

HOLISTIC FACIALS



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AIMS & OBJECTIVES

AIMS

The aims of this manual are to teach you, the student, the basics of health and safety, the background, benefits, treatments, consultation, contra-indications, contra-actions, aftercare, equipment and products. The student will also learn the movements and techniques required to perform a professional holistic facial treatment during the practical sessions.

OBJECTIVES

The objectives of this course are that by the end it the student will be able to perform a professional treatment in a safe and hygienic manner in a commercially acceptable time, along with experience of carrying out a consultation with the knowledge of the background, benefits, consultation, contra-indications, contra-actions, aftercare, equipment and products needed.

We advise you to read this training manual thoroughly along with other research before you take part in your practical session.

COURSE DETAILS

During this course you will learn how to perform professional HOLISTIC FACIALS treatment.

You will learn how to:

- ♥ Prepare the treatment area
- ♥ Prepare the client for treatment
- ♥ Carry out a client consultation
- ♥ Perform a holistic facial

You will also study:

- ♥ Related hygiene, health and safety
- ♥ Related anatomy and physiology
- ♥ Benefits of massage
- ♥ Massage movements & mediums
- ♥ Client consultation
- ♥ Contra-indications
- ♥ Contra-actions
- ♥ Aftercare
- ♥ Equipment & products

You will attend up to 6 hours of training to study the theory & practical elements required to perform a professional facial.

HOLISTIC FACIAL'S INTRODUCTION

What are Holistic Facials?

The holistic facials use techniques rather than complex and expensive products but still achieve fabulous results.

The General Aims

This facial will improve the texture of the skin, increase the skin's circulation, and encourage cellular activity and rejuvenation. It will both stimulate and soothe the nerve endings of the skin. It is also a wonderful way to relax and promote the sense of well-being.

What the Treatment Includes

A consultation is completed prior to the start of a treatment to ascertain the most suitable products for the client's skin type. The skin is then deep cleansed before a suitable massage medium is applied, this may be oil, cream or a specially blended essential oil if you are qualified in pre-blended aromatherapy.

The massage will include:

- ♥ Pressure points to clear energy channels and to stimulate the muscles and nerve endings
- ♥ Massage to generally improve the circulation and texture of the skin
- ♥ Lymphatic drainage to assist the lymphatic systems in removing waste and encourage healing
- ♥ On completion of the massage the skin is toned and moisturized.

The treatment will take approximately 45 minutes without the application of a mask or 60 minutes with a mask.

To treat the skin effectively you will need to be able to diagnose the client's skin type and use suitable products.

HYGIENE, HEALTH & SAFETY

HYGIENE, HEALTH & SAFETY

Maintaining a high standard of hygiene is essential. Not only from a health and safety perspective, but clients will not return if the salon, treatment area, or equipment are not clean.

It is a legal requirement for employers to display an approved health and safety poster or to supply employees with an equivalent leaflet or information.

It is recommended that you get copies of the following from your local council:

- ♥ Health and Safety in the Workplace
- ♥ Trade Descriptions Act
- ♥ Data Protection Act
- ♥ Sales of Goods Act
- ♥ COSHH Regulations and Risk Assessment (Control of Substances Hazardous to Health)
- ♥ Local Government (Miscellaneous Provisions) Act 1982
- ♥ The Management of Health and Safety at Work Regulations 1992
- ♥ The Workplace Regulations 1992
- ♥ The Manual Handling Regulations 1992
- ♥ The Personal Protective Equipment at Work Regulations 1992
- ♥ The Health and Safety (Display Screen Equipment) Regulations 1992
- ♥ The Electricity at Work Regulations 1992
- ♥ Health and Safety (First Aid) Regulations 1981
- ♥ RIDDOR – The Reporting of Injuries, Diseases & Dangerous Occurrences Regulations 1995
- ♥ Fire Precautions (Workplace) Regulations 1997
- ♥ Consumer Protection Act 1987.

All businesses are required by law to comply with the following health and safety acts, which are monitored and managed by The Health & Safety Executive (HSE) www.hse.gov.uk

- ♥ Health and Safety at Work Act 1974
This protects your rights either as an employer or employee. The law states that the employer must provide a safe working environment provide health and safety training for staff, produce a written policy of the company's health and safety policy, and ensure that anyone on their premises is not exposed to any health or safety risks.
- ♥ Trade Descriptions Act 1972
This act is particularly relevant to therapists as it relates to how the goods or services are described in any kind of advertising or promotional material. The act makes it illegal to mislead the public in any way or make any false claims about what you are able to do.
- ♥ Data Protection Act 1984
This is only relevant if you are storing information about your clients on a computer. If so, you must register your business on the Data Protection register.
- ♥ Sale of Goods Act 1994
This act protects your clients' rights by insisting that any goods or services sold must be of a satisfactory standard, be suitable for the purpose described, accurately described, and provided in a reasonable time and for a reasonable price.
- ♥ Control of Substances Hazardous to Health Act (COSHH) 1989 This act provides guidance on dealing with chemical substances that could enter the body and cause skin irritations, allergies, burns etc.

- ♥ Local Government (Miscellaneous Provisions) Act 1982
The local authority is responsible for registering and licensing any businesses where invasive treatments, i.e., body piercing, epilation, acupuncture take place on the premises. This is to ensure that all equipment is sterilised, only fully qualified therapists are carrying out the treatments, waste products (especially needles) are disposed of correctly.
- ♥ The Management of Health & Safety at Work Regulations 1992 This act outlines the responsibilities of the owner/manager of the business to protect the well-being of all who visit the premises, to keep a record of all checks they have made and also of any first aid treatments carried out on their premises.
- ♥ The Workplace Regulations 1992
These regulations govern the appearance of all parts of the workplace, not just the treatment rooms. This would include suitable toilet facilities which are kept clean and tidy with adequate soap, towels, hot & cold running water etc. Proper ventilation, the areas are well lit, the area is at a comfortable temperature, is clear of all waste material (keep the walk ways clear of clutter), has up to date firefighting equipment, has drinking water available.
- ♥ The Manual Handling Regulations 1992
This relates to the appropriate posture when lifting to reduce the risk of injury and to safely carry out manual tasks required in the workplace.
- ♥ The Personal Protective Equipment at Work Regulations 1992 This act requires you to provide the correct safety/protective equipment to carry out a particular task.
- ♥ The Health & Safety (Display Screen Equipment) Regulations 1992 These regulations are relevant to anyone using a computer and require you to get regular eye tests, take regular breaks, and use the correct height adjusted chair.
- ♥ The Electricity at Work Regulations 1992
This governs the use of electrical equipment in the workplace and ensures that any equipment is checked at least once a year by a qualified electrician. Any faulty equipment is removed from service, and written records are kept should an inspector wish to see them.
- ♥ Health and Safety (First Aid) Regulations 1981
No matter how small your business is there must be first aid treatment available should an injury take place.
- ♥ RIDDOR – The Reporting of Injuries, Diseases & Dangerous Occurrences Regulations 1995
This outlines the correct procedure to adopt if a workplace accident occurs. An accident book is a must.
- ♥ Fire Precautions (Workplace) Regulations 1997
This ensures that the safety of all those present is considered and planned for should a fire take place.
- ♥ Consumer Protection Act 1987
This is designed to look after your clients' interests and protect them from any product deemed unsafe.

SANITATION AND STERILIZATION

Refers to any procedure undertaken in the salon to remove contamination and reduce the risk of infection. Specific methods are required to ensure effective sanitization of tools, equipment and implements have taken place. As a lash technician, you have a duty of care and it is absolutely imperative that you provide a clean and sanitized environment and equipment for your client.

Sterilization is the total destruction of all micro-organisms. It is very difficult to maintain sterile conditions as once the items have been exposed to the air they are no longer classed as sterile. Articles that have been cleaned, sterilized and stored hygienically are safe to use on clients.

Methods of Cleaning Tools and Equipment:

Disinfectant inhibits the growth of disease-causing organisms (except spores) using chemical agents. Disinfectants only reduce the number of organisms however this is usually sufficient for maintaining hygienic conditions. Most are used for wiping down work surfaces and equipment. Disinfectants should only be used under manufacturer's instructions and following the correct guidelines. Do not use directly on the skin

Antiseptic is a diluted disinfectant designed for safe use on the skin. It prevents the multiplication of microorganisms by making the conditions unfavourable for growth

UV Light Radiation is a method of sterilization that can be used but has limitations. The object being sterilized must be turned regularly as only the surface being exposed to the light rays will be effectively treated. If there is debris or product residue on the instruments this will act as a barrier to the light penetration so effective sterilization will be slowed down. The UV light must be contained within a closed cabinet as the light is dangerous especially to the eyes. Records of usage should be kept as the ultraviolet light source will decrease in its effectiveness over time and new bulbs will need to be installed (follow manufacturer's guidelines)

Glass Bead Sterilizer can be used for sterilizing small metal tools such as scissors and tweezers. The heat from the beads transfers to the objects effectively killing off microorganisms. All tools must be cleansed before placing in the unit to remove dirt and debris. It is important to follow the correct timing guidelines from the manufacturer's instructions to ensure efficient sterilization has taken place

Autoclave is the most effective method for killing bacteria and their spores, however it has its limitations as the temperature needed for this level of effectiveness is 121 -134 °C. It works similar to a pressure cooker using high pressure steam to cleanse the objects. Due to the higher levels of heat, it is only suitable for certain objects and these should be cleansed before being placed in the autoclave. Always ensure you have been trained in its use and follow manufacturer's instructions when using equipment of this nature

WASTE DISPOSAL

Disposal of waste should be in a sealed bin lined with a durable polythene bin liner. The bin should be cleaned regularly with disinfectant (this should only be done in a well-ventilated area) following manufacturers' guidelines to ensure no risk from potential hazards.

Hazardous waste must be disposed of following the correct legislative procedures, and the member of staff responsible for the disposal must be fully trained.

Clinical contaminated waste usually by blood and tissue fluid should be disposed of as recommended by the environment agency.

Any sharp implements that have been used to penetrate or pierce the skin should be placed in a sharps box. The local environmental health department will be able to advise you on disposal arrangements. All disposable waste matter following permanent make up application is contaminated as it will contain blood and tissue fluid. There is a risk of transfer of blood borne infections such as Hepatitis B and C, and HIV.

All staff should be trained in the risks of handling this waste.

The waste should be placed in an orange sack which indicates its level of risk and should be kept separate from all other general waste.

Your local environmental health office can give up to date guidance on disposal of such waste.

WORKPLACE HYGIENE CHECKLIST

To maintain acceptable levels of hygiene:

- ♥ Maintain high standards of personal hygiene
- ♥ Wash hands before and after every treatment using a detergent containing chlorhexidine which is recognized medically as an effective ingredient for skin sanitation
- ♥ Follow all health and safety policies identified during your workplace induction and regular workplace reviews
- ♥ Check all equipment is in good repair and fit for purpose, identify any concerns by labelling and isolating equipment and report to manager for follow up action
- ♥ Regularly clean all working surfaces with an appropriate cleaning solution following manufacturers' guidelines
- ♥ Cover any cuts on yourself or client with a suitable waterproof dressing
- ♥ Ensure all tools have been effectively sterilized or disinfected according to their manufacturer's instructions, for example using Trigene solution and an autoclave to disinfect callipers, tweezers, metal sharpeners
- ♥ Prevent the risk of cross infection by checking for contraindications during the consultation
- ♥ Use where possible disposable products and dispose of correctly following use
- ♥ All gowns and towels should be washed at a minimum of 60 °C and clean towels and gowns provided for each client. The dirty laundry should then be placed in a covered laundry bin
- ♥ Waste should be placed in correct bags or sharps containers depending on their nature and disposed of in accordance with local government legislation.

Reporting Accidents

The reporting of all accidents and near misses should be recorded in the Accident Book, which should be kept with a first aid kit on the work premises.

The following information should be recorded:

- ♥ Full name and address of the person(s) involved in the accident.
- ♥ Circumstances of the accident.
- ♥ Date and time of the accident.
- ♥ All details of what may have contributed to the accident

Carrying out a Risk Assessment

There is a legal requirement to provide a safe environment for staff and clients who may be using your premises. Carrying out a risk assessment will identify any hazards, that could potentially cause harm. It is important that risks are minimized and that all staff are trained in the event of an accident. There are some potential salon hazards that will require a regular risk assessment, such as the space, any chemicals being used, any equipment and the security of people and money.

SALON / TREATMENT AREA / HYGIENE

- ♥ Clean the salon thoroughly, daily.
- ♥ Clean the treatment area before and after every client.
- ♥ Use clean fresh smelling towels for each client, (dirty linen must be laundered at a minimum of 60°C).
- ♥ Creams, lotion and sprays should be dispensed from purpose-specific pump or spray bottles where possible, otherwise use a clean disposable spatula to remove products from bottles/jars.
- ♥ Replace all lids after removing products from the bottles/jars.
- ♥ Sterilize all tools including stones, bins and machines.
- ♥ Empty bins and dispose of contents accordingly.
- ♥ Check all the plugs and wires on electrical equipment and make sure they conform to legal standards and are professionally checked annually.
- ♥ Make sure all fire exits are clear and accessible.
- ♥ Make sure your clients personal belongings are safe.
- ♥ Protect clients clothing by using towels. The towels may also be used to preserve the client's modesty during the treatment.
- ♥ Read all labels and follow all manufacturers' instructions.
- ♥ Know the hazardous warning signs.
- ♥ Store products safely and in accordance with safety data sheets.
- ♥ Report any faulty equipment/goods to your supervisor or supplier.
- ♥ Have a first aid kit

Personal Hygiene

- ♥ Clean, ironed, freshly laundered uniform
- ♥ Clean, flat, sensible shoes
- ♥ Clean, short, manicured nails
- ♥ Fresh breath
- ♥ Use of antiperspirant
- ♥ Neat make-up.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

A new pair of disposable gloves should be put on immediately before each client if required, and a disposable apron is advisable to protect clothing. Both should be disposed of directly after the treatment.

Hands must be washed before you put on the gloves and immediately after you have removed and disposed of the gloves.

How to hygienically remove disposable gloves after use:

Step 1 Hold your right hand out with the palm facing up.

Step 2 Pinch a portion of the glove that covers the inside of your wrist on your right hand. Use the thumb and index finger of your left hand.

Step 3 Gently pull the glove down about halfway over your palm, revealing the inside of the glove. Do not completely remove the glove. Let go of the glove after you pull it down over the palm.

Step 4 Use your right thumb and index finger to repeat these steps on your left hand. This time, you will pinch the outside of the glove above the inner portion of your left wrist and completely remove the glove on the left hand. Continue holding the left glove with your right thumb and index finger.

Step 5 Pull up a portion of the right glove with your bare left thumb and index finger. Touch only the inside portion of the glove that has already been revealed.

Step 6 Remove the right glove by pulling down with your left thumb and index finger. As you pull down, the left glove that has already been removed should fold up inside the right-hand glove.

Step 7 Dispose of the rubber gloves in a proper container. Gloves that were in contact with certain substances, e.g., chemicals and bodily fluids, cannot be thrown away in public trash receptacles.

Single Use Items

- Single use items are items that can potentially be contaminated with blood or other bodily fluids and are items that cannot readily be cleaned or disinfected. For example, waxing spatulas, orange sticks, cotton wool, disposable underwear and paper towels. Single use items must be disposed of after each use.

Hepatitis

Hepatitis means liver inflammation. Around half of all acute cases of hepatitis are due to a viral infection. Several kinds of hepatitis virus can infect the liver, the most common being Hepatitis A and B.

- ♥ Hepatitis A is caught through the contamination of food and water with faeces (stools) through poor personal hygiene or sanitation.
- ♥ Hepatitis B is spread through the exchange of blood and body fluids, and can be caught through unprotected sex, unsterilized needles, a needle stick injury (accidental puncture of skin by a used needle) or contaminated blood products.

- ♥ Hepatitis C is also spread through the exchange of blood or blood products. It is spread through sharing needles and needle stick accidents. It can also spread by blood transfusions given before September 1992, when screening for Hepatitis C was introduced.

There are four other recognized hepatitis viruses, named from Hepatitis D to Hepatitis G.

- Hepatitis A and E cause only acute infection; Hepatitis B and C cause chronic (ongoing) illness; Hepatitis D is only present in people infected with Hepatitis B.
- Hepatitis can be caused by the glandular fever virus.
- Vaccinations are available for Hepatitis A and B (singly or combined), and also as a combination of Hepatitis A and Typhoid.
- There is a small risk of contracting the Hepatitis B virus from sharing toothbrushes, razors or towels that may be contaminated with blood. Unsafe tattooing and body piercing practices also risk potentially spreading the virus.
- It is recommended that all therapists have a vaccination against Hepatitis B.

PROFESSIONAL ETHICS & STANDARDS OF PRACTISE

A Therapist Should:

- ♥ Maintain the highest standard of professional conduct.
- ♥ Provide services in an ethical and professional manner in relation to clientele, business associates, health care professionals and the public.
- ♥ Practice within the professional boundaries of the therapists training.
- ♥ Ensure client comfort and safety.
- ♥ Protect client privacy.
- ♥ Respect client confidentiality.
- ♥ Maintain anonymity of the client when discussing the client's case with other professionals, unless written consent is obtained.
- ♥ Have adequate professional insurance.
- ♥ Never claim to cure a condition.
- ♥ Never treat a client with a condition that is contra-indicated to the treatment.
- ♥ Keep all records of treatments complete and up to date.
- ♥ Explain the treatment and answer any questions and queries prior to carrying out the treatment on the client.
- ♥ Never treat a minor or disabled person without prior consent from a parent or carer.
- ♥ Treat all clients in a professional manner at all times regardless of their colour, sex or religion.
- ♥ Refer clients to another professional/doctor where required.

Standards of Practice

The practice of good ethics is essential to the reputation of the field of Complimentary therapists and the welfare of the clients and therapists of the therapies.

The following is a statement of standards and ethics for therapists, including standards of ethical and proper behaviour.

A Therapist Should:

- ♥ Conduct herself/himself in a professional, honest, and ethical manner.
- ♥ Promote professionalism.
- ♥ Establish goals with each client and evaluate the outcome at the end of each session.
- ♥ Promote the therapies within the community.
- ♥ Promote therapies with healthcare professionals and other therapists.
- ♥ Truthfully and accurately represent their credentials, qualifications, education, experience, training and competence relevant to the practice.
- ♥ Maintain confidentiality of the client.
- ♥ Undertake continual professional development to enhance their skills.

A Therapist Will:

- ♥ Take a full health/medical history on the client's first visit.
- ♥ Discuss and record any health problems, contra-indications, symptoms or diagnosis from a conventional medical therapist.
- ♥ Use this information to decide whether treatment is suitable for the client.
- ♥ Explain the treatment to the client.
- ♥ Give a full and professional treatment.
- ♥ Give full and correct aftercare advice.

- ♥ Write up full details of the treatment on the client's record card.
- ♥ On the client's next visit, discuss and record any changes that they may have noticed in their symptoms.
- ♥ Refer the client to their doctor if necessary.

Hours and Environment

Working hours can vary. Many therapists offer sessions during the evenings or at weekends.
Many work part time.

Therapists work in a range of settings. Some have treatment rooms in their own homes, fitness centers, hair salons, health spas, hotels and on cruise ships. They may also work in hospices, care homes and doctor practices. Some visit clients in their own homes or give treatments to employees in their workplaces.

A lot of therapists are self-employed, so their income depends on the number of clients they see and the amount they charge for each session. Outgoings such as rent, heating, lighting, professional memberships and insurance must be taken into account.

