

Guidelines for the Safe Practice of Esoteric Breast Massage

Esoteric Breast Massage[®] 

PREAMBLE

Esoteric Breast Massage (EBM) is one of the many healing modalities taught by Universal Medicine and is a specialised women's health modality practiced by women only. The Esoteric Practitioners Association Pty Ltd (EPA) is the internal incorporated recognising body for practitioners of all the Universal Medicine Healing Therapies.

The EPA guidelines for all EPA recognised modalities have been written in accordance with current United Kingdom and European Laws, Regulations and Codes of Practice (see Appendix B) in operation at the time of publication and provide comprehensive guidance for the safety of Esoteric Breast Massage practitioners and their clients.

It is the responsibility of all EPA members to ascertain and ensure full compliance with the laws and regulations applicable to them. These laws have been made to protect people from unscrupulous, uncaring or careless practitioners, and to protect staff and clients from employers or practitioners who place profit before the safety of others. EPA recognised practitioners have a demonstrated commitment to living and practising with energetic integrity and responsibility which, as a matter of course, includes the utmost level of respect and care for the client, their hygiene, safety, and overall well-being. Compliance with all applicable laws and regulations is a very important part of this.

The Universal Medicine Therapies, which includes Esoteric Breast Massage, respect and collaborate with conventional medicine and appreciate the rightful place and benefits it brings to humanity. Practitioners of Universal Medicine Therapies work closely with practitioners of conventional medicine and see that it is in the combination of the two, that a holistic approach can be offered to the client or patient.

Esoteric practitioners do not diagnose and nor do they or any esoteric modality offer a cure. What esoteric practitioners do offer, is an opportunity for the client or patient to look underneath the symptoms to the way that they have been living and how this may have contributed to the symptoms they are experiencing. EPA recognised practitioners are able to offer the client the possibility of a different, gentler way of living, through the reflection of the way that the practitioner themselves lives, which is clearly and comprehensively described in the EPA Code of Ethics and Conduct

EPA recognised practitioners understand the importance of complying with all State and local laws, regulations, guidelines and other requirements. The requirement to comply with all applicable laws and regulations is spelt out in the EPA Code of Ethics and Conduct, which all practitioners agree to as a pre-condition to their membership. The EPA provides guidance and a minimum standard of practice, based on legislation and regulatory requirements currently in force in UK and Europe. However, as the EPA has members in many locations, it is the responsibility of the individual practitioner to ensure that they are complying strictly with all standards in operation in the area(s) in which they practise. There may be requirements that are additional to those contained in these guidelines.

By living with energetic integrity and responsibility and in accordance with the EPA Code of Ethics and Conduct, respecting the laws and regulations of the locality in which they practise, EPA recognised practitioners offer clients a true complement (not an alternative) to conventional medicine and, in so doing, create a bridge between life as it is lived by the majority today and the vitality, joy and harmony that are possible to be lived on an everyday basis.

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1. INTRODUCTION

These guidelines are in keeping with the qualities of energetic integrity and energetic responsibility that are the foundation of the Esoteric Practitioner's Association. They are based on the principles and precepts laid down in the EPA Code of Ethics and Conduct. (see EPA Members website).

The guidelines have been written in accordance with current United Kingdom and European Laws, Regulations and Codes of Practice (see Appendix B) in operation at the time of publication, and provide comprehensive guidance for the safety of Esoteric Breast Massage practitioners and their clients. It is the responsibility of all EPA members to ascertain and ensure full compliance with the laws and regulations applicable to them.

Esoteric Breast Massage (EBM) may appear to be similar to other forms of breast massage to the casual observer. It is, however, very different in its purpose and intent.

First and foremost, the Esoteric Breast Massage is an energetic massage, performed directly on the skin and it works around the breast and not on the breasts themselves. It is an assistive treatment that may support a woman to re-establish a connection with her essential being, the love, stillness and power she is at her core. From this perspective a woman will gradually develop a more loving and self-appreciating relationship with her whole body including her breasts, coming to an understanding that the breasts are not just functional, they are a beautiful, sensitive part of being a woman and once deeply connected with support her to nurture and honour herself.

Esoteric Breast Massage is gentle and respectful in its approach and application. It is a tender, non-imposing massage performed with specifically designed cream directly on the skin to the areas around the breast.

