

<b>ITEC Level 3 Indian Head Massage</b>	
<b>Indian Head Massage Theory</b>	
<b>Learning outcome</b>	<b>Underpinning knowledge</b>
Students will be able to:	
Understand and explain the Holistic Approach	<ul style="list-style-type: none"> <li>• Greek term holos</li> <li>• Importance of the treatment of the whole person</li> <li>• Concept of balance and harmony in the body (homeostasis)</li> </ul>
Understand and explain the history and concept of Indian Head massage	<p>To include:</p> <ul style="list-style-type: none"> <li>• The concept of Ayurveda • Part of family life e.g. Rituals, Barbers</li> <li>• Use of certain oils for healing • Evolution of Indian Head massage and the concept</li> </ul>
	<p>Understand and explain the effects and benefits of Indian head massage</p> <p>To include:</p> <ul style="list-style-type: none"> <li>• Relaxation • Stress relief • Uplifting</li> <li>• Aids postural problems • Improves hair and scalp condition</li> </ul>
	<p>Understand and explain the different oils to be used and their effects and benefits</p> <p>To include:</p> <ul style="list-style-type: none"> <li>• Sesame • Mustard • Olive • Almond • Coconut</li> <li>• Evening Primrose • Apricot Kernel • Grapeseed • Jojoba</li> <li>• Hazelnut</li> </ul>
Understand and explain the term integral biology	<ul style="list-style-type: none"> <li>◆ The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing</li> </ul> <p>To include:</p> <ul style="list-style-type: none"> <li>• Computers • Mobile phones • Processed food • Lack of fresh air</li> <li>• Stress • Lack of sleep • Financial problems • Poor ventilation</li> <li>• Lack of exercise • Chemicals • Pollution</li> </ul>
Recognise common ailments and contraindications to Indian Head Massage	<ul style="list-style-type: none"> <li>◆ Total contraindications</li> <li>• Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Pediculosis Capitis (head lice) • Conjunctivitis • Sycosis barbae</li> <li>◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment</li> <li>• Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson’s disease, Motor neurone disease) • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism</li> <li>◆ Localised</li> <li>• Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Recent fractures (minimum 3 months) • Cervical spondylitis • After a heavy meal</li> <li>◆ Common ailments</li> <li>• Alopecia • Bells palsy • Dandruff (Pityriasis capitis) • Headache • Migraine • Temporo-mandibular joint tension (TMJ Syndrome) • Tinnitus</li> </ul>
Understand and explain the classical massage movements	<p>Underpinning knowledge</p> <ul style="list-style-type: none"> <li>• Effleurage • Petrissage • Frictions • Percussion • Vibrations</li> </ul> <p>Specific Indian Head Massage movements:</p> <ul style="list-style-type: none"> <li>• Champissage/Champi</li> <li>• Tabla • Hair pulling • Plucking • Holding • Stroking • Movements should be performed correctly and on areas appropriate for the movement • Movements should be adapted to produce a massage suitable for the client’s needs</li> </ul>

	<p>Understand and explain the positions of the Chakras and their representation</p> <p>To include: • Crown • 3rd Eye • Throat • Heart • Solar Plexus • Sacral • Base</p>
	<p>Understand what is meant by the term marma point</p> <p>To include: • Knowledge of the effects of Indian head massage on marma points</p>
	<p>Understand and explain the main Doshas and be aware of the oils linked to each</p> <p>To include: • Vata • Pitta • Kapha</p>
	<p>Understand and explain (with the aid of diagrams) the position and function of the following: • Cuticle • Cortex • Medulla • Inner Root Sheath • Huxley's • Henle's • Outer Root Sheath • Vitreous Membrane • Connective Tissue • Dermal Papilla</p>
	<p>Understand and explain types of hair • Lanugo • Vellus • Terminal</p>
	<p>Understand and explain the factors which affect hair growth</p> <p>• Stress • Hormones • Diet • Medication • Climate</p>
	<p>Understand and explain the hair growth cycle • Early Anagen • Anagen • Catagen • Telogen</p>
	<p>Understand and explain the effects of Indian head massage on the lymphatic system</p>
<p>Understand and explain the structures they are working over and their function</p>	<p>• To include all the body systems in the anatomy section</p>
<p>Understand and briefly explain other complementary therapies and when clients should be referred to this type of therapist</p>	<p>Underpinning knowledge</p> <p>To include: • Homeopathy • Reflexology • Reiki/Spiritual Healing • Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen technique • Alexander technique • Herbalism • Chiropractic • Iridology • Acupressure • Ayurvedic medicine • Aromatherapy • Osteopathy • Holistic Massage • Swedish Massage</p>
<p>Understand and explain the importance of referral procedures</p>	<p>To include:</p> <ul style="list-style-type: none"> <li>• Only working within the realms of their own expertise as a therapist</li> <li>◆ Demonstration of the understanding when a client should be referred to either :</li> <li>• GP • Counsellor • Other Complementary Therapist • Member of the social care or nursing team</li> </ul>