Skills and Personal Qualities

A Therapist should:

- ♥ Be comfortable touching people.
 - ♥ Be a good communicator, able to explain treatments to clients and ask appropriate questions.
 - ♥ Have good listening skills.
 - ♥ Be able to make clients feel relaxed and comfortable.
 - ♥ Have empathy with clients.
 - ♥ Be able to respect professional boundaries.
 - ♥ Know when to advise clients to seek conventional medical advice.
 - ♥ Keep accurate written records.
 - ♥ Respect confidentiality.
- Have business skills if they are self-employed.

ANATOMY & PHYSIOLOGY

THE SKIN

The skin is the largest organ of the body. It is an organ because it consists of different tissues that are joined together to perform specific activities. Its main role is to provide the body with a protective outer covering, but it also covers every orifice, tube and cavity. It has many functions.

Structure of The Skin - the skin has 3 main layers:

The Epidermis: - a thin, tough, outer layer of the skin.

The Dermis: - a thick, but soft inner layer of the skin.

The Subcutaneous layer: - a layer which contains fat cells, muscles and veins.

Skin makes up around 12% of an adult's body weight. It's very adaptable and able to mould into different shapes, covering bones and muscles to perform various functions of the body's make up.

NAMES OF THE LAYERS OF THE EPIDERMIS

English Name

Horny Layer

Clear Layer

Granular Layer

Prickle Cell Layer

Basal/Germinative Layer

Latin Name

Stratum Corneum

Stratum Lucidum

Stratum Granulosum

Stratum Spinosum

Stratum Basale

THE EPIDERMIS

This is the most superficial layer of the skin and it protects the body from the environment. It is made up of keratinized squamous epithelium. It varies in thickness in different parts of the body. It is thickest on the palms of the hands and soles of the feet. This layer has no blood vessels or nerve endings, but it is extremely sensitive to touch.

It is made up of 5 sub-layers or stratum that work together to continually rebuild the surface of the skin:

- ♥ **Stratum Germinativum** or **Basal Cell Layer** - a single layer of cuboidal keratinocytes that continually divide, and new cells constantly push older ones up to the surface of the skin, where they are shed. It is called the germinativum layer because this stratum is constantly germinating (producing) new cells. It also contains melanocytes, Langerhans cells and Merkel cells.
- ♥ **Stratum Spinosum** or **Prickle Cell Layer** - consists of 8-10 layers of multi-sided keratinocytes that have spine like projections. Langerhans cells and melanocytes also appear in this layer.

Only these 2 layers contain living cells. **Stratum Granulosum** or **Granular Layer** - contains about 5 layers of flattened keratinocytes with granules that release a fatty secretion that acts as a water-repellent sealant. This secretion ensures that body fluid is not lost from the epidermis and that the entry of foreign materials is prevented.

- ♥ **Stratum Lucidum** or **Clear Layer** – consists of about 5 layers of clear, flat, dead cells and is only present in the thick skin of the palms and soles.
- ♥ **Stratum Corneum** or **Horny Layer** – this is the top layer and consists of about 30 layers of flat, dead keratinocytes.

These 3 layers contain cells that change from living to dead.

THE DERMIS

This is the thicker, supportive layer found below the epidermis. It is tough and elastic and is composed of two layers: the papillary and reticular. Throughout the dermis there are three types of tissue: collagen, elastic and reticular fibers. While these are found in both layers of the dermis, the papillary layer has mainly collagen fibers.

- ♥ **The Papillary layer:** the upper, papillary layer is made up of a thin arrangement of collagen fibers. This layer supplies nutrients to several layers of the epidermis and regulates temperature. This is done via papillae. Papillae are finger-like projections that nourish the dermis. They also provide the touch sensation. Papillae are also responsible for the creation of fingerprints and footprints. A double row of papillae in finger pads produces the ridged fingerprints on fingertips.
- ♥ **The Reticular layer:** the lower, reticular layer is thicker and made of thick collagen fibers that are arranged in parallel to the surface of the skin. This layer is denser than the papillary dermis, and it strengthens the skin, providing structure and elasticity. It also supports other components of the skin such as hair follicles, sweat glands, sebaceous glands, nerves and adipose tissue.

There are three types of fibers found in the dermis: collagen, elastin and reticular.

- ♥ **Collagen fibers:** these are the most common fibers in connective tissue. They are long, straight and unbranched. They consist of a structural protein that supports and strengthens the skin and protects it from being over-stretched.
- ♥ **Elastin fibers:** another structural protein containing elastin that makes the skin elastic or taut. The fibers are branched and wavy. It allows the skin to regain its shape after being stretched.

The combination of collagen and elastic fibers gives the skin its strength, its ability to stretch and its elasticity.

- ♥ **Reticular fibers:** these fibers are thin and very delicate. They give strength and support to other cells by binding around them with their branching network.

The structures found in the dermis are:

- ♥ **Blood vessels:** a vast network of fine capillaries are found here, bringing oxygen and nutrients the skin and transporting away waste products.

- ♥ **Lymph vessels:** these are found throughout the dermis and the deeper layers of the epidermis.
- ♥ **Nerves** - there are 2 types of nerves:
 - ♥ **Sensory nerves:** send messages to the brain. These nerves are sensitive to environmental factors such as touch, pressure, pain and changes in temperature i.e., hot and cold.
 - ♥ **Motor nerves:** receive messages from the brain to activate such things as the arrector pili muscles, sweat glands and blood vessels (dilation and constriction).
 - ♥ **Hair follicles and hair:** hair grows out of hollow spaces in the skin called hair follicles, which extend from the epidermis, through the dermis and often into the subcutaneous layer. Hair covers and protects the skin.
- ♥ **Sweat glands** - *there are 2 types of sweat glands:*
 - **Eccrine glands:** these are found all over the body and are numerous in the palms of the hands and soles of the feet. The bodies of the glands lie coiled in the subcutis layer. They have a duct that opens in a pore, through which secretions are brought to the skin's surface.

Sweat from these glands is made up of water, urea, uric acid, ammonia, glucose and lactic acid.
 - **Apocrine glands:** these open into hair follicles but do not become active until puberty. They are found mainly in the underarm, breast and genital areas of the body. A milky fluid is secreted from these glands. The unpleasant smell, or body odour, occurs when this kind of sweat reacts with the air and is decomposed by bacteria.
- ♥ **Sebaceous glands:** these are usually connected to the hair follicles. They pour a natural oily liquid called sebum into the hair follicles. They are present in the skin of all parts of the body except the palms and soles. The sebum keeps the hair soft and pliable and gives it a shiny appearance. Sebum is the skin's natural moisturizer, providing some waterproofing and acts as a bactericidal and fungicidal agent helping to prevent infection.
- ♥ **Arrector pili muscle:** these are little bundles of muscle fibers which are attached to the hair follicles. Each bump is formed by a smooth muscle called an arrector pili. These muscles contract and pull the hair follicles upright, making the hair stand on end. Erect hairs trap air, which acts as an insulating layer. These muscles are stimulated by sympathetic nerve fibers in response to fear or cold - the skin becomes covered in goose bumps.

THE SUBCUTANEOUS LAYER or SUBCUTIS

This layer is found below the dermis and attaches the skin to underlying structures. It is made up of **areolar connective tissue** and varying amounts of **adipose tissue**. It serves as a storage depot for fat and contains large blood vessels that supply the skin. It contains sensory nerve endings called Pacinian corpuscles that are sensitive to pressure.

FUNCTIONS OF THE SKIN

Protection - the skin covers the body and provides a physical barrier that protects underlying tissues from chemicals, bacterial invasion, dehydration, and UV radiation. Since the skin contains sensory nerve endings, the body reacts by reflex action (withdrawal) to unpleasant or painful stimuli, protecting it from further stimuli.

Melanin Formation - the skin produces melanin (secreted from melanocytes in the germinative layer) and this can give some protection against harmful UV rays in sunlight. Melanin is the primary determinant of skin colour.

Formation of Vitamin D - vitamin d is produced by the skin when it is exposed to ultraviolet light. The body combines vitamin d (a substance that aids in the absorption of calcium and phosphorous obtained from the gastrointestinal tract) into blood. This is then used for the formation and maintenance of a healthy bone structure.

Excretion - sodium chloride is excreted by the sweat glands; urea is excreted - especially when the kidneys are not working properly, and aromatic substances such as garlic / spices.

Secretion - the skin secretes sebum (a natural lubricant/moisturizer) which is secreted from the sebaceous glands. This protects skin and hairs from drying out and contains bactericidal chemicals that kill surface bacteria.

Absorption - some drugs can be absorbed through the skin, toxic chemicals, essential oils.

Sensation - the skin contains sensory nerve endings which, when externally stimulated, send messages to the brain, which in turn responds via the motor nerves. These nerve endings warn of pain, cold, heat, pressure and touch. Different receptors lie at different levels in the skin, helping to prevent trauma to the skin and underlying structures.

Temperature Control - the temperature of a healthy body remains fairly constant at about 36.8 c (98.4 f). In response to high environmental temperature or strenuous exercise, the evaporation of sweat from the skin surface helps lower an elevated temperature to normal. Changes in the flow of blood in the skin also help regulate body temperature. A great deal of the body's heat is distributed by the circulatory system around the body.

WHEN THE BODY IS TOO HOT

Capillaries in the skin **dilate** (open) and the heat from the extra blood, which has been brought to the surface, is lost. The skin usually looks flushed. **Sweat Glands** increase the rate of sweat production so that a continuous layer of moisture covers the skin, keeping it cool.

WHEN THE BODY IS TOO COLD

Capillaries in the skin **constrict** (close) and reduce the amount of blood flowing near to the surface. Blood is then diverted to the major organs, thus conserving heat. The skin becomes cold and looks pale and lips often go blue.

Sweat Glands reduce the rate of sweat production. More heat is produced when **Shivering** takes place. Heat is produced by the muscles. This causes us to have goose bumps

Muscle Movements from stamping the feet, waving the arms, etc. will also help to produce more heat.

The **Subcutis** helps to guard against heat loss providing an insulative layer.

HOW SKIN IS REPLACED

Cell renewal takes place in the epidermis. Cells undergo a process called keratinization. Living cells are formed in the basal layer and are pushed through the layers of the epidermis and finally reach the surface layer – the corneum layer. While going through these layers, the cells make keratin, a protein that helps protect the skin and underlying tissues from heat, microbes and chemicals. At the same time the cytoplasm, nucleus and other parts of the cell disappear, and the cells slowly die. The cells that reach the surface are eventually rubbed off or wear away and are replaced by new cells that have originated in the germinative layer and in turn, become keratinized, and then make their way up to the top. This is a continuous process and complete replacement of the epidermis takes about 2 – 4 weeks.

HOW SKIN IS MAINTAINED

The maintenance of healthy epidermis depends on three factors:

- ♥ Desquamation (shedding) of keratinized cells from the surface
- ♥ Effective keratinization of the cells approaching the surface
- ♥ Continual cell division in the deeper layers with newly formed cells being pushed to the surface

HOW SKIN IS REPAIRED

Systemic factors

These include good nutritional status and general health. Infections, weak or impaired immune systems, poor blood supply and systemic conditions e.g., diabetes mellitus and cancer, reduce the rate of wound healing.

Local factors

A good blood supply to provide oxygen and nutrients and to remove waste products, and a lack of microbes, foreign bodies or toxic chemicals will speed up and encourage wound healing.

EPIDERMAL WOUND HEALING

this occurs when the edges of the wound are close together and there has been minimal loss of tissue. The cut surfaces become inflamed and blood clot and cell debris fill the gap between them in the first few hours. Epithelial cells spread across the wound. The epidermis meets and grows upwards until the full thickness is restored. The clot above the new tissue becomes the scab and separates after 3 to 10 days. When healing is complete only a fine scar is left

The Four Phases of Deep Wound Healing

There are four phases of deep wound healing:

- ♥ **The Inflammatory Phase.** A blood clot forms in the wound and loosely unites the wound edges. More blood is brought to the area to help eliminate microbes, foreign particles and dying tissue in preparation for repair. Neutrophils and monocytes also migrate to the area to help mop up microbes.
- ♥ **The Migratory Phase.** The blood clot becomes a scab and epithelial cells migrate beneath the scab to bridge the wound. Fibroblasts migrate along the fibrin threads and begin to synthesize scar tissue (collagen fibers). Damaged blood vessels begin to regrow.
- ♥ **The Proliferative Phase.** Extensive growth of epithelial tissue occurs beneath the scab. Blood vessels and scar tissue continue to grow.
- ♥ **The Maturation Phase.** Finally, the scab falls off indicating that the epidermis has been restored to normal thickness. Blood vessels are restored to normal and collagen fibers become more organized.

THE BLOOD

Blood is a nutritive fluid circulating through the circulatory system (heart and blood vessels) to supply oxygen and nutrients to cells and tissues and to remove carbon dioxide and waste from them.

There are approximately 8 to 10 pints of blood in the human body, which contribute about 1/20th of the body's weight. Blood is approximately 80 percent water. It is sticky and salty, with a normal temperature of 98.6 degrees Fahrenheit (37 degrees Celsius). It is bright red in the arteries (except for the pulmonary artery) and dark red in the veins. The color change occurs with the exchange of carbon dioxide for oxygen as the blood passes through the lungs, and again with the exchange of oxygen for carbon dioxide as the blood circulates throughout the body.

Composition of the Blood

Blood is composed of red and white cells, platelets, plasma, and hemoglobin.

Red Blood Cells

Carry oxygen from the lungs to the body cells and transport carbon dioxide from the cells back to the lungs. Red blood cells contain hemoglobin, a complex iron protein that binds to oxygen. Hemoglobin gives blood color.

White blood cells, also known as white corpuscles or leukocytes perform the function of destroying disease-causing toxins and bacteria.

Platelets

Contribute to the blood-clotting process, which stops bleeding. Platelets are much smaller than red blood cells.

Plasma

Fluid part of the blood in which the red and white blood cells and platelets flow. Plasma is about 90 percent water and contains proteins and sugars. The main function of plasma is to carry food and other useful substances to the cells and to take carbon dioxide away from the cells.

BLOOD VESSELS

The blood vessels are tube-like structures that include the arteries, arterioles, capillaries, venules, and veins. The function of these vessels is to transport blood to and from the heart and then to various tissues of the body.

The types of blood vessels found in the body are

Arteries

Thick-walled, muscular, flexible tubes that carry oxygenated blood away from the heart to the arterioles. The largest artery in the body is the aorta.

Arterioles

Small arteries that deliver blood to capillaries.

Capillaries

Tiny, thin-walled blood vessels that connect the smaller arteries to venules. Capillaries bring nutrients to the cells and carry away waste materials.

Venules

Small vessels that connect the capillaries to the veins. They collect blood from the capillaries and drain it into the veins.

Veins

Thin-walled blood vessels that are less elastic than arteries; veins contain cup-like valves that keep blood flowing in one direction to the heart and prevent blood from flowing backward. Veins carry blood containing waste products back to the heart and lungs for cleaning and to pick up oxygen. Veins are located closer to the outer skin surface of the body than arteries.

Chief Functions of the Blood

Blood performs the following critical functions:

- ♥ Carries water, oxygen, and food to all cells and tissues of the body.
- ♥ Carries away carbon dioxide and waste products to be eliminated through the lungs, skin, kidneys, and large intestines.
- ♥ Helps to equalize the body's temperature, thus protecting the body from extreme heat and cold.
- ♥ Works with the immune system to protect the body from harmful toxins and bacteria.
- ♥ Seals leaks found in injured blood vessels by forming clots, thus preventing further blood loss.

ARTERIES OF THE HEAD, FACE, AND NECK

The common carotid arteries are the main arteries that supply blood to the head, face, and neck. They are located on both sides of the neck, and each artery is divided into an internal and external branch.

The internal carotid artery supplies blood to the brain, eyes, eyelids, forehead, nose, and internal ear. The external carotid artery supplies blood to the anterior (front) parts of the scalp, ear, face, neck, and sides of the head.

Two branches of the internal carotid artery that are important to know are the following:

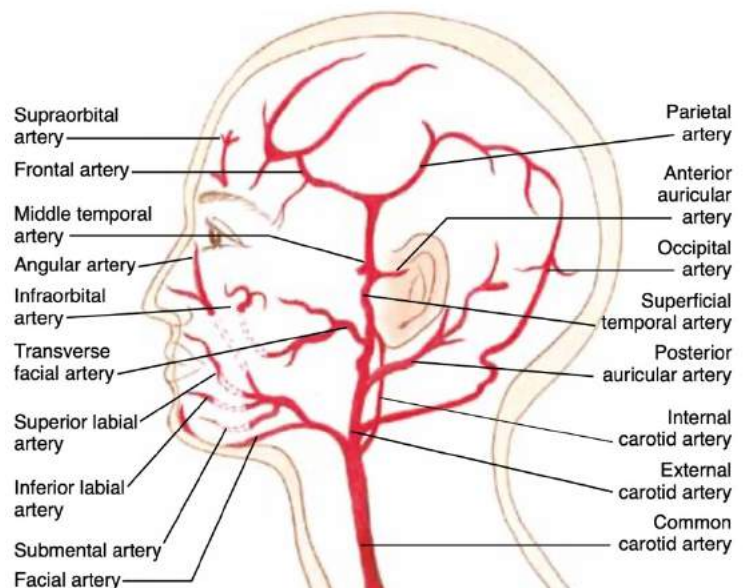
- ♥ **Supraorbital artery.** Supplies blood to the upper eyelid and forehead.
- ♥ **Infraorbital artery.** Supplies blood to the muscles of the eye.

There are four branches of the external carotid artery—the facial artery, the superficial temporal artery, the occipital artery, and the posterior auricular artery.

The facial artery, also known as the external maxillary artery. Supplies blood to the lower region of the face, mouth, and nose.

Some of the important facial artery branches include:

- ♥ **Submental Artery.** Supplies blood to the chin and lower lip.
- ♥ **Inferior Labial Artery.** Supplies blood to the lower lip.
- ♥ **Angular Artery.** Supplies blood to the side of the nose.
- ♥ **Superior Labial Artery.** Supplies blood to the upper lip and region of the nose.



The superficial temporal artery is a continuation of the external carotid artery and supplies blood to the muscles of the front, side, and top of the head.

Some of the important superficial temporal artery branches include:

♥ **Frontal Artery**

Supplies blood to the forehead and upper eyelids.

♥ **Parietal Artery**

Supplies blood to the side and crown of the head.

♥ **Transverse Facial Artery**

Supplies blood to the skin and masseter muscle.

♥ **Middle Temporal Artery**

Supplies blood to the temples.

♥ **Anterior Auricular Artery**

Supplies blood to the front part of the ear. The occipital artery supplies blood to the skin and muscles of the scalp and back of the head up to the crown.

- ♥ The **posterior auricular artery** supplies blood to the scalp, the area behind and above the ear, and the skin behind the ear.

Veins of the Head, Face, and Neck

The blood returning to the heart from the head, face, and neck flows on each side of the neck in two principal veins:

- ♥ The **internal jugular vein** is located at the side of the neck to collect blood from the brain and parts of the face and neck.
- ♥ The **external jugular vein** is located at the side of the neck and carries blood returning to the heart from the head, face, and neck.

The most important veins of the face and neck are parallel to the arteries and take the same names as the arteries.

