

1. Title	Understand the types, effects and contraindications of spa therapies
2. Code	BEZZHC221A
3. Range	Understand the types, effects and contraindications of spa therapies, and correctly answer relevant enquiries from customers at places providing spa therapies.
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 the types, effects and contraindications of spa therapies</p> <ul style="list-style-type: none"> ◆ Understand the types of spa therapies, the applications of relevant products, and their suitability and contraindications, such as: <ul style="list-style-type: none"> • Removing dead cells • Bath • Applying compresses ◆ Understand the effects of different spa therapies, such as: <ul style="list-style-type: none"> • Improving skin condition • Relieving fatigue and stress • Stimulating lymphatic system and blood circulation • Relaxing muscles ◆ Understand the contraindications of different spa therapies, including: <ul style="list-style-type: none"> • Skin diseases • Heart diseases • Infectious diseases ◆ Know about the types and effects of spa massage facilities, such as: <ul style="list-style-type: none"> • Sauna room • Steam bathroom • Bathtub • Massage bathtub • Vichy spa equipment • Multi-functional cabin <p>6.2 Apply knowledge of spa therapies</p> <ul style="list-style-type: none"> ◆ Master the effects and contraindications of general spa therapies, answer general enquiries from customers on spa therapies, and recommend suitable spa treatments to them according to the instructions ◆ Refer complicated questions to the superiors or relevant people

7. Assessment Criteria	The integrated outcome requirements of this unit of competency are: (i) Capable to understand the types and characteristics of spa therapies; and (ii) Capable to briefly state the characteristics, effects and contraindications of different spa therapies, and recommend suitable spa therapies to customers according to the instructions .
8. Remarks	