

1. Title	Understand how massage promotes blood and lymphatic circulations	
2. Code	BEZZCN225A	
3. Range	Understand how massage stimulates the blood and lymph circulation, and provide suitable massage services or explain the effects of introduced products to customers at beauty-related workplaces.	
4. Level	2	
5. Credit	6 (for reference only)	
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Understand how massage stimulates the blood and lymph circulation</p> <ul style="list-style-type: none"> ◆ Understand the structure and functions of blood, including: red blood cells, white blood cells, platelets, plasma, etc. ◆ Understand the structure, functions and locations of blood vessels, such as: arteries, veins, capillaries, etc. ◆ Understand the principles of blood circulation, blood pressure and pulse ◆ Understand the structure, functions and locations of lymphatic system, including: lymphatic vessels, nodes and lymph fluid ◆ Understand the interaction of blood and lymph within the circulatory system ◆ Understand illnesses related to the lymphatic system, and causes and effects of its disorder e.g. lymphangieities, oedema, etc. ◆ Understand illnesses related to the blood circulatory system, and causes and effects of its disorder ◆ Understand the effects of different massage techniques such as Swedish, lymphatic drainage, aromatherapy massage, etc. ◆ Understand how massage affects the blood circulatory system ◆ Understand how massage affects the lymphatic system <ul style="list-style-type: none"> • Increase lymphatic circulation • Improve elimination of waste products <p>6.2 Apply the knowledge of how massage stimulates the blood and lymph circulation</p> <ul style="list-style-type: none"> ◆ Explain to the customers the effects and uses of massage on the blood and lymph circulation, and the effects of related massage products or treatment plans ◆ Master popular body massage movements and techniques, and use massage techniques according to the instructions to suit the physical conditions and needs of the customers 	

7. Assessment Criteria	The integrated outcome requirements of this unit of competency are: (i) Capable to understand how massage stimulates the blood and lymph circulation; and (ii) Capable to introduce massage products or select massage techniques according to the instructions and the code of practice for personal and working hygiene to suit customers' care needs and physical conditions.
8. Remarks	