THE LYMPHATIC SYSTEM

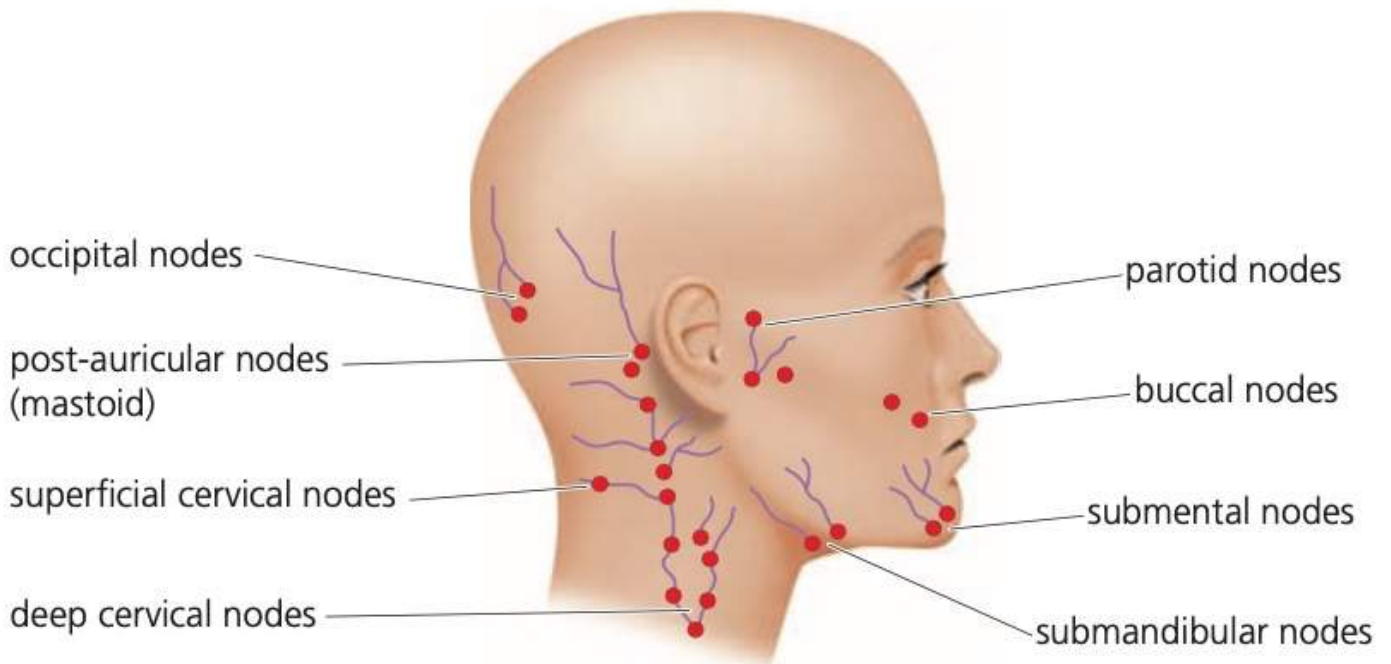
The lymphatic system is closely connected to the blood system. Its main function is to remove bacteria and foreign material from tissue and therefore prevents infection. The lymphatic system consists of the fluid lymph, the lymph vessels and the lymph nodes.

Unlike the blood circulation, the lymphatic system has no muscular pump equivalent to the heart. So instead, the lymph moves through the vessels and around the body because of movements such as contractions of large muscles.

Facial massage can play an important part in assisting this flow of lymph fluid as this promotes the removal of waste and toxins which is transported in the lymph.

In the diagram you can see the position of:

- ♥ The superficial cervical group – which drains the back of the head and the neck
- ♥ the lower deep cervical group – which drains the back area of the scalp and the neck.



Lymph Nodes of the Head

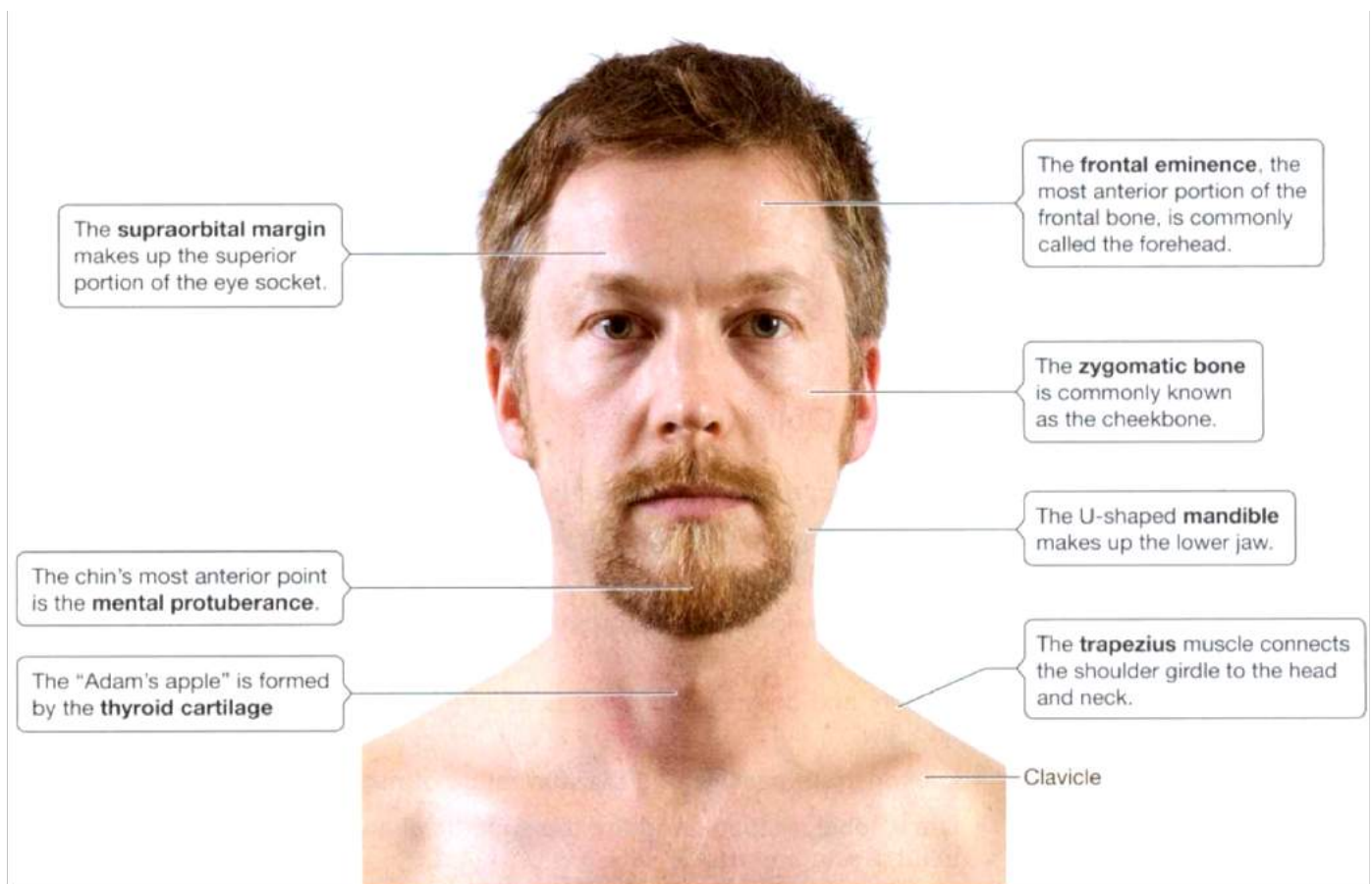
HEAD, NECK, & FACE

The head, neck, and face house the most critical organs of the nervous system. The head encases the brain, the organ of cognition and consciousness, as well as the entire length of eleven of the twelve cranial nerves. It also contains the organs of four special senses: sight, sound, smell, and taste. The neck contains the cervical spinal cord, from which nerves branch throughout the upper body including the diaphragm muscle, which is essential for breathing. Complex interactions between this region and all other regions of the body are thus critical to survival and optimal function.

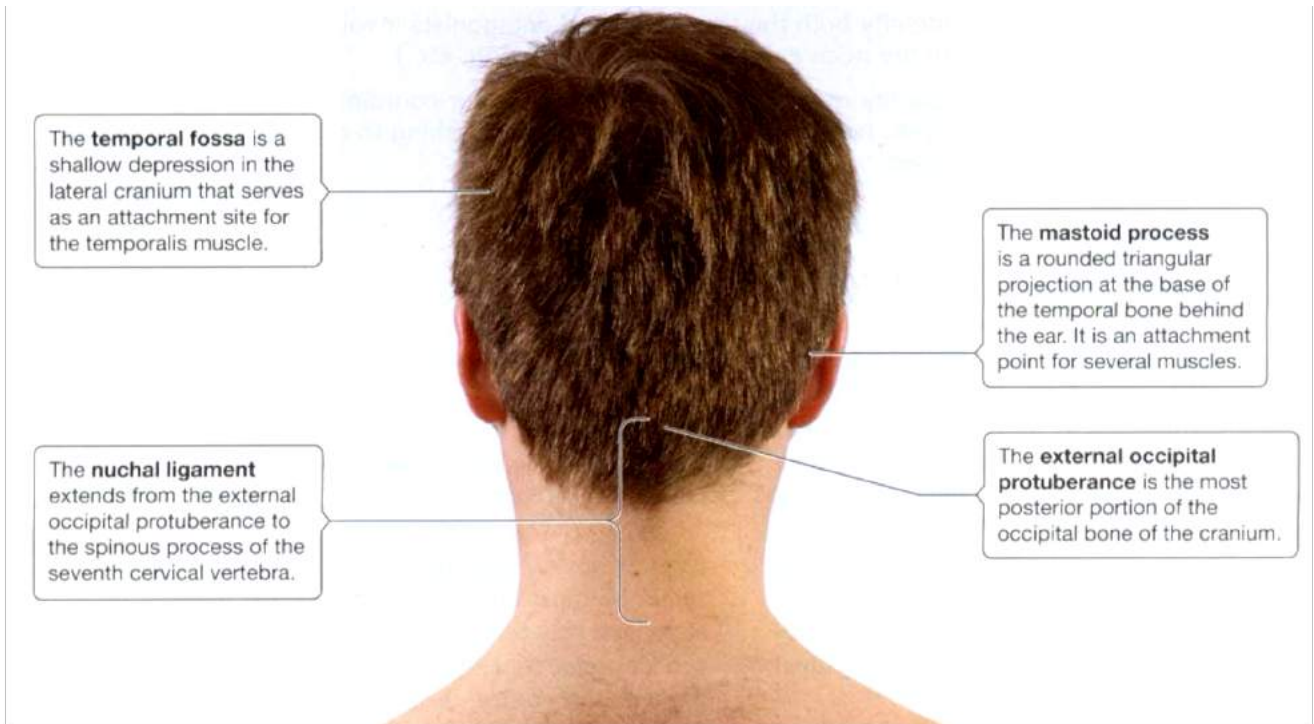
Several bones fit together to form the skull. Some form the round cranium, which contains the brain. Others form the bones of the face and protect underlying structures, such as the openings of the digestive and respiratory systems. A complex union between two bones forms the jaw joint, which allows the movements required for speaking, chewing, and facial expression.

The cervical spine contains seven vertebrae and two types of joints, making it the most mobile region of the spine. Multiple layers of ligaments and muscles maintain alignment between the skull, individual vertebrae, and the cervical spine as a whole. The size, shape, and location of these muscles reflect their function in this complex region. Some muscles that act on the head and neck also act on the entire spine.

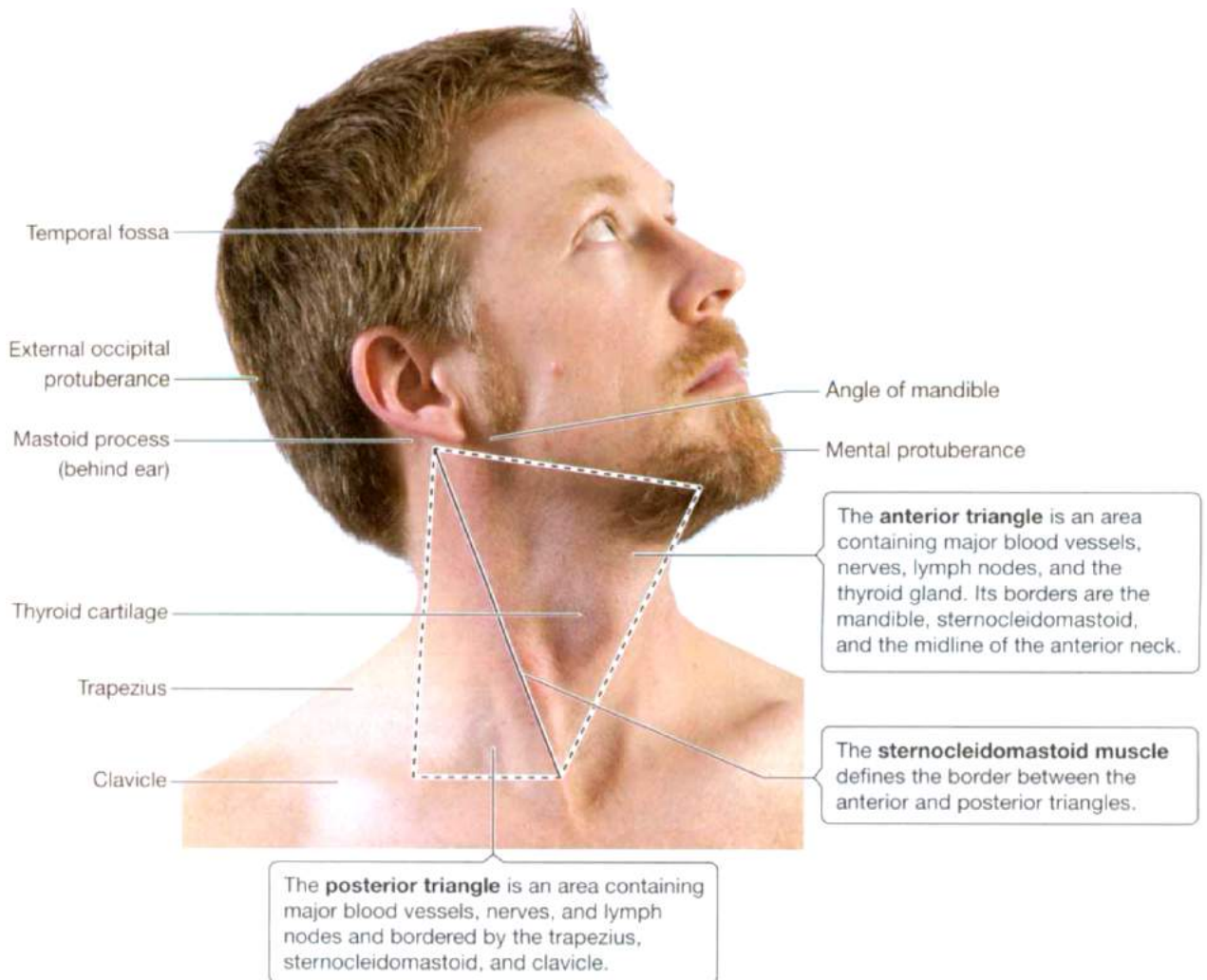
SURFACE ANATOMY OF THE HEAD, NECK, AND FACE



Anterior View



Posterior View



Anterolateral View

THE SKELETAL SYSTEM

SKELETAL STRUCTURES OF THE HEAD, NECK, AND FACE

The skeletal system forms the physical foundation of the body and is composed of 206 bones that vary in size and shape and are connected by movable and immovable joints.

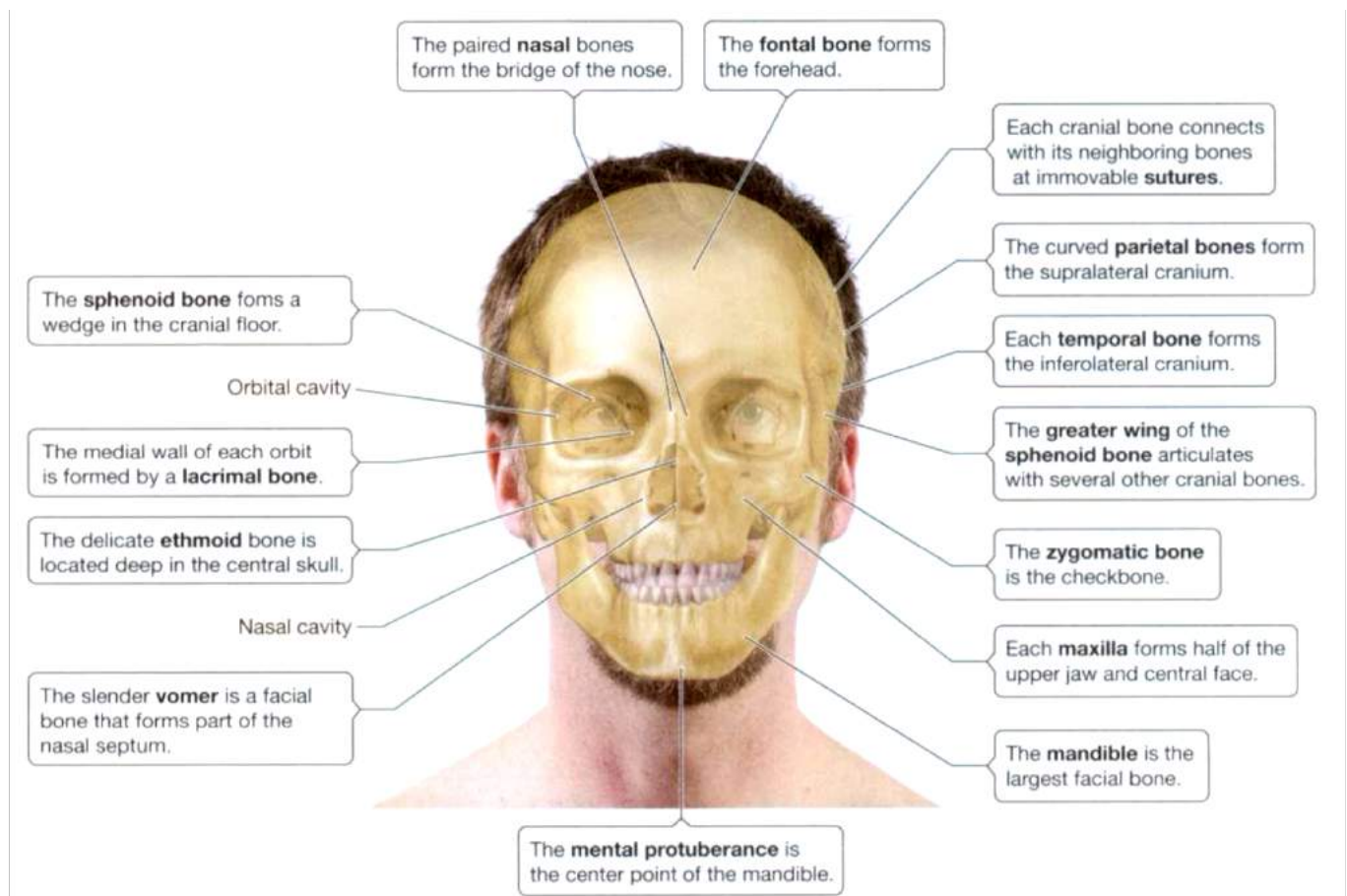
Osteology is the study of the anatomy, structure, and function of the bones. Os (AHS) means bone. It is used as a prefix in many medical terms, such as osteoarthritis, a joint disease.

Except for the tissue that forms a major part of the teeth, bone is the hardest tissue in the body. It is composed of connective tissue consisting of about one-third organic matter, such as cells and blood, and two-thirds minerals, mainly calcium carbonate and calcium phosphate.

The primary functions of the skeletal system are to:

- ♥ Give shape and support to the body.
- ♥ Protect various internal structures and organs.
- ♥ Serve as attachments for muscles and act as levers to produce body movement.
- ♥ Help produce both white and red blood cells (one of the functions of bone marrow).
- ♥ Store most of the body's calcium supply, as well as phosphorus, magnesium, and sodium.