There is an inherent honouring of the client from beginning to end of the session, from the initial consultation, to towelling techniques, clinic room set-up and aftercare support.

2. REGISTRATION OF PREMISES

- 2.1. R Registration of premises where Sacred Esoteric Healing is provided is not required in the United Kingdom but maybe required in some European Countries. Therefore it is recommended that you check with your regional authority to see if there are any local requirements to register your premises.
- 2.2. Each local council will have its own set of principles and guidelines. Please ensure that you make yourself familiar with and adhere to their requirements, as doing so is a condition of your accreditation with the EPA.

3. PREMISES, SUPPLIES AND EQUIPMENT

As practitioners, we have a duty of care to ensure the safety and protection of our clients, their accompanying friends or caregivers and ourselves. In conjunction with these guidelines, practitioners are required to read and comply with the EPA Safety Guidelines. It is recommended that all practitioners are aware of *The Health and Safety at Work Act 1974*, the *European Employment and Social Policy* and the *Health & Social Care Act 2008 - Infection Control* (see Appendix B). These codes provide a nationally consistent framework to secure the health and safety of all workers and workplaces. Potential hazards and risks in the clinic setting are to be identified and eliminated, or reduced to the fullest extent possible.

The following points are relevant and specific to the practice of Esoteric Breast Massage, and must be complied with by all EPA accredited EBM practitioners:

- 3.1. Ensure that the premises from which you work are clean and hygienic and that all pieces of equipment (heaters, storage shelves, stools, massage tables, towel-warming units, and any other equipment) are kept dry and in good working order. Ensure that all electrical equipment such as heaters, towel warming ovens and oil warmers meet prescribed electrical standards.
- 3.2. Alcohol based hand rub is to be available in the treatment room, and should be used before and after each treatment. It should have a minimum alcohol content of 70% v/v (see *Health & Social Care Act 2008 - Infection Control, or Infection Prevention and Control and COVID-19 Appendix B*).
- 3.3. A hand basin with a single outlet is required. It need not be in the treatment room but should be close at hand. A hands-free tap is preferred. A water temperature of 40 degrees Celsius is required for hand washing.
- 3.4. Liquid soap should be available for hand washing. Antimicrobial soap is not required.
- 3.5. Liquid soap containers need to be used until empty, then thoroughly washed and dried before re-filling. This reduces the risk of contamination of the soap.
- 3.6. Disposable, single-use hand towels or an automatic hand dryer are required. Shared hand towels are not to be used.
- 3.7. A second sink (not a kitchen sink) must be available for washing equipment. The water must be able to reach a temperature of 40 degrees Celsius. It should be deep enough to submerge the equipment to be cleaned. A waste disposal bin with a pedal operated lid must be available in the treatment room. It should be lined with plastic and emptied at least daily, or more often as needed.
- 3.8. Working surfaces should be smooth and made of impervious materials for easy cleaning. Avoid using surfaces that are porous (such as wood) or have grooves or cracks. These surfaces are impossible to keep clean and disinfected.
- 3.9. The massage table must have a smooth, impervious surface for easy cleaning.
- 3.10. Make sure you are aware of safe weight limits that apply to your table.
- 3.11. Do not allow any animals in the treatment room, other than guide dogs for hearing or sight-impaired clients.

4. HYGIENE AND INFECTION CONTROL PROTOCOLS

4.1. Practitioner hygiene

- 4.1.1. Hands must be washed before and after every client.
- 4.1.2. Fingernails are to be kept short and clean.
- 4.1.3. Remove hand and wrist jewellery, such as rings and bracelets, prior to massage and hand washing. Proper hand cleaning cannot be assured when wearing jewellery.

