Ellisons®
The Academy

Japanese Head Spa

Online training manual



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Japanese Head Spa

Originating in Japan, this treatment focuses on improving scalp health and promoting healthy hair growth alongside being deeply relaxing.

The Japanese head spa online training course comprises both theory and practical modules.

You will work independently through the theory modules, completing a series of question and answer sections to assess your learning progress. You will have access to the Japanese head spa training manual together with a video tutorial to guide you through the step by step process. In addition, one of our professionally qualified trainers will be available to address your personal requirements as you work through the course content.

You will have successfully completed the course once you have completed the theory modules, Q&A's and submitted your assessment video which we will assess and provide feedback.

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Japanese Head Spa
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Welcome

Welcome and thank you for choosing the Ellisons Japanese head spa online training course.

You will work though the theory modules at your own pace, answering the end of module examinations to test your learning. You are required to submit a practical demonstration of yourself performing a Japanese head spa treatment which will be assessed by an Ellisons educator.

You will have completed the course when you have passed all of the required theory, module examinations and received notification of your competent practical assessment. You will then receive an accredited certificate to download.

Please email any questions throughout your learning experience to academy@ellisons.co.uk we will respond by the next working day.

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Introduction to the treatment

Originating in Japan, this treatment focuses on improving scalp health and promoting healthy hair growth alongside being deeply relaxing.

The concept of cleansing the hair and scalp combined with relaxation can be traced back to the Japanese hot springs (Onsen). Integral to Japanese society for centuries, the minerals present within these bathhouses are renowned for their detoxifying benefits for the hair and skin.

By the late 20th century, hair salons started to offer specialised scalp treatments alongside conventional hair services, recognising the importance of scalp health in achieving beautiful hair.

In the 1990's and early 2000's, Japanese head spa treatments started to gain popularity as standalone services.

Over time, the head spa treatment evolved to incorporate steaming machines for deeper product penetration. Additionally, high-quality products featuring natural ingredients and innovative formulations became a staple of the treatment.

In recent years, the Japanese head spa has gained international recognition. Beauty enthusiasts have embraced the treatment for its comprehensive approach to hair and scalp care.

Today, the Japanese head spa remains a popular and sought-after treatment, celebrated for its effectiveness in promoting scalp health, enhancing hair quality, and offering a deeply relaxing experience

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Aims and outcomes of the course

This course is designed to ensure you:

- Maintain safe and effective methods of working when performing the treatment
- Effectively consult, plan and prepare for the treatment with clients
- Recognise, understand and follow all safety procedures
- Understand and perform the procedure required for Japanese head spa treatment
- Recognise the features and benefits of the treatment
- Identify opportunities for your business
- Understand the importance of aftercare and communicating this effectively to clients

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Features and benefits of the treatment

- Helps to improve scalp health
  Stimulates blood circulation to the area
  Deep cleansing of the hair and scalp to remove excess oil and product build up
  Exfoliates the scalp to remove dead skin cells
  Hydrates the scalp to help relieve dryness and flakiness
- Helps to improve hair quality
  Nourishes the hair from root to tip to strengthen and reduce breakage
  Circulation is improved to promote healthy hair growth.
- Helps to relieve stress and aids relaxation
  Massage movements reduce tension and relieve stress to create an overall sense of wellbeing.
- Enhanced product absorption
  The use of steam helps open hair cuticles allowing treatment products to penetrate the hair and work more effectively

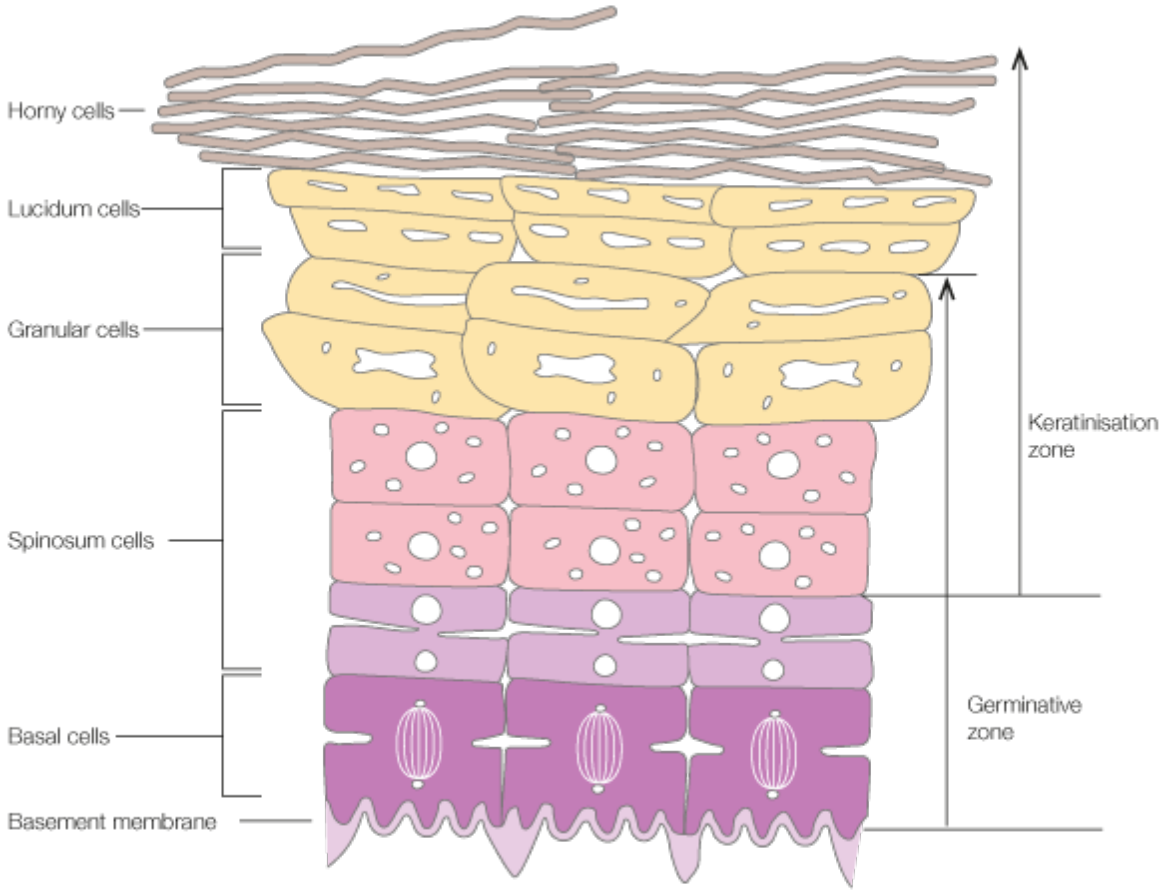
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Structure of the skin

The epidermis

This is the outer layer of the skin. The thickness varies, it is thinnest on the eyelids and thickest on the soles of the feet and palms of the hands. The epidermis is found above the dermis.

