



**THE REPUBLIC OF KENYA**

**COMPETENCY BASED CURRICULUM**

**BEAUTY THERAPY**

**KNQF LEVEL 6**

**ISCED PROGRAM CODE: 1012 554B**



**TVET CDACC**  
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**NAIROBI**

## **BODY MASSAGE AND SPA OPERATIONS**

**UNIT CODE:** COS/CU/BT/CR/03/6/B

### **Relationship to Occupational Standards**

This unit addresses the Unit of Competency: Conduct Body Massage and Spa Operations.

**Duration of Unit:** 300 hours

### **Unit Description**

This unit covers the competencies required to conduct body massage and spa operations. It involves planning and organizing body massage and spa operations, setting up and preparing to provide body massage and spa services, providing body massage and spa services and carrying out post service procedures.

### **Summary of Learning Outcomes**

1. Plan and organize body massage and spa operations
2. Set up and prepare to provide body massage and spa services
3. Perform body massage and spa procedures
4. Carry out post service procedures

### **Learning Outcomes, Content and Suggested Assessment Methods**

<b>Learning Outcome</b>	<b>Content</b>	<b>Suggested Assessment Methods</b>
1. Plan and organize body massage and spa operations	<ul style="list-style-type: none"><li>• Definition of terms</li><li>• Body Massage history</li><li>• Spa history</li><li>• Business operational resources</li><li>• Development of standard operating procedures</li><li>• Staff remuneration</li><li>• Principles of management</li><li>• Staff management</li><li>• Legal framework of starting and operating a business enterprise</li></ul>	<ul style="list-style-type: none"><li>• Written tests</li><li>• Observation</li><li>• Oral questioning</li><li>• Interviewing</li><li>• Third party report</li></ul>

2. Set up and prepare to provide body massage and spa services	<ul style="list-style-type: none"> <li>• Spa services tools and equipment</li> <li>• Body massage and spa services products and supplies</li> <li>• Identification of body massage and spa services tools and equipment</li> <li>• Identification of body massage and spa services products and supplies</li> <li>• Identification of body massage and spa services PPEs</li> <li>• Workstation set up</li> </ul>	<ul style="list-style-type: none"> <li>• Written tests</li> <li>• Observation</li> <li>• Oral questioning</li> <li>• Interviewing</li> <li>• Third party report</li> </ul>
3. Perform body massage and spa procedures	<ul style="list-style-type: none"> <li>• Consultation and client care</li> <li>• Principles of skin analysis</li> <li>• Disorders and diseases of skin</li> <li>• General anatomy and physiology</li> <li>• Theoretical framework of massage</li> <li>• Massage methods</li> <li>• Principles of hygiene and sanitation</li> <li>• Safety and health in the beauty parlour</li> <li>• Body massage and Basic o Electric o Ethnic o Health related o Sports related</li> <li>• Spa services</li> <li>• Body wrap</li> <li>• Body scrub</li> </ul>	<ul style="list-style-type: none"> <li>• Written tests</li> <li>• Observation</li> <li>• Oral questions</li> <li>• Interviewing</li> <li>• Third party report</li> </ul>
	<ul style="list-style-type: none"> <li>• Ethical and etiquette in cosmetology</li> <li>• After care and marketing principles</li> <li>• Skin analysis procedures</li> <li>• Client preparation procedures</li> <li>• Massage services procedures</li> <li>• Basic</li> <li>• Holistic</li> <li>• Indian head</li> <li>• Deep tissue</li> <li>• Electric</li> <li>• Gyrotory</li> </ul>	

	<ul style="list-style-type: none"> <li>• Faradic</li> <li>• Ethnic</li> <li>• Thai</li> <li>• Chinese</li> <li>• Swedish</li> <li>• Indian head</li> <li>• Shiatsu</li> <li>• Health related</li> <li>• Reflexology</li> <li>• Aromatherapy</li> <li>• Lymphatic drainage</li> <li>• Sports related</li> <li>• Deep tissue</li> <li>• Hot stone</li> <li>• Spa services procedures</li> <li>• Body wrap</li> <li>• Mud</li> <li>• Cling film/foil/poly bag/gauze</li> <li>• Body suit</li> <li>• Body scrub</li> <li>• After care and marketing techniques</li> <li>• disinfection procedures</li> <li>• Waste management methods</li> <li>• Waste disposal methods</li> <li>• Work station clearing procedures</li> </ul>	
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### **Suggested Methods of Instruction**

- Direct instruction
- Project
- Case studies
- Field trips
- Discussions
- Demonstration by instructor
- Practice by the trainee

### **List of Recommended Resources:**

<p><b>General:</b></p> <p>Information</p> <p>Communication</p> <p>Technology, classroom and classroom resources, stationery, charts, posters,</p>	<p><b>Tools and equipment:</b></p> <ul style="list-style-type: none"> <li>• Assorted Massagers</li> <li>• Product applicators</li> <li>• Massage bed</li> <li>• Massage mats</li> <li>• Hot stone kits</li> <li>• Massage seat</li> <li>• Electric body suit</li> </ul>	<p><b>Products and supplies:</b></p> <p>Assorted massage oils</p> <p>massage creams</p> <p>massage powders</p> <p>Massage lotions</p> <p>Assorted body scrubs</p> <p>Assorted masks</p> <p>Massage foils/fling</p> <p>Macintosh</p> <p>Assorted towels</p> <p>Gauzes</p> <p>Gowns</p> <p>Shower gels</p> <p>Disposable pants</p>
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