A joint is the connection between two or more bones of the skeleton. There are two types of joints: movable, such as elbows, knees, and hips; and immovable, such as the joints found in the pelvis and skull, which allow little or no movement.



Skull, Anterior View

Bones of the Skull

The skull is the skeleton of the head and is divided into two parts:

- ♥ Cranium. An oval, bony case that protects the brain.
- ♥ Facial skeleton.

The framework of the face that is composed of 14 bone

Bones of the Face

Of the 14 bones of the face, the bones directly involved in facial massage are the following:

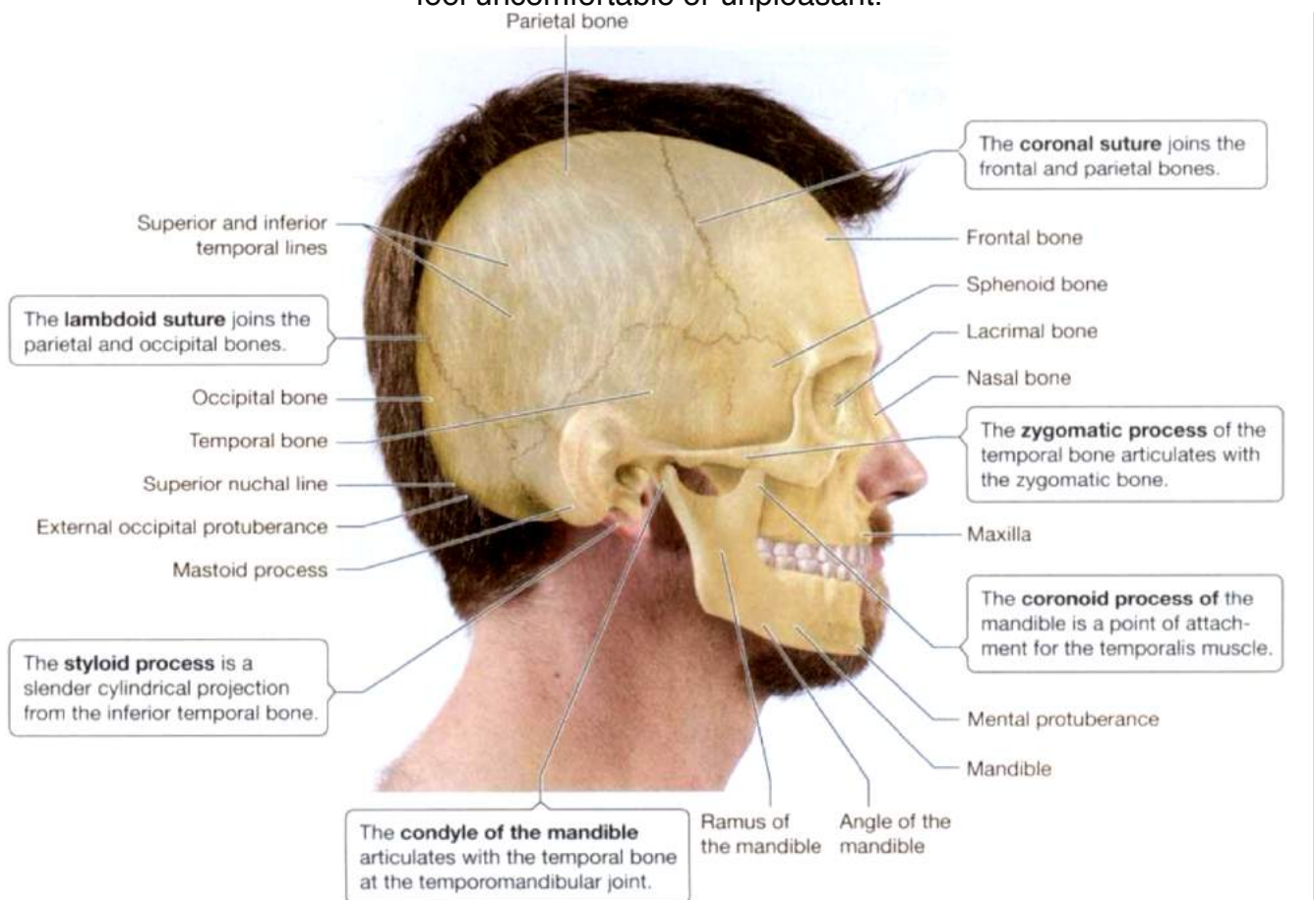
Nasal bones. Bones that form the bridge of the nose. There are two nasal bones.

Lacrimal bones. Small, thin bones located at the front inner wall of the orbits (eye sockets). There are two lacrimal bones.

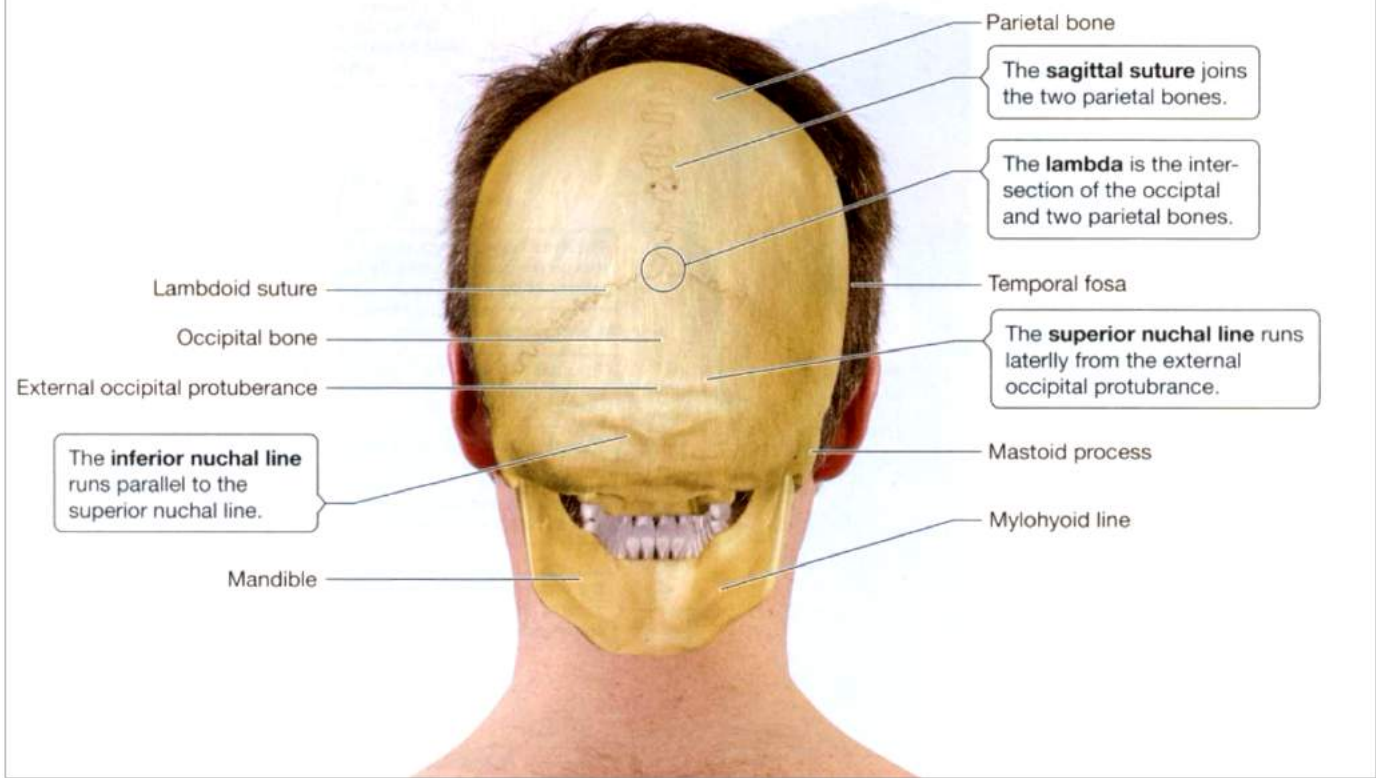
Zygomatic bones, also known as malar bones or cheekbones. Bones that form the prominence of the cheeks. **There are two zygomatic bones.**

- ♥ Maxillae (singular: maxilla). Bones of the upper jaw. There are two maxillae.
- ♥ Mandible. lower jawbone; largest and strongest bone of the face.

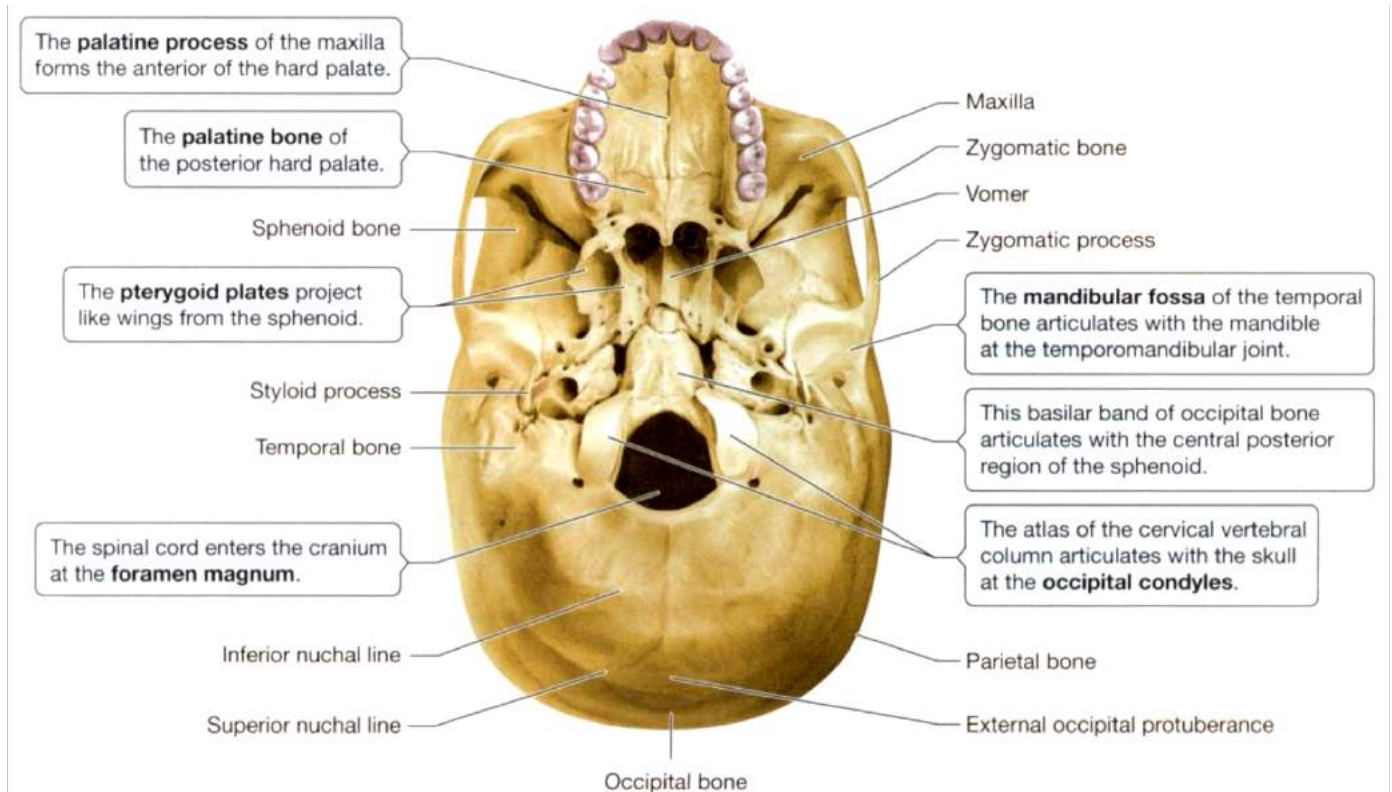
When you carry out a massage upon a client's face, you will be able to feel the underlying facial bones below. In some cases, there is little depth in tissue between the bones of the skull and the surface of the skin. You should take care to adopt the correct massage technique so that it doesn't feel uncomfortable or unpleasant.



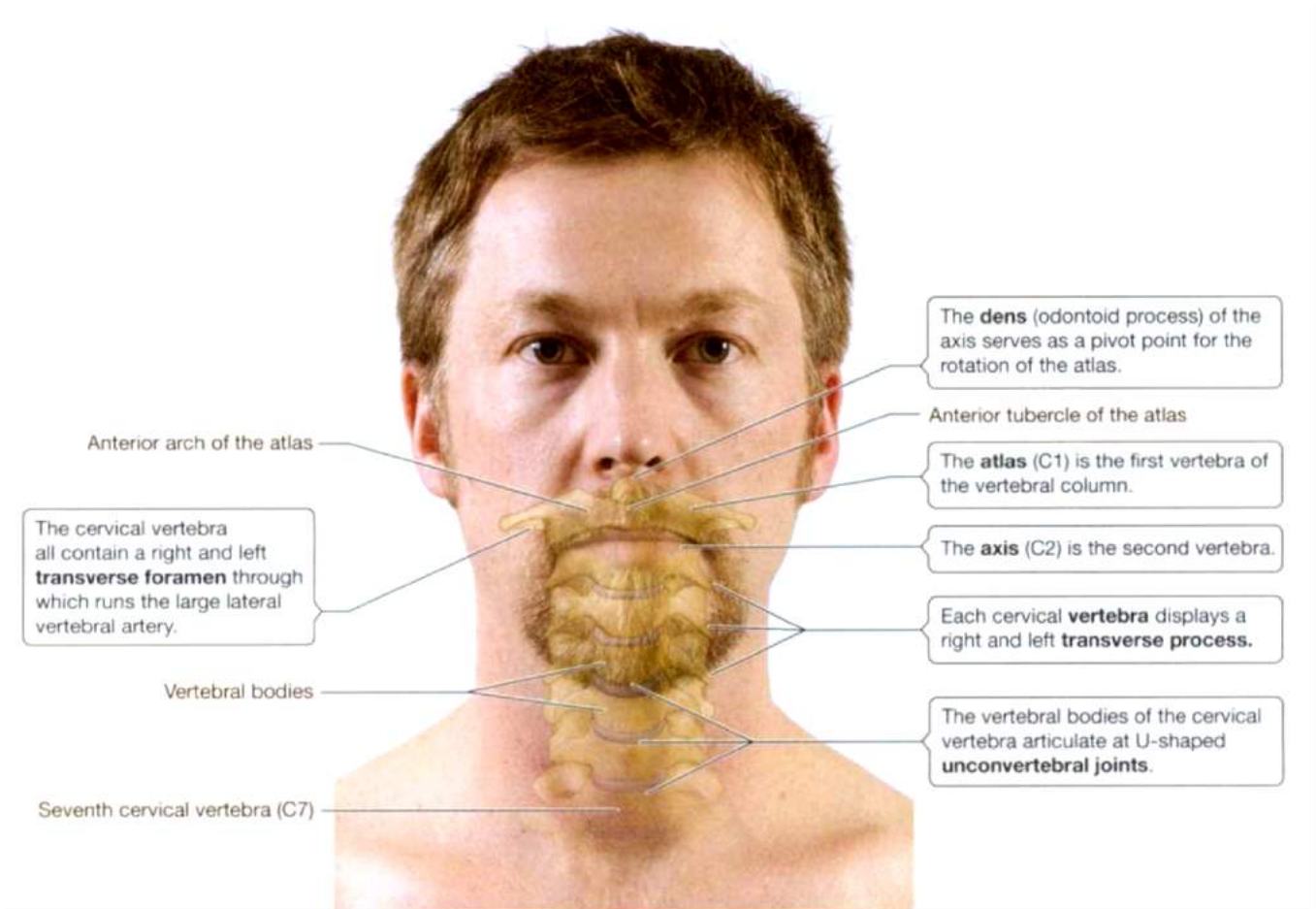
Skull, Lateral View



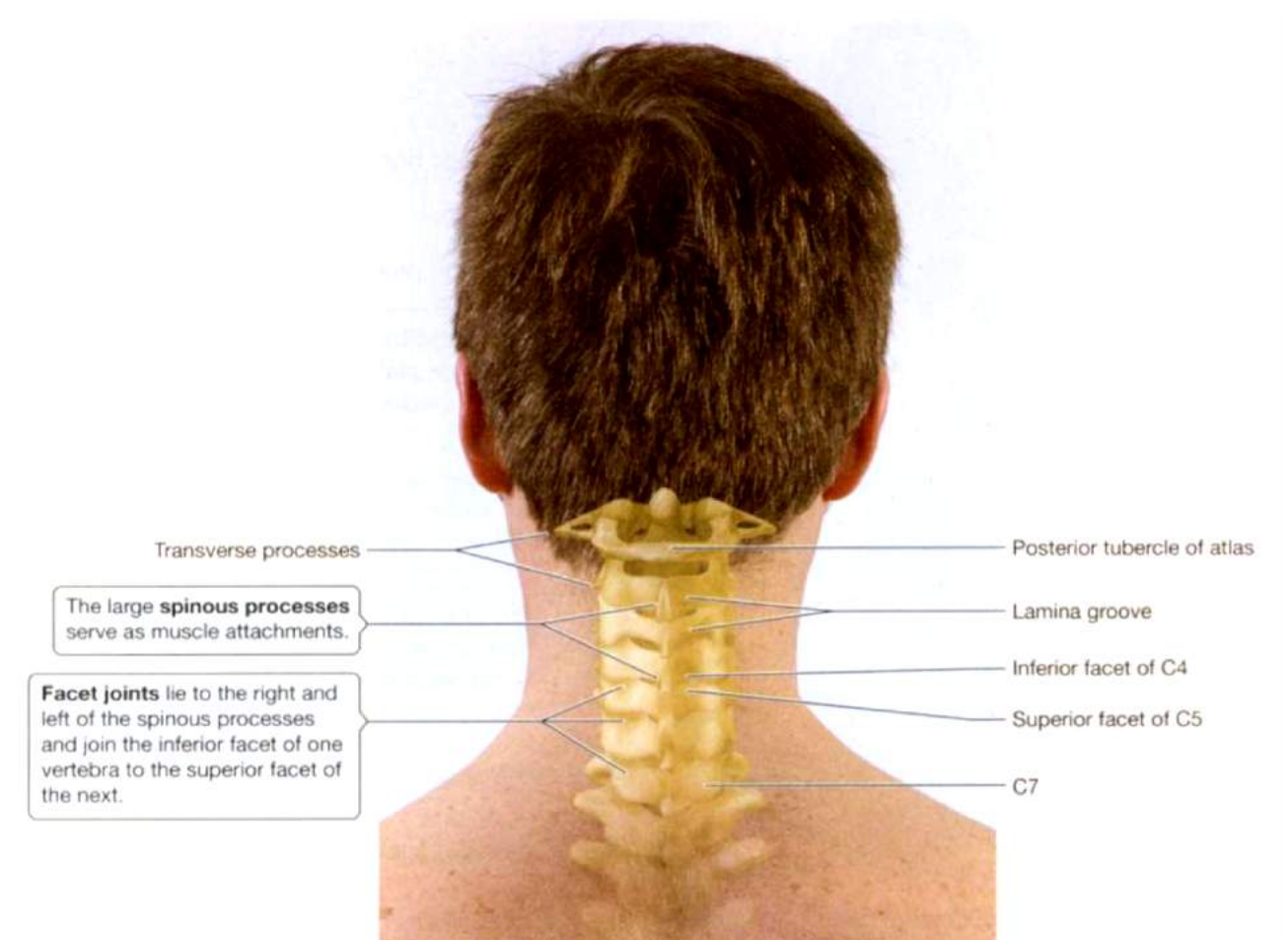
Skull, Posterior View



Skull, Inferior View (Mandible Is Not Shown)



Cervical Vertebral Column: Anterior View

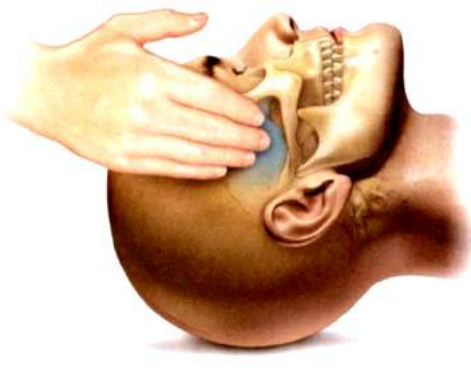


Cervical Vertebral Column: Lateral View

BONY LANDMARKS OF THE HEAD, NECK, AND FACE

Palpating the Temporal Fossa

Positioning: client supine.