- 4.1.4. If you have an open skin wound on your hand, cover it with a waterproof dressing and ensure that there is no exposure of the wound to the client.
- 4.1.5. The NHS in the UK has created comprehensive guidelines for hand cleaning. (See *NHS Standard infection control precautions* and *the NHS Guidance - How to Wash Your Hands* Appendix B). The critical times when hand hygiene should be performed are clearly described. It is recommended that all practitioners and student practitioners take time to study the information on the website and ensure they comply to the guidelines.
- 4.1.6. Hand washing with soap and water is recommended when the hands are visibly soiled, for example, when there is residual oil and cream. The proper technique for hand washing is described in detail on the *NHS Standard Infection Control Precautions*. (See Appendix B). This includes any residual Universal Medicine blue labelled Body Cream or oil on the hands.
- 4.1.7. The use of alcohol based hand rub is recommended for hands that are not visibly soiled. Detailed information on when and how to use alcohol based hand rub is available on the *NHS Standard Infection Control Precautions*. (See Appendix B).
- 4.1.8. Hand care is also covered on the *NHS Standard Infection Control Precautions* (see Appendix B). Our skin is a crucial barrier to infection, so care of our hands has an important part to play both in our protection and in the protection of our clients. Take care of the skin on your hands. Keep your hands well moisturised and avoid excessive washing with soap and water.

4.2. Dispensing of Oils and Massage Cream for EBM

Oils and creams are an essential part of the Esoteric Breast Massage. Understanding how to dispense and handle them effectively reduces the risk of cross-contamination. Care in dispensing oils and creams prevents potentially infectious organisms from the skin of one client contaminating the oil and cream and consequently infecting the skin of another client. There are two options for dispensing oils and creams:

(a) Using a pump outlet, or

(b) Dispensing the oil and cream into separate, clean, reusable dishes, or disposable dishes, prior to the massage treatment.

- 4.2.1. Pump outlets are a potential source of cross-contamination if more cream needs to be dispensed mid-treatment. Make sure that pump nozzles and all bottles are thoroughly wiped down with an alcohol wipe between clients.
- 4.2.2. Nozzles also accumulate a build up of cream. Nozzles and cream bottles should be washed in warm water and detergent and thoroughly dried with a lint-free cloth before refilling. Do not top up the bottle. Use it until empty, clean as described, then refill.
- 4.2.3. The preferred method is option (b) above, that is, dispensing cream and oil into separate, clean, reusable dishes or disposable dishes at the commencement of the session. Any left over oils and creams must be discarded at the end of the session to avoid cross-contamination.
- 4.2.4. A single-use, disposable applicator should be used for dispensing cream into a dish. Use a clean dispenser if more cream is required mid-session.

- 4.2.5. Care is needed when warming oils to ensure they do not exceed temperatures that are safe to apply to skin. It is absolutely essential that the practitioner be aware of the temperature of the oil and cream before applying it. Warmed oil and cream should be dispensed into the palm of the hand, and never directly onto the client's skin. Warming equipment can behave unpredictably causing the oil and cream to be heated to higher than expected temperatures. The practice of dispensing into the hand ensures that all cream and oils are at a safe temperature for application to the client's skin.
- 4.2.6. If you keep your oils on a warming appliance, make sure the dish or container is heat resistant.
- 4.2.7. Reusable dishes or containers must have a smooth, glossy surface for ease of cleaning. They should be washed between clients, using warm water with detergent and dried with a clean, lint-free cloth (see 4.4.6).
- 4.2.8. Keep all dispensed oil and cream in one area of your treatment room. This area can be regarded as the "zone of contamination" (see the glossary of terms at Appendix A). This prevents the cross-contamination of surfaces and simplifies cleaning. If you need to move bottles and containers to another location in the treatment room, use a ceramic, impervious plastic or metal tray that can be easily cleaned and disinfected between clients.
- 4.2.9. The surface where oils are kept should be washed with warm water and detergent, dried with a clean, lint-free cloth and wiped with an alcohol wipe between clients.
- 4.2.10. If electric warm water baths (such as baby bottle warmers) are used to warm oils or creams, make sure they comply with electrical standards.
- 4.2.11. Empty the electric warm water baths of water every day and wash the reservoir carefully with neutral detergent. Do not immerse the whole unit in water. Dry with a lint-free cloth.
- 4.2.12. If an oil or cream container needs to be removed from the bath mid-session to apply more oil or cream, make sure it is wiped down with an alcohol wipe before returning it to the bath.

