

Massage and Special Treatments Explained

Code of Practice 1 – Massage, Aromatherapy and Reflexology

- Swedish Massage (occasionally referred to as traditional massage)
- Sports Massage (except when administered by an exempted person e.g Registered Physiotherapist)
- 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.

Code of Practice 2 - LASER IPL ILS

Lasers (class 3b and 4) Intense Pulsed Light and Intense Light systems
Used for hair removal, thread vein removal, skin rejuvenation, tattoo fading/removal

Code of Practice 3 – UV Light Treatment

Sunbeds, UV facials

Code of Practice 4 – Sauna and Steam Rooms

Saunas consist of an insulated enclosure made of wood, together with heat generating equipment usually in the form of a heat-generating stove. Benches are provided within the sauna enclosure. Saunas provide a dry heat and the temperature may range from 85°C to 100°C for up to a 10 minute treatment.

Steam Rooms consist of an enclosure made of an impervious material and steam generating equipment. They are designed to operate at temperatures of up to 50°C regulated by a thermostat with relative humidity of 80 to 100%. They produce a wet humid heat and are intended for indoor use. Usually lasting 6 – 12 minute treatment.

Code of Practice 5 – Spa pools

A pool full of warm water at approximately body temperature, designed for sitting in rather than swimming and consisting of a contained pool of warm water with jets of water, or air bubbles or combination of both to provide a warm water massage. Spa pools are distinguished from whirlpool baths in that they are not emptied between uses.

Code of Practice 6 - Electric and Electric Vapour Treatment

This involves the use of an electrical device to administer treatments by way of either an electrical current or mechanical means. Examples include;

- Endermologie
- Facial Steamers
- Lumi Lift/Lumi Facials
- Micro Current Therapy
- Ultra Sonic
- Heat / Heat Lamps Therapy
- Infra-Red Heat Therapy

Note - skin piercing activities such as tattooing, micro blading, body piercing, semi-permanent make-up and electrolysis all fall under separate legislation.