1. Locate the junction of your client's head and the top of their ear with your four fingertips.
2. Slide your fingertips superiorly into the broad, shallow temporal fossa.

Palpating the Zygomatic Bone

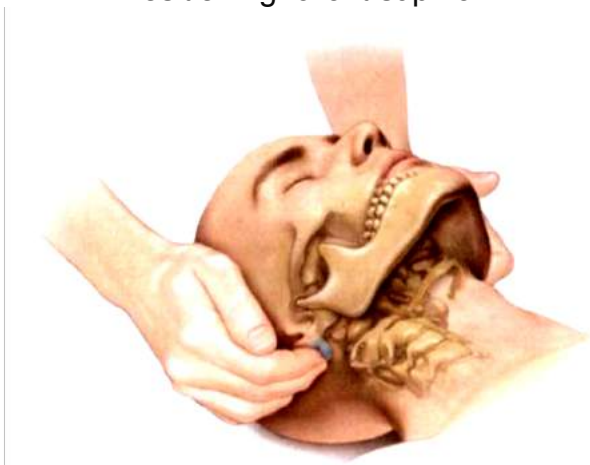
Positioning: client supine.



1. Locate the prominent ridge just anterior to your client's ear canal with your fingertips.
2. Slide fingers anteriorly across the cheek toward the nose, palpating the narrow zygomatic bone.

Palpating the Mastoid Process

Positioning: client supine.



1. Place the pad of one of your fingertips directly behind your client's ear.
2. Sweep the pad of your finger around the large, rounded mastoid process.

Palpating the Cervical Transverse Processes

Positioning: client supine.



1. Locate the mastoid process with your fingertips.
2. Slide fingers inferiorly and anteriorly onto the small, laterally protruding transverse process of C1.
3. Continue palpating inferiorly to find the vertically aligned transverse processes of C2-C7.

Palpating the Cervical Spinous Processes

Positioning: client supine.



1. Cup your fingertips around the side of your client's head and palpate the midline of the cervical spine.
2. Gently probe the indented midline locating the posteriorly protruding spinous processes of C2-C7 (C1 spinous process is too small to palpate).

Palpating the Ramus and Angle of the Mandible

Positioning: client supine with jaw relaxed.



1. Locate the inferior edge of your client's zygomatic bone with your fingertips.
2. Slide your fingertips inferiorly onto the broad, flat ramus of the mandible and follow its surface where it curves anteriorly at the angle.

Palpating the Coronoid Process of the Mandible
Positioning: client supine with jaw slightly depressed.



1. Locate the center of the zygomatic bone with the pad of one finger.
2. Slide your finger inferiorly as client depresses the mandible palpating the anteriorly protruding coronoid process.

Palpating the External Occipital Protuberance
Positioning: client supine.



1. Cup your fingertips under your client's head and onto the occiput.
2. Palpate the midline of the occiput, locating the bump marking the center of the superior nuchal line.

Palpating the Condyle of the Mandible
Positioning: client supine with mandible slightly depressed.



1. Locate the posterior edge of the zygomatic bone just anterior to the ear canal.
2. Instruct your client to depress the mandible as you slide your fingertips inferiorly. Palpate the condyle as it moves anterior and inferior.

Palpating the Hyoid Bone

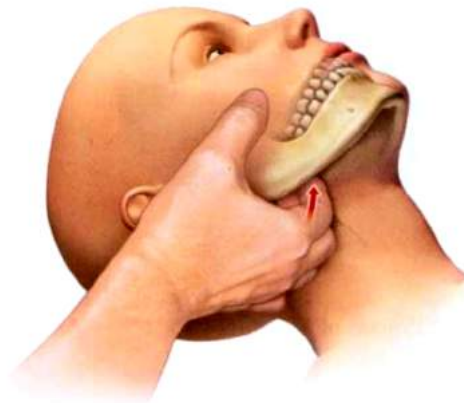
Positioning: client supine.



1. Cup your index finger and thumb around the anterior neck just above the thyroid cartilage.
2. Gently pincer your thumb and finger, palpating the lateral edges of the slender hyoid bone.

Palpating the Submandibular Fossa

Positioning: client supine.



1. Locate the posterior edge of angle of the mandible with your fingertip.
2. Slide your fingertip deep behind the inferior edge of the mandible into the submandibular fossa.

Palpating the Cervical Anterior Vertebral Bodies

Positioning: client supine.



1. Locate the depression between the thyroid cartilage and sternocleidomastoid muscle with your fingertips.
2. Palpate deeply between these two structures onto the flat, firm anterior vertebral bodies.

THE MUSCULAR SYSTEM

The muscular system is the body system that covers, shapes, and holds the skeletal system in place; the muscular system contracts and moves various parts of the body.

Cosmetologists must be concerned with the voluntary muscles that control movements of the arms, hands, lower legs, and feet. It is important to know where these muscles are located and what they control. These muscles can become fatigued from excessive work or injury and your clients will benefit greatly from the massaging techniques you incorporate into your services.

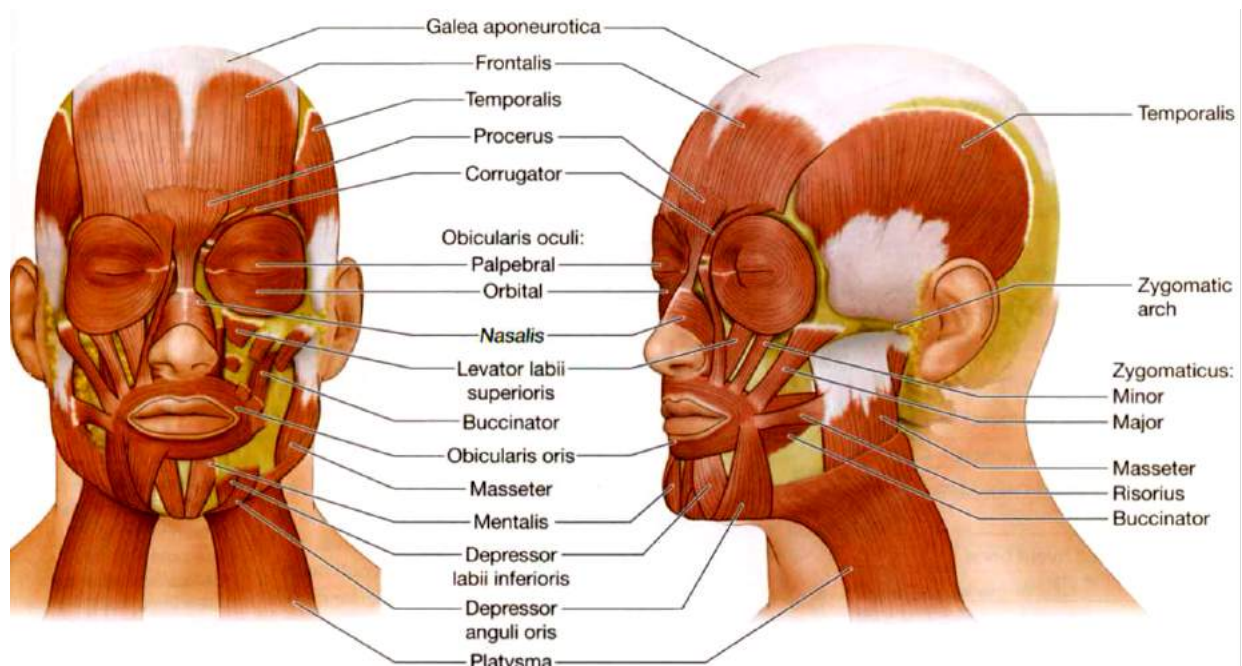
Muscular tissue can be stimulated by:

- ♥ Massage (hand, electric vibrator, or water jets).
- ♥ Electrical therapy current
- ♥ infrared light.
- ♥ Dry heat (heating lamps or heating caps).
- ♥ Moist heat (steamers or moderately warm steam towels).
- ♥ Nerve impulses (through the nervous system).
- ♥ Chemicals (certain acids and salts).

MUSCLES OF THE FACE

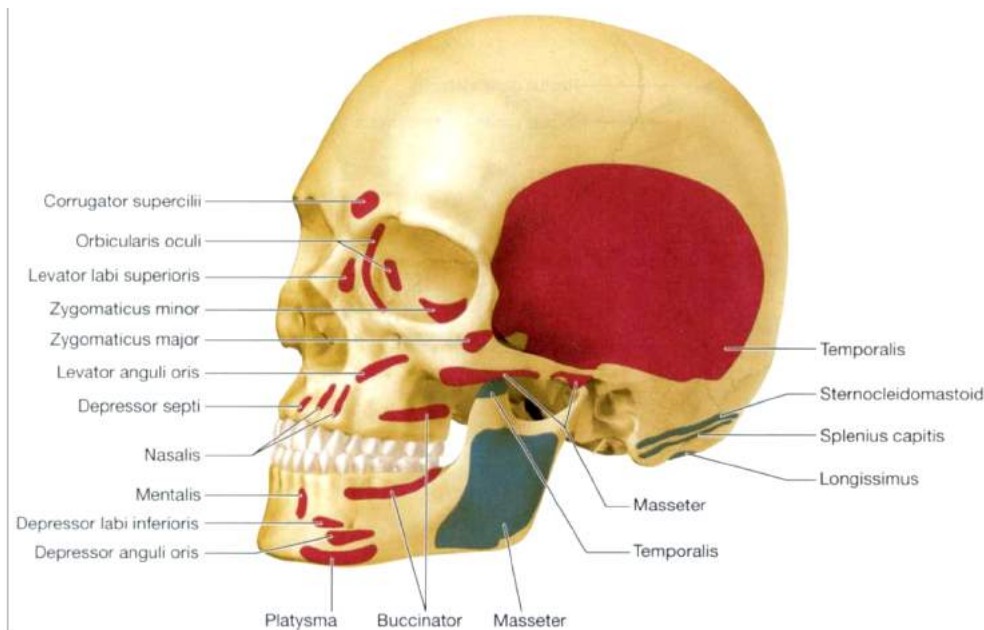
The muscles overlay the bone structure and they enable you to wink, grimace, eat and speak. They crisscross over one another in a complex interlinked way with one end attached to a static bone via a strong tendon at its origin and the other end attached to a moveable bone or another muscle or the skin at the insertion.

To avoid discomfort, massage movements are always made towards the muscle's origin, away from the intersection.

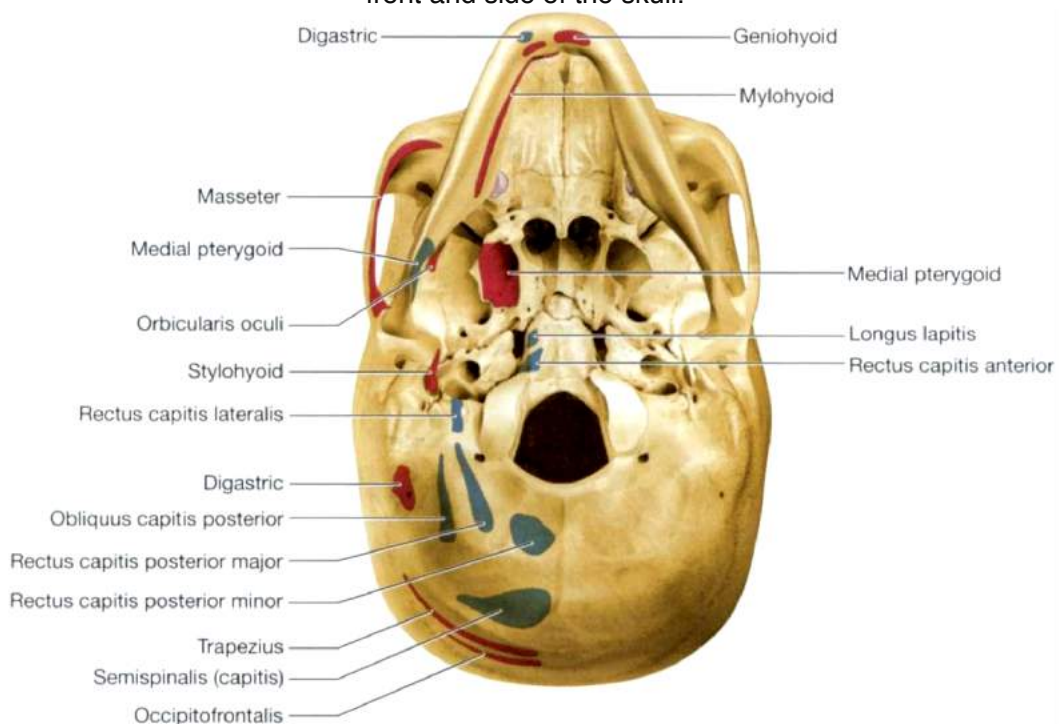


Facial muscles. Several muscles produce facial expressions. Some are rounded or circular for closing the mouth or eyes. Others move the forehead, eyebrows, lips, cheeks, ears, and lips. There are even specialized muscles for moving the nostrils.

MUSCLE ATTACHMENT SITES

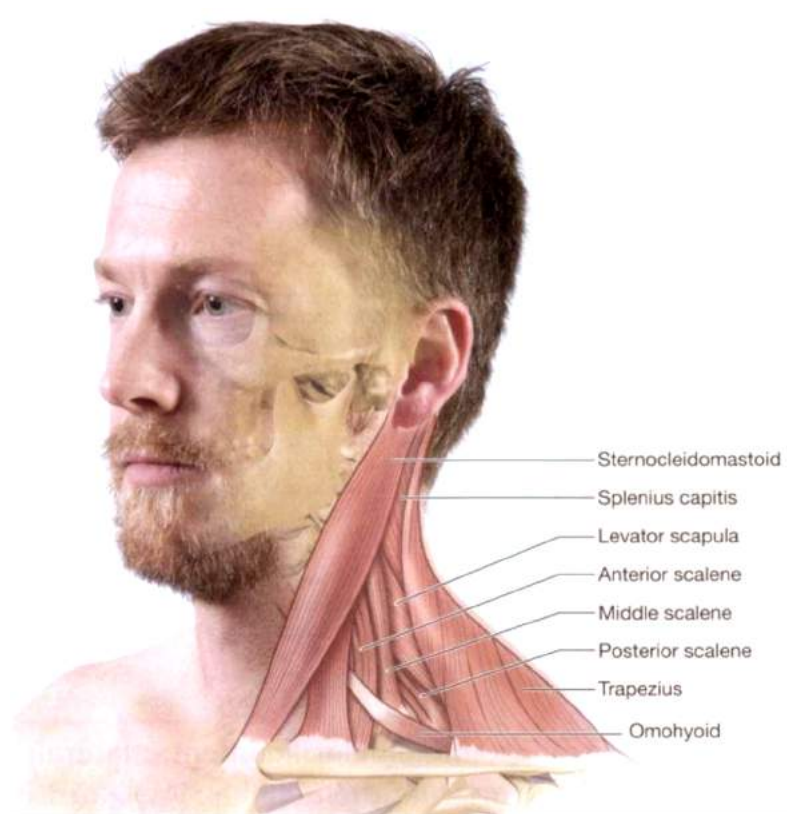


Skull muscle attachments: anterolateral view. When a muscle shortens, the insertion point (blue) tends to move toward the origin point (red). Shown here are the facial, cranial, and cervical muscles that attach to the front and side of the skull.

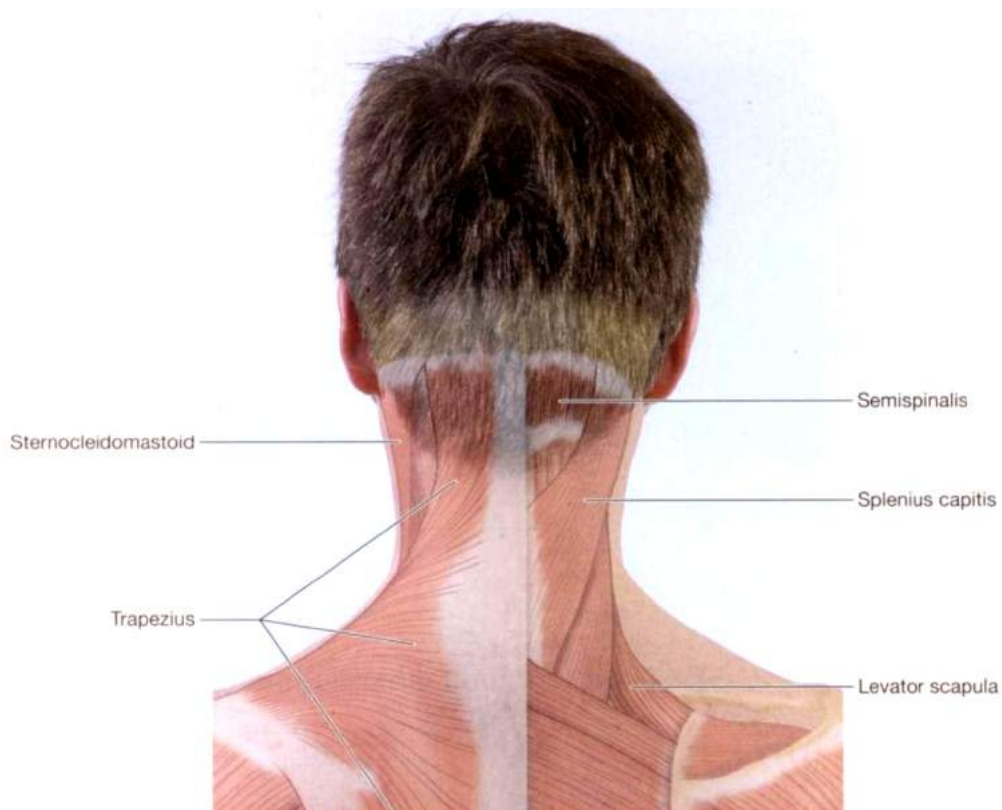


(continued) **Skull muscle attachments: inferior view.** Shown here are the facial, cranial, and cervical muscles that attach to the bottom of the skull. (continues)

SUPERFICIAL MUSCLES OF THE HEAD AND NECK

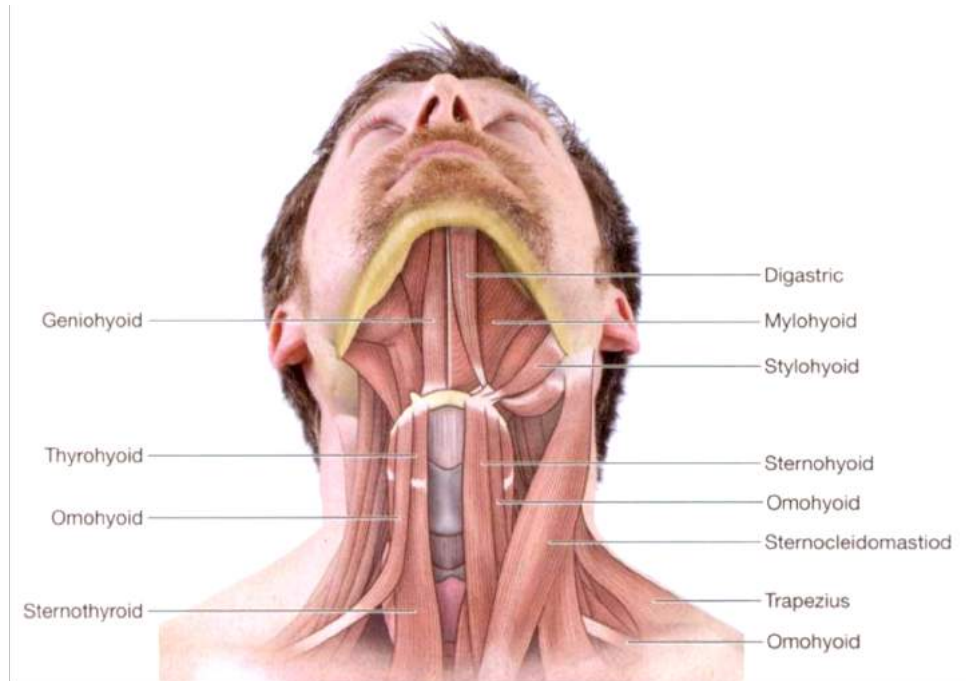


Superficial cervical muscles: anterolateral view. The superficial muscles of the anterior neck serve multiple purposes. They are large, thick, and broad forming a cape-like structure spanning the clavicles, base of the skull, and upper spine. They protect underlying structures and suspend the shoulder girdle from the head. These large muscles on the front of the neck produce gross movement in this region including flexion, lateral flexion, and rotation.

