

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 Theory	
Learning outcome	Underpinning knowledge
Students will be able to:	
1) Understand and explain the Holistic Approach	<ul style="list-style-type: none"> • Greek term holos • Importance of the treatment of the whole person • Concept of balance and harmony in the body (homeostasis)
2) Understand and explain the history and concept of Indian Head massage	<p>To include:</p> <ul style="list-style-type: none"> • The concept of Ayurveda • Part of family life e.g. Rituals, Barbers • Use of certain oils for healing • Evolution of Indian Head massage and the concept
3) Understand and explain the effects and benefits of Indian head massage	<p>To include:</p> <ul style="list-style-type: none"> • Relaxation • Stress relief • Uplifting • Aids postural problems • Improves hair and scalp condition
4) Understand and explain the different oils to be used and their effects and benefits	<p>To include:</p> <ul style="list-style-type: none"> • Sesame • Mustard • Olive • Almond • Coconut • Evening Primrose • Apricot Kernel • Grapeseed • Jojoba • Hazelnut
5) Understand and explain the term integral biology	<ul style="list-style-type: none"> ♦ 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 <p>To include:</p> <ul style="list-style-type: none"> • Computers • Mobile phones • Processed food • Lack of fresh air • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution
6) Understand and recognise common ailments and contraindications to Indian Head Massage with reasons why	<ul style="list-style-type: none"> ♦ Total contraindications • Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Pediculosis Capitis (head lice) • Conjunctivitis • Sycosis barbae ♦ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, 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 • Spastic conditions • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism ♦ Localised • 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 • After a heavy meal ♦ Common ailments • Alopecia • Bells palsy • Dandruff (Pityriasis capitis) • Headache • Migraine • Temporo-mandibular joint tension (TMJ Syndrome)

	<ul style="list-style-type: none"> • Tinnitus
7) Understand and explain the classical massage movements	<ul style="list-style-type: none"> • Effleurage • Petrissage • Frictions • Percussion • Vibrations <p>Specific Indian Head Massage movements:</p> <ul style="list-style-type: none"> • Champissage/Champi • Tabla • Hair pulling • Plucking • Holding • Stroking • 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
8) Understand and explain the positions of the Chakras and their representation	To include: <ul style="list-style-type: none"> • Crown • 3rd Eye • Throat • Heart • Solar Plexus • Sacral • Base
9) Understand what is meant by the term marma point	To include: <ul style="list-style-type: none"> • Knowledge of the effects of Indian head massage on marma points
10) Understand and explain the main Doshas and be aware of the oils linked to each	To include: <ul style="list-style-type: none"> • Vata • Pitta • Kapha
11) Understand and explain the structures they are working over and their function	<ul style="list-style-type: none"> • To include all body systems in the anatomy and physiology unit
Structure of the Hair	
12) Understand and explain (with the aid of diagrams) the position and function of the following:	<ul style="list-style-type: none"> • Cuticle • Cortex • Medulla • Inner Root Sheath • Huxley's • Henle's • Outer Root Sheath • Vitreous Membrane • Connective Tissue • Dermal Papilla
13) Understand and explain types of hair	<ul style="list-style-type: none"> • Lanugo • Vellus • Terminal
14) Understand and explain the factors which affect hair growth	<ul style="list-style-type: none"> • Stress • Hormones • Diet • Medication • Climate
15) Understand and explain the hair growth cycle	<ul style="list-style-type: none"> • Early Anagen • Anagen • Catagen • Telogen
16) Understand and explain the effects of Indian head massage on the lymphatic system	
17) Understand and briefly explain other complementary therapies and when clients should be referred to this type of therapist	To include: <ul style="list-style-type: none"> • 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 • Swedish Massage
18) Understand and explain the importance of referral procedures	To include: <ul style="list-style-type: none"> • Only working within the realms of their own expertise as a therapist ♦ Demonstration of the understanding when a client should be referred to either : <ul style="list-style-type: none"> • GP • Counsellor • Other Complementary Therapist • Member of the social care or nursing team
Unit 6 Indian Head Massage Practical	
19) Demonstrate the Holistic Approach	<ul style="list-style-type: none"> • Greek term holos • Importance of the treatment of the whole person • Concept of balance and harmony in the body (homeostasis)
20) Understand and demonstrate the way integral biology should be considered during consultation and Indian Head Massage Treatment	<ul style="list-style-type: none"> ♦ 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 <p>To include:</p> <ul style="list-style-type: none"> • Computers • Mobile phones • Processed food • Lack of fresh air • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution
21) Demonstrate recognition of common ailments and contraindications to Indian head massage with reasons why	<ul style="list-style-type: none"> ♦ Total contraindications • Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Pediculosis Capitis (head lice) • Conjunctivitis • Sycosis barbae ♦ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Cardio vascular conditions (thrombosis, phlebitis, hypertension,

