

### **Code of Practice 1**

## **Massage Treatments, Aromatherapy and Reflexology**

#### **Special Treatment Premises**

##### **1.0 Purpose**

The purpose of this Code of Practice (COP) is to support the policy decisions and conditions of licence adopted by the Council in respect of Special Treatments Establishments.

##### **2.0 Scope**

This COP details specific requirements for massage treatments in addition to those laid down in the Regulations applicable to all special treatment licensed premises.

##### **3.0 Definitions**

3.1 Massage: For the purposes of this COP Massage refers to massage treatments listed below including:

- Swedish Massage (occasionally referred to as traditional massage)
- Sports Massage (except when administered by an exempted person)
- Thai Massage
- Stone / Hot Stone Massage
- Bowen technique
- Beauty Massage
- Shiatsu Massage
- Rolfing
- Manual lymphatic drainage
- Aromatherapy massage: massage involving the use of essential oils
- Reflexology: Use of pressure and massage on the reflex points on the feet and hands to treat or alleviate symptoms and disorders.
- NB: This is not an exhaustive list of all treatments contact Regulatory Services on 01702 215005 for further advice.

##### **4.0 Client consultation**

4.1 A full client consultation must be carried out and recorded at the time of the first visit.

This must include:

- a) Name and address of the client
- b) Age – Clients under 16 years of age should be accompanied by a parent or guardian
- c) Medical history:
  - Pregnancy / Breast feeding
  - Heart disease/pacemaker
  - Epilepsy
  - Diabetes

- High or low blood pressure
- Allergies
- Taking blood thinning medication
- Haemophilia
- Hepatitis
- Concurrent drug treatments such as antihistamines, steroids
- Skin conditions, Eczema, Psoriasis.
- Immuno-compromising conditions
- Implants as a result of surgery/artificial joints
- Psychiatric disorders
- Any other medical condition that may affect treatment

d) Where any of the above conditions exist then the client shall be referred to their GP for suitability of treatment.

e) Type of treatment requested and treatment plan.

f) Risks and reactions to treatment discussed and recorded.

4.2 The record should be signed by the client, or guardian/parent of the client if under 16, as a declaration of agreement to treatment, having been advised of the risks.

4.3 A record of subsequent treatments and any contra-actions must be kept.

4.4 Clients should be provided with suitable verbal and written aftercare advice.

4.5 If pre-existing conditions are declared or noted during the consultation, and fall outside the scope of the therapist's training, treatment should not be provided without the consent of the client's Doctor or other appropriate healthcare professional.

## **5.0 Infection control**

5.1 Handwash facilities shall be available within the treatment area.

5.2 Liquid soap and hand drying facilities must be located by the hand wash basin.

5.3 A separate hand wash basin must be available within the toilet facilities.

5.4 Hands must be washed using liquid soap immediately prior to and after treatment

5.5 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. Towels should be washed at 65°C or greater.

5.6 Couch roll should be changed between clients.

Whilst handwashing is vital to maintaining hygiene and infection control the therapist must have due regard to the risk of dermatitis and use appropriate products. (further information available via the HSE & HABIA websites).

## **6.0 Training**

6.1 All therapists carrying out treatments detailed in this COP must hold a relevant professional qualification that is externally verified, specific to the treatment and meets current national occupational standards. Suitable qualifications include:

- ITEC
- NVQ Level 3
- VTCT Level 3
- City & Guilds Level 3
- Cidesco
- CIBTAC / BABTAC Diplomas

6.2 Practitioners who hold qualifications not listed above, or hold a qualification obtained abroad, will need to undertake a suitable course as listed above or have the qualification verified by a NVQ approved acquired learning assessor and the U.K. equivalent qualification awarded or apply for UK comparison through an organisation such as UK NARIC.

6.3 Therapists must not offer treatment types outside their area of qualification.

6.4 Therapists are advised to obtain membership of a recognised professional body.

6.5 Members of one of the following are exempt from requiring a licence:

- Registered Medical Practitioner
- Person Registered by any board established under the Professions Supplementary to Medicine Act 1960
- Member of the Chartered Society of Physiotherapy
- A Nurse registered or enrolled by the Nursing and Midwifery Council
- A member of any organisation or association which specifies qualifications for the practice by its members of chiropody, chiropractic, osteopathy, naturopathy, or acupuncture being a member who is required by that organisation or association to observe professional standards in such practice.
- Any hospital.
- Any charity registered under section 4 of the Charities Act 1960.
- Any registered nursing home under the Nursing Homes Act 1975.
- NB: This is not an exhaustive list of exemptions, contact Regulatory Services on 01702 215005 for further advice.

6.6 Any premises which offer only Scalp and Face massages need not apply.

## **7.0 Aftercare**

7.1 Suitable and sufficient, written and/or verbal aftercare advice must be given to all clients for all treatments administered.

7.2 Provision must be made for clients to rest after treatment if required.

**8.0 Review**

This Code of Practice will be reviewed regularly and updated in light of current industry guidance and legal opinion. Any changes will be notified to licensees and will be attached as conditions to your licence with effect from the date of the next renewal of your licence.