4.3. Safe handling of accessories used in Esoteric Breast Massage

- 4.3.1. Warm eye pillows are used during the EBM to support the client. The warmth provides a deep sense of relaxation, which can allow the client to let go of tension and assist them to gain profound benefits from their session. Eye pillows are to be handled with clean hands to reduce the risk of cross contamination.
- 4.3.2. The eye pillow placed over the eyes is to be wrapped in a tissue before placing on the client's eyes. Do not place an eye pillow on the client's eyes when they have an eye infection, such as conjunctivitis, cysts, weeping from the eye, or any other infectious condition.
- 4.3.3. It is recommended that eye pillows are warmed in a towel warming oven with a thermostat to regulated the temperature. It should have a UV light, operated by a separate switch. UV light will reduce the build up of micro-organisms on the pillows, however they cannot be completely eliminated. The pillows cannot be regarded sterile. Do not over load the oven with eye pillows as this renders the UV light ineffective. Do not open the door and place your hand in the oven when the UV light is in operation.

- 4.3.4. When warm eye pillows are used during EBM sessions, place them on top of a towel draped over the client, never directly on the skin. Ensure that the eye pillows are at a comfortable temperature to protect the client from burns. If the eye pillow is too warm to hold in the palm of your hand for five seconds, it is too warm to place on the client. Wait until the eye pillow cools to a suitable temperature before placement on the client. As is common practice with checking of the temperature of baby bottles, check first on your own wrist before placing the eye pillow on the client.

4.4. Disinfection of equipment, towels and linen used in Esoteric Breast Massage

- 4.4.1. Towels and linen must be changed for each client. Used towels and linen should be placed in a laundry bin that is separate to domestic linen. They should be washed at 60-70 degrees Celsius and dried in a clothes dryer. All linen should be stored in a clean, dry environment.
- 4.4.2. Disposable single-use paper towels are used to cover the breasts. They are to be discarded after every client. Disposable, single-use table covers are recommended. They are to be removed and discarded after every client.
- 4.4.3. When the session is complete and the client has left the room, the following surfaces are to be wiped with an alcohol wipe: oil and cream containers and dispensers that were touched with unwashed hands, and the surface on which oil and cream containers were kept. Any area that has oil or cream on the surface should first be cleaned with a detergent wipe, dried, then wiped with an alcohol wipe. By minimising the zone of contamination, as described in point 4.2.7, the cleaning and disinfection process is simplified.
- 4.4.4. Options for cleaning and disinfecting reusable oil and cream containers are outlined in the following points.
- 4.4.5. Containers used to hold oil and cream can be thoroughly washed in warm (40 degrees Celsius) water using a neutral detergent available from medical suppliers. Very hot and very cold water are not recommended for this process. Ensure that the surface is completely free of dirt and debris. Containers should then be rinsed under hot water, dried with a lint-free cloth and wiped with 80% ethyl alcohol between each client.
- 4.4.6. Containers may be disinfected in water at or greater than 80 degrees Celsius for two minutes, after washing, as recommended in point 4.4.5 above.
- 4.4.7. Single-use disposable containers may be used instead.
- 4.4.8. Store containers in a clean, dry, dust-free environment.

5. CLIENT CARE AND PRACTITIONER PROFESSIONALISM

5.1. Practitioner Professionalism

Once recognised, EBM practitioners are required to attend monthly professional development groups, which include ongoing and additional educational presentations by medical professionals on topics such as Clinical Aspects of Breast Disease, Understanding the Lymphatic System and Best Practice Standards:

Complaints, Privacy Policy & Confidentiality, as well as professional practitioner collaboration and development.

Every twelve months each EBM practitioner receives a professional development assessment, which is required for her yearly certification.

Energetic integrity, responsibility, professionalism and absolute respect for the client are set standards in the foundation of the training and recognition of EBM practitioners. The upholding of those standards is essential to ongoing membership.

5.1.1. EBM Trainee and Practitioner conduct is regulated by the following governing documents which can be accessed from the EPA Members website under the Practitioner resource Section:

- FBC EBM Training and Assessment Manual
- EPA Guidelines for the Safe Practice of the Esoteric Breast Massage
- FBC EBM Informed Consent - A Policy Statement
- FBC EBM Practitioner Code of Ethics and Conduct
- FBC EBM Complaints and Disciplinary Procedures Policy
- EPA Code of Ethics and Conduct

5.1.2. At no time is the EBM a sexual technique. It is compulsory that the practitioner will at all times adhere to the technique as taught by their EBM Trainers whose instructions have been strict to the required etiquette and professionalism that ensures the technique cannot be misconstrued.

Clients are protected by the EPA Code of Ethics and Conduct by which practitioners must follow at all times. Any contravention of this requirement is grounds for revocation of practitioner recognition and dismissal from the EPA.

