

1. Title	Perform foot reflexology	
2. Code	BEZZHC210A	
3. Range	Master foot reflexology techniques and perform foot reflexology to customers in beauty workplaces providing foot reflexology according to the code of practice for personal and working hygiene.	
4. Level	2	
5. Credit	15 (for reference only)	
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Knowledge of foot reflexology</p> <ul style="list-style-type: none"> ◆ Know about the positions of reflex points of the entire feet from vola to below the knees ◆ Know about the human organs corresponding to different reflex points ◆ Know about the deviations of the distribution of the reflex points ◆ Know about foot reflexology techniques such as: <ul style="list-style-type: none"> • Massage methods • Sequence of massaging the reflex points • Duration of massage • Strength of massage ◆ Understand the concerns and contraindications prior to massage ◆ Know about the relevant safety practices and precautions against occupational diseases <p>6.2 Perform foot reflexology</p> <ul style="list-style-type: none"> ◆ Appropriately enquire about the customers' history of health ◆ Make preparations for massage such as: ◆ Sterilizing the hands of the massager and the feet of the customers ◆ Understanding the physiological condition of the customers ◆ Master foot reflexology techniques and correctly perform foot reflexology steps according to the customers' needs and the agreed treatment plan <ul style="list-style-type: none"> • Master the warm-up techniques before massage • Correctly identify the positions of the reflex points • Use different methods and degrees of strength to massage different reflex points • Use massage products and auxiliary tools properly • Master the relaxing techniques after massage ◆ Observe the reactions of the customers during the massage and refer to experts for follow-up when necessary 	

7. Assessment Criteria	The integrated outcome requirements of this unit of competency are: (i) Capable to master foot reflexology techniques; and (ii) Capable to perform foot reflexology according to the code of practice for personal and working hygiene and occupational safety code to meet customers' needs.
8. Remarks	