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| **Minor Award Name** | **Body Massage and Figure Analysis** |
| **Minor Award Code** | **5N3465** |
| **Level** | **Level 5** |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Body massage and Figure Analysis | BookThe Art and Science of Spa and Body | This textbook makes an excellent companion to this module. It is a comprehensive guide to face and body therapies. Some of the topics covered include body analysis, professional standards in spas and salons, heat treatments, massage techniques and hydrotherapy. The clear photographs and diagrams add to the detail provided in this book. | Jane Foulston | <http://www.emspublishing.co.uk/books/the-art-and-science-of-spa-and-body-therapy> |
| Body massage and Figure Analysis | E-LearningOnline Slides and videos | E-learning from ems publishing provides a flexible support for tutors and students alike. Students would have 24 hour access to study slides and videos providing a Swedish body massage. This resource makes a great aid for exam preparation. | EMS Publishinge-learningresources.co.uk | <http://www.e-learningresources.co.uk/complementary-therapies> |
| Body massage and Figure Analysis | Website Article | This online article provides a guide throughout the ages of massage beginning with India and travelling through China, Japan, Rome, and Europe up to the modern ages of massage. It is a clear concise guide to the history of massage. | Natural Healers | <http://www.naturalhealers.com/massage-therapy/history/> |
| Body massage and Figure Analysis | WebsiteArticle | This article breaks down the benefits of massage into each system of the body. It outlines how massage benefits the skin, muscles, bones, nervous, lymphatic, circulatory, respiratory, endocrine and the digestive systems of the body. It also touches on the psychological effects of massage too. | Whole Person Health | <http://www.wholepersonhealth.com/services/therapeutic-massage/> |
| Figure Analysis | WebsiteDocument | This online document is a colourful BMI chart. It is an easy tool that students can use during the figure analysis stage of the treatment. The chart is particularly useful as it shows each section in centimetres, inches, pounds, stones and kilograms and it is simple to calculate the BMI. | Health Promotion | <https://www.healthpromotion.ie/hp-files/docs/HPM00782.pdf> |
| Body Massage and Figure Analysis | WebsiteDocument | ITEC has provided a number of consultation cards for body massage and figure analysis. These documents are a perfect guide to the information that is required to perform a detailed figure analysis and Swedish body massage. It accounts for client details, client’s measurements, contra-indications, body types and postural defects. | ITEC | <http://www.itecworld.co.uk/qualifications/Diplomas.aspx?k=278> |
| Figure Analysis | Website | The website has a section dedicated to healthy eating. It covers the food pyramid and gives the daily recommended amounts of each food group. This would be particularly useful for the homecare section of the figure analysis as there are suggestions for a healthy diet and lifestyle too. | Health Service Executive | <http://www.hse.ie/eng/services/list/4/olderpeople/tipsforhealthyliving/healthyeating.html> |
| Figure Analysis | Online Article | This online article describes the three body types: ectomorph, mesomorph and endomorph. It outlines the characteristics of each body type and recommends exercise and foods to suit each one. | The Science of eating | <http://thescienceofeating.com/food-combining-how-it-works/workouts-for-all-areas/the-3-body-types-explained/> |
| Body Massage and Figure Analysis | PDF DocumentWebsite | This document is a guide to health and safety in the workplace. It covers risk assessment, safety statements, responsibilities of the employer and employees.  | The Health and Safety Authority | <http://www.hsa.ie/eng/Publications_and_Forms/Publications/Safety_and_Health_Management/Guidelines_on_Risk_Assessments_and_Safety_Statements.pdf> |
| Body Massage and Figure Analysis | Online Article | The article provided outlines the rights and responsibility of employers and employees, personal protective equipment and measures and how to report an accident. A useful tool for health and safety for a small business. | Citizens Information | <http://www.citizensinformation.ie/en/employment/employment_rights_and_conditions/health_and_safety/health_safety_work.html> |
| Body Massage and Figure Analysis | YouTube Video Tutorial | The video demonstrates a 20 minute basic back massage by a qualified massage therapist. During the tutorial the benefits of massage are explained and each movement is mentioned. | Katie Miles | <https://m.youtube.com/watch?v=kqBMbW6tHI4> |