Furthermore, any EBM practitioner reserves the right to deny client/s treatment of the Esoteric Breast Massage should there be any suggestion of inappropriate advance of a sexual nature and or misunderstanding of its intended purpose.

5.1.3. During an EBM treatment, clients are required to remove their clothing from the waist up. Practitioners are to be aware and respectful of the fact that undressing may be uncomfortable, or even confronting, for some clients. To establish trust in the practitioner and client relationship, it is compulsory practice for EBM Practitioners to give the client one of the following options:

- a) have the practitioner turn their backs while the client is undressing and positions themselves underneath the provided towelling or,
- b) request the practitioner to leave the room whilst they undress and position themselves underneath the provided towelling.

In addition practitioners are thoroughly trained in robing and draping techniques to ensure the privacy and respect of the client throughout the treatment. The parts of the body not being massaged are covered at all times. The massage is performed with great delicateness, respect and courtesy for the client.

5.2. Client Care

The Esoteric Breast Massage is considered a collaborative process between the client and practitioner. From the start and throughout, the client is fully informed of what the session will entail and there is ongoing dialogue between practitioner and client when necessary.

- 5.2.1. As mentioned above the practitioner may be requested to leave the treatment room by the client, or turn her back when the client undresses. In both cases, a warm disposable paper towel is provided for the client to cover their breasts as they walk to the table. The practitioner does not assume that the client has experience of the Esoteric Breast Massage, and gives them clear directions that there is a warm towel to cover themselves and encourages the client to connect to the nurturing qualities this warmth provides.
- 5.2.2. The client's body is covered by warm towels during the session with specific draping techniques, except for the area that is being massaged, which is re-covered once that area is complete.
- 5.2.3. Warm cream, which is specifically designed for this treatment is applied to the areas to be massaged. The ingredients of this cream include essential oils, and it is part of the practitioner's duty of care to check with their client prior to use for possible allergies to any ingredients.
- 5.2.4. At the end of the massage the client can use the paper towel to wipe off any excess cream or oil remaining on the body.
- 5.2.5. When the massage is over, the practitioner leaves the room to wash her hands, and gives the client space and privacy while she is getting dressed.
- 5.2.6. Once the client is dressed the practitioner returns and talks with the client, supporting her to integrate the session before she leaves.

6. CONTRA-INDICATIONS TO ESOTERIC BREAST MASSAGE

The EBM should not be performed on clients with certain medical conditions. These conditions are known as contra-indications. Some of these conditions are short term in nature and massage can be performed when full recovery has taken place. Other conditions are chronic and long term in nature and the EBM may not be appropriate for clients with these conditions at any time.

Consultation with the client's general medical practitioner is recommended prior to massaging clients with any of the health conditions listed below. Make sure you are aware of these conditions, the potential risks they pose, and ask your client about them when taking their medical history.

6.1. Short term contra-indications

- 6.1.1. Do not massage or apply oil or cream to open wounds, rashes or other lesions on the client's skin.
- 6.1.2. If you have any doubt about a client's skin condition, do not massage the affected area and refer your client to their medical doctor for diagnosis and treatment of the problem before commencing any massage. The client can receive an EBM when their medical doctor has deemed the condition to be cured or that it is safe to receive a massage even if the condition persists.

