



REPUBLIC OF KENYA

COMPETENCY BASED CURRICULUM

FOR

BEAUTY THERAPY

KNQF LEVEL 5

PROGRAMME CODE:1012 554 B



TVET CDACC

P.O. BOX 15745-00100

NAIROBI

BODY MASSAGE SERVICES

UNIT CODE: COS/CU/BT/CR/03/5/B

Relationship to Occupational Standards

This unit addresses the Unit of Competency: Provide body massage services.

Duration of Unit: 120 hours

Unit Description

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

Summary of Learning Outcomes

1. Set up and prepare to provide body massage services
2. Perform body massage procedures
3. Carry out post service procedures

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods

1. Set up and prepare to provide body massage services	<ul style="list-style-type: none"> • Definition of terms • Body massage history • Body massage operational resources • Body massage standard operating procedures • Legal framework of operating a salon • Principles of hygiene and sanitation • Safety and health in the beauty parlour • Body massage services tools and equipment • Body massage services products and supplies • Identification of body massage services tools and equipment • Identification of body massage services products and supplies 	<ul style="list-style-type: none"> • Written tests • Observation • Oral questioning • Interviewing • Third party report
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	<ul style="list-style-type: none"> • Identification of body massage services PPEs • Work station set up 	
2. Perform body massage procedures	<ul style="list-style-type: none"> • Consultation and client care • Principles of skin analysis • Disorders and diseases of skin • General anatomy and physiology • Theoretical framework of massage • Basic massage methods • Ethics and etiquette in cosmetology • After care and marketing principles • Skin analysis procedures • Client preparation procedures • Basic massage services procedures o Holistic o Indian head 	<ul style="list-style-type: none"> • Written tests • Observation • Oral questions • Interviewing • Third party report

	<ul style="list-style-type: none"> ○ Deep tissue ○ Swedish • Body scrub • After care and marketing techniques 	
3. Carry out post service operations	<ul style="list-style-type: none"> • Environment management laws and regulations • Waste management and disposal • Decontamination and infection control • Storage of products and supplies • Tools and equipment cleaning and disinfection procedures • Reusable supplies cleaning and disinfection procedures • Waste management methods • Waste disposal methods • Work station clearing procedures 	<ul style="list-style-type: none"> • Written tests • Observation • Oral questions • Interviewing • Third party report

Suggested Methods of Instruction:

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

List of Recommended Resources:

<p>General: Information Communication Technology, classroom and classroom resources, stationery, charts, posters,</p>	<p>Tools and equipment:</p> <ul style="list-style-type: none"> • Assorted Massagers • Product applicators • Massage bed • Massage mats • Massage seat 	<p>Products and supplies:</p> <ul style="list-style-type: none"> • Assorted massage oils • massage creams • massage powders • Massage lotions • Assorted towels • Gowns • Shower gels • Disposable pants
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