<b>Indian Head Massage Practical</b>	
Demonstrate the Holistic Approach	<ul style="list-style-type: none"> <li>• Greek term holos</li> <li>• Importance of the treatment of the whole person</li> <li>• Concept of balance and harmony in the body (homeostasis)</li> </ul>
Understand and demonstrate the way integral biology should be considered during consultation and Indian Head Massage Treatment	<ul style="list-style-type: none"> <li>◆ The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing</li> <li>To include: <ul style="list-style-type: none"> <li>• Computers • Mobile phones • Processed food • Lack of fresh air</li> <li>• Stress • Lack of sleep • Financial problems • Poor ventilation</li> <li>• Lack of exercise • Chemicals • Pollution</li> </ul> </li> </ul>
Demonstrate recognition of common ailments and contraindications to massage	<ul style="list-style-type: none"> <li>◆ Total contraindications <ul style="list-style-type: none"> <li>• Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting</li> <li>• Pediculosis Capitis (head lice) • Conjunctivitis • Sycosis barbae</li> <li>◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment</li> <li>• Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson’s disease, Motor neurone disease) • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism</li> </ul> </li> <li>◆ Localised <ul style="list-style-type: none"> <li>• Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Recent fractures (minimum 3 months) • Cervical spondylitis • After a heavy meal</li> </ul> </li> <li>◆ Common ailments <ul style="list-style-type: none"> <li>• Alopecia • Bells palsy • Dandruff (Pityriasis capitis) • Headache • Migraine • Temporo-mandibular joint tension (TMJ Syndrome) • Tinnitus</li> </ul> </li> </ul>
Demonstrate appropriate client care	<p>To include:</p> <ul style="list-style-type: none"> <li>• Checking consultation and contraindications • Explaining the treatment to the client • Protecting the client’s modesty at all times</li> <li>• Ensure that all parts of the client are covered except the area being massaged (treatment can be performed with clothing on or off)</li> <li>• Client’s legs should be uncrossed and supported</li> <li>• Wash own hands • Keep ensuring that the client is comfortable</li> <li>• Use appropriate supports, i.e. chest and forehead, knees, head</li> <li>• Adapt the massage techniques to suit the needs of the client</li> <li>• Remove the massage medium at the end of the treatment</li> <li>• Client’s feet flat on floor</li> </ul>
Demonstrate correct hygiene procedures	<ul style="list-style-type: none"> <li>• Wash own hands • Use clean towels for each client • Put couch roll on top of towels • Wear clean white professional work wear, socks/tights and full flat shoes • Remove all jewellery (except wedding band) from self and client • No nail enamel • Clean, short nails • Ensure the massage medium is removed at the end of the treatment • Ensure all surfaces are lined with couch roll • Wipe working area with surgical spirit or similar at the end of each day/treatment • Wipe hands after massaging the scalp</li> </ul>
Demonstrate use of the appropriate medium for the treatment and client’s requirements	<p>Mediums available should be:</p> <ul style="list-style-type: none"> <li>• Sesame • Mustard • Olive • Almond • Coconut • Evening Primrose • Apricot Kernel • Grapeseed • Jojoba • Hazelnut</li> </ul> <p>The effects and benefits of each should be known</p>
Demonstrate the classical massage movements	<ul style="list-style-type: none"> <li>• Effleurage • Petrissage • Frictions • Percussion • Vibrations</li> </ul> <p>Specific Indian Head Massage movements:</p> <ul style="list-style-type: none"> <li>• Champissage/Champi</li> <li>• Tabla • Hair pulling • Plucking • Holding • Stroking</li> </ul>