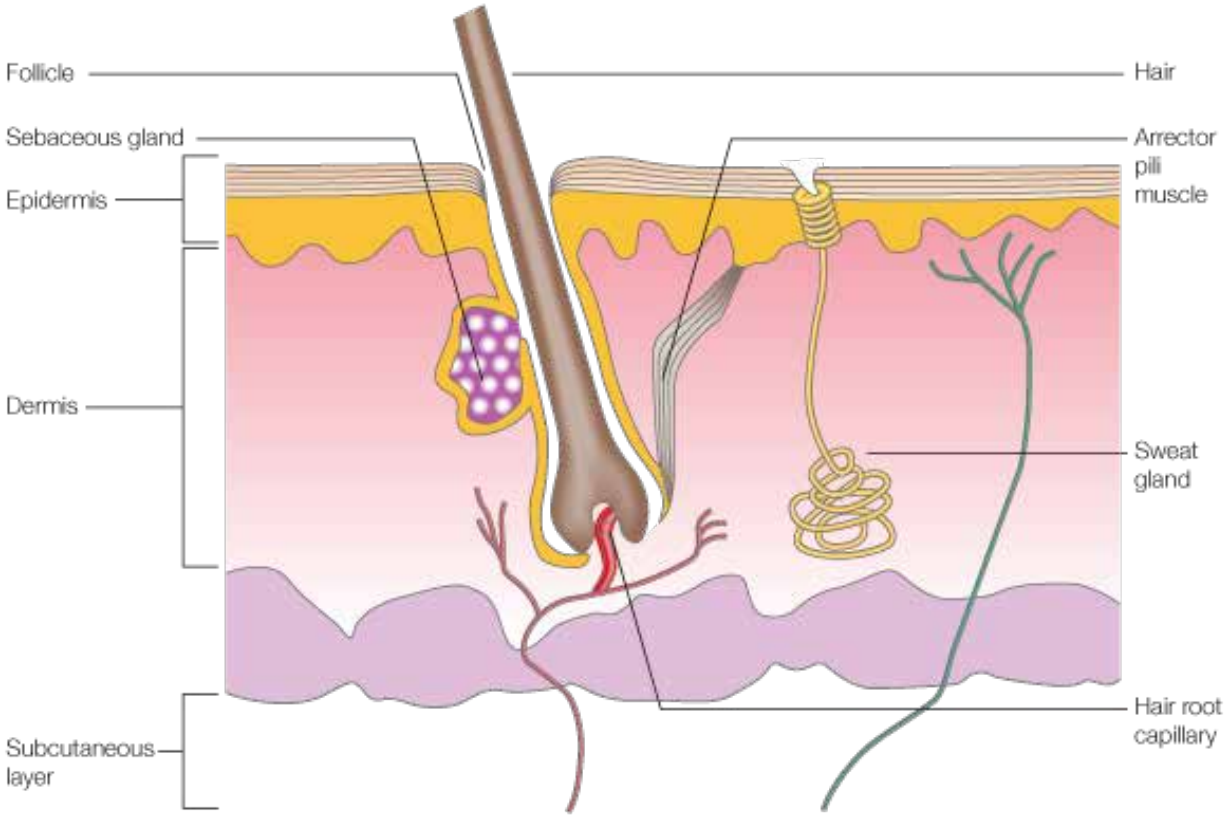
It is composed of five layers of cells, many of these cells produce keratin. Keratin is a protein; it makes the skin tough and helps create the protective outer layer. Cells move from the bottom of the epidermis to the top layer over a period of approximately four weeks, during this period they change in shape and structure. This is called cell reproduction or cell renewal.



Illustrations by Edwin Allan MA (Oxon)

The dermis

The dermis is the part of the skin found beneath the epidermis, it is mainly composed of connective tissue and is much thicker than the epidermis.



Illustrations by Edwin Allan MA (Oxon)

The papillary layer

Located at the surface of the dermis beneath the epidermis. This layer contains nerve ending and capillaries. It supplies the epidermis with its nourishment from the capillaries.

The reticular layer

This makes up the majority of the dermis and contains all of the parts listed in the diagram.

Its actual structure is a mixture of protein fibres. These fibres allow the movement of the skin. They are split into two groups elastin and collagen. Elastin fibres give elasticity and collagen fibres give strength.

These protein fibres are produced by cells called fibroblasts. When the skin ages it is these fibres which harden and break down. On the surface of the skin this is shown by fine lines and loss of tone.

Major damage to these fibres can also create this breakdown.

Examples of this are:

- Ultraviolet light
- Weather
- Illness
- Stress
- Medication
- Lack of nutrients in the diet
- Excess of alcohol
- Smoking
- Sudden increase in body weight

Mast cells

Found in the dermis. These cells burst when the skin becomes inflamed or is allergic to a substance. They release histamine which brings more blood to the site of the irritation.

Sebaceous gland

The sebaceous gland is attached to the hair follicle in the dermis, it secretes sebum to lubricate skin and hair.

Hair follicle

A hair follicle is found in the dermis, except on the palms of hands and soles of feet. It is an opening for the hair to grow from.

Arrector pili muscles

Arrector pili muscles are found attached to the hair follicle in the dermis. They contract when the skin or body is cold or there is fear. The arrector pili muscles make hair stand up trapping air on the surface of the skin.

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Sudoriferous gland

The sudoriferous gland regulates body temperature and excretes waste. There are two types of sudoriferous gland. The apocrine gland, which is found in the groin and armpits, this gland produces a thicker substance and is controlled by the nervous system. The eccrine gland is found all over the body, they are more present on the palms of hands and soles of feet. Seen straight in epidermis and coiled in dermis. The duct which opens at surface of the skin is called a pore. The eccrine gland helps remove waste from the skin and is part of the acid mantle.

Collagen fibres

Collagen fibres are found in the dermis. They give the skin strength and support.

Elastin fibres

Elastin fibres are found in the dermis, giving the skin stretch and elasticity.

Blood vessels

They are called arteries and veins, these divide into smaller structures called capillaries. Blood vessels take blood to and from organs, tissues and skin.

Arteries

Run throughout the dermis subcutaneous layers. Capillaries run into the papillary layer of the dermis to supply the epidermis. Carry oxygenated blood which carries nutrients and oxygen to feed the skin's cells.

Veins

Run throughout the dermis and subcutaneous layers, capillaries run into the papillary layer of the dermis to supply the epidermis. Carry deoxygenated blood (this is blood that has been used and now carries waste matter) from the skin. Veins have valves to stop the blood flowing backwards.

Lymphatic vessels

Found in dermis and subcutaneous layers. Lymphatic vessels remove waste products from the body and skin.

Nerves

Nerves are contained in the dermis and subcutaneous. Nerve endings respond to heat, cold, pain, pressure and touch, they protect the skin. When any of these are stimulated the skin reacts accordingly.

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Blood supply to the skin

Blood circulates around the body in structures called vessels. The heart is the pump that moves the blood through the vessels, the vessels are called arteries and veins. Arteries carry blood from the heart to the organs and the tissues and veins carry blood to the heart back from the organs and the tissues.