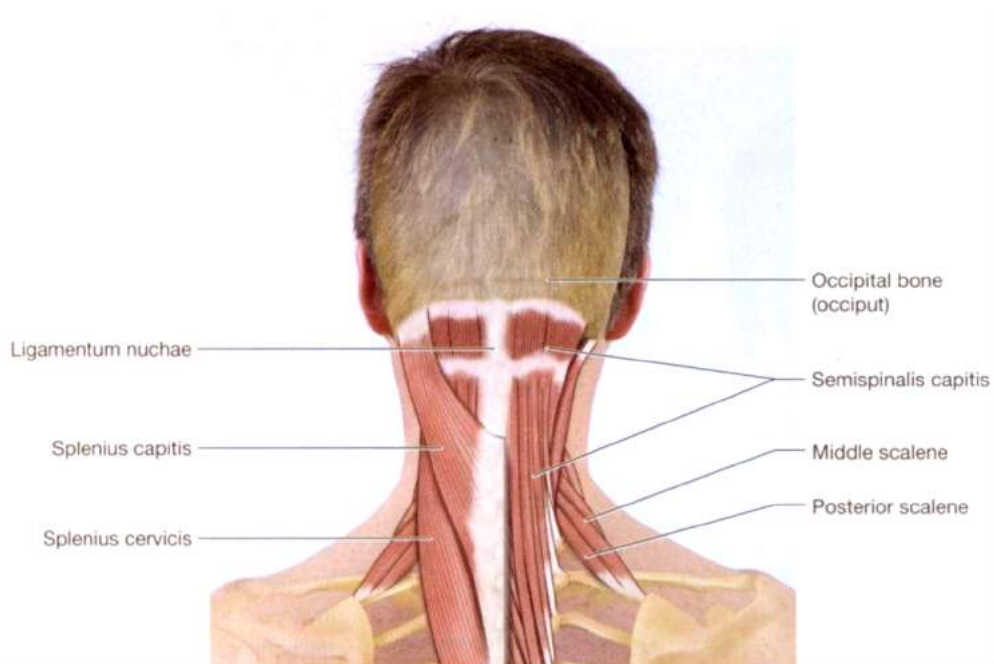


Superficial cervical muscles: posterior view. The kite-shaped trapezius muscle dominates the posterior neck and can move the head, neck, and scapula. The sternocleidomastoid can be seen from the side and tips the head back, juts the head forward, laterally bends the head, and rotates the head away from the shoulder. Directly underneath the trapezius is the splenius capitis and splenius cervicis. These muscles extend, laterally bend, and rotate the head toward the shoulder.

INTERMEDIATE MUSCLES OF THE HEAD AND NECK

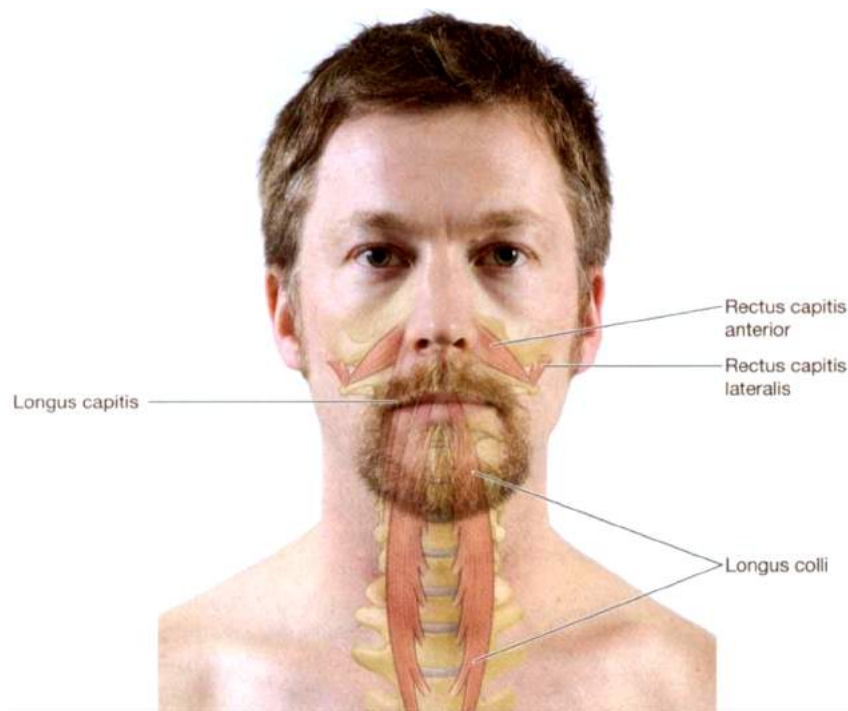


Intermediate cervical muscles: anterior view. The muscles of swallowing dominate the central layer of muscle in the front of the neck. These include the suprahyoid and infrahyoid muscles, named for their relative location to the hyoid bone. This group of muscles assists during chewing, swallowing, and speaking.

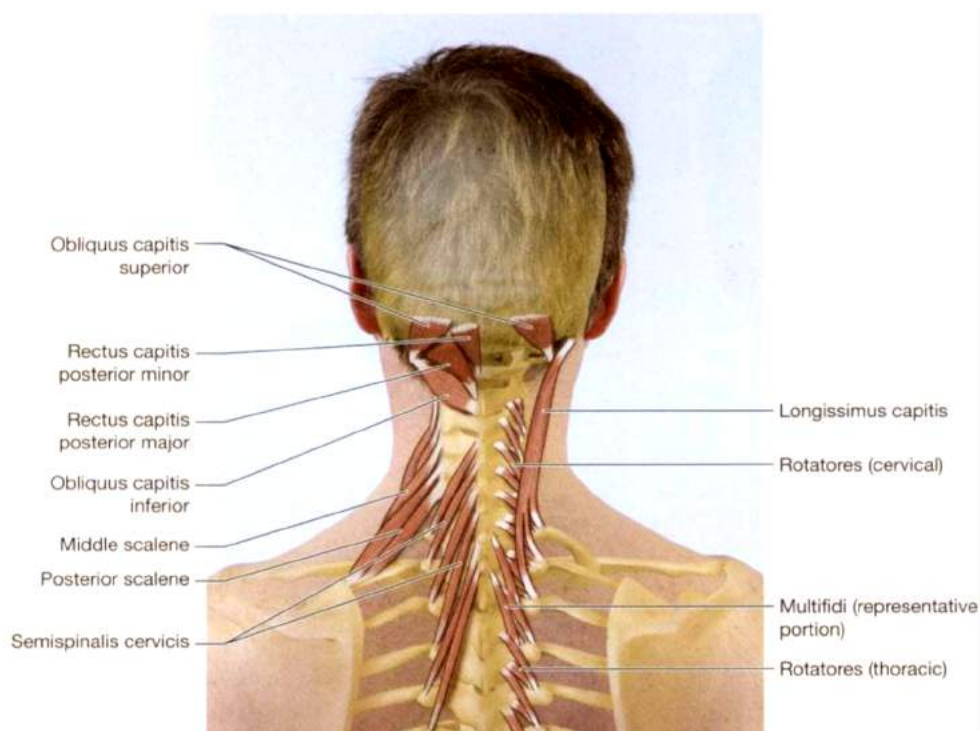


Intermediate cervical muscles: posterior view. The central layer of muscles in the back of the neck contains longer and broader muscles. These span multiple joints and produce gross movements in this region including extension, lateral flexion, and rotation.

DEEP MUSCLES OF THE HEAD AND NECK



Deep cervical muscles: anterior view. Several deep muscles connect the anterior surfaces of the skull and vertebrae. These muscles maintain the alignment of the cervical vertebrae and perform fine flexion and lateral flexion movements in this region.



Deep cervical muscles: posterior view. The suboccipital and semispinalis muscles of the neck work with the rotatores and multifidi, other deep spinal muscles, to stabilize the head and neck posteriorly. These small, specialized muscles maintain the alignment of the skull and cervical vertebrae. They also perform fine extension, lateral flexion, and rotational movements in this region.

SKIN ANALYSIS, SKIN TYPES AND CONDITIONS

You need to analyse the skin in order to find out your client's skin type, this is needed to ensure you use the correct products. A magnifying lamp is a good way to look at the skin closely.

When examining the face and neck it is very important to consider the following points:

- ♥ Look for minor skin problems that can be given specific treatment for improvement
- ♥ Take into account the client's age, lifestyle, nutritional intake and general health as this will be reflected in the colour and texture of the skin, muscle tone, elasticity, the number of wrinkles present and skin discoloration.

You can examine the skin, carry out questioning, visual examination and manual examination.

CHANGES IN SKIN COLOUR

The colour of our skin can change if subjected to certain situations:

- ♥ **Shock** - the body will go into shock when blood does not pick up adequate amounts of oxygen to supply the lungs. The skin will become clammy, cool, pale and appear bluish in colour due to vasoconstriction of skin blood vessels.
- ♥ **Sunlight - melanin** is a dark body pigment and is found in the hair, the iris of the eye and in the skin. Its function is to absorb harmful ultraviolet waves, and to prevent them from damaging the body. Exposure to ultraviolet light increases the production of melanin and the skin then darkens, or tans.
- ♥ Overexposure to the sun over a period of years can result in a leathery skin texture, wrinkles, skin folds, sagging skin, freckling, a yellow discoloration due to abnormal elastic tissue, premature ageing of the skin and skin cancer.
- ♥ **Albinism** is an inherited inability to produce melanin - there is an absence of melanin pigment in the hair, eyes and skin. **Vitiligo** is caused when there is partial or complete loss of melanocytes from patches of skin - this produces irregular white spots.
- ♥ **Emotions** - when we feel frightened, adrenaline is secreted by the adrenal medulla. In doing so, blood is diverted from the skin and gut, to the muscles. It is the reason for turning 'pale with fear', the blood drains from our face.

If we get excited, embarrassed (blushing) or angry, the skin can go red. This is called an **erythema** and is caused when the capillaries in the dermis fill with blood.

SKIN TYPES

Dry Skin

- ♥ Skin usually feels tight, rough and uncomfortable especially after washing or shaving
- ♥ Tends to look dull and thin with an uneven texture
- ♥ Vulnerable to flaking, scaling and peeling
- ♥ Pores on your face are small in size

Oily Skin

- ♥ Skin tends to be shiny and greasy
- ♥ Prone to blemishes, blackheads and pimples
- ♥ Skin looks thick and firm
- ♥ Pores are medium to large in size and often clogged with dirt

Normal/Balanced Skin

- ♥ Skin is well-balanced and is neither oily nor dry
- ♥ Feels smooth and looks moderately thick and even in texture
- ♥ Rarely suffers from blemishes, blackheads or skin outbreaks
- ♥ Pores are relatively small and not clogged with dirt

Combination Skin

- ♥ Skin is a combination of oily and dry skin
- ♥ Usually characterized by an oily T-zone (forehead, nose and chin) and drier cheeks and eyes
- ♥ T-zone tends to be prone to spots and blemishes

Sensitive Skin

- ♥ Skin is easily irritated and tends to burn in the sun
- ♥ Has moderate to severe reactions when exposed to heat, wind, weather, certain fabrics or fragrances
- ♥ Often red, blotchy, dry and itchy

Mature Skin

- ♥ There are many fine lines and deep wrinkles with uneven skin pigmentation.
- ♥ Liver spots / moles / warts are evident.
- ♥ Sagging skin in all areas with dark under-eye circles.

Young Skin

- ♥ Oily with excessive sebum production
- ♥ White-coloured blockage (or whiteheads) can be seen
- ♥ Blackheads
- ♥ Formation of acne flaring up during the menstrual cycle

FACTORS THAT AFFECT THE CONDITION OF THE SKIN

- ♥ **Age** - the skin has a thin top layer and bruises more easily due to weakened capillaries. There are fewer collagen fibers, so the skin has less elasticity and takes on a wrinkled appearance. The skin is also more prone to injury.
- ♥ **Alcohol** - alcohol, along with caffeinated drinks such as coffee, tea and fizzy drinks causes the body / skin to become dehydrated. Alcohol has a diuretic effect on the body causing it to become dehydrated. It also depletes the skin of vital nutrients, making it appear dull. The facial blood capillaries dilate, and the skin often has a persistent flush. Repeated overindulgence can cause the vessels to dilate permanently, causing red, spidery veins. Any pre-existing skin condition will worsen with excessive alcohol consumption and cause flare-ups of conditions such as rosacea and psoriasis.
- ♥ **Stress** - the lining of the digestive tract can be aggravated by stress and can cause many diseases such as gastritis, IBS, peptic ulcers and colitis. Irritable bladder can develop as a direct response to stressful events. Attacks of eczema / psoriasis may suddenly flare up during periods of abnormal stress.
- ♥ **Diet / Nutrition** - the skin is the first line of defence against bacteria and viruses. Unwanted substances are eliminated through the skin. If we regard the body as a container, then what we put into it will have an impact.

A balanced nutrition of the body is important for maintaining a healthy skin. Neglect in this area will make the skin age considerably faster. Healthy skin needs a good intake of carbohydrates (wholegrain, lentils, beans, rice and vegetables), proteins from non-fatty sources such as fish, chicken, eggs, beans, nuts and seeds, and essential fatty acids from nuts and seeds. Fruit provides Vit C which is excellent for maintaining a healthy skin. Deficiencies of certain nutrients, such as Vit A, B-complex, and essential fatty acids are known to cause various forms of dermatitis and other skin conditions. Scurvy and pellagra are skin conditions caused by vitamin deficiencies. Mild deficiencies will impair the skin's ability to heal and renew itself.

- ♥ **Ultraviolet** - UVA and AVB radiation can cause skin damage such as collagen breakdown - sunlight damages collagen fibers and causes the accumulation of abnormal elastin, which results in wrinkles. Wrinkles are also caused by free radical damage. Free radicals can cause cancer by changing the genetic material - RNA and DNA - of the cell. T-lymphocytes and specialized skin cells called Langerhans cells help to attack developing cancer cells. When exposed to sunlight, certain chemicals are released that suppress the activities of these cells.
- ♥ **Smoking** - causes the blood capillaries in the epidermis to narrow. This decreases blood flow to the skin preventing oxygen and other vital nutrients from reaching the skin cells. Smoking also damages the connective fibers collagen and elastin in the skin, which accelerates wrinkling and sagging.

Smoking also increases the production of an enzyme which breaks down the body's supply of collagen. It also reduces the body's store of Vit A which provides protection from skin damage. It also prevents the absorption of Vit C – a vital antioxidant for skin protection and health.

Smoker's skin has a dull and grey appearance. Deeper-set wrinkles around the eyes and mouth are due to continual puckering from drawing on a cigarette and squinting in reaction to cigarette smoke getting in the eyes. These are classic signs of 'smokers face'

- ♥ **Climate** – Being exposed to varying climates can also play havoc with the skin. Colder temperatures often have low humidity causing the skin to become dry. Biting winds can also

strip moisture from exposed skins. During the winter months, skin can become red, rough, crack, peel and even feel tight because of dryness. Conditions such as eczema can flare up during dry weather.

In warmer climates the sebaceous glands are more active, and increased heat and humidity can cause the skin to sweat, leaving it more prone to breakouts of spots, especially if the skin is oily.

Hot weather can also cause heat rash, which will occur when sweat glands become blocked and the trapped moisture / sweat under the skin cannot be excreted.

SKIN CONDITIONS

A. Dry Skin



B. Psoriasis



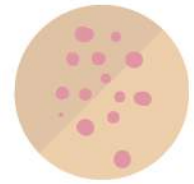
C. Rosacea



D. Acne



E. Eczema



F. Aging



G. Acne Scarring



H. Sun Damaged



I. Normal

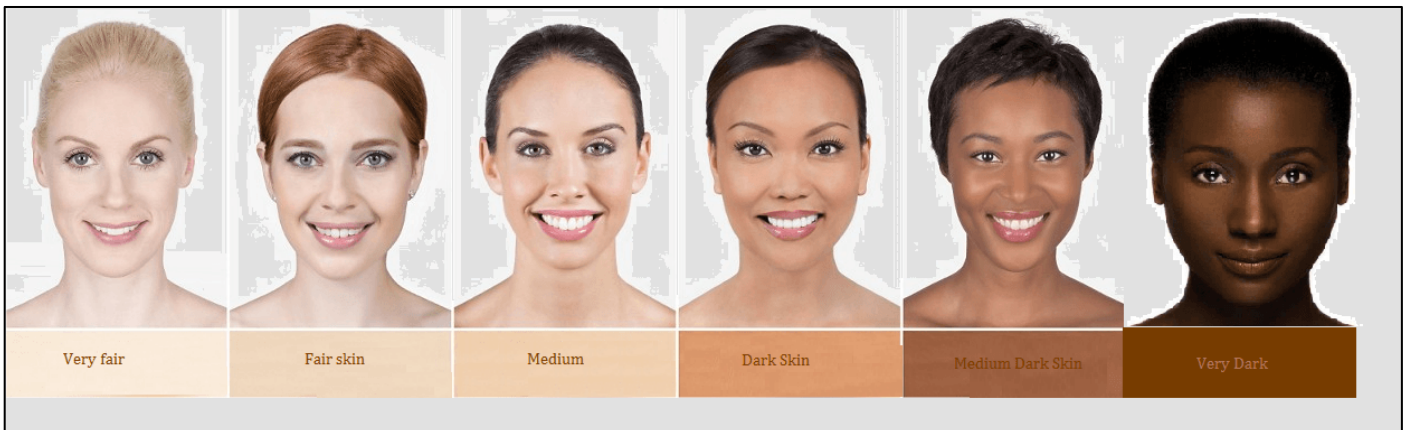


J. Hormonal Acne



DIFFERENT SKIN COLOURS

There are many different human races and skin characteristics of each race differ, please see the photo pallet below which indicates the many skin tones.