| Body Massage and Figure Analysis | Interactive Diagrams | This website offers 2D interactive diagrams of the muscles and bones of the entire body. It describes the position and action of each muscle and the position and type of each bone. In addition to this it also provides diagrams of other systems in the body. | Innerbody | <http://www.innerbody.com/image/musfov.html> |
| Body Massage and Figure Analysis | BookThe Concise Book of Muscles | The Concise Book of Muscles is a detailed reference book for muscles. It describes the position, action and function of many muscles. It has the added advantage of recommending exercises to strengthen each muscle. | Chris Jarmey | [https://www.amazon.co.uk/Concise-Book-Muscles-Chris-Jarmey/dp/1905367627/ref=sr\_1\_1?ie=UTF8&qid=1471626049&sr=8-1&keywords=the+concise+book+of+muscles+by+chris+jarmey](https://www.amazon.co.uk/Concise-Book-Muscles-Chris-Jarmey/dp/1905367627/ref%3Dsr_1_1?ie=UTF8&qid=1471626049&sr=8-1&keywords=the+concise+book+of+muscles+by+chris+jarmey) |
| Body Massage and Figure Analysis | Website | This website provides an A to Z list of skin diseases. A photograph is given alongside the cause, treatment and description of each skin disease. A useful website to enhance the visual learning of students. | The British Skin Foundation | <http://www.britishskinfoundation.org.uk/SkinInformation/AtoZofSkinDisease.aspx> |
| Body Massage and Figure Analysis | BookIllustrated Beauty Therapy Dictionary | This book uses terminology relevant to beauty students so that they don't have to find their way through irrelevant medical terminology. It includes a pronunciation guide enabling correct pronunciation. It provides illustrated terms that help to explain key concepts and reinforce learning. It can be used as a quick reference of the body structure and systems to put other terminology into context.  | [Susan Cressy](http://www.easons.com/m-134544-susan-cressy.aspx) | <http://www.easons.com/p-466648-illustrated-beauty-therapy-dictionary.aspx> |
| Body Massage and Figure Analysis | BookAn Introductory Guide to Massage | This textbook covers many of the learning outcomes involved in this module and can be a very useful learning tool for the students. The topics included are: The history of massage and its use, anatomy for massage, massage techniques, effects and benefits of massage, professional conduct, client consultation and other complimentary therapies. | Louise Tucker | <http://www.emspublishing.co.uk/books/an-introductory-guide-to-massage> |
| Body Massage and Figure Analysis | Book An Introductory Guide to Business | This textbook covers the business idea, marketing within a salon environment and health and safety in a beauty business. A good tool for the new therapist. | John Mann | <http://www.emspublishing.co.uk/books/an-introductory-guide-to-business> |
| Body Massage and Figure Analysis | Textbook | This textbook is an excellent reference book for tutors. It provides a detailed view of body therapies and their concepts. It covers above and beyond what is required from this module but is a useful tool for teachers when planning their lessons. | Mo Rosser | <http://www.easons.com/p-576164-body-therapy-facial-work.aspx> |
| Body Massage and Figure Analysis | BookBeauty therapy fact file | This textbook is a well-structured and easy-to-follow content. It provides detailed information on each treatment and could be used as a reference tool for tutors as it covers above and beyond what this module requires. | [Susan Cressy](http://www.easons.com/m-134544-susan-cressy.aspx) | <http://www.easons.com/p-465874-beauty-therapy-fact-file.aspx> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Professional Beauty | <http://professionalbeauty.co.uk/site/Home> |
| ITEC | <https://www.itecworld.co.uk/> |
| CIBTAC | <http://www.cibtac.com/learning-resources/> |
| Associated Beauty Therapists | <http://aitireland.com/> |
| The Dermal Institute | <https://www.dermalinstitute.com/us/> |
| Professional Beauty Magazine | <http://professionalbeauty.co.uk/site/magazine> |
| EMS Publishing | <http://www.emspublishing.co.uk/e-learning> |
| The Association of Registered Complementary Health Therapists of Ireland | <http://irishtherapists.ie/> |
| Irish Massage Therapists Association | <http://www.massageireland.org/> |
| Complementary Therapist Association | <http://www.ctha.com/> |

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| **MOOCs (Massive Online Open Courses)** |
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