The organs and tissues of the skin of the face and neck are supplied by the:

- External carotid artery
- Internal jugular vein

These vessels branch into smaller structures called capillaries and arterioles to feed the superficial layers of the skin.

Lymphatic supply to the skin

The lymphatic system is the way the body removes waste from the tissues, skin, and blood. There are various lymphatic vessels around the body and skin, these vessels contain a watery substance called lymph. Lymph collects the waste materials and takes it to the various nodes that are found in certain areas of the body, e.g. under the arms, neck. Lymph nodes are found in various areas of the face and neck.

Manual treatments such as cleansing, exfoliation and massage will stimulate the blood and lymph through the skin layers. This increases the supply of nutrients to the skin and the cells and assists in the removal of waste material through the skin and the skin's cells.

Acid mantle of the skin

The acid mantle of the skin is a protective layer found on the surface of the epidermis. It is the skin's own way of protecting itself. It acts as a barrier stopping harmful substances affecting the health of or entering the skin.

The acid mantle is made up of:

Type	Hair type and description	Where
Lanugo	Soft, downy, no pigment	Found all over a baby before birth and lost around the time of birth
Vellus	Soft, downy hair found anywhere that has no pigment	Anywhere
Terminal	Pigmented, thick, longer and coarse hair	Underarms, genitals, eyebrows, lashes and scalp

It creates an acidic coating over the skin giving the skin a measured pH. value of 5.4-6.2.

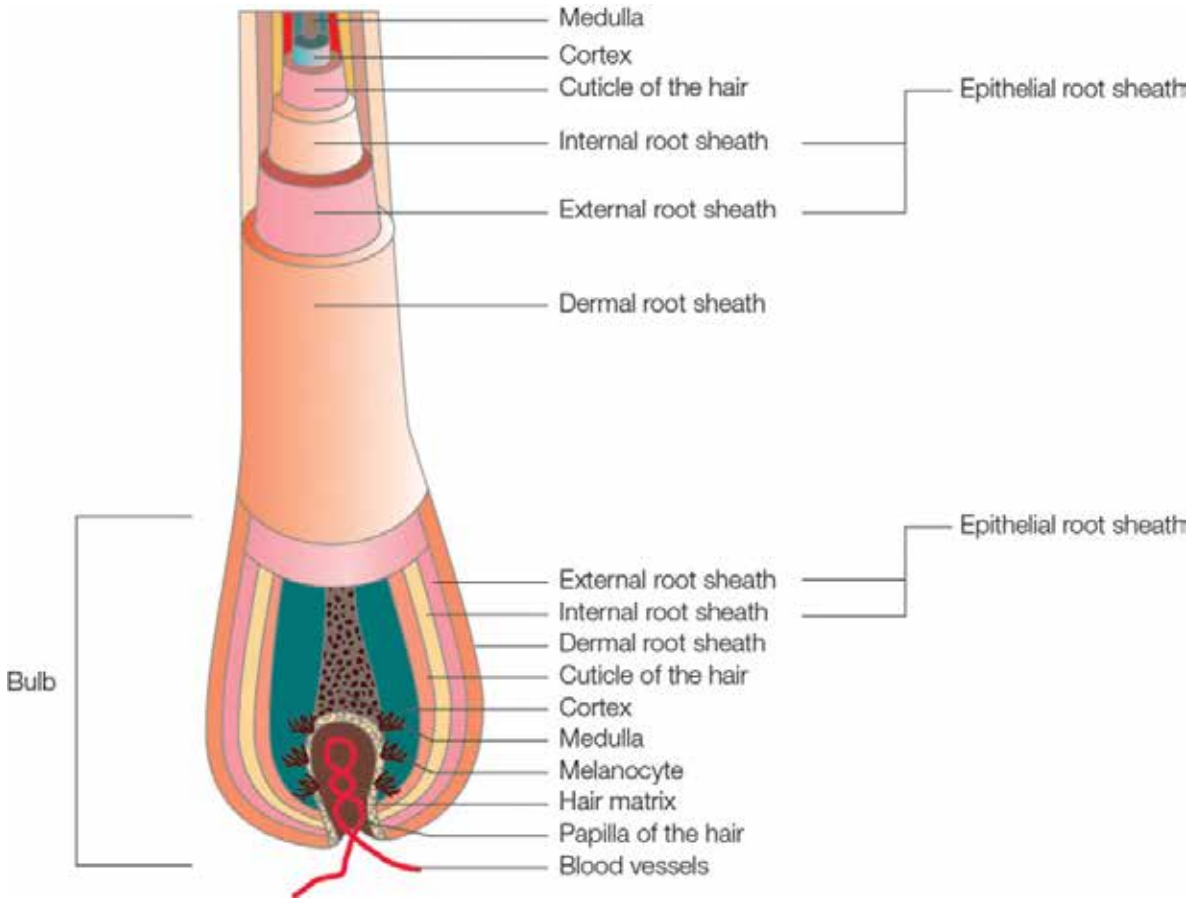
pH. scale

The pH. scale is used to measure acidity and alkalinity of a substance. Acids have a pH. less than 7 and alkalis have a pH. balance greater than 7. Substances with a pH. of 7 are neutral. The skin is naturally slightly acidic, it has an acid mantle.

Healthy skin has a pH. value of between 5.4-6.2. Skin of the armpits, groin and toes has a pH. value of 6.7 due to increased levels of sweat and sebum. pH. value of the skin depends on the person's age, sex, condition of health, condition of the skin.

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Structure of the hair



Hair is an appendage of the skin. It is composed of keratin which is a protein also found in skin and nails. Each hair grows from a hair follicle, the base of which has an abundant supply of blood vessels which supply nourishment to the hair. There are 3 main types of hair.

- Lanugo
- Vellus
- Terminal

Insert as a table (example)

Cuticle

Cuticle is the tough outer layer of the hair. The cells are translucent and allow colour from beneath to show through. They lie like scales, overlap, protect inner layers and hold the structure.

Cortex

The cortex is the main part of the hair which contains colour pigments. The cells in the cortex contain bundles of fibres. The strength, thickness and elasticity of the hair is determined by the way in which the cells and fibres are held together. Keratin is formed in the cortex.

