

Chapter 9-II: Facial Massage

Chapter Test

Multiple Choice | Esthetics Program

Name: _____ Date: _____ Score: _____ / 50

Instructions: Circle the letter of the best answer. Each question is worth 1 point. Answer all 50 questions.

Section 1: Importance & Benefits of Massage

Why massage matters in a facial | Questions 1–5

1. Massage is best defined as the:
 - a) Application of makeup
 - b) Manual or mechanical manipulation of the body
 - c) Use of electrical current
 - d) Diagnosis of muscle disease
2. A key benefit of facial massage is:
 - a) Replacing sunscreen
 - b) Sterilizing tools
 - c) Diagnosing illness
 - d) Increased circulation and relaxation
3. Facial massage helps the skin by:
 - a) Drying the skin
 - b) Improving product penetration and muscle tone
 - c) Blocking product absorption
 - d) Spreading infection
4. Massage can relieve which of the following? **⚠ TRICKY**
 - a) Open lesions
 - b) Sunburn
 - c) Contagious disease
 - d) Sinus congestion and puffiness
5. Rewarding regular clients with skilled massage helps build:
 - a) Client loyalty and referrals
 - b) Higher rent
 - c) Faster disinfection
 - d) More fumes

Section 2: The Five Basic Movements

Identifying and describing each movement | Questions 6–13

6. Effleurage is a:
 - a) Rapid shaking
 - b) Light, continuous stroking movement
 - c) Deep kneading
 - d) Tapping movement
7. Pétrissage is a: **⚠ TRICKY**
 - a) Kneading/compression of deeper tissue

- b) Stroking movement
- c) Shaking movement
- d) Tapping movement

8. Friction is a:

- a) Light stroke
- b) Tapping
- c) Shaking
- d) Rubbing movement that stimulates circulation and glands

9. Tapotement is a: **△ TRICKY**

- a) Stroking movement
- b) Kneading
- c) Gliding
- d) Tapping/percussion movement, the most stimulating

10. Vibration is a:

- a) Deep rub
- b) Slow knead
- c) Rapid shaking movement used sparingly
- d) Light stroke

11. Which movement is used to begin and end the massage?

- a) Effleurage
- b) Vibration
- c) Friction
- d) Tapotement

12. Which movement is the MOST stimulating? **△ TRICKY**

- a) Friction
- b) Pétrissage
- c) Tapotement
- d) Effleurage

13. Which movement should be used most sparingly?

- a) Friction
- b) Effleurage
- c) Vibration
- d) Pétrissage

Section 3: Alternative Techniques

Beyond the five basic movements | Questions 14–16

14. Acupressure and shiatsu are types of:

- a) Chemical peels
- b) Makeup
- c) Electrotherapy
- d) Pressure-point massage

15. Manual lymph drainage (MLD) is a: **△ TRICKY**

- a) High-frequency treatment
- b) Deep, vigorous massage
- c) Form of extraction

d) Gentle, rhythmic technique that moves lymph

16. Aromatherapy in massage uses:

- a) Essential oils for therapeutic benefit
- b) Cold stones
- c) Electrical current
- d) Crystals only

Section 4: Technique, Direction & Product

Performing the massage well | Questions 17–23

17. Massage movements are generally directed: △ TRICKY

- a) Downward only
- b) Origin to insertion
- c) Insertion to origin of the muscle
- d) Side to side randomly

18. Massaging from insertion to origin helps:

- a) Increase fumes
- b) Speed the service
- c) Prevent stretching and premature aging
- d) Warm the towels

19. Once massage begins, the esthetician should: △ TRICKY

- a) Turn off the lights
- b) Keep at least one hand in contact with the client
- c) Step away to mix product
- d) Remove both hands often

20. If contact must be broken, use a:

- a) Vibration
- b) Deep knead
- c) Tapping stroke
- d) Light feathering stroke

21. Massage product is chosen to provide slip and to:

- a) Sanitize the room
- b) Replace cleanser
- c) Match the wall color
- d) Match the client's skin type