6.2. Absolute contra-indications

- 6.2.1. Do not practice Esoteric Breast Massage on clients with untreated medical conditions, such as skin conditions or any types of cancer, for example. These clients require medical attention first and foremost. Once medical attention has been sought and treatment commenced, and doctor's permission given, massage may be provided. The role of Esoteric Breast Massage (and all esoteric healing modalities) is to support and be complementary to conventional medicine. The EBM (as is the case for all esoteric healing modalities) does not offer a cure and it is never a replacement for medical treatment or advice.
- 6.2.2. Clients presenting with a suspected or confirmed diagnosis of breast cancer either current or within the last five years should not receive an Esoteric Breast Massage until they are 5 years after completion of the cancer treatment. Exceptions will only be made if there is written permission from the GP or oncologist that directly states, "permitted to receive Esoteric Breast Massage".
- 6.2.3. Anyone presenting with a suspected breast cancer or concern about breast cancer should be directed to their GP for assessment and further investigation as appropriate.
- 6.2.4. All wounds/incisions need to be fully healed before undertaking Esoteric Breast Massage.
- 6.2.5. Patients who have other forms of cancer who have completed their treatment may consider an EBM providing they have permission from their doctor or oncologist
- 6.2.6. Consent is a confirmation that the client has agreed to receive a tender massage of light, circular movements performed with specifically designed cream directly to the areas around the breast, as a supportive rather than a curative treatment.
- 6.2.7. Alternative individualised treatment programs can be arranged on request for those who have breast cancer or other forms of cancer.
- 6.2.8. Do not treat clients with a diagnosed or suspected mental illness. All practitioners are required to be aware of and adhere to the EPA Mental Health Policy and Procedures Manual and to consult a member of the EPA Mental Health Advisory team about any new or existing client with such a condition. In the event of an incident involving a client with a diagnosed or suspected mental illness follow the Mental Health Policy and Procedures Manual, including completing the Mental Health Critical Incident Report form should this be required.
- 6.2.9. Conditions such as haemophilia, low platelet count, susceptibility to bleeding and bruising, and use of medications to thin the blood, such as Warfarin, are indicators for not giving an EBM. Exceptions will be made if there is written permission from the GP that directly states, "permitted to receive Esoteric Breast Massage".
- 6.2.10. Massage should not be given where there are unexplained or undiagnosed swellings or lumps under the skin of the breasts. All such clients should be referred promptly to their general medical practitioner for diagnosis and treatment.
- 6.2.11. Pregnant clients should not be given an EBM without prior clearance from their medical doctor or specialist.

7. PRACTITIONER SAFETY AND SELF CARE

- 7.1. It is recommended that practitioners wear closed in shoes with good foot and arch support.
- 7.2. Ensure that your body is comfortably positioned at all times when delivering an EBM. EBM Practitioners are committed to caring for themselves in all aspects of their life as they know that this determines the quality of the sessions offered to the client. Further details are given in EPA Code of Ethics

8. FIRST AID

- 8.1. Have a first aid kit on hand, in or near your treatment room. It can include an eye-bath, individually wrapped sterile dressings, scissors, normal saline, adhesive tape, sterile wound dressings, emergency phone numbers and addresses. Esoteric Breast Massage has a very low risk of causing injury to our clients but accidents, such as tripping, are possible in the treatment room. To avoid incidents, ensure that the floor of the room is clear of power cords, that the edges of mats do not represent a trip hazard, that walkways are clear at all times, and that there is a clear path of access to and from the treatment table.
- 8.2. Ensure that you and your staff are trained in first aid procedures and update this training annually. (*see Appendix B Work Health and Safety Regulations*).

9. RECORD KEEPING

- 9.1. Client records are to be kept, as described in the *EPA Code of Ethics and Conduct* Appendix 4, the *EPA Client Consent Form* and the *EPA Client Consultation Record*.
- 9.2. Ensure that you obtain the client's consent for the treatment on their first visit, prior to the treatment commencing. If the client has previously signed a consent form with another practitioner at the same clinic ensure that the consent includes Sacred Esoteric Healing and covers all subsequent treatments at the clinic (as is the case with the EPA initial client consent form). Consent is further described in the *EPA Client Consent Form Guidance Notes*.
- 9.3. Ensure that you use the Client Consent form mentioned above to take a thorough medical history for each client. The written history must include questions about the presence of blood-borne infections that pose a risk of transmission. These conditions include HIV, Hepatitis B and C.
- 9.4. Medical history should also include a question on known allergies, specifically allergies to essential oils. The 'Body Cream' used in the Esoteric Breast Massage contains essential oils and a base oil. Practitioners must ensure that they are familiar with the ingredients of the creams they use. Ask your client at the commencement of the session whether they have any allergies or irritation to creams or oils and do not use if so. It is important to check for allergies to cleaning products, pollens, incense etc.
- 9.5. It is important to know if your client is pregnant. As outlined in points 6.2.11 above, massage should not be given to pregnant women without prior clearance from a medical doctor and neither should essential oils be used.