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Medulla

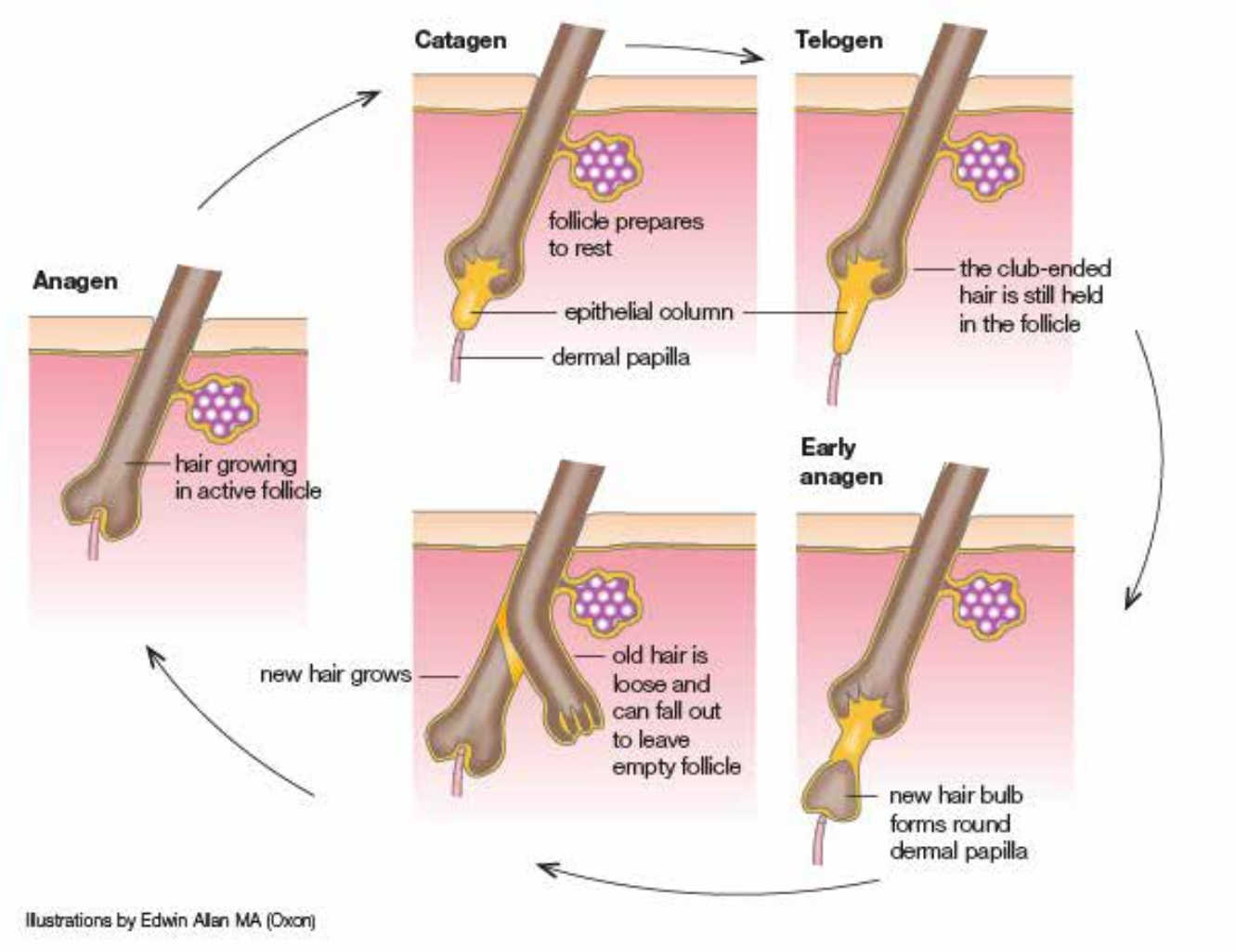
The Medulla is the middle 'core' of the hair, which is not present in vellus hairs. It does not appear to have a function.

The hair growth cycle

It is important to understand the hair growth cycle in relation to brow, as this can guide you and help you understand why your client will require regular maintenance.

- Hair grows faster between the ages of 16 and 28
- Hair grows faster during the summer than in winter
- Tweezing the hair can damage and distort the follicle
- Medication, vitamins, illness and hormones can affect hair growth

Lifecycle of hair



Anagen

A is for active.

The anagen stage of the hair growth cycle can last between 4 and 10 weeks.

This is the most active stage of hair growth when the hair is still attached to the root and is obtaining blood, oxygen and nutrients in order to grow.

Catagen

C is for changing.

The catagen stage of the hair growth cycle can last for around 15 days.

This is when the hair starts to change, it becomes detached from the root and can no longer extend in length. The follicle, and the inner and outer root sheath will maintain the life of the hair until it naturally sheds or is removed by tweezing or waxing.

Telogen

T is for tired.

The telogen stage of the hair growth cycle can last between 4 and 9 months.

The length of time the hair remains in this stage can vary. The blood supply has ceased, the hair bulb has closed and the hair prepares to shed.

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Muscles of the body

Muscles in the human body have a variety of vital functions including facilitating movement, moving food through the digestive tract and working to allow the heart to pump blood.

The three different types of muscles include:

Skeletal muscles

The skeletal muscles are attached to the bones via tendons. Each of these muscles are comprised of thousands of muscle fibres and have a striated (striped) appearance.

These muscles are predominantly responsible for facilitating movement of the human body, when one of the muscles contracts it allows movement of a specific area of the body.

The skeletal muscles are voluntary and are controlled by conscious action e.g. bending the elbow. They are the only category of muscles where movement occurs in this way.

Smooth muscle

The term smooth muscles refers to the uniformed appearance of the muscle tissue. These muscles are involuntary so the movement cannot be controlled.

Smooth muscles can be found in many different organ systems of the human body, some of these include:

- Respiratory system
- Digestive system
- Cardiovascular system
- Reproductive system

Cardiac muscle

Cardiac muscle is found only in the heart and allows the heart to beat.

Like skeletal muscles, the cardiac muscle is organised into fibres and has a striated (striped) appearance.

