventilation - Lack of exercise - Chemicals - Pollution - Social media - Work life balance
	1.3. Explain the history and concept of Indian head massage	• Part of family life • Rituals • Barbers • Use of certain oils for healing • Evolution of Indian head massage and the concept

	1.4. Explain the concept of Ayurveda	• The Doshas: - Vata - Pitta - Kapha
	1.5. Describe the effects and benefits of Indian head massage	• Relaxation • Stress relief • Uplifting • Aids postural problems • Improves hair and scalp condition • Increases vascular/lymphatic circulation • Decreases sympathetic nervous system (S.N.S.) • Activates parasympathetic nervous system (P.N.S.) • Improves skin texture • Increases oxygen to the brain • Releases endorphins • Restores energy to the body
	1.6. Define the term Chakra and describe the positions of the 7 main Chakras and their representation	• Crown • 3rd eye/brow • Throat • Heart • Solar plexus • Sacral • Base/root
	1.7. Explain what is meant by the term Marma point	• Marma - ancient Sanskrit word meaning hidden or secret. • Marma points - vital energy points defined as an anatomical site where flesh, veins, arteries, tendons, bones and joints meet up. • Acupressure massage is applied to these vital energy points • Effects of Indian head massage on Marma points • Position of the main Marma points used in Indian head massage
	1.8. Explain the main Doshas and the oils linked to each	• Vata • Pitta • Kapha
	1.9. Describe the effect of Indian head massage on the body systems	• Circulatory • Lymphatic • Nervous • Skin

		• Muscular • Skeletal • Endocrine • Respiratory
LO2 Know the structure of the hair in relation to Indian head massage	2.1. Describe the position and explain the function of the structures of the hair	• Cuticle • Cortex • Medulla • Dermal papilla • Hair shaft • Hair bulb • Hair root
	2.2. Describe the different types of hair	• Lanugo • Vellus • Terminal
	2.3. Explain the factors which affect hair growth	• Stress • Hormones • Diet • Medication • Climate • Illness • Ageing
	2.4. Explain the hair growth cycle	• Anagen • Catagen • Telogen
LO3 Be able to carry out a consultation and recognise contra-indications to Indian head massage	3.1. Explain and demonstrate methods of consultation	• Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Trust • Professionalism, confidence and enthusiasm • Professionally informing the client of restrictions to treatments, e.g. contra-indications

		• Ensuring client is not alarmed in any way • Confidentiality • Consent • Any contra-indications to treatment • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the client's diverse needs such as gender, age, ability, disability, religious, cultural, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the course of action and treatment objectives • Confirm the client's consent to the treatment (parental or guardian consent when treating minors) • Where the client is not in a position themselves, confirm agreement to the treatment from the appropriate companion/carer • Explanation of any possible side effects to the treatment • Explanation of how the programme will be evaluated and the review process • Where applicable clarify with the client information which may be available to others, e.g. relevant health care workers • Obtain the client's signature (or that of the companion/carer) • Record and store in line with current data protection legislation and professional codes of conduct
	3.2. Recognise common ailments and explain contra-indications to Indian head massage	• 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 have been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Cardiovascular conditions (thrombosis, phlebitis, hyper-tension, hypo-tension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis

		• Nervous/psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease) • Trapped/pinched nerve (e.g. Sciatica) • Inflamed nerve • Cancer • Postural deformities • Conditions causing muscular spasticity (e.g. cerebral palsy) • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism • Contra-indications that restrict treatment - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Pediculosis capitis (head lice) - Conjunctivitis - Sycosis barbae - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Recent fractures (minimum 3 months) - Cervical spondylitis
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		- After a heavy meal - Anaphylaxis - Vertigo - Adhesive capsulitis - Bell's palsy - Tinnitus - Migraine - Earache - Headaches - Myalgic encephalomyelitis (chronic fatigue syndrome) - Psoriasis - Metal pins or plates - Piercings
	3.3. Explain common ailments which can be treated	• Temporomandibular tension (TMJ syndrome) • Sinusitis • Ankylosis spondylitis • Pityriasis simplex capitis (dandruff)
	3.4. Recognise and explain the different hair types and different hair conditions	• Oily • Dry • Fine • Chemically treated
	3.5. Recognise and explain scalp conditions	• Dandruff (Pityriasis capitis) • Alopecia • Psoriasis • Eczema • Pediculosis capitis • Tinea capitis
	3.6. Recognise and explain conditions of the neck and shoulders	• Torticollis • Adhesive capsulitis • Spondylitis • Ankylosing spondylitis • Osteoarthritis • Fibromyalgia • Whiplash
	3.7. Explain the importance of referral procedures	• Only working within the realms of their own expertise as a therapist

