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| **TRAINING OCCUPATION: AESTHETIC SERVICE** | | |
| **CU : THERMAL BODY THERAPY** | **Code : MP-060-3:2013-C04** | |
| **Work Activity 1:**Check client consultation information | **Duration : 4 Hours** | |
| **Learning Objectives**  At the end of learning session the apprentice will be able to:   1. Explain client ‘s personal details in consultation cards such as:    1. Clients profile       1. Name,       2. Age,       3. Gender,       4. Occupation,       5. Contacts       6. Address       7. Etc    2. Medical history       1. Health condition,       2. Allergies       3. Medication       4. Etc.    3. Client’s lifestyle       1. Diet       2. Habits       3. Etc    4. Client’s affordability       1. Packages plan ,       2. Mode of payment       3. Budget       4. Client concern (stress, muscle pain, stiffness, obesity)       5. Etc    5. Client’s requirements,       1. Services package plan dry heat (thermal blanket),       2. Wet heat (steam sauna),       3. Products,       4. Charges/fees,       5. Mode of payment,       6. Discounts       7. Promotions,       8. Etc | | |
| **Work Activity 2 :** Carry out thermal body therapies preparation | | **6** |
| **Learning objectives**  At the end of learning session the apprentice will be able to:   1. Explain types of thermal body therapybelow and its function    1. Wet heat therapy    2. Dry heat therapy 2. Explain method of performing thermal body therapy    1. Wet heat therapy       1. Bath tub       2. Jacuzzi       3. Steam bath       4. Etc.    2. Dry heat therapy       1. Hot blanket       2. Red infra lamp       3. Dry sauna       4. LED therapy       5. Etc. 3. List out medium to be used in performing wet heat therapy and its function such as:    1. Essential oil    2. Milk    3. Flower    4. Herbs    5. Rock salt    6. Etc. 4. Explain safety precaution for body thermal therapy equipment such as:    1. Duration of thermal body therapy    2. Temperature of body thermal therapy equipment    3. Humidity of equipment    4. Etc. 5. Explain preparation procedure for thermal body preparation such as:    1. Service area/room/cubicle availability       1. Ventilation,       2. Lighting,       3. Temperatures adjusted and       4. Etc.    2. Service area/room setting layout       1. Bed,       2. Stool,       3. Trolley and       4. Etc.    3. Tools and equipment used for thermal body therapy :       1. Wet heat therapysuch as:          * 1. Bath tub,            2. Jackuzi,            3. Steam bath and            4. Etc.       2. Dry heat therapy such as:          * 1. Hot blanket            2. Red infra lamp            3. Dry sauna            4. LED therapy            5. Etc.    4. Facilities for thermal body therapy and its function such as:       1. Bed/couch,       2. Stool,       3. Etc.    5. Materials for thermal body therapy & it’s function such as :       1. Consumable 6. Cotton, 7. Cotton bud, 8. Gauze, 9. Tissue, 10. Disposable bra/panties, 11. Disposable shower cap, 12. Disposable slippers and 13. Etc.     * 1. Non-consumable       2. Towels,       3. Service attire and       4. Etc.     1. Explain types of thermal body therapies products and its function:        1. Body cleanser 14. Foaming, 15. Non-foaming, 16. Creamy, 17. Gel     * 1. Body scrub 18. Granules, 19. Non-granules, 20. Enzyme, 21. Powder 22. Explain therapist’s personal physical/oral hygiene such as:     1. Breath free from odour     2. Body free from odour     3. Nails groomed     4. Eyebrow groomed     5. Etc. 23. Explain therapist’s personal safety such as;     1. Free from jewellery,     2. Avoid touching electrical equipment with wet hand and     3. Etc.        * 1. Explain product, tools/utensils, equipment and materials arrangement procedure for body wrap services according to SOP     4. Arranging procedure,     5. Arrangement method and     6. Etc. | | |
| **Work Activity 3 :** Carry out client preparation | | **10** |
| **Learning objectives**  At the end of learning session the apprentice will be able to:   1. Explain client preparation and handling technique for thermal body therapy such as:    1. Welcome technique    2. Ushering technique    3. Safe keeping of client belongings    4. Changing of attire:Gown , robe and etc.    5. Client cleanliness and hygiene    6. Client position    7. Client comfort and modesty    8. Etc 2. Explain contra-indications & indications for thermal body therapy service such as:    1. Contra indications–       1. Open wounds       2. Fever       3. Pregnant       4. Cancer       5. On alcohol       6. Epilepsy       7. New bruises       8. High/Low blood pressure       9. Diabetes       10. Asthmatic       11. Etc    2. Indications -       1. Blood circulation       2. Slimming       3. Relaxing       4. Insomnia       5. Detoxing       6. Etc | | |
| **Work Activity 4 :** Perform thermal body therapies | | **20** |
| **Learning objectives**  At the end of learning session the apprentice will be able to:   1. Explain purpose of thermal body therapies details such as:    1. Induce perspiration,    2. Improve circulation,    3. Help reduce water retention and thus body detoxified 2. Explain basic knowledge of body anatomy and physiology (A&P) for:    1. Anatomical directional terms –       1. Anterior,       2. Posterior,       3. Distal and       4. Etc.    2. Organ system –       1. Circulatory system,       2. Skeleton system,       3. Digestion system,       4. Muscular system,       5. Nervous system and       6. Etc. 3. Explain the usage of products and materials in performing body thermal therapy 4. Describe client sensitivity to stimuli and tolerance details such as:    1. Dizziness    2. Palpitation    3. Dehydrated    4. Scorching    5. Etc 5. Explain procedure and technique to perform thermal body therapy according manufacturer’s specification. 6. Explain client response in performing manual body massage such as:    1. Face expression    2. Body movement    3. Etc. | | |
| **Work Activity 5 :** Provide after care advice | | **12** |
| **Learning Objectives**  At the end of learning session the apprentice will be able to:   1. Explain method of gathering client’s feedback for thermal body therapy such as:    1. Written questionnaire    2. Interview    3. Communication / dialogue    4. Etc 2. Explain after care advice such as: 3. Avoid heat therapy 4. Avoid over exposure to sun 5. Consume plain water regularly 6. Etc 7. Explain home care product details for body thermal therapy such as:    1. Warm gel/cream,    2. Ampoules and    3. Etc. 8. Explain procedure for updating client consultation records such as:    1. Next appointment booking (date, time and etc)    2. Record client’s treatment done    3. Client and therapist acknowledgement of treatment performed    4. Etc | | |
| **Work Activity 6 :** Up keep service area | | **10** |
| **Learning Objectives**  At the end of learning session the apprentice will be able to:   1. Explain cleaning method such as:    1. Washing,    2. Sterilization (physical and chemical),    3. Sanitation and    4. Etc. 2. List out tools/utensils, equipment and materials on cleaning method 3. Explain product used for cleaning procedure such as:    1. Soap    2. Antiseptic       1. Surgical spirit       2. Alcohol       3. Etc.    3. Disinfectant       1. Boric acid       2. Formalin       3. Etc. 4. Explain product, tools/utensils, equipment, materials storage procedure for manicure service such as:    1. Placing at designated storage    2. Arranging and keeping in place    3. Etc. 5. Explain types of salon waste below and its disposal procedure:    1. General/bio waste    2. Biodegradable waste    3. Non-biodegradable waste | | |
| **TOTAL** | | **66** |