**Unit 15: Reflexology for Beauty Therapy**

**Unit code:** K/601/9705  
**QCF level:** 5  
**Credit value:** 15

**Aim**
This unit provides an introduction to holistic, clinical reflexology, which is used in beauty therapy.

**Unit abstract**
Reflexology is the study and practice of treating reflex points and areas in the hands and feet that relate to corresponding parts of the body, and is an increasingly popular treatment that is requested in beauty therapy. Using precise hand and finger techniques, a reflexologist can help improve circulation, induce relaxation and enable homeostasis.

This unit covers both the holistic and therapeutic approaches to reflexology treatment. Learners will also develop their practical ability in reflexology, through interpreting data, applying skills and evaluating treatment.

This unit will develop the learner’s awareness of this area of the beauty industry. However, it will not fully develop competence or confer a licence to practise, rather it contributes to the underpinning knowledge and understanding of the appropriate National Occupational Standards. Should learners wish to pursue this area of study, they should contact the relevant professional bodies and seek guidance on further professional study.

**Learning outcomes**

On successful completion of this unit a learner will:

1. Understand the principles behind reflexology used in beauty therapy
2. Be able to perform client consultations for reflexology treatments used in beauty therapy
3. Be able to perform reflexology treatments, in accordance with health and safety practices
4. Be able to evaluate the treatment session and provision of aftercare advice.
Unit content

1. **Understand the principles behind reflexology used in beauty therapy**

   *Reflex areas*: feet

   *Relationships*: link between reflex areas in feet and the anatomical structures; physiological systems; emotional functioning of the human body

   *Theories*: current and relevant theories eg Chinese Meridian theory, Zone theory, Ingham method, Bayly method

2. **Be able to perform client consultations for reflexology treatments used in beauty therapy**

   *Client consultations*: communication skills (questioning, listening); interpersonal skills; establishing a rapport with the client (empathy); consultation techniques (questioning, visual, manual, reference to client records); obtaining personal details (age, gender, medical conditions, contraindications); assessment of physical and psychological condition (observation of client’s feet); dealing with queries from client; professional ethics (managing client expectations, client confidentiality, client privacy, explaining limitations of treatment); record keeping (Data Protection Act 1998, use of record cards, recording effects of each treatment, accuracy); treatment plans (proposed reflexology treatment, agreeing plan with client)

   *Client referral procedures*: when to refer clients to healthcare professionals; importance of doing so (client’s wellbeing, establishing good relationships with medical community, limits of reflexologist’s authority)

3. **Be able to perform reflexology treatments, in accordance with health and safety practices**

   *Reflexology treatments*: sanitation procedures (soaking/cleansing feet); positioning of client and self; use of supporting hand; foot massage to both feet suited to client’s needs and underlying anatomical structures (confident handling, sequence, rhythm and flow); health and safety practices eg Health and Safety at Work Act 1974

   *Monitoring client’s reactions and wellbeing throughout*: identification of reactions/imbalances found during treatment; contra-actions to treatment; changes in emotion or behaviour; making necessary adjustments to treatment eg incorporation of pressure circles over area to redress energy blockages

   *Completion of records*: accuracy; cross-referencing of findings back to details obtained during the consultation

   *Aftercare advice*: homecare (ways to avoid contra-actions, maintaining treatment’s benefits); retail opportunities (products, future services)
4 Be able to evaluate the treatment session and provision of aftercare advice

_Evaluation_: benefits of session; contra-actions; client feedback; adaptations to techniques used; treatment plan; aftercare advice

_Improvements_: treatment plan; aftercare advice
## Learning outcomes and assessment criteria

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<tr>
<th>Learning outcomes</th>
<th>Assessment criteria for pass</th>
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<td><strong>On successful completion of this unit a learner will:</strong></td>
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| LO1 Understand the principles behind reflexology used in beauty therapy | 1.1 outline the reflex areas in the feet  
1.2 explain the relationships between the reflex areas in the feet and the anatomical structures, physiological systems and emotional functioning of the human body  
1.3 explain theories behind reflexology |
| LO2 Be able to perform client consultations for reflexology treatments used in beauty therapy | 2.1 perform client consultations  
2.2 assess client’s feet, using observation techniques  
2.3 complete client consultation records in accordance with regulations and legislation  
2.4 create treatment plans, which are agreed with clients  
2.5 explain client referral procedures and their importance |
| LO3 Be able to perform reflexology treatments, in accordance with health and safety practices | 3.1 perform reflexology treatments safely  
3.2 monitor client’s reactions throughout the treatment session  
3.3 complete accurate records of all treatment sessions  
3.4 provide aftercare advice to the client |
| LO4 Be able to evaluate the treatment session and provision of aftercare advice | 4.1 evaluate the treatment session and provision of aftercare advice  
4.2 recommend improvements to the treatment session and aftercare advice provided |
Guidance

Links

This unit has particular links with:

- Unit 13: Indian Head Massage
- Unit 14: Aromatherapy for Beauty Therapy
- Unit 16: Provide Spa Treatments.

This unit links to the following National Occupational Standards for reflexology:
- CNH11: Provide reflexology to clients.

Delivery

Reflexology treatments should be carried out using recognised techniques and hygiene practices in accordance with current legislation.

The word ‘client’ can relate to friends and peers, and does not mean that treatments need to be carried out on paying clients or within commercial timescales.

Whilst learners should be introduced to the main theories behind reflexology, they are not expected to demonstrate practical ability in different methods.

Assessment

Learners are expected to evidence their practical treatment sessions/case studies with at least eight completed consultation forms, supported by treatment record cards detailing treatment reactions from each individual client session.

Resources

Learners should have access to a Realistic Learning Environment where they can carry out client consultations and treatments, as outlined in Annexe F.

Employer engagement and vocational contexts

Delivery of this unit would be enhanced by inviting local reflexologists as guest speakers. Learners could develop their reflexology skills with clients in the workplace, as part of a work experience placement, or in a realistic work environment.