

## **STANDARD CONDITIONS MESSAGE AND REFLEXOLOGY**

### **1.0 Definitions**

#### 1.1 Massage:

To manually manipulate (someone's body), usually for medicinal or relaxation purposes.

#### 1.2 Types of massage:

Swedish massage (occasionally referred to as traditional massage)

Sports Massage

Aromatherapy Massage

Beauty Massage

Indian Head Massage

Shiatsu Massage

Rolfing

1.3 Reflexology: Uses of pressure and massage on the reflex points on the feet.

### **2.0 Client consultation**

2.1 A full client consultation must be carried out at the time of a first visit, prior to any treatment.

This is to include the following:

Medical history

Does the client have:

- Eczema
- Psoriasis
- Haemophilia
- Heat disorders/disorders
- High/low blood pressure
- Epilepsy
- Diabetes
- Allergies

Is the client:

- Taking medication or blood thinning agents
- Breast feeding
- Pregnant

Where any of the above conditions exist, written consent from the clients GP must be given before any electrolysis is carried out

2.2 Area to be treated

2.3 Treatment plan

2.4 Date of treatment

2.5 Date of birth of the client

2.6 Proof if ID shown where necessary

2.7 Explanation of the procedure involved

- 2.8 Record that aftercare advice/leaflet given
- 2.9 Name of therapist who carried out the treatment
- 2.10 This record should be signed by the client or parent/guardian where under 16 as a declaration of agreement to treatment having understood all the associated risks.

### **3.0 Infection control**

- 3.1 Hands must be washed immediately prior to and after treatment
- 3.2 Couches, tables and trolleys must be wiped with a suitable disinfectant between clients. If towels are used a clean towel must be used for each client.
- 3.3 Couch roll should be changed between clients

### **4.0 Age**

Anyone under the age of 16 must be accompanied by a parent or guardian and the client record signed by the parent/guardian..

### **5.0 Challenge 25 Policy**

Any person wishing to be massaged will need to provide proof of their age if they look under 25.

Licensees must advertise this policy so that all clients are aware that they may be challenged about their age if they look under 25.

**Proof of age will be either a driving licence or passport XXXX.**

Where a challenge is made, it must be recorded and proof of age also noted on the client record card.

### **6.0 Training**

Only therapists approved and registered by the London Borough of Bromley can undertake massage and reflexology.

### **7.0 Information and Record keeping**

- 7.1 Records kept must include steps taken to verify the age of the client. E.g. photocopy of proof of age where appropriate
- 7.2 All records must be held on the premises for a period of two years and be available for inspection by an authorised officer.