- 9.6. Update each client's medical history at least annually. Make a note of the dates on which updates have been made.
- 9.7. Keep thorough and comprehensive notes for each treatment session with your clients. This includes the date, the nature of the treatment given and relevant discussions with the client. If you do not have your own recording system, it is recommended that you use the *EPA Client Consultation Record*.
- 9.8. Keep a record book for incidents and accidents relevant to occupational health and safety. All incidents must be recorded on the *EPA Incident Report* and reported to the EPA office. You should contact your insurer ASAP if there is any likelihood of a complaint or any possibility of legal action against you.

10. GENERAL DATA PROTECTION REGULATIONS

- 10.1. It is a statutory requirement to ensure you handle your client's data responsibly and implement a Data Protection Policy as laid out in the EPA UK/EU General Data Protection Regulations Policy and Procedures Template.
- 10.2. UK based Practitioners obtain a Data Protection Fee with the ICO (Information Commissioner's office) if you are storing client personal information and European Practitioners consult the European Commission for further information.

11. WASTE DISPOSAL

- 11.1. The waste generated by Esoteric Breast Massage treatments (including left over cream, disposable cream applicators, disposable dishes, alcohol wipes, tissues and disposable towels used to cover the breasts and remove excess oils from the skin) is not exposed to body fluids and can be disposed of in general waste, but all waste should be disposed of in a sealed bin in the treatment room, which should be emptied at least daily.

12. REQUIREMENTS FOR MOBILE OPERATORS

- 12.1. All of the safety and infection control requirements set out in these Guidelines apply equally to practitioners working from home or a clinic, as well as to those providing services outside of regular treatment premises.
- 12.2. Permission from the local council may be required before providing Esoteric Breast Massage in areas outside normal treatment premises such as a private clinic. Please make enquiries with the local council in the areas where you intend to provide healing treatment.

13. ADVERTISING

- 13.1. Advertising Standards in the UK are self-regulated. The Advertising Standards Authority (ASA) states it is the UK's independent advertising regulator that enforces the Codes of Advertising Practice.

Whilst holding no legal power, the ASA maintains a public blacklist of practitioners who do not comply, such cases include online public claims about the benefits a treatment without scientific evidence based research. For repeated offences or refusal to comply, the ASA can refer the case to the National Trading Standards, who are able to pursue criminal prosecution if warranted. Non-compliance risks public blacklisting and potential prosecution.

- 13.2. For a fee, UK based Practitioners, Clinics and Professional Associations can apply to the GRCCT (General Regulatory Council for Complementary Therapies) to have their website and online advertising assessed. The GRCCT Unique Certification Mark means your advertising meets stringent industry and legal requirements of the profession. Certification is valid for a period of one year and is subject to random audit.
- 13.3. European members can refer to the European Advertising Standards Alliance for Self Regulatory Advertising and the International Chamber of Commerce for more information.

14. USEFUL TIPS

- Contact your Local Authority – for the most up-to date local regulatory requirements.
- Ensure you are up to date with the current news and developments in your industry and area of practice.
- Contact the EPA – to connect with a member who has experience setting up in your region.
- Visit [UK Health & Safety Tool Kit](#) for more information on Health & Safety in the Workplace.
- Visit [EU Minimum Health & Safety Requirements](#) for European Health & Safety standards.

15. ATTACHMENTS

APPENDIX A: Definition of Terms

APPENDIX B: Links to UK & EU Legislation and Other Resources

APPENDIX A: Definition of Terms

Alcohol based hand rub. An alcohol based liquid, foam or gel used to reduce the number of viable microorganisms on the hands of the practitioner.

Alcohol wipes. A disposable wipe that holds alcohol, used to clean non-soiled surfaces between client sessions.

Body fluids. Any substance secreted by the body. It includes blood, tears, respiratory secretions, gastric secretions, vomit, urine and faeces.

Cleaning. The removal of soil and a reduction in the number of micro-organisms from a surface. It is achieved by washing with detergent.

Contamination. The act or process of an instrument or surface being exposed to potentially harmful agents, rendering that instrument or surface unclean. For example, when a towel, pillow cover or face piece has bodily fluid on it, such as tears or mucous, it is regarded as contaminated.

Contaminated waste. Waste that has been in contact with any body fluid.

Contraindication. A factor, symptom or condition that makes a particular treatment inadvisable.

Cross-contamination. The act or process by which potentially harmful agents are transferred from a contaminated object to a clean or sterile surface or object.

Detergent. A substance that enhances the cleaning action of water or another liquid.

