

## **D1061 Level 3 Diploma in Indian Head Massage**

### **Pre-requisite**

- Candidates will need to have VTCT units VR02 (Support health, safety and security in the workplace) and VR74 (Support employment standards) *either as units or D1120 Level 3 Diploma in Health Safety Security and Employment Standards. This can be completed simultaneously with the skills qualification.*

### **Aim**

- to enable the candidate to deliver Indian head massage to seated clients, working on the head, neck and shoulders in order to reduce tension and relieve stress.

### **Objectives**

- to understand the anatomy and physiology of the head, neck and shoulders
- to use the massage directly onto skin and also over clothes where required
- to adapt the massage to suit the client, using a range of oils for different effects

The candidate will need to work on a number of clients exhibiting a variety of conditions over a period of time (case studies) in order to show competence.