

1. Title	Perform head massage
2. Code	BEZZCN315A
3. Range	Understand the knowledge of head and facial bones, muscles and nervous system, apply different types of massage methods and treat customers with head and facial massage in salons and places provide body treatments according to the physical condition and needs of the customers.
4. Level	3
5. Credit	6 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Understand the structure of head and face and basic massage techniques</p> <ul style="list-style-type: none"> ◆ Knowledge on basic human anatomy ◆ Understand the composition and functions of skin ◆ Understand special knowledge of head massage e.g. major acupoints and meridians of the head and face ◆ Understand the effects of massage on muscles, nervous system and blood circulation ◆ Understand the effects and applications of different massage methods e.g. Swedish massage, acupressure massage, reflexology massage, aromatherapy massage, lymphatic drainage massage and scraping therapy (Gua Sha) ◆ Have knowledge on head massage techniques ◆ Understand situations not suitable for massage e.g. heart disease, diabetes, circulatory system diseases, high blood pressure, pregnancy, swelling of joints, and skin diseases <p>6.2 Apply head and facial massage</p> <ul style="list-style-type: none"> ◆ Make preparations for the treatment, such as: <ul style="list-style-type: none"> • Select and prepare massage products; sterilize the tools and hands • Conduct pre-treatment hand exercise ◆ Apply suitable massage method to apply head and facial massage according to the care needs, muscle condition, age, body figure and weight of the customers ◆ Correctly explain to the customers the effects and contraindications of head massage ◆ Observe adverse effects on the customers in the process of treatment such as feeling faint or nauseous, skin irritation, etc. and take remedial actions accordingly ◆ Maintain correct posture throughout the treatment

7. Assessment Criteria	The integrated outcome requirements of this unit of competency are: (i) Capable to understand the structure of the head and face, and master different massage techniques; and (ii) Capable to apply suitable massage method to apply head and facial massage according to the code of practice for personal and working hygiene so as to suit the needs and physical condition of the customers.
8. Remarks	