22. Massage movements are usually repeated about:

- a) Once
- b) Fifty times
- c) Three to six times
- d) Twenty times

23. A basic facial massage begins and ends with:

- a) Effleurage
- b) Friction
- c) Tapotement
- d) Vibration

Section 5: Contraindications & Scope of Practice

Safety and licensing limits | Questions 24–30

24. A contraindication is a condition that:
- a) Speeds the service
 - b) Improves results
 - c) Makes a treatment inadvisable
 - d) Raises the price
25. Which is a contraindication to facial massage? **△ TRICKY**
- a) Healthy skin
 - b) Inflamed acne or contagious disease
 - c) Slight dryness
 - d) Normal skin
26. Controlled diabetes is now considered: **△ TRICKY**
- a) Not a contraindication for facial massage when controlled
 - b) A skin disease
 - c) A reason to use vibration
 - d) An absolute contraindication
27. Estheticians may typically massage the:
- a) Abdomen
 - b) Face, neck, shoulders, décolleté, scalp, hands, and feet
 - c) Legs and back deeply
 - d) Whole body
28. Full-body therapeutic massage generally requires: **△ TRICKY**
- a) A massage therapy license
 - b) A medical degree
 - c) Only an esthetics license
 - d) No license
29. To learn which areas you may legally massage, you should:
- a) Follow another state's rules
 - b) Guess
 - c) Check your state's licensing regulations
 - d) Ask the client
30. Possible contraindications should be identified during the:
- a) Consultation and skin analysis
 - b) Cleanup
 - c) Massage itself
 - d) Checkout

Section 6: Benefits in Depth

How massage affects the skin and body | Questions 31–36

31. Massage increases circulation, which helps to:
- a) Nourish skin cells and remove waste
 - b) Dry the skin
 - c) Spread infection
 - d) Numb the face

32. Massage helps product absorption by:
- a) Blocking pores
 - b) Sealing the skin
 - c) Warming the skin and improving penetration
 - d) Cooling the tissue
33. Massage benefits the muscles by:
- a) Improving muscle tone and relieving tension
 - b) Weakening them
 - c) Causing spasms
 - d) Removing them
34. A relaxed client during massage often experiences:
- a) Increased pain
 - b) Reduced stress and tension
 - c) Skin disease
 - d) Higher stress
35. Massage stimulates glandular activity, which can:
- a) Remove melanin
 - b) Stop oil flow entirely
 - c) Support healthy skin function
 - d) Cause infection
36. Over time, regular massage can improve the skin's:
- a) Need for surgery
 - b) Disease risk
 - c) Pigment removal
 - d) Overall appearance and health

Section 7: Movements Applied

Choosing and sequencing movements | Questions 37–44

37. To relax and warm the skin at the start, the esthetician uses:
- a) Tapotement
 - b) Vibration
 - c) Effleurage
 - d) Friction
38. To work deeper tissue and boost circulation mid-massage, use:
- a) Pétrissage
 - b) Feathering
 - c) Effleurage
 - d) Light stroking
39. For a toning, invigorating effect, the esthetician may use: **⚠ TRICKY**
- a) Feathering
 - b) Resting strokes
 - c) Tapotement
 - d) Effleurage
40. Vibration should be applied:
- a) As the opening move

- b) Throughout the whole massage
 - c) Only briefly, used sparingly
 - d) For several minutes
41. Massage timing within the facial depends on the client's skin analysis and the:
- a) Treatment goal and your training/protocols
 - b) Room color
 - c) Music choice
 - d) Time of day only
42. Maintaining a steady, flowing rhythm during massage:
- a) Enhances relaxation and professionalism
 - b) Annoys the client
 - c) Wastes product
 - d) Causes injury
43. Checking pressure with the client during massage helps:
- a) Ensure comfort and satisfaction
 - b) Speed cleanup
 - c) Skip steps
 - d) Raise the price
44. Dissatisfaction with a massage is often due to: **△ TRICKY**
- a) Too much consultation
 - b) Using effleurage
 - c) Incorrect pressure or broken contact
 - d) Good lighting

Section 8: Contraindications in Depth

Recognizing when to modify or skip massage | Questions 45–50

45. Massage should be avoided over an area with: **△ TRICKY**
- a) An open lesion or active infection
 - b) Healthy skin
 - c) Normal tone
 - d) Light freckling
46. Which client condition may require physician approval before massage? **△ TRICKY**
- a) Recent surgery, Botox, or fillers
 - b) Oily T-zone
 - c) Mild dryness
 - d) Slight redness from cleansing
47. Severe, uncontrolled high blood pressure is:
- a) A possible contraindication
 - b) A benefit of massage
 - c) Unrelated to massage
 - d) Required for massage
48. A contagious skin disease means the esthetician should: **△ TRICKY**
- a) Not perform the massage and refer as needed
 - b) Use more product
 - c) Massage gently

d) Massage faster

49. If unsure whether a condition is a contraindication, the esthetician should:

a) Consult resources/physician and err on the side of caution

b) Proceed anyway

c) Skip the consultation

d) Guess

50. Documenting contraindications on the client chart is:

a) Only for billing

b) Unnecessary

c) The client's job

d) Important for safety and continuity of care

— End of Test (50 questions) —