

1. Title	Master various types of stress-relieving beauty treatment techniques	
2. Code	BEZZHC319A	
3. Range	Understand the common causes of stress and various types of stress-relieving beauty treatment techniques, and provide beauty treatment services at beauty-related workplaces to suit customers' physical conditions and treatment needs.	
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 various types of stress-relieving beauty treatments</p> <ul style="list-style-type: none"> ◆ Understand the main causes and origins of stress/emotions, including: <ul style="list-style-type: none"> • Physiological factor • Psychological factor • Behavioural factor • Environmental factor ◆ Understand common reactions of human body to stress, including: <ul style="list-style-type: none"> • Physiological reactions such as the influence of stress on skin condition • Psychological reactions such as feeling depressed • Behavioural reactions ◆ Understand stress-relieving beauty treatment techniques such as: <ul style="list-style-type: none"> • Head, neck and facial massage • Holistic massage • Aromatherapy massage • Health massage • Foot reflexology • Spa treatment ◆ Understand the characteristics, benefits and contraindications for various types of beauty treatments and massages <p>6.2 Apply various types of stress-relieving beauty treatment techniques</p> <ul style="list-style-type: none"> ◆ Master the influence of stress/emotions on human body and apply basic knowledge in relieving stress/emotions to advise the customers on suitable beauty treatment plans ◆ Apply appropriate beauty treatment techniques to provide stress-relieving beauty treatment services to suit customers' physical, psychological and skin conditions and treatment needs ◆ Advise the customers to consult relevant experts on advanced questions 	

7. Assessment Criteria	The integrated outcome requirements of this unit of competency are: (i) Capable to master various types of stress-relieving beauty treatment techniques; (ii) Capable to advise on beauty treatment plans to suit customers' physical, psychological and skin conditions and treatment needs; and Capable to advise the customers to consult relevant experts on advanced questions.
8. Remarks	