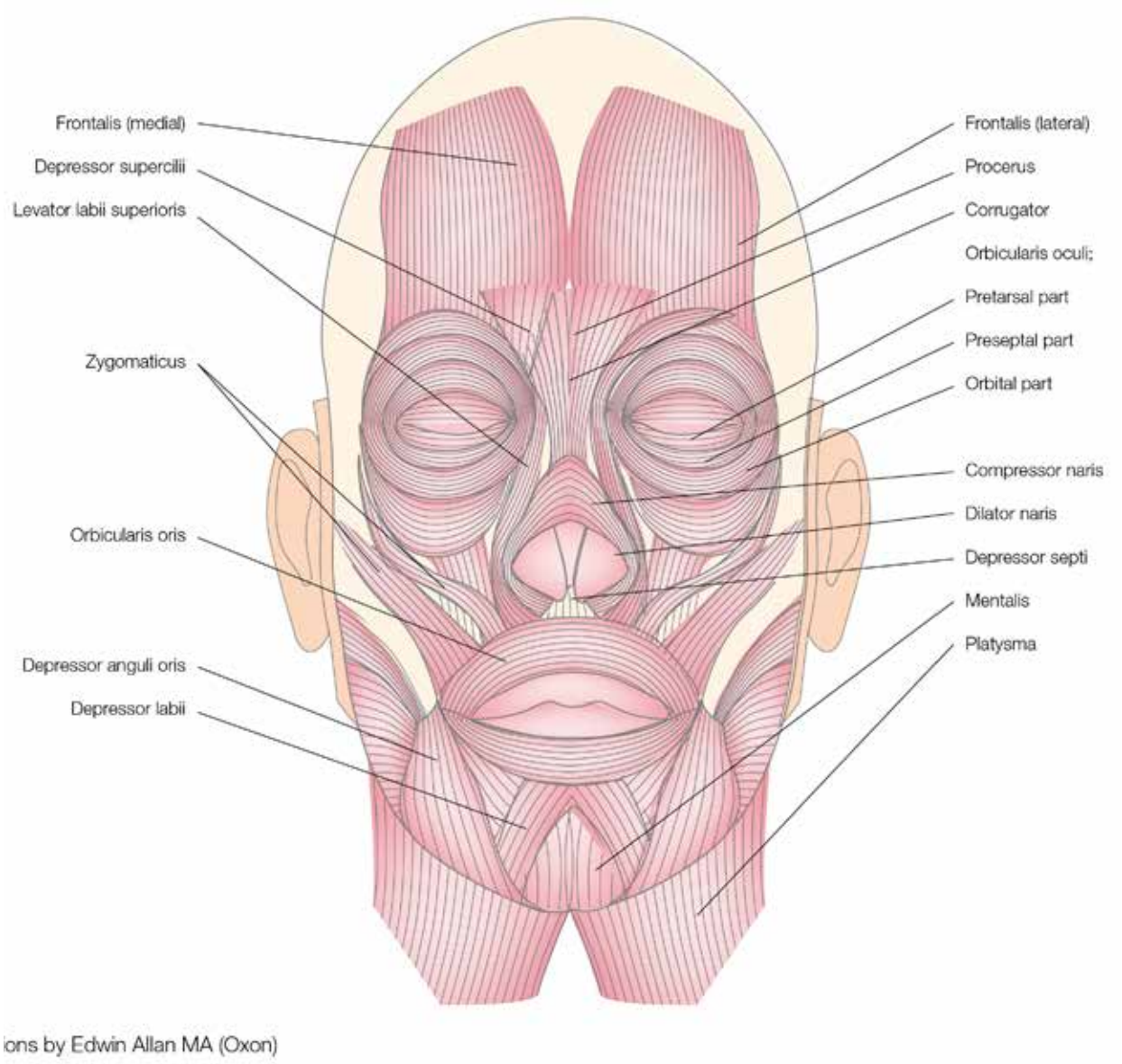
Like a smooth muscle the cardiac muscle is involuntary and contracts in response to electrical impulses.

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Muscles of the face and neck

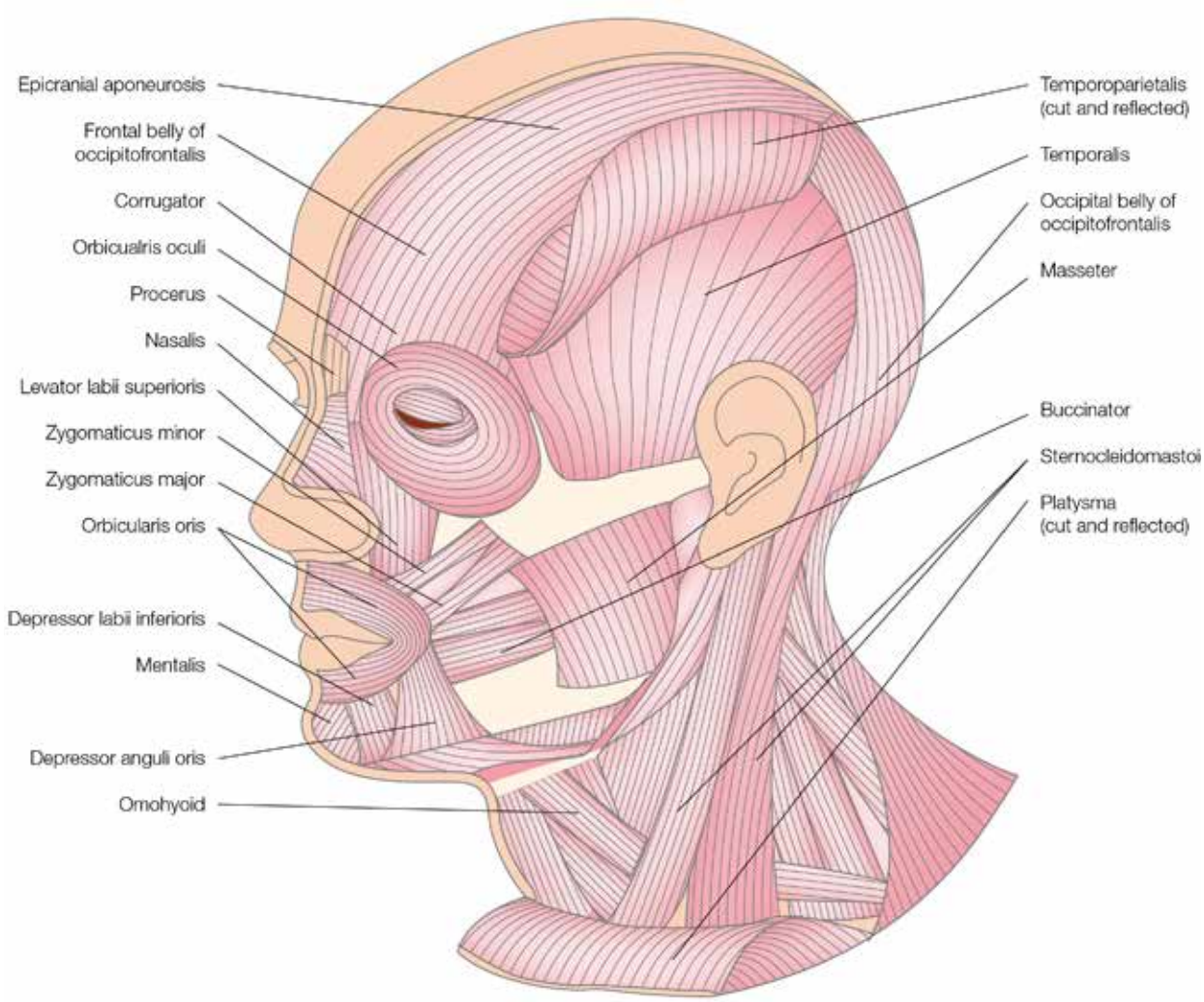
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Muscles of the face and neck (front view)



ions by Edwin Allan MA (Oxon)

Muscles of the face and neck (side view)



ions by Edwin Allan MA (Oxon)

Contra-indications

Contra-indications will either prevent or restrict the treatment. The contra-indication can be permanent, temporary or in an isolated area.

Some contra-indications mean that a client is not suitable for the treatment. Depending on the condition, the treatment may still be able to go ahead. Seek medical advice when needed.

Prevent example

To avoid cross-contamination, a client with a contagious disease should not receive a treatment. This type of contra-indication will only last for the period of time that the client has the contagious disease. Once it has cleared, you may perform the treatment as normal.

Restrict example

If a client has a cut or injury to another part of their body which is not within the treatment area, the treatment may still go ahead. You would need to ensure the client is comfortable and that you can cover and avoid the affected area. The treatment may proceed; however, you may be restricted when positioning the client.

