

1. Title	Combine health and beauty care and food therapy with health massage in beauty treatment package	
2. Code	BEZZHC418A	
3. Range	Master the relationship of health and beauty care to food therapy and health massage, and advise on suitable beauty treatment packages at health massage locations according to customers' physical conditions and treatment needs.	
4. Level	4	
5. Credit	6 (for reference only)	
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Understand the relationship of health massage to health and beauty care and food therapy</p> <ul style="list-style-type: none"> <li>◆ Understand the functions and scope of application of health massage <ul style="list-style-type: none"> <li>• Stimulate metabolism</li> <li>• Stimulate the circulation of blood and qi</li> <li>• Improve weight maintenance</li> </ul> </li> <li>◆ Understand the basic theory of health and beauty care and food therapy and their relationship</li> <li>◆ Understand the considerations when designing food therapies for health and beauty care, such as: <ul style="list-style-type: none"> <li>• Age</li> <li>• Body constitution</li> <li>• Dietary habits</li> <li>• Allergic reactions</li> <li>• Illnesses</li> <li>• Contraindications</li> </ul> </li> <li>◆ Understand the beauty treatment effects when combining health massage with health and beauty care and food therapy</li> </ul> <p>6.2 Combine health and beauty care and food therapy with health massage in beauty treatment package</p> <ul style="list-style-type: none"> <li>◆ Master various types of health massage techniques in connection with the theory of food therapy and health and beauty care, and advise on suitable beauty treatment packages according to customers' physical conditions and treatment needs</li> <li>◆ Clearly record and maintain properly relevant treatment records</li> </ul>	

7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <ul style="list-style-type: none"> <li>(i) Capable to master various types of health massage techniques and knowledge of health and beauty care and food therapy; and</li> <li>(ii) Capable to master the effects of combining health massage with health and beauty care and food therapy, and recommend suitable beauty treatment packages with these three items according to customers' physical conditions and treatment objectives, so as to strengthen the health-preserving beauty effects.</li> </ul>
8. Remarks	