Black

Black skin (people from Africa, Native Australians, African- Americans, Caribbean's, and Other Islands) is darker than northern European skin because of the increased amount of melanin in the skin. Melanin is the pigment in the skin and protects the skin from sunlight. This keeps black people looking younger than white skinned people. The melanin pigment in the skin protects the skin from sunlight and slows down the aging process. As black people age, their skin often becomes irregularly pigmented. This shows up as dark patches on the skin. Irregular pigmentation can also be caused by inflammation. If an area of the skin becomes inflamed or red from an insect bite or from an acne pimple, a brown area can be left behind as the redness or inflammation subsides.

White

- Thin epidermis
- Prone to early signs of ageing
- Delicate skin tone
- Skin tones are linked to colour of hair
- Bruises quite easily

Chinese

- Light yellow skin tones
- Oily skin
- Shiny appearance
- Open pores
- Prone to blackheads
- Prone to scarring if extraction is too heavy handed

Asian

Asian skin tends to be smooth and pore less with yellow undertones. Asian skin is more prone to irritation. Commonly used preservatives, fragrances and alcohol suitable for Caucasian skin can actually cause irritation when used on Asian skin. Asian skin has larger pores than Caucasian skin. Asian skin has a greater need for daily exfoliation to minimize the appearance of pores and even out skin tone and texture. Asian skin is more prone to acne.

Mixed

A very thorough analysis is needed to determine the correct skin type as people with this skin type don't fall into any particular category and normally have a combination of skin coloring.

CLIENT CONSULTATION

A consultation is a one-to-one talk with your client. Here you will find out very important and confidential information that will help you to advise and give clients the best treatment.

Always introduce yourself to your client. The consultation is often carried out in the room in which you are working and should be carried out before the client gets undressed in case there is any reason that they cannot be treated.

There are three skills required as part of the consultation:

- ♥ **Observation** - what can you observe about the client? Are they nervous, extrovert, holding their body in such a way that might give indications for treatments, poor posture etc?
- ♥ **Verbal Questioning** – gain the information required.
- ♥ **Physical Examination** – what can you physically see and feel on the client? This third part is only carried out once you have assessed that, so far, the client is suitable for treatment.

Approximately 5-10 minutes should be allocated to carry out the initial consultation. Ideally you should be sitting face to face or next to your client to create an open atmosphere. Avoid barriers such as a couch or a table coming between you.

Holistic treatments treat the individual as a whole, taking into consideration general well-being, i.e., health, emotional, physical and mental states. You need to explain carefully to the client why you are carrying out a consultation.

Use open questions to tactfully encourage the client to give you information that you need rather than interrogating them and asking lots of direct and often personal questions. Use the record card as a prompt rather than a list to tick off.

THE CONSULTATION

When offering facial massage for the first time, take time to explain the process in simple terms; tell your client what is involved and the benefits from having the facial massage service.

Your main considerations for consultation are:

- ♥ Looking for any contra-indications to the service
- ♥ The selection of suitable products for your client.

Record Keeping

Records must be maintained for a number of reasons:

- ♥ They provide contact details in case you have to alter or cancel an appointment.
- ♥ So that you can monitor the client's progression.
- ♥ To track any aftercare advice that you have given the client.
- ♥ As a backup in case the client has an adverse reaction to a treatment.
- ♥ Another therapist should be aware of what treatments and products the client has had.

Important Information

The following information should be recorded for all clients:

Personal details: Full name, address, contact number, Doctor's name and address.

A detailed medical background including

Specific Contra-Indications

These should be noted accordingly. You will probably find as you go through that the client will lead you rather than you having to read off a list, as this can be quite unnerving for the client.

Medication

What medication are they taking and for what condition?

If a client is taking medication it will give you clues to their health.

Are they consulting a doctor on a regular basis or under a consultant and if so for what condition?

If so, you may need to check further their suitability for treatment.

Have They Had Recent Surgery?

You will need to consider scar tissue, and there may be post-operative precautions you need to take. Many people find it takes a while to get anesthetic out of their system and may feel low.

Life Changing Illnesses

Includes: arthritis, cancer, any disablement, AIDS, epilepsy, diabetes, stroke and depression.

What implications do these have?

Have they had to have surgery?

Do they need referral to other professionals?

OTHER INFORMATION

Physical Fitness - How fit is the client?

A client may think they are fit, and many will say they are fitter than they really are. A resting pulse will give you a guide.

The Client's Occupation and Lifestyle

These factors will give you a rough indication of free time and budget to consider before negotiating a treatment plan. This information will give you clues as to where the client may have stress and muscular tension.

Life Changing Conditions

Includes: puberty, pregnancy, menopause, retirement, bereavement, divorce and any illness.

Hobbies

It may be useful to find out the client's interests, this will also give you an idea of levels of activity and spare time.

Personality, Temperament and Emotional State

Not the sort of question you can ask but you can make a mental note of it. These factors will help to indicate which oils or zones to work on further.

Disclaimer and Date

Always add a disclaimer and the client's signature to verify that the information the client has given you is, to the best of their knowledge, true and correct.

Client records can be stored electronically or filed manually and should be updated at every visit. If record cards are not updated and do not contain a history of services and dates, you may find your insurance invalidated.

Records cards must be kept for three years, as medical claims can be made up for up to that period. If a client is under 21 years of age, it is recommended that their record card be kept until they are 21 years of age.

Client confidentiality must be protected at all times. If a salon only holds written records, this does not apply, but they must uphold the principles of the Data Protection and comply with the following:

All info information must be accurate and necessary to the service or treatment to be performed.
Individual client records must be available for the clients to view if requested.

All information must be stored securely by password protected computer file.

Any contra-indications and possible contra-actions must be identified and discussed prior to the service. In the case of medical referral, the therapist should keep a copy of the doctor's letter with the client's record card.

Always allow the client the opportunity to question and clarify any points before signing the record card.

CONTRA-INDICATIONS

A contra-indication is the presence of a condition which may make the client unsuitable for a treatment. The treatment may not be able to take place, or the treatment may need to be adapted.

When treating a client, if they show signs of any contra-indication, tactfully refer them to their doctor for treatment/advice. Never tell your client what contra- indication they may have even if you are sure you know what it is. You may be wrong!

If you are ever unsure about a contra-indication then do not treat the client, refer them to their doctor. This way you are always protecting yourself and the client.

Be very careful when dealing with contra-indications. It is a controversial subject and you never want to leave yourself open for further implications.

We also have to consider other clients, always make sure that your place of work, implements, and you, are very clean to avoid cross infection.

CONTRA-INDICATIONS TO FACIAL MASSAGE

Do not consider facial massage for your client if you find:

- ♥ That the client says that they have very sensitive skin
- ♥ That the client has broken skin, abrasions or bleeding
- ♥ That your client has contagious skin infections such as impetigo
- ♥ That your client has contagious eye conditions such as conjunctivitis
- ♥ That your client has a skin disorder such as acne, eczema or boils
- ♥ That your client has inflammation or swelling of the skin.

CONTRA-ACTIONS

Contra-actions are reactions of a client caused by a treatment taking place.

You must explain to your client what/if any reactions to expect during/after a treatment.

It is always advisable to do a patch test with products that you are using for the first time, to make sure that you are not allergic to any or something in them.

With all contra-actions tell your client that if they do not improve within 24 hours to get in touch with their doctor for advice.

Below Is A List of What Contra-Actions Could Occur During A Facial Treatment.

♥ **Allergic Rash**

Redness in area, possible watery eyes also itching and rash

♥ **Allergic Reaction** - Offer glass of water and open window

Remove product, apply a cold compress and advice client that if no improvement with 24 hours to consult their doctor

♥ **Erythema:** Reddening of the skin due to dilation of the blood vessels

Apply cold compress

♥ **Excessive Perspiration;** Perspiration of the skin

A reaction to external stimulus or infection

FACIAL PRODUCTS

SELECT THE CORRECT FACIAL PRODUCTS FOR YOUR CLIENT

The choice of massage media is important to provide an effective service. It is determined by the client's skin type, whether they have normal, dry, greasy or a combination skin.

Eye Makeup Remover

This is a very gentle product, finer than a cleanser to remove make up from the delicate eye area. It can be in the form of lotions, creams and wash off gels. There are also products to remove waterproof mascara.

Cleansing

Skin cleansing preparations range among the essential skin caring products. They are part of the daily hygiene and a prerequisite for further skin care measures. Hence, there is a great variety of different preparations and applications. For example – creams, lotions, milks, facial washes and gels.

The aim of cleansing is to remove:

- ♥ Surface dirt
- ♥ All make-up
- ♥ The top layer of dead skin cells
- ♥ Potentially harmful micro-organisms (bacteria)
- ♥ Sweat and sebum from the skin

It is recommended to cleanse morning and night.

Toning

Toners come in the forms of lotions, astringents, skin tonics, bracers and fresheners.

The aim of toning is to:

- Eliminates any traces of remaining cleanser from the skin
- tighten the skin
- stimulates the circulation

It is recommended to tone morning and night.

Moisturizers

Moisturizing ensures that the skin is smooth and supple. The skin on the face gets dry easily because of the weather. Moisturizing forms a film over the skin and helps in containing the natural moisture of the skin. They can come in forms of creams or milk. It is recommended to use a day cream in the mornings and a night cream in the evening. Night creams are an absorbent intensive rich cream which restores the skin's well-being without leaving the skin feeling oily.

Eye Creams

This is used around the delicate eye area. There are many different benefits of the cream for example, anti-wrinkle, hydrating, reducing puffiness, soothing and refreshing. It is recommended to use day and evening.

Exfoliation

Exfoliating involves the removal of the oldest dead skin cells on the skin's outermost surface; this aids cell renewal and leaves the skin feeling very smooth and soft. This can be performed using a cleanser and a brush, facial scrubs and peels. It is recommended to exfoliate once a week.

Masks

Facial mask is a product applied to clean and smooth the skin. It often contains minerals, vitamins and fruit extracts, such as cactus and cucumber. There are different kinds of masks for different purposes; some are deep cleansing for cleaning the pores. The perceived effect of a facial mask treatment can be revitalizing, rejuvenating or refreshing.

Some masks are removed with warm water and sponges; others are peeled off by hand. Duration for wearing a mask depends on the type of mask but needs to be considered when planning your treatment time.

Facial masks should be selected according to skin type. Clay and mud masks suit oily skin; cream-based masks work best on dry skin types.

The main benefits of mask are:

- ♥ Deeply cleansing
- ♥ Moisturizes
- ♥ Leaves the skin smooth and soft
- ♥ Enhances skin elasticity
- ♥ Revitalizing
- ♥ Rejuvenating

But before any massage takes place the client's face should be cleansed and if needed, exfoliated, to remove any build-up of dead skin cells from the surface of the skin.

ABOUT EXFOLIATION

Why exfoliate the skin? The skin is constantly generating new skin cells at the lower layer of the epidermis and sending them to the surface of the skin. As the cells rise to the surface they gradually die and become filled with keratin. These keratinized (hardened) skin cells are essential because they give our skin its protective quality.

As we age the process of cell turnover slows down. Cells start to pile up unevenly on the skin's surface, giving it a dry, rough, dull appearance. Exfoliation is beneficial because it removes those cells that are clinging on, revealing the fresher, younger skin cells below.

How is exfoliation done? The dead skin cells are physically rubbed off with an abrasive. On the face, mechanical exfoliation ranges from scrubs using small, round, gentle abrasives like jojoba beads.

BENEFITS OF MASSAGE

The shoulders, neck and head can hold a great deal of tension and pain. Carrying heavy loads and typing on the computer keyboard would be common examples of the cause of pain. A facial massage can relax a person and relieve pain in the body.

Massage will:

- ♥ Stimulate the blood circulation bringing essential nutrients to the area
- ♥ Stimulate the removal of waste products and toxins from the tissues
- ♥ Increase cellular activity
- ♥ Relieve tension
- ♥ Improve skin colour
- ♥ Help keep the skin soft and supple aided by massage mediums
- ♥ Relax the client

ADAPTATIONS TO MASSAGE

Skin Type and Characteristics

- ♥ Clients with an ***oily skin*** will require an emphasis on calming and relaxing the skin to reduce skin activity. Avoid too much pressure, keep the pace slow using light effleurage and minimal tapotement.
- ♥ Clients with ***dry skin*** will require more stimulating massage to stimulate skin activity.
- ♥ Clients with ***sensitive skin***, avoid overstimulation. The emphasis should be on effleurage and slow petrissage. Avoid tapotement and friction.

♥ **Age of client:**

- Up to 20 – keep the massage to a minimum, aim to relax the client, use pressure and lymphatic drainage
- 20-40 – slow deep effleurage, sustained petrissage, vibrations and tapotement
- 40+ - slow gentle petrissage and apply more tapotement to tone

♥ **Gender**

- Male clients should be advised about shaving - ideally, they should shave a couple of hours before the treatment.
- Massage movements should include pressure and drainage movements.
- Clients with facial hair - you will need to work around this or alter the direction of your movements in the direction of hair growth to avoid irritation

SKIN PREPARATION

With your consultation done and selection of products made, you are now ready to prepare the skin for the massage.

1. ***Make Your Adjustments to The Chair*** – recline the chair and adjust the working height (and headrest) so that when you stand behind the chair, you can reach over the client's face without leaning or resting on them.
2. ***Hygiene*** – make sure that your hands are scrupulously clean and then place a clean tissue over the headrest to prevent the spread of infection from one head to another.
3. ***Protection*** – gown your client in the same way that you would for shaving. Then, if the client's hair is long place a clean towel around the head to stop any massage cream getting into their hair.
4. ***Cleansing*** – cleanse (and exfoliate if needs be) the client's skin in preparation for the massage service.
5. ***Hot Towels*** – apply a hot towel to the client's face, this will open up the pores in preparation for the massage. Remove the towel before it goes cold and feels clammy.
6. ***Apply the Massage Media*** – use a spatula to remove the massage media from its container and apply it to the back of your hand. Now apply this to the client's face by spotting it at several points around the face. Use the fingers of your other hand to gently smooth the cream over the area to be massaged.

Remember: Hot towels can be prepared by pre-soaking them in a basin of hot water. After wringing out the excess water place them around the facial area (but not covering the nose). Hot towels are used to open up the follicles and prepare the skin for massage. Always make sure that the towels are not dripping wet, and they are not too hot for the client.

MASSAGE MOVEMENTS

EFFLEURAGE



The word comes from the French verb 'effleurer' which means to stroke or to glide. Effleurage is a sweeping, stroking movement. It is an introductory stroke that is performed at the beginning of a massage sequence, and often at the end of it as well. But it can also be used as a connecting or link movement at any point during the massage procedure. The strokes are long and flowing, and generally cover as large an area of skin as possible. This type of stroke enables the therapist to become familiar with the client's skin, the client to become aware of the therapist's touch, and the underlying muscles and tissues to be sensitized. It also facilitates the application of a massage medium to the area.

The effleurage stroke is smooth and flowing, following the contours of the skin, as if the therapist's hands are moulded to the area of skin they are working over. Most commonly, the palmar surfaces of both hands are used, but one hand, thumbs, or fingers may work better on smaller areas.



Effleurage strokes follow the venous and lymphatic flow and so will affect the flow of blood and lymph in the vessels. The firmer effleurage stroke is always towards the heart, and the hands maintain contact on the return of the stroke but apply little pressure.



Effleurage may be applied superficially or deeply and is usually applied slowly. In order to perform effleurage effectively, the therapist's wrists need to be flexible and the hands relaxed. The fingers should be relaxed and held closely together, and the thumbs should also be relaxed and abducted. Effleurage is used at the beginning and end of the massage routine and is also known as the linking movement.



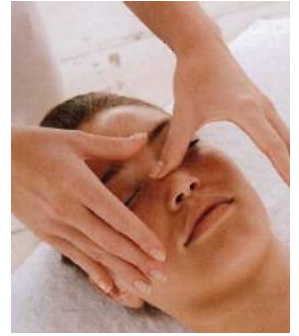
The uses of the effleurage movement are as follows:

- ♥ To introduce the therapist's hands to the client's body
- ♥ To apply the medium to the client's skin
- ♥ To begin the routine
- ♥ To link movements together
- ♥ To complete the routine

The benefits and effects of effleurage:

- ♥ It has a soothing effect on the nerves thus inducing relaxation.
- ♥ It provides continuity and flow during a massage and provides a link to other manipulations.
- ♥ Increases both blood and lymphatic circulation.
- ♥ Helps to spread the massage medium.
- ♥ Aids tension relief, by relaxing contracted and tense muscles.

- ♥ Aids the removal of dead skin cells (desquamation).
- ♥ Helps to reduce non-medical oedema which can be the result of poor circulation and tiredness.
- ♥ Warms the tissues, helping to prepare them for deeper strokes.
- ♥ Soothes areas that are too sore or painful for deeper work.



Stroking also comes under the heading of effleurage. The difference between effleurage and stroking is that stroking can be performed in any direction and the hands may lift off the skin.



Feathering is an extremely light stroke and is barely perceivable by the person who is receiving the massage but has a profoundly soothing effect.



DRAINING (LYMPHATIC DRAINAGE)

Developed in the 1930s, lymphatic drainage is a delicate form of massage that stimulates the body's lymphatic system, improving the metabolism, helping the body to eliminate waste and toxins and providing a boost to the immune system.

How does it work?

The lymphatic system is responsible for helping fluid and waste leave the body and for regulating the immune system. When the lymphatic system becomes blocked, fluid builds up and stagnates, causing the entire system to become toxic thus making us feel sluggish and more susceptible to viral or contagious diseases.

By stimulating this system through massage, it is able to work more efficiently, which in turn boosts the immune system, clears blockages, eliminates toxins, transports nutrients to cells and increases the metabolism.

What does it involve?

Unlike some other forms of massage, lymphatic drainage utilizes a very light pressure combined with soft pumping movements in the direction of the lymph nodes.

What is it good for?

Lymphatic drainage massage is especially useful for individuals who seem to suffer regularly from common illnesses like colds and flu. It is also recommended for people who lead sedentary lifestyles, or those who want to reduce puffiness or swelling. It has been cited as having a positive effect on problem skin, cellulite, dysfunctional respiratory systems and people with low energy.

PETRISSAGE (OR COMPRESSIONS)

The word petrissage comes from the French word 'petrir' which means to knead. These strokes are much deeper than effleurage strokes, and are usually applied with the thumbs, fingers or heels of the hands. These movements firmly pick up and lift the tissues from the underlying structures and then release, resulting in an intermittent pressure.

Petrissage movements help to:

- ♥ Aid in the elimination of waste products.
- ♥ Break down adipose tissue.
- ♥ Act as a decongestant.
- ♥ Release muscular tension, fatigue and stiffness.
- ♥ Breakdown adhesions.
- ♥ Aid relaxation.

Petrissage movements include ***kneading, picking up, wringing*** and ***rolling***.

Kneading

Kneading is a circular movement where the hand moves the skin on the deeper tissues. The hands do not move over the skin except to move to the next part to be treated. This technique can be performed in several ways i.e., by using both hands, one hand or just part of the hand (double-handed, single-handed or palmar kneading).

Pressure is applied firmly in the upward part of the circle and then released. This ensures that the pressure is applied in the direction of the venous return to the heart and lymphatic drainage to the lymph nodes. The pressure can be increased by the use of body weight and care must be taken to avoid pinching the skin at the end of the strokes.

The benefits and effects of kneading:

- ♥ Compression and relaxation of the muscle tissue causes the blood and lymphatic vessels to be stimulated, thereby increasing the circulation and hastening the removal of waste products, including urea.
- ♥ An improved blood supply accelerates the removal of lactic acid and carbon dioxide, helping to relieve muscle fatigue, soreness, stiffness and tension.
- ♥ It relaxes hard, contracted muscles and helps to loosen adhesions.
- ♥ It can help to maintain tone and elasticity of muscle tissue due to an increased blood supply.
- ♥ Can help to breakdown adipose tissue.