You must be able to recognise contra-indications, it is the therapist's responsibility to prevent any harm to the client or themselves.

In most cases, a client with a contra-indication should be aware of their condition.

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Golden rule

You are not qualified to diagnose, if a condition is suspected you must advise the client to seek medical advice. If you are in doubt about the clients' suitability for a treatment, do not proceed.

Contra-indications

- Pregnancy or breastfeeding
- Epilepsy
- Heart disease
- Lupus
- Autoimmune problems
- Cuts, bruising or swelling
- Clients under the age of 16
- Viral Infections
- Eczema and psoriasis
- Contact dermatitis
- Hyper-sensitivity
- Recent piercings or tattoos
- Head lice
- Undiagnosed lumps and bumps
- Chemotherapy within the last 18 months
- Alopecia
- Trichotillomania
- Contagious diseases
- Bells palsy

Treating a minor

A minor is classed as a person under the age of 18. Brow treatments are not recommended for individuals under the age of 16.

Always ask for proof of age if you are unsure

When treating a client between the ages of 16 and 18 years old you must obtain parental consent and ensure there is supervision throughout the treatment. Ask for consent from the minor to ensure they are having the treatment on a voluntary basis and not being pushed into having the treatment.

Module examination

Complete the module examination online to move to the next module.

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Japanese Head Spa
Unit 1: Equipment required

Equipment required

- Client record card
- Scalp analysis tool
- Japanese head spa treatment bed
- A selection of towels
- Mixing bowl and brush
- Hair dryer
- Wide tooth comb
- Hair and scalp shampoo
- Exfoliating massage scalp brush
- Scalp scrub
- Hair and scalp mask
- Hair and scalp conditioner
- Massage oil

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Product knowledge

Scalp analysis tool

Magnifies the scalp to allow you to examine the overall scalp health, hair density, hair folicles and pores. Assessing the scalp and hair in detail may highlight imbalances or underlying conditions such as dryness, oiliness, dandruff, irritation or sensitivity.

You may choose to tailor your treatment depending on what you find, for example if the scalp is oily and congested you may wish to focus on a deep cleansing treatment to clean and reduce product build up. If the scalp shows signs of flakiness due to dryness, you may wish to focus on a hydrating treatment to sooth and replace lost oils and moisture.

Hair and scalp shampoo

Shampoo is used to clean and condition the scalp and hair by gently removing excess oils. Shampoo is typically formulated with specific ingredients to target various hair and scalp conditions. The aim of using a shampoo is to help improve scalp disorders and create more manageable hair.

Apply to wet hair and massage in to the scalp using fingertips or the exfoliating massage brush to create a lather. Rinse thoroughly with clean, warm water.

Scalp scrub

An integral component of the Japanese head spa treatment, the scalp scrub is used to gently exfoliate and remove dead skin cells, product build up and excess oil from the surface of the scalp. The scalp scrub will also help to increase blood circulation and stimulate hair follicles to encourage healthy hair growth.

Apply directly to the scalp with fingertips and gently massage using circular movements. Rinse thoroughly with clean, warm water.

Exfoliating massage scalp brush

Use the brush directly on the scalp, moving in circular motions.

Stimulates circulation and blood flow to the scalp, promoting healthy hair growth. The silicone spokes gently exfoliate to relieve symptoms of scalp conditions such as dandruff.

Hair and scalp mask

Used at the end of the Japanese head spa treatment, hair masks are formulated to nourish and moisturise the scalp whilst bringing strengths and shine to the hair, offering protection from heat styling, hair breakage and tangling.

Apply to the hair and brush through with a wide tooth comb. Ensure product coats the scalp and the hair from root to tip, leave on for the desired amount of time. Rinse thoroughly with clean, warm water.

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The Japanese head spa treatment bed

The Japanese head spa treatment bed has been designed to enable the delivery of safe and effective Japanese head spa treatments. We do not recommend the bed is used for any other spa or salon treatments.

Characteristics

- PU leather upholstery - PU leather, or polyurethane leather, is an artificial leather made of thermoplastic polymer used for making furniture or shoes. 100% PU leather is completely artificial and is considered vegan
- Steel frame for durability and strength
- Dimensions 200cm (L) 70cm (W) 70 (H)
- Weight 100kg
- Rainbow water fountain
- Shower head
- Steamer

Plumbing the Japanese head spa treatment bed

The Japanese head spa treatment bed should be installed by a professional plumber only.

A professional plumber will be able to advise on your individual requirements which will vary depending on the plumbing system already in place within your treatment room.

Consider the following:

- You will need to connect hot and cold water to both taps on the bed i.e. for the shower head and the halo
- A waste pipe is required to take the waste water away. This may require installation of a water pump to assist with the process
- If you have a hot water tank, consider how many treatments can be performed before it reaches capacity and runs out of hot water

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Care and maintenance of the Japanese head spa treatment bed

After each treatment

- Ensure you clean the sink drain to remove any residue and prevent a build-up which may cause blockages
- Gently clean the small steaming box which stays in the sink throughout the treatment to avoid blockages

At the end of the day

- Thoroughly clean the steamer to ensure its longevity and optimal performance, especially the small steaming box which stays in the sink throughout the treatment
- Avoid leaving the shower head immersed in water as this may cause erosion of the silver coating

Once a month

- Clean the couch with leather cleaner to maintain its appearance and durability

Module examination

Complete the module examination online to move to the next module.

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Consultation

The consultation is a time for you to build a rapport with your client and establish their expectations of the treatment. It is also a time to invite them to ask questions about the treatment.

- The consultation should include:
- Checking for contra-indications
- Use of the scalp scanner (optional)
- Discuss the treatment including potential outcomes and limitations
- The procedure
- Aftercare advice

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The scalp scanner is an opportunity to look at your client's scalp in detail. Doing so will allow you to observe if their scalp is healthy, if they have product build up or a dry or excessively oily scalp.

It is important to observe the scalp with context, for example if the client has not washed their hair for a number of days, you can expect to observe natural oils and product build up under the scalp scanner. If the client has washed their hair on the day of their appointment and you observe excessive oil and product build up, it would indicate they are using the wrong products or not washing their hair thoroughly enough.

Ensure you scan the scalp in 4 different areas. Part the client's hair and place the scanner on the scalp, adjust the focus until you can see the hair, the hair follicle and the scalp itself clearly on the image.

Areas to scan -

- Top of the scalp
- Left and right sides of the scalp
- Nape of the neck

A healthy scalp can be identified by the following characteristics

- Smooth skin
- White/clear in colour
- No excess grease
- No flakes of skin
- Healthy blood circulation
- Shiny hair shafts
- Clear image of the hair and follicle, no debris on the surface of the scalp

Healthy scalp



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An unhealthy scalp can be identified by the following characteristics

- Redness and sensitivity of the scalp
- Dull skin
- Debris on the scalp i.e. product build up
- Flaky skin
- Irritated/inflamed hair follicles
- Excess sebum on the scalp and hair

Dry, flaky scalp



Excess sebum



If possible, take an image with the scalp scanner before the treatment and then again afterwards to compare the results.