		• Demonstration of the understanding of when a client should be referred to either: - GP - Another complementary therapist - Member of the social care or nursing team
	3.8. Describe other complementary therapies and when clients should be referred to this type of therapist	• Homeopathy • Reflexology • Reiki/spiritual healing • Yoga/meditation • Acupuncture • Shiatsu • Bach flower remedies • Kinesiology • Bowen technique • Alexander technique • Herbalism • Chiropractic • Iridology • Acupressure • Ayurvedic medicine • Aromatherapy • Osteopathy • Holistic massage • Crystal therapy • Ear candling • Colour therapy • Body work (massage therapies) • Emotional freedom technique (EFT) • Hypnotherapy • Lymphatic drainage massage • Meditation • Naturopathy • Neurolinguistic programming (NLP) • Stone therapy massage • Subtle energy/vibrational medicine • Therapeutic touch • Traditional chinese medicine (TMC)

		Vertical reflexology
LO4 Be able to carry out an Indian head massage treatment	4.1. Demonstrate appropriate client care and ensure that the client displays open body language	- Preparing the treatment area to suit the working environment - Checking consultation and contra-indications - Explaining the treatment to the client - Protecting the client's modesty at all times - Ensure that all parts of the client are covered except the area being massaged (treatment can be performed with clothing on or off) - Client to remove shoes - Wash own hands - Keep ensuring that the client is comfortable - Use appropriate covered supports, e.g. chest and forehead, knees, head - Adapt the massage techniques to suit the needs of the client - Remove the massage medium if appropriate - Client's feet flat on floor on couch roll or clean towel
	4.2. Demonstrate correct hygiene procedures	- Washing own hands - Sanitise client's hands - Using clean towels for each client - Placing couch roll on top of towels - Wearing clean professional work wear, socks/tights and full flat shoes - Remove all jewellery (except wedding band) from self and client - No nail enamel - Clean, short nails - Ensure the massage medium is removed at the end of the treatment (if appropriate) - Ensure all surfaces are lined with couch roll - Sanitise working area at the end of each day/treatment - Sanitise hands after massaging the scalp
	4.3. Explain and demonstrate correct breathing techniques	- Diaphragmatic breathing at the beginning and at the end of the treatment - Co-ordinating own breathing techniques with that of the client to enhance the effectiveness of the treatment

	4.4. Demonstrate use of the different oils and explain their effects and benefits	• Sesame • Mustard • Olive • Almond • Coconut • Evening primrose • Apricot kernel • Grapeseed • Jojoba • Hazelnut
	4.5. Explain and demonstrate the classical massage movements	• Effleurage • Petrissage • Frictions • Percussion • Vibrations • Specific Indian head massage movements: - Champi - Tabla - Hair pulling - Plucking - Stroking - Pressure points - Movements should be performed correctly and on areas appropriate for the movement - Movements should be adapted to produce a massage suitable for the client's needs
	4.6. Identify the structures/body systems being working over and explain their function	• Circulatory • Lymphatic • Nervous • Skin • Muscular • Skeletal • Endocrine • Respiratory
	4.7. Evaluate and review the Indian head massage treatment/programme	• At the end of each treatment the client's feelings should be recorded and also any skin or other reactions

		• Record and store in line with current data protection legislation and professional codes of conduct • 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)
	4.8. Explain the possible side effects and contra-actions to Indian head massage	• Increased micturition • Intensified emotional reactions • Tiredness • Light headedness/dizziness • Aching muscles • Increase in mucus production from the nasal passages • Healing crisis • Vomiting • Fainting
	4.9. Explain the importance of giving appropriate aftercare/home care advice after treatment	• Healthy eating • Fluid/water intake • Exercise • Smoking habits • Sleep patterns • Hobbies • Interests • Rest and post treatment recovery time • Hair care • Relaxation • Stress levels • Avoidance of activities that could cause contra-actions • Recommendation of future treatment needs including appropriate time intervals between treatments • General care and lifestyle advice and the beneficial effects thereof

Assessment

Portfolio of evidence containing: • 9 case studies – (3 clients x 3 treatments)	These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include: • Consultation • Medical history • Stress levels at work and at home • Treatment details (to include client reaction from previous treatment and revised treatment plan if appropriate) • Client feedback • Aftercare and home care advice
Practical examination	
MCQ	

Guide to taught content

The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	17/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	10/10/2019	Amended unit code	Qualifications and Regulation Co-ordinator
v3	19/06/2026	Rebranding	Development Administrator