	<p>hypotension, 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 • Spastic conditions • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism</p> <p>♦ Localised</p> <ul style="list-style-type: none"> • 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 • After a heavy meal <p>♦ Common ailments</p> <ul style="list-style-type: none"> • Alopecia • Bells palsy • Dandruff (Pityriasis capitis) • Headache • Migraine • Temporo-mandibular joint tension (TMJ Syndrome) • Tinnitus
22) Demonstrate appropriate client care	<p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • 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's legs should be uncrossed and supported • Wash own hands • Keep ensuring that the client is comfortable • Use appropriate supports, i.e. chest and forehead, knees, head • Adapt the massage techniques to suit the needs of the client • Remove the massage medium at the end of the treatment • Client's feet flat on floor
23) Demonstrate correct hygiene procedures	<ul style="list-style-type: none"> • Wash own hands • Use clean towels for each client • Put couch roll on top of towels • Wear 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 • Ensure all surfaces are lined with couch roll • Wipe working area with surgical spirit or similar at the end of each day/treatment • Wipe hands after massaging the scalp
24) Demonstrate use of the appropriate medium for the treatment and client's requirements	<p>Mediums available should be:</p> <ul style="list-style-type: none"> • Sesame • Mustard • Olive • Almond • Coconut • Evening Primrose • Apricot Kernel • Grapeseed • Jojoba • Hazelnut <p>The effects and benefits of each should be known</p>
25) Demonstrate the classical massage movements	<ul style="list-style-type: none"> • Effleurage • Petrissage • Frictions • Percussion • Vibrations <p>Specific Indian Head Massage movements:</p> <ul style="list-style-type: none"> • Champissage/Champi • Tabla • Hair pulling • Plucking • Holding • Stroking • Pressure points <p>• Movements should be performed correctly and on areas appropriate for the movement</p> <p>• Movements should be adapted to produce a massage suitable for the client's needs</p>
26) Demonstrate knowledge of the structures they are working over and their function	<ul style="list-style-type: none"> • To include all the body systems in the anatomy section
27) Understand and recognise the different hair types and different hair conditions	<p>To include:</p> <ul style="list-style-type: none"> • Oily • Dry • Fine • Chemically treated
28) Understand and recognise scalp conditions	<p>To include:</p> <ul style="list-style-type: none"> • Dandruff • Alopecia • Psoriasis • Eczema • Pediculosis capitis • Tinea capitis
29) Understand and recognise conditions of the neck and shoulders	<p>To include:</p> <ul style="list-style-type: none"> • Torticollis • Adhesive capsulitis • Spondylitis • Ankylosing spondylitis • Osteoarthritis • Fibromyalgia • Whiplash
30) Demonstrate knowledge of other complementary therapies and the ways in	<p>To include:</p> <ul style="list-style-type: none"> • Homeopathy • Reflexology • Reiki/Spiritual Healing

which they are performed	<ul style="list-style-type: none"> • Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen technique • Alexander technique • Herbalism • Chiropractic • Iridology • Acupressure • Ayurvedic medicine • Aromatherapy • Osteopathy • Swedish Massage • Holistic Massage
31) Demonstrate and explain the importance of referral procedures	<p>To include:</p> <ul style="list-style-type: none"> • Only working within the realms of their own expertise as a therapist ◆ Demonstration of the understanding when a client should be referred to either : <ul style="list-style-type: none"> • GP • Counsellor • Other Complementary Therapist • Member of the social care or nursing team
32) Evaluate and review the massage treatment/programme	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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)
33) Understand and explain the possible side effects to Indian head massage	<p>To include:</p> <ul style="list-style-type: none"> • Increased micturition • Intensified emotional reactions • Tiredness • Light headedness • Aching muscles • Increase in mucus production from the nasal passages • Healing crisis
34) Demonstrate and explain the importance of giving appropriate home care advice after treatment	<p>To include:</p> <ul style="list-style-type: none"> • Diet • Exercise • Stress levels • Hair care • Relaxation techniques • Generally helping clients and families to identify options to improve their health and social wellbeing in terms of massage treatment • Helping clients and families to put their choices into action • Reviewing their progress

ITEC Unit 6 Indian Head Massage Case Studies

3 clients to be treated 3 times each and outcomes recorded	To include: <ul style="list-style-type: none">• Consultation including thorough medical history and general lifestyle• Client profile (to include any current issues in their life)• Details of how the therapist conducted the treatment• Details of how the client felt during and after the treatment• Details of home care advice given• Overall conclusion of the case should be recorded to include reflective practice* (self assessment)
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*NB: Candidates should reflect on their own performance and the performance outcomes of the treatment