

# Chapter 9-II: Facial Massage

## Homework / Quiz

HOMEWORK — STUDENT COPY

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_ / 26

### Section A: Massage Basics & Benefits

What massage is and why it is performed | Questions 1–6

**Instructions:** Fill in each blank with the correct term.

1. Massage is the manual or mechanical manipulation of the body by rubbing, kneading, tapping, and other \_\_\_\_\_.

**Instructions:** Circle TRUE or FALSE.

2. Massage is usually the most relaxing part of the facial.

TRUE FALSE

**Instructions:** Circle the letter of the best answer.

3. Which is a benefit of facial massage?
- a) Replaces cleansing
  - b) Diagnoses disease
  - c) Increases circulation and relaxes the client
  - d) Removes the need for analysis

**Instructions:** Fill in each blank with the correct term.

4. Massage stimulates blood \_\_\_\_\_, which nourishes the skin and removes wastes.

**Instructions:** Circle TRUE or FALSE.

5. Facial massage can help relieve puffiness and sinus congestion. △ TRICKY

TRUE FALSE

**Instructions:** Circle the letter of the best answer.

6. Massage aids the facial by improving:
- a) Room ventilation
  - b) Lighting
  - c) Towel temperature
  - d) Product penetration and muscle tone

### Section B: The Five Basic Movements

Effleurage, pétrissage, friction, tapotement, vibration | Questions 7–13

**WORD BANK:** effleurage • pétrissage • friction • tapotement • vibration

**Instructions:** Fill in each blank with the correct term.

7. The light, continuous stroking movement used to begin and end a massage is \_\_\_\_\_. △  
**TRICKY**

8. The kneading/compression movement that works deeper muscle tissue and stimulates circulation is \_\_\_\_\_.

9. The rubbing movement that stimulates circulation and glandular activity is \_\_\_\_\_.

10. The fast tapping/percussion movement that is the most stimulating and used for toning is \_\_\_\_\_ . **△ TRICKY**

11. The rapid shaking movement that is highly stimulating and used sparingly is \_\_\_\_\_ .

**Instructions:** Write the correct letter next to each item.

12. Match each massage movement to its description. Write the correct letter next to each.

**A)** kneading/compression of deeper tissue   **B)** rubbing that stimulates glands   **C)** light stroking to begin and end   **D)** tapping/percussion, most stimulating   **E)** rapid shaking, used sparingly

\_\_\_\_ Effleurage

\_\_\_\_ Pétrissage

\_\_\_\_ Tapotement

\_\_\_\_ Friction

\_\_\_\_ Vibration

**Instructions:** Circle TRUE or FALSE.

13. Tapotement should be used generously throughout the entire facial massage. **△ TRICKY**

**TRUE      FALSE**

## Section C: Technique & Direction

How to perform the massage correctly | Questions 14–20

**WORD BANK:** insertion • origin • feathering • contraindication • slip

**Instructions:** Fill in each blank with the correct term.

14. Massage movements are generally directed from the \_\_\_\_\_ of the muscle toward the origin. **△ TRICKY**

15. Massaging from insertion to \_\_\_\_\_ helps prevent stretching and premature aging of the skin.

**Instructions:** Circle TRUE or FALSE.

16. Once a facial massage begins, at least one hand should stay in contact with the client. **△ TRICKY**

**TRUE      FALSE**

**Instructions:** Fill in each blank with the correct term.

17. If you must briefly break contact, use a light \_\_\_\_\_ stroke to leave and return to the skin.

18. A massage product provides \_\_\_\_\_ (glide) and should match the client's skin type.

**Instructions:** Circle the letter of the best answer.

19. Massage movements are typically repeated:

- a) Twenty times each
- b) Three to six times, returning to the starting point
- c) Until the client sleeps
- d) Once

20. A basic facial massage should begin and end with: **△ TRICKY**

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

## Section D: Contraindications & Scope of Practice

When not to massage and what estheticians may do | Questions 21–26

**Instructions:** Fill in each blank with the correct term.

21. A condition that makes a treatment inadvisable is a \_\_\_\_\_.

**Instructions:** Circle the letter of the best answer.

22. Which is a contraindication to facial massage? **⚠ TRICKY**

- a) Healthy skin
- b) Contagious disease, inflamed acne, or open lesions
- c) Mild dryness
- d) Normal skin type

**Instructions:** Circle TRUE or FALSE.

23. Controlled diabetes is no longer considered a contraindication to facial massage. **⚠ TRICKY**  
**TRUE      FALSE**

**Instructions:** Circle the letter of the best answer.

24. Estheticians are typically permitted to massage the:

- a) Entire body
- b) Face, neck, shoulders, décolleté, scalp, hands, and feet
- c) Internal organs
- d) Abdomen and legs

**Instructions:** Fill in each blank with the correct term.

25. To know exactly which areas you may massage, check your state's licensing \_\_\_\_\_.

**Instructions:** Circle TRUE or FALSE.

26. Therapeutic (full-body) massage is within every esthetician's scope of practice. **⚠ TRICKY**  
**TRUE      FALSE**

## Bonus — Extra Credit

Not counted in the graded total | Questions B1–B2

**Instructions:** Fill in each blank with the correct term.

B1. Pressure-point massage based on meridians, such as shiatsu, is a form of \_\_\_\_\_.

**Instructions:** Circle TRUE or FALSE.

B2. Manual lymph drainage (MLD) is a gentle technique that encourages lymph flow.  
**TRUE      FALSE**