

## **Marking Criteria for ITEC Level 3 Diploma in Indian Head Massage Unit 6 – Indian Head Massage**

**Candidates must be able to demonstrate the following:-**

### **APPEARANCE – 5 MARKS (0.5 marks each)**

1. Clean, ironed professional uniform.
2. Hair must be clean, neat and tied back/up if long and off the collar and face.
3. Nails must be short, clean, well manicured with no varnish and clean hands.
4. Clean sensible flat shoes, socks should be worn.
5. Females if wearing a skirt must wear tights which are an appropriate colour for the uniform.
6. No jewellery with the exception of a wedding band and 1 pair of small stud earrings (religious jewellery must be taped).
7. No body or breath odour.
8. No chewing gum or sucking sweets.
9. Underskirts/underwear should not be visible.
10. Skirts to the knee. Trousers cropped no higher than calf/trousers not trailing on floor

### **CLIENT CARE – 5 MARKS (1 mark each)**

1. Greeting and introduction of self to client.
2. Assisting client off the couch/chair.
3. Explain the treatment procedure to the client.
4. Ensure client's comfort/modesty throughout.
5. Maintain a positive and professional approach to client/colleague throughout.

### **HYGIENE AND STERILISATION – 10 MARKS (2 marks each)**

1. Equipment should be clean and wiped over before, during and after use
2. Laundry must be clean and changed for each client
3. Hands must be sanitised before, during and after treatment when appropriate
4. Cotton wool, tissues, paper roll and general waste to be disposed of hygienically and appropriately.
5. Footwear for clients should be stowed under the couch

### **TECHNIQUE & CONTINUITY OF MASSAGE – 3 MARKS (1 mark each)**

1. Each area must be adequately massaged maintaining contact
2. Effleurage should be used to link movements.
3. Classical Indian head massage movements should be demonstrated and performed in a logical sequence

### **HEAD MASSAGE – 25 MARKS (5 marks each)**

1. Effleurage
2. Petrissage
3. Percussion including Champi
4. Tabla and stroking
5. Hair pulling and plucking

### **FACE MASSAGE – 15 MARKS (3 marks each)**

1. Effleurage
2. Petrissage
3. Pressure points
4. Tapotement
5. Positioning of client's head

### **NECK AND SHOULDER MASSAGE – 25 MARKS (5 marks each)**

1. Effleurage
2. Petrissage
3. Percussion including Champi
4. Friction
5. Vibration

### **POSTURE – 10 MARKS (2 marks each)**

1. Standing/sitting position appropriate to each area.
2. Position of shoulders and back.
3. Position of elbows.
4. Flexibility of knees.
5. Flexibility/position of back (stance).

### **ORAL QUESTIONS – 2 MARKS**

1. What is the benefit of that movement?
2. When do we use that movement?
3. What are the general contraindications to massage?
4. What are the specific contraindications to that area?
5. What are the contraindications to that movement?
6. What muscles are you working over?
7. How can you detect a tense/tired muscle? What has caused this tension?
8. Why is a good knowledge of A&P relevant to massage?
9. What are the effects of massage?
10. Why is it necessary to do a thorough consultation before massage?
11. When doing a consultation, if you discovered a client was very nervous – what would you do?
12. Where is the problem area of this client's back?
13. What muscles are involved?
14. What movements would YOU do to alleviate this tension?
15. How would you approach a client with a lumbar back pain?
16. What you do if a client:
  - Fainted?
  - Had a nose bleed?
  - Felt sick?
  - Felt dizzy during a massage?