	<ul style="list-style-type: none"> <li>• Pressure points</li> <li>• Movements should be performed correctly and on areas appropriate for the movement</li> <li>• Movements should be adapted to produce a massage suitable for the client's needs</li> </ul>
	Understand and recognise scalp conditions To include: <ul style="list-style-type: none"> <li>• Dandruff</li> <li>• Alopecia</li> <li>• Psoriasis</li> <li>• Eczema</li> <li>• Pediculosis capitis</li> <li>• Tinea capitis</li> </ul>
	Understand and recognise conditions of the neck and shoulders To include: <ul style="list-style-type: none"> <li>• Torticollis</li> <li>• Adhesive capsulitis</li> <li>• Spondylitis</li> <li>• Ankylosing spondylitis</li> <li>• Osteoarthritis</li> <li>• Fibromyalgia</li> <li>• Whiplash</li> </ul>
	Understand and recognise the different hair types and different hair conditions To include: <ul style="list-style-type: none"> <li>• Oily</li> <li>• Dry</li> <li>• Fine</li> <li>• Chemically treated</li> </ul>
Demonstrate knowledge of the structures they are working over and their function	<ul style="list-style-type: none"> <li>• To include all the body systems in the anatomy section</li> </ul>
	Understand and explain the possible side effects to Indian head massage To include: <ul style="list-style-type: none"> <li>• Increased micturition</li> <li>• Intensified emotional reactions</li> <li>• Tiredness</li> <li>• Light headedness</li> <li>• Aching muscles</li> <li>• Increase in mucus production from the nasal passages</li> <li>• Healing crisis</li> </ul>
Demonstrate knowledge of other complementary therapies and the ways in which they are performed	To include: <ul style="list-style-type: none"> <li>• Homeopathy</li> <li>• Reflexology</li> <li>• Reiki/Spiritual Healing</li> <li>• Yoga/meditation</li> <li>• Acupuncture</li> <li>• Shiatsu</li> <li>• Bach Flower remedies</li> <li>• Kinesiology</li> <li>• Bowen technique</li> <li>• Alexander technique</li> <li>• Herbalism</li> <li>• Chiropractic</li> <li>• Iridology</li> <li>• Acupressure</li> <li>• Ayurvedic medicine</li> <li>• Aromatherapy</li> <li>• Osteopathy</li> <li>• Holistic Massage</li> <li>• Swedish Massage</li> </ul>
Demonstrate and explain the importance of referral procedures	To include: <ul style="list-style-type: none"> <li>• Only working within the realms of their own expertise as a therapist</li> <li>◆ Demonstration of the understanding when a client should be referred to either : <ul style="list-style-type: none"> <li>• GP</li> <li>• Counsellor</li> <li>• Other Complementary Therapist</li> <li>• Member of the social care or nursing team</li> </ul> </li> </ul>
Evaluate and review the massage treatment/programme	<ul style="list-style-type: none"> <li>• At the end of each treatment the client's feeling should be recorded and also any skin or other reactions</li> <li>◆ The following areas should be monitored: <ul style="list-style-type: none"> <li>• Outcomes achieved</li> <li>• Effectiveness of the treatment</li> <li>• Any change in demands</li> <li>• Whether the treatment met the needs of the client</li> <li>• Longer term needs of the client (particularly when working in a care environment)</li> </ul> </li> </ul>
Demonstrate and explain the importance of giving appropriate home care advice after treatment	To include: <ul style="list-style-type: none"> <li>• Diet</li> <li>• Exercise</li> <li>• Stress levels</li> <li>• Hair care</li> <li>• Relaxation techniques</li> <li>• Generally helping clients and families to identify options to improve their health and social wellbeing in terms of massage treatment</li> <li>• Helping clients and families to put their choices into action</li> <li>• Reviewing their progress</li> </ul>

<b>Indian Head Massage Case Studies</b>	
3 clients to be treated 3 times each and outcomes recorded	To include: <ul style="list-style-type: none"> <li>• Consultation including thorough medical history and general lifestyle</li> <li>• Client profile (to include any current issues in their life)</li> <li>• Details of how the therapist conducted the treatment</li> <li>• Details of how the client felt during and after the treatment</li> <li>• Details of home care advice given</li> <li>• Overall conclusion of the case should be recorded</li> </ul>

**Multiple Choice Sample Questions**  
**ITEC Unit 6 – Indian Head Massage**

<b>1</b>	<b>Pediculosis capitis is contraindicated because it is:</b>	<b>1</b>
<b>A</b>	A viral infection	<input type="checkbox"/>
<b>B</b>	A bacterial infection	
<b>C</b>	A fungal infection	<input type="checkbox"/>
<b>D</b>	An infestation	
<b>2</b>	<b>What is iridology?</b>	<b>2</b>
<b>A</b>	The encouragement of healing and better health through posture	<input type="checkbox"/>
<b>B</b>	The use of hands to draw energy from the therapist to the client to heal and balance	
<b>C</b>	The use of needles inserted at points along energy meridians in the body	<input type="checkbox"/>
<b>D</b>	The diagnosis of physical and psychological problems through the study of the iris of the eye	
<b>3</b>	<b>What would the general psychological effects of Indian head massage include?</b>	<b>3</b>
<b>A</b>	To relax the mind	<input type="checkbox"/>
<b>B</b>	To increase circulation	
<b>C</b>	To relieve muscular tension	<input type="checkbox"/>
<b>D</b>	To soothe sensory nerve endings	
<b>4</b>	<b>The effects of vibrations include to:</b>	<b>4</b>
<b>A</b>	Tighten the pores	<input type="checkbox"/>
<b>B</b>	Stimulate nerve pathways	
<b>C</b>	Decrease circulation	<input type="checkbox"/>
<b>D</b>	Cause perspiration	
<b>5</b>	<b>A client presents with alopecia, what part of the body would you concentrate your massage on?</b>	<b>5</b>
<b>A</b>	Shoulders	<input type="checkbox"/>
<b>B</b>	Neck	
<b>C</b>	Scalp	<input type="checkbox"/>
<b>D</b>	Face	