In some circumstances, it might be necessary for the client to have regular treatments before they see significant improvements in their scalp health. You should also gauge the effectiveness of the treatment on how the client feels afterwards, not just on the results of the scalp scanner. Do they feel relaxed for example.

It is important that you do not diagnose skin diseases or disorders. If you do observe something unusual, you should advise your client to seek advice from their GP or a dermatologist and only perform the treatment when you have written consent from their practitioner that it is safe to do so.

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Set up and preparation

1. Complete a consultation including a visual observation of the client's hair and scalp to check for contra-indications, assess their existing scalp and hair type.
2. If using the scalp scanner, discuss your observations with the client and take an image of the scalp pre-treatment to compare afterwards.
3. Pre warm your massage oil.
4. Fill the steamer with purified water.
5. If using a heated blanket ensure this is set to a comfortable temperature. Prepare your pre sterilised tools and ensure you have selected suitable wet products depending on the client's hair and scalp type.
6. Ensure the client has removed all jewellery prior to the treatment, client's hair should be loose.
7. Once the client is on the treatment bed, cover them with a towel and/or duvet. The room should be between 22 and 24 degrees Celsius, check they are comfortable and warm.
8. Ensure the clients head is positioned centrally to the head rest and that you can access their neck and shoulders without over stretching.
9. Brush through the hair with a wide toothcomb or hairbrush.

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Neck and décolletage massage

1. Begin seated at the head of the treatment couch.
2. If incorporating the face, apply professional cleanser to the palm of your hands. Spread cleanser between hands and apply over the whole face, neck and décolletage.
3. Massage cleanser into the skin to remove any surface make-up and impurities before removing with sponges, mitts or cotton pads.
4. Repeat steps 2 and 3 for a deep cleanse.
5. With relaxed hands, apply a small amount of pre warmed massage oil to the neck and décolletage.
6. Transition to an effleurage movement to work on the trapezius and neck.
7. With one hand either side of the neck, perform knuckling to the trapezius.
8. Transition to the upper pectorals with an effleurage. Starting in the centre of the chest, perform alternate palm strokes to the upper pectorals.
9. Slowly rotate the client's head to the left by placing your left hand around the client's left ear and your right hand on the right side of the client's head to help guide the movement. Once you have re positioned the clients head to the left, remove your left hand and perform the following movements with your right hand:
10. Effleurage from the centre of the chest outwards. Once you reach the top of the shoulder, perform a stretch by using your hand to push the shoulder away from the ear. Hold for 2-3 seconds.
11. Perform knuckling to the trapezius, working up towards the occipital.
12. Transition with an effleurage around to the back of the shoulders and up the back of the neck. Use your fingertips and pull up as you reach the occipital.
13. Position the client's head back to the centre and re position your hands so that your right hand is supporting the right side of the head, rotate and repeat steps 10, 11 and 12 on the client's left side
14. Position the client's head back to the centre and effleurage across the front of the chest. Finger kneading at the back of the neck.
15. Perform a sweeping effleurage to the décolletage area around the shoulders. When you reach the back of the neck use your fingers to apply gentle pressure up the back of the neck and finish with an occipital stretch.
16. Apply an eye mask to the client's face.

Shampoo

1. Turn on the halo and adjust the water temperature until warm but not too hot.
2. Whilst you are waiting for the temperature to adjust, perform finger combing on dry hair. Begin at the forehead hairline and alternate hands from forehead to the nape of the neck, repeat to cover the entire head.
3. Test the temperature of the water using your own hands before slowly moving the halo towards the client's head. Allow the water to run on the client's hair for around 1 minute.

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4. Apply shampoo to your palm and distribute evenly between your hands. Use a flat palm motion to work shampoo into the client's scalp, ensuring the entire scalp is covered including the crown.
5. Transition to using your fingertips to work the product into the scalp, it is normal to not generate much of a lather at this point.
6. Use the halo to rinse the scalp and remove the majority of the shampoo, use fingertips as you rinse to gently assist with the removal process.
7. Apply more shampoo to your palm and distribute evenly between your hands. Apply to the scalp using the flat heel of your palm.

The following movements should be performed using both hands at the same time -

8. Cat claw - begin at the forehead hairline and work back towards the crown of the head. Ensure you are covering the entire top section of the scalp.
9. Knuckling - work in circular movements and ensure you are covering the entire top section of the scalp.
10. Shampoo - cup either side of the head with your fingertips facing towards the centre of the scalp. Slowly move your hands in circular motions. Ensure both fingertips and heel of your hands maintain contact with the scalp whilst performing this movement.
11. Melon – fingertips should be facing towards the client's occipital, spread your fingers and position a hand either side of the head. Cup the head like you are holding a melon. Use the pads of your fingertips to lift and move the scalp in a circular motion.
12. With shampoo still in the hair, use the exfoliating tool to perform brushing movements from forehead hairline back towards the crown, covering the entire top section of the scalp.
13. Use the exfoliating tool and perform a circular motion from the forehead hairline back to the crown of the head covering the entire top section of the scalp.
14. Slowly rotate the client's head to the left and repeat movements 8, 9, 10, 11, 12 and 13 to the right side of the scalp.
15. Slowly rotate the client's head to the right and repeat movements 8, 9, 10, 11, 12 and 13 to the left side of the scalp.
16. Position the clients head back to the centre and use the halo to rinse the shampoo from the scalp, direct the water at the forehead hairline to allow product to rinse effectively. Use fingertips to perform a shampooing motion to lift product from the scalp and assist with the removal process.

Exfoliate

1. Separate the hair into a middle parting and apply exfoliator directly to the scalp using fingertips. Use a disposable bamboo toothbrush to work the product further into the exposed scalp.
2. Work around the top section of the scalp, sectioning the hair to apply exfoliator, use the bamboo toothbrush on each section to further exfoliate.

3. Slowly rotate the client's head to the left and apply exfoliator to the right side of the scalp incorporating the bamboo toothbrush. Ensure the entire right side of the scalp is covered. Position the client's head back to the centre.
4. Slowly rotate the client's head to the right and apply exfoliator to the left side of the scalp incorporating the bamboo toothbrush. Ensure the entire left side of the scalp is covered. Position the client's head back to the centre.
5. Rinse exfoliator from the scalp using the halo. Use fingertips to perform a shampooing motion to lift product from the scalp and assist with the removal process. Turn off the halo.
6. Turn on the steamer to allow it to reach temperature ahead of when you require it.

Facial

If you were incorporating a facial routine, this is the time to perform massage movements or apply a face mask.

Hair mask/scalp massage

1. Using your hands, apply a generous amount of hair mask to the scalp and hair using the flat palm of your hand, transition to fingertips to work the product down to the ends of the hair. Ensure you are applying enough product so that it is visible and sits on the surface of the hair.

