



Purpose

ITEC Level 3 Diploma in Massage

QAN 600/5503/0

Aims and Objectives

The main aim of the ITEC Level 3 Diploma in Massage is to enable Learners to gain the necessary practical and theoretical skills in order to provide Massage treatments to the general public and to gain employment in the Massage Industry. This qualification is suitable for Learners aged 16 and over and is designed to provide occupational competence at Level 3. It also provides a sound platform into further training at Level 3 and 4

Content

This qualification is for Learners who want to work within the Massage Industry. The qualification consists of 4 mandatory units with a total of 296 hours of Guided Learning (GL) to achieve the full qualification and 1 additional optional elective unit

The main skills you will perform are:

- Consultation techniques – to include understanding the needs of clients and when and when not to treat them, identifying general body types and skin types, different types of fat and common postural faults, contraindications, explaining possible contra-actions and providing aftercare and home care
- Health, safety and hygiene – contextualised to the environment in which the Learner is working
- Body Massage techniques – to include selecting a suitable massage medium for the client's skin type, classical massage movements and adapting the treatment to the client's specific needs

You will also develop knowledge about current legislation and working practice requirements and client care and communication which is essential to work and be successful in the Industry

This qualification also provides:

- The related knowledge and understanding required to perform the Massage skills listed above effectively, in particular the anatomy and physiology of the body and common diseases and disorders that may affect when a client should or should not receive treatment
- Knowledge and understanding of the principles and practice of complementary therapies
- Knowledge and understanding of business practice in a complementary therapies context
- Opportunities for Learners to focus on the development of their wider skills in a Massage setting such as communicating with clients, working with others and problem solving
- Opportunities for Learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a Massage therapist

Why Choose the ITEC Level 3 Diploma in Massage?

1. This Qualification combines the full range of skills and knowledge for the Learner seeking employment or self-employment as a Massage Therapist at Level 3. There are other Diplomas in Massage at Level 3; however they also cover the skills of Aromatherapy, Massage and

Reflexology. This qualification enables the Learner to become specialised in Massage, ready for employment in Industry

2. This Qualification is listed in the Ofqual Register of Qualifications
3. This Qualification contains all the skills and knowledge required for employability at Level 3
4. Learners may progress on to qualifications at Level 3 and 4 such as the ITEC Level 3 Diploma in Aromatherapy, the ITEC Level 3 Diploma in Reflexology and the ITEC Level 4 Diploma in Spa and Salon Management
5. This qualification does not form part of an Apprenticeship
6. This qualification is recognised by all relevant professional bodies within the Complementary Therapies Industry for membership and insurance purposes at Level 3

Opportunities for Employment

There are opportunities for Massage Therapists to find employment in a variety of areas:

- Complementary health clinics
- Primary health trusts
- Beauty salons
- Spa
- Cruise ships
- Hotels or resorts
- Own clinic

Please see the letters of support from employers within the industry, including [BABTAC](#), [CThA](#), [CNHC](#), [Steiner Trading Ltd](#), [The Carlton Group](#), [Champneys](#), [Room B](#), [Senses Skin Care Centre](#), [Alexandra House](#), [House of Beauty](#) and [LYS Love Your Skin](#)

Opportunities for Progression

Once Learners have achieved the ITEC Level 3 Diploma in Massage they may progress on to other ITEC or equivalent qualifications at Level 3 and 4 for example:

- Level 3 Certificate in Indian Head Massage
- Level 3 Certificate in Stone Therapy Massage
- Level 3 Diploma in Aromatherapy
- Level 3 Diploma in Reflexology
- Level 3 Diploma in Yoga Teaching
- Level 3 Diploma in Thai Massage
- Level 3 Diploma in Infant and Child Massage
- Level 3 Diploma in Reiki
- Level 3 Diploma in Spa Treatments
- Level 4 Diploma in Spa and Salon Management
- Level 4 Certificate in Sports Massage Therapy

For further Awards, Certificates and Diplomas please go to www.itecworld.co.uk

Professional Body Recognition

The Qualification was developed collaboratively with Skills for Health (SfH) the Sector Skills Council responsible for standards in healthcare. It is also recognised for admission onto the Register of Complementary Therapists operated by the Complementary and Natural Healthcare Council (CNHC) who work closely with the Primary Healthcare Trusts. The qualification is also recognised for membership by:

- British Association of Beauty Therapists and Cosmetologists (BABTAC)
- Complementary Therapists Association (CTHA)
- Federation of Holistic Therapists (FHT)

For further details regarding the content please see the qualification specification [here](#)