Detergent wipes. Disposable detergent-containing wipes for the cleaning of lightly soiled, shared patient equipment.

Disinfectant. An agent intended to destroy or remove pathogenic organisms. It does not usually destroy bacterial spores.

Disinfection. The inactivation of non-spore forming micro-organisms using thermal (i.e. heat) or chemical means.

Micro-organism. A single celled organism, including bacteria, viruses and fungi. They live on all surfaces and are capable of invading and growing within other organisms.

Pathogen. Any micro-organism capable of causing illness or disease.

Practitioner. The person who carries out healing for a client, not necessarily for gain or reward.

Zone of contamination. A designated area for the placement of items used in patient treatment.

APPENDIX B: Links to UK & EU Legislation and Other Resources

UK Links

Working Safely during Coronavirus (COVID-19) - <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

Sector Strategies - Beauty HSE - <https://www.hse.gov.uk/aboutus/strategiesandplans/sector-strategies/beauty.htm>

NHS Guidance - How to Wash Your Hands - <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

NHS Standard Infection Control Precautions: National hand hygiene and personal protective equipment policy - https://improvement.nhs.uk/documents/4957/National_policy_on_hand_hygiene_and_PPE_2.pdf

Health & Social Care Act 2008 - Infection Control - www.gov.uk/government/uploads/system/uploads/attachment_data/file/449049/Code_of_practice_280715_acc.pdf

The Health and Safety at Work Act 1974 - <https://www.hse.gov.uk/legislation/hswa.htm> and <https://www.hse.gov.uk/simple-health-safety/index.htm>

This Act sets out the general duties, which employers have towards employees and members of the public, and which employees have to themselves and to each other and this forms the basis for British Health and Safety Law.

The Management of Health and Safety at Work Regulations 1999 (the Management Regulations) sets out what employers are required to do to manage health and safety of their employees under the Health and Safety at Work Act - <https://www.hse.gov.uk/workers/index.htm>

Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995 (RIDDOR)

While the risk of serious injury and/or infection during the treatment on your premises is very rare, should an incident occur that requires hospitalisation of the person involved or there are evident signs of a serious disease, the Practitioner has a duty to report the incident to RIDDOR - <https://www.hse.gov.uk/riddor/>

Electricity at Work Regulations 1989 - <https://www.hse.gov.uk/toolbox/electrical.htm> and <http://www.hse.gov.uk/pUbns/priced/hsr25.pdf>

Management of Healthcare Waste - <http://www.legislation.gov.uk/ukxi/1992/588/contents/made> and <https://www.hse.gov.uk/healthservices/healthcare-waste.htm>

Provision and Use of Work Equipment 1998 - <http://www.hse.gov.uk/pubns/indg291.pdf>

Equality Act 2010 - <https://www.gov.uk/guidance/equality-act-2010-guidance>

EU Links

Working Safely during Coronavirus (COVID-19) - <https://www.ecdc.europa.eu/en/publications-data/infection-prevention-and-control-and-preparedness-covid-19-healthcare-settings>

European Agency for Safety and Health at Work - https://osha.europa.eu/en/legislation/guidelines/osh_framework_directive

Employment and Social Policy - https://eur-lex.europa.eu/summary/chapter/employment_and_social_policy.html?root_default=SUM_1_CODED%3D17,SUM_2_CODED%3D1713&locale=en

Infection Prevention and Control and COVID-19 - <https://www.ecdc.europa.eu/en/publications-data/infection-prevention-and-control-and-preparedness-covid-19-healthcare-settings>

Europa.eu Business - https://europa.eu/youreurope/business/dealing-with-customers/data-protection/data-protection-gdpr/index_en.htm

World Health Organisation Links

Covid-19 Advice for Public - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Cleaning and disinfection of environmental surfaces in the context of Covid-19 - <https://www.who.int/publications/i/item/cleaning-and-disinfection-of-environmental-surfaces-in-the-context-of-covid-19>

International Links

World Health Organisation Covid-19 Advice for Public - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

World Health Organisation Cleaning and disinfection of environmental surfaces in the context of Covid-19 - <https://www.who.int/publications/i/item/cleaning-and-disinfection-of-environmental-surfaces-in-the-context-of-covid-19>

Centres for Disease Control and Prevention, Hand Hygiene - <https://www.cdc.gov/handhygiene/providers/guideline.html>