Perform a scalp massage using the following movements:

2. Finger combing, begin at the forehead hairline and alternate hands from forehead to the crown, repeat to cover the entire head.
3. Perform a scalp lift. Position one hand flat at the left side of the head and the other on the right. Press, hold and lift gently.
4. Deep scalp shampoo movements using both hands together. Place one hand on the left side and one hand on the right side of the client's head with emphasis on fingertips being in contact with the scalp. Repeat to cover the entire head.
5. Perform pressure points. Using both hands together, place both your index and middle fingers at the hairline and work back towards the crown of the head x 3.
6. Pressure points from the crown of the head to the ears using thumbs. Begin at the crown of the head and work down towards the ears x 3.
7. Perform scrunching. With your hand placed at the crown within the hair, slowly close your fist to scrunch the hair. Repeat to cover the entire head including the top and sides. If the hair is short, you can pull and twist the hair in sections from the scalp instead.
8. Use both hands alternatively and perform a plucking movement to the entire head.
9. Use your fingertips to lightly shower the entire head with a raindrop movement.
10. Finger combing, alternate hands from forehead to the crown and repeat to cover the entire head.
11. Allow both hands to contour the scalp and stroke from forehead hairline to cover the entire head.
12. Rest hands on client's shoulders and apply pressure to finish.

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Steam

1. Fit the plug into the basin and fill with a small amount of water. Add a few drops of essential oil.
2. Carefully pace the steamer hood over the basin to cover the client's head. Steam for approximately 5 to 10 minutes.
3. Whilst the hair is steaming, we recommend you perform a hand, an arm or leg and foot massage on the client.
4. Remove the steamer hood and place on a towel on the floor to catch any drips of water. Turn off the steamer.
5. Turn on the halo. Whilst you are waiting for it to reach the desired temperature, comb though the hair with a wide toothcomb. Use the halo to rinse the hair mask, using fingertips to help with the removal process.
6. Once all product has been removed from the hair and scalp, turn off the halo.
7. Optional: Depending on the client's hair type, you may wish to apply conditioner. Apply a generous amount of conditioner to the scalp and hair using the flat palm of your hand, transition to fingertips to work the product down to the ends of the hair.
8. Rinse with the halo.
9. If the client has thick hair you may wish to turn their head to the left for an additional rinse using the shower head. This will ensure all product has been removed thoroughly from the back of the head. Turn the head back to the middle and repeat the additional rinse with the head turned to the right.
10. Turn off the shower head and squeeze out excess water from the hair.
11. Using a small towel, dry over the front of the shoulders and sweep around the back of the neck.
12. Using the same towel, wrap the client's hair and secure in place.
13. Assist the client to a seated position and offer a refreshment drink for example herbal tea or water.
14. Offer the client the opportunity to dry their own hair with a hairdryer, ensure styling products and tools are available for their convenience. You may also offer an additional service of a blow dry; however, this will be determined by your existing your skill set.

Module examination

Complete the module examination online to move to the next module.

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Aftercare

Immediately afterwards

- Allow 24 hours before washing the hair to prolong the effects of any products used during the treatment
- Use a wide tooth comb when brushing or styling the hair to minimise breakage

Long term

- Advise that clients use specific shampoos, conditioners, or treatments to suit the hair and scalp type
- Avoid shampoo, conditioner or styling products that contain sulphur
- Regular scalp massage will stimulate blood circulation and maintain scalp health. Use fingertips to apply gentle pressure in circular motions
- Regular use of scalp treatments to keep the scalp hydrated. Avoid products with harsh chemicals and sulphates where possible
- Balanced diet rich in vitamins and minerals is essential for hair health. Include biotin, vitamin E, omega-3 fatty acids and protein
- Protect the scalp from excessive sun exposure by wearing a hat or using hair products with UV protection
- Drink plenty of water to keep scalp and hair hydrated
- Manage stress with regular exercise, yoga or meditation. Stress can affect scalp health and hair growth
- Adequate sleep is crucial for overall health, including hair growth

Please note: many insurance companies insist on clients receiving written aftercare advice along with verbal advice.

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Contra-actions

Some clients may feel light headed following a treatment.

This is usually due to them lying down and relaxing so blood pressure has dropped. To avoid this, assist your client slowly into a seated position for a few minutes to acclimatise before standing up.

If the client experiences any Irritation or discomfort of their scalp following the treatment, advise they report this directly to you so that you can advise.

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Question: Is it possible to perform a Japanese head spa on a client who is bald?

Answer: Yes, it is possible to perform this treatment on a client who is bald or has thinning hair. Work through the treatment protocol as normal.

Question: What temperature should the water be when performing the Japanese head spa treatment?

Answer: The water should be warm but not too hot. Always test the water temperature on your own hand or wrist before directing onto the client's scalp. If the water is too hot, it can cause stress and dehydration to the hair and scalp.

You may want to consider the temperature of the room, using a heated blanket and covering the client with a duvet to ensure they do not get cold during the treatment. Always check the client is comfortable at the beginning of the treatment.

Question: How should I clean my bed and tools between clients?

Answer: Any tools used should be sterilised between clients, a UV cabinet is recommended. You may find it useful to have 2 sets of tools.

Towels and blankets that have come into contact with the client should be replaced after every treatment.

The basin and bed can be cleaned with a mild disinfectant at the end of each day, avoiding harsh chemicals and alcohol.

Question: Can I use tap water in my steamer?

Answer: It is recommended to use purified water in the steamer, especially if you are in a hard water area.

Question: Does the Japanese head spa bed need to be professionally plumbed?

Answer: We advise having the bed professionally plumbed and is unfortunately not something that Ellisons are able to accommodate. A professional will be able to advise on your requirements depending on what plumbing is already established in the treatment room.

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The steamer takes a while to reach full temperature, how can I ensure it is ready to use during my treatment?

Ensure your steamer is filled with purified water before your client is positioned on the bed.

Turn on the steamer 5 minutes before you need to use it, this should ensure it is ready to use when you need it and prevents any delays during the treatment.

I ran out of hot water whilst performing the Japanese head spa, what should I do?

Ensure your existing hot water system is compatible with the Japanese head spa; your plumber will be able to confirm this. If you have a hot water tank, we advise to check the capacity and establish how many treatments you can perform in close succession to avoid running out of hot water.

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Next steps

We advise you to practice the treatments on at least six models in order to become proficient.

Research the price that you will be charging for the treatment within your business. This will depend on the price range of treatments in your area, the price your direct competitors are charging and your present pricing structure

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Module examination

Complete the module examination online to move to the next module.

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Practical assessment

You are now required to submit a series of videos for assessment by one of our educators. Complete each of the treatment steps below to ensure you have demonstrated a full treatment.

Watch each video hint to show you what the educator needs to see in order to assess your competency.

Please submit short videos of each step like the examples shown, please do not submit one long video of you performing the complete treatment.

1. Perform neck and décolletage massage
2. Perform first shampoo
3. Perform second shampoo
4. Perform exfoliation
5. Perform hair mask and scalp massage
6. Perform steam
7. Wrap hair to finish

Upload the video examples online

Please select the text reply button to notify us of your submission.

We will provide feedback within two working days.

Please note: our business hours are Monday – Friday, 8.30am – 5pm.

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