Picking Up

Picking Up is a manipulation where the tissues are lifted away from the bone, squeezed and released before moving on. It can be performed with one or both hands depending on the area to be massaged.

The technique is to grasp the muscle with the whole hand with the thumb abducted. The muscle is lifted away from the underlying structure, squeezed and then released. The other hand then picks up a different part and the movement is repeated along the length of the muscle. It is important to ensure that contact is not broken between movements and that the palm of the hand is in contact with the muscle to avoid pinching.

The benefits and effects of picking up:

- ♥ It stimulates blood and lymphatic flow.
- ♥ It improves elasticity and stretches tight muscle fibers and so is especially useful before and after exercise.
- ♥ It helps to soften hard, subcutaneous fatty tissue.

Wringing

Wringing is a petrissage movement similar to picking up. The tissues are compressed and picked up from the bone as in picking up, but instead of then being released they are passed from hand to hand in a wringing movement. The tissue is grasped and stretched.

Wringing is always performed with both hands. The arms must be held well out to the sides, with elbows bent. Muscle and superficial tissue is compressed and scooped up between the fingers and thumb of each hand, and then the fingers of one hand pull the tissue towards you, while the thumb of the other hands pushes it away. The hands move along the length of the muscle, wringing as they go. Keep the fingers and thumbs straight, so that they do not dig in.

The benefits and effects of wringing:

- ♥ To improve elasticity by stretching along the length of the muscle.
- ♥ To soften hard, subcutaneous tissue.
- ♥ To improve local circulation.

Rolling

Hands are firmly on the area and the superficial tissues are grasped between the fingers and thumbs and gently rolled backwards and forwards against the thumbs and fingers.

FRICTIONS

The term comes from the Latin word 'frictio', meaning to rub. Frictions are very localized manipulations performed with the fingers or thumbs over small areas. They may be applied transversely across muscle fibers or in a circular movement.

They are deep movements performed with a lot of pressure.

With transverse frictions the pressure is selected at the outset and kept constant throughout.

With circular frictions the pressure may get progressively deeper. The pressure must, however, be completely released before moving on to a new area.

Frictions are often performed on dry skin, free from oil, so that the fingers move the skin and do not slip over it. The stroke is not to be confused with digital or thumb kneading, which apply constant upward pressure using a circular movement.

This is done with the cushion part of the fingers or the palm of the hand. Friction is always followed by effleurage, which soothes the area, and is ideal for removing toxins and loosening hardened tissue around joints and tendons. It is extremely useful carried out in circular motions, usually clockwise, with several circular motions being used before the thumb is moved on to another area.

Friction is carried out using a firm movement and moves the skin over the underlying tissue.

The benefits and effects of frictions:

- ♥ Increases blood and lymph circulation and dilates the capillaries.
- ♥ Softens and stretches the fascia and breaks down adipose tissue.
- ♥ Breaks down adhesions and nodules and scar tissue.
- ♥ Helps improve the function of ligaments and joints that it is performed over.
- ♥ Has an invigorating effect through the stimulation of nerves.
- ♥ Aids interchange of tissue fluids, and elimination of waste products.
- ♥ Aids in relaxation
- ♥ Releases harmful toxins which may have built up in the body
- ♥ Loosens hardened tissues around joints and tendons.
- ♥ Breaks down and removes unwanted deposits

VIBRATIONS

This movement involves producing a fine tremor or shaking in the tissues. The effects are produced by the therapist vibrating the hands or fingers, in an up and down or side to side movement. Generally, one hand works whilst the other supports the part; sometimes both hands are used.

Vibrations can be static (performed in one place) or running (moving up and down).

Use the palmar surface of the hand, the pads of the fingers or the distal phalanx of the thumbs (the smallest bone that forms the tip of the thumb). The muscles of the forearm are contracted continually and then relaxed to produce the vibration movements.

The movements may be fine, deep or invigorating depending on the effect required. Much co-ordination and practice are needed to perform the moves correctly.

This movement can be used when the muscles are tense or tight and not responding to petrissage or frictions.

Another vibration manipulation is 'shaking', a bigger movement that produces a shaking of the muscle. This is particularly effective when performed over the chest to loosen secretions and mucous in the lungs.

The benefits and effects of vibrations:

- ♥ Helps to relieve fatigue.
- ♥ Helps to relieve tension and aid relaxation, having a sedative effect.
- ♥ Stimulates and clears nerve pathways.
- ♥ Relaxes muscles reducing pain and stiffness.
- ♥ Warms the tissues.

TAPOTEMENT

Tapotement is a technique that involves a percussion movement such as cupping, tapping, hacking and pounding. Tapotement is a stimulating manipulation that operates through the response of the nerves. The strongest effect of tapotement is due to the response of the tendon reflexes. The hands should be kept close to the body, with no more than 1 inch from the body. The movement should be rapid, light, sharp and springy, with the hands loose at the wrists. The forearm muscles contract and relax in rapid succession to move the elbow joint into flexion and then allow it to quickly release.

The effects of the movement are as follows:

- ♥ Increases the circulation
- ♥ Stimulates the skin and muscle reflexes
- ♥ Helps create the desired effect of a massage

MASSAGE MEDIUMS

Massage mediums are products used to allow the smooth flow of movements over the skin during the massage. The medium chosen depends on the client's skin type, the reason for massage and the client's requirements.

In facials we usually use oil for dry and hydrated skin, and a cream for oily skin.

- ♥ ***Almond oil*** being high in nutrients, this oil has a warming effect on the body and is useful for stimulating hair growth. It also helps to reduce muscular pain and tightness
- ♥ **Massage Cream**

PRE-TREATMENT PROCEDURES

EQUIPMENT AND PRODUCTS

It is advisable to use a couch for both comfort to your client and yourself. It is wise to get a couch that can be height adjusted for the sake of your back.

It will be necessary to either use bed roll, a clean covering sheet or at least thoroughly clean the couch with an anti-bacterial cleaning product between each client.

You will require the following in order to carry out facial treatments and must be laid out neatly on a clean trolley:

- ♥ A full range of facial products is to include: - cleansers, toners, moisturizers, massage mediums, masks and eye creams/gels
- ♥ Head band to protect the client's hair
- ♥ A cleansing brush may be used, and a mask brush will be needed to apply the mask
- ♥ Hot towels if required
- ♥ Sponges or cotton wool will be needed to remove products from the skin
- ♥ A good supply of clean towels will be needed

FACIAL ROUTINE

Preparing the Client

Always give clear instruction to your client.

As the scalp is included as part of a holistic facial it is advisable to ask the client to brush through their hair before getting on the couch

Ask the client to remove any jewellery from the neck, face and ears

The client will need to remove their top (ladies can keep their bras on and the straps can be dropped down over the shoulders)

Ask the client to remove their shoes

Settle the client on the couch. The couch should be raised very slightly at the head or their head should be placed on a small pillow. There should be nothing obstructing the back of the neck, you should be able to comfortably put your hands behind the client's neck without them having to move.

Wrap or cover the client, checking whether they would like to keep their arms out or wrapped in. Leave the top of the décolleté open (bust covered in ladies) as you will be working across the top of the pectoral muscles.

Check the client is comfortable – you want them to be as relaxed as possible before you start.

Put on a headband if necessary, excuse yourself and wash your hands.

Explain what you are doing as your work so that the client is reassured. Warn the client if you are going to place anything cold or warm on the skin so that they do not jump.

CARRYING OUT A SKIN ANALYSIS

You must always analyse the skin for the following reasons:

- ♥ To check for contra indications
- ♥ To ensure the client is treated with suitable products
- ♥ To identify specific areas for treatment
- ♥ To check the progress of regular clients
- ♥ To build a rapport and gain the clients confidence

Look at the skin both before and after cleansing, once you are happy that there are no contra indications, continue by cleansing the skin. The cleanser should be water-soluble so that the product does not form a barrier to any oils you may use.

Look at the skin in a good light and preferably under a magnifying lamp. Look at the skin on both the face and neck and consider each of the following points to help you decide the skin type and treatment plan.

Colour

- ♥ Evenness of **overall colour**, pale, dark, olive
- ♥ All skin has varying tones of **skin tone**, so it is ruddy, sallow or clear
- ♥ **Pigmentation** – is there a tan, or just in patches i.e., freckles, lentiginos etc
- ♥ **pH balance**: pH refers to the balance of acid and alkali in your skin. That is, how acidic the skin is.

Naturally, the skin is slightly acidic: at around pH 5.5. Unfortunately, many foods and skin treatments have the effect of changing our skin pH slightly and putting it out of balance. Soaps in particular are alkaline, and therefore this can increase skin pH above its natural levels.

The best foods to eat to keep skin pH at the right level are those that contain so called alpha hydroxy acids. Foods in this category include foods like apples, blackberries, any citrus food at all, and also tomatoes are a good source.

- ♥ Are there sufficient natural oils?
- ♥ What is the moisture content?
- ♥ Is there excessive perspiration?
- ♥ Without looking, how does the skin texture feel?
- ♥ How warm is the skin, does it feel cool or clammy?
- ♥ Does the skin have good elasticity, muscle tone?
- ♥ Is there excess adipose tissue?
- ♥ Look at The Bone Structure.
- ♥ Are there any skin imperfections?
- ♥ Are there any skin abnormalities?

Other Factors to Include Are

- ♥ The client's occupation: will that have an effect on the skin?
- ♥ Does their lifestyle affect their skin?
- ♥ History of the skin-origin
- ♥ Home care or lack of it! Is the client using the correct products for their skin type?
- ♥ Medication, some medication such as steroids can have an effect on the skin.

PROCEDURE FOR CLEANSING

Cleansing Routine

- ♥ Cleanse each eye separately with small circular movements and remove make-up with damp cotton wool
- ♥ Cleanse lip area with a figure of eight movement supporting the corner of the mouth, remove with damp cotton wool
- ♥ Apply cleanser to the neck and face area
- ♥ Starting at the neck, use upward strokes on the neck:
 - 6 to the right
 - 6 to the left
- ♥ Alternate stroking along the jaw line x 6
- ♥ Alternate stroking over the chin using the thumbs x 6
- ♥ Stroking under the nose and over the upper lip x 6
- ♥ Circular movements from the corner of the mouth over the entire cheek area x 3
- ♥ Circular movements at the crease of the nose
- ♥ Stroking up and down the length of the nose
- ♥ Eye circles x 6
- ♥ Stroking of the forehead
- ♥ Cross friction over the forehead
- ♥ Large circular movements over the entire cheek area x 3
- ♥ Finish with pressure at the temples
- ♥ Remove cleanser with damp cotton wool and repeat the routine.

PROCEDURE FOR TONING

Place some toner onto damp cotton wool and follow the same sequence as for cleansing. Not all cleansers require the use of toner; however, it does give the skin a fresh feeling after cleansing.

- ♥ Blot the skin dry using a tissue.

Preparing for A Facial Massage:

- ♥ Undo the headband (if used) to expose the hair.
- ♥ Apply chosen medium, which may be:
 - A carrier oils
 - Massage cream
 - Blended aromatherapy oils

Remember always:

- ♥ Maintain contact with the skin at all times during the massage
- ♥ Keep one hand in contact whilst you reposition the other
- ♥ Keep the rhythm smooth and slow
- ♥ Avoid being unduly repetitive with the movements
- ♥ Adapt pressure according
- ♥ Avoid sudden movements

HOLISTIC FACIAL ROUTINE

- ♥ Prepare work area, sterilize equipment and gather client's record card.
- ♥ Carry out a thorough consultation
- ♥ Prepare client for treatment
- ♥ Remove all eye make-up and lipstick
- ♥ Cleanse twice
- ♥ Apply heat – hot towel
- ♥ Deep cleanse - exfoliation
- ♥ Massage – 3 parts
- ♥ Apply mask (Optional) using mask brush (Remove with hot water and sponges)
- ♥ Tone and moisturize, apply eye cream and lip balm

THE MESSAGE SEQUENCE

Holistic facials massage comprises of three parts:

- ♥ Lymphatic drainage and pressure points
- ♥ Massage to décolleté and face
- ♥ Pressure points, drainage and massage to the scalp

Drainage movements should be light, slow and precise draining towards the nearest lymph nodes

Pressure points treatment should be slow and precise. The thumb, finger or fingers are used to apply pressure to a specified point.

To apply this technique correctly, pressure should be applied as you breathe out.

Working in time with your breathing will help regulate your movements.

This routine use generalized pressure points, but more specific ones can be incorporated or appropriate.

1. Lymphatic drainage and pressure points to the face, neck and décolleté (10 minutes)

- ♥ All movements are repeated 3 times
 - ♥ Follow all pressure points with a drainage move
 - ♥ Place hands on client.
-
- Place fingers next to each other and apply pressure points from eyebrows into hairline x 3
 - Slide fingers along skin and up forehead along the same line x 3
 - Place fingers to sides of the nose and work from nose, under the cheek bone out to the ear
 - Place the fingers under the jaw line and work across the jawbone up to the ear
 - Place fingers at the base of the neck and work up the neck to the jawbone, and repeat at the back of the neck
 - Place the thumbs in the middle of the forehead and slide out as far as the temples
 - From the temples pressure points down sides of cheek
 - Using thumb pressure stroke down sides of nose and under eye socket
 - Place thumbs on bridge of nose and slide down the nose
 - Place your finger on point 11 and hold of 10 seconds
 - Place your finger on point 12 and hold of 10 seconds
 - Place your finger on point 13 and hold of 10 seconds

- Follow under cheekbone and work out to the ear
- Apply pressure working along each eyebrow using a finger and thumb x 3
- Using thumb and finger slide along eyebrow to drain x 3
- Place your finger on point 12 and hold of 10 seconds

2. Massage to décolleté and face (15 minutes)

- ♥ Apply massage medium to face, neck and shoulder
- ♥ Firmly press on chest and begin to massage
- Effleurage round deltoids and trapezius x 6
- Petrissage deltoids
- Effleurage round deltoids and trapezius x 6
- Petrissage trapezius
- Effleurage round deltoids and trapezius x 6
- Turn head to side and effleurage neck x 6
- Turn head to other side and effleurage neck x 6
- Petrissage trapezius
- Effleurage round deltoids and trapezius x 6
- Effleurage face X 6
- Alternate stroking over mandible X 6
- Whipping of mandible
- Tapotement of mandible
- Cheek lift over zygomatic bone
- Petrissage chin, upper lip and cheeks X 4
- Stroking of nose – cross over X 6
- Eye circling x 6
- Stroking of forehead
- Cross friction of forehead
- Repeat 12-21
- Effleurage round deltoids and trapezius x 6
- Facial prayer x 4
- Fan x 6
- Eye circling and eyebrow lift x 4
- Effleurage face X 6
- Effleurage round deltoids and trapezius x 6
- Vibrations to neck
- Facial prayer x
- Finish at temples with slight pressure

3. Pressure points, drainage and massage to the scalp (5 minutes)

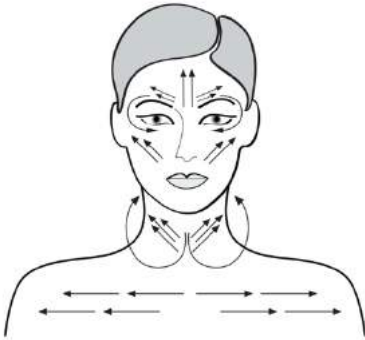
- ♥ Slide fingers to the ears. Gently massage earlobes with fingertips working up and around the ear cartilage
- ♥ From top of the ear work the fingers on to the scalp. Using pressure points movements work over the scalp, pumping to stimulate the lymph nodes.
- ♥ Massage the scalp – cover as much of the scalp as possible.

To finish run the fingers through the hair using a slow stroking action. Should the client not have any hair, place the hands on the head and hold.

FACIAL MASSAGE

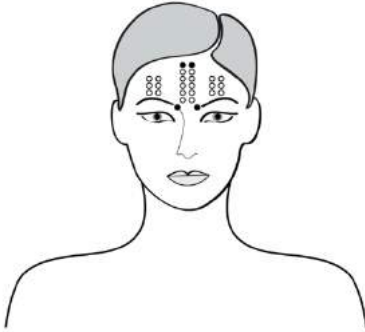
Step 1: Effleurage

Apply massage cream to chest and use upward and outward strokes across upper chest, up through the neck, across the chin and up onto the cheeks. Circle around the outer corners of the eyes then up and out through the forehead.



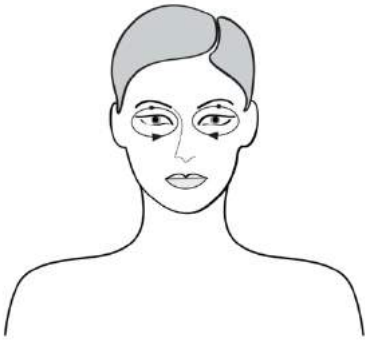
Step 2: Petrissage

Starting in the centre of the forehead in between the eyes, crisscross fingers as you massage towards the hairline. Repeat to middle of the forehead, toward bridge of nose. Cross over right eyebrow to temple. Return to same spot by hairline. Repeat entire process over left eyebrow to the left temple.



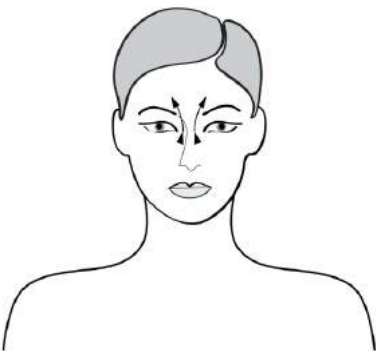
Step 3: Circular Outward Movements

Using your fingertips, create outward circular movements on forehead above each eye. At the temple, reverse the circular movement, and move toward the nose, under the eyes, until you reach the bridge of the nose.



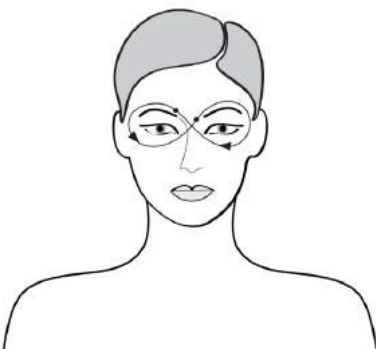
Step 4: Effleurage – Step Up

With your middle finger on the side of the nose, use the pads of your index finger to apply slight pressure, “stepping up” the bridge of the nose to the corrugator.



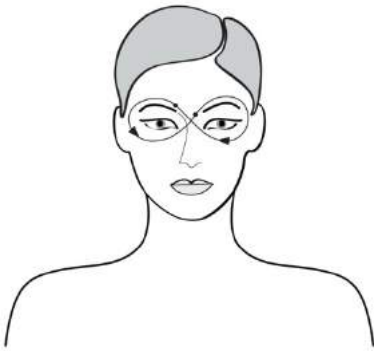
Step 5: Effleurage

Place the thumb of one hand on the centre of client’s forehead. With index finger of other hand make a large “Figure 8” around the eyes. Repeat three times. Switch hands and repeat entire process.



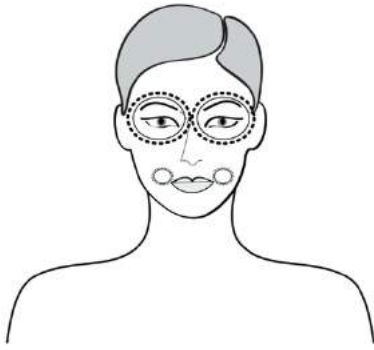
Step 6: Effleurage-2 Circles

Circle the eyes once. Cross over right eyebrow to temple. Make second circle around the forehead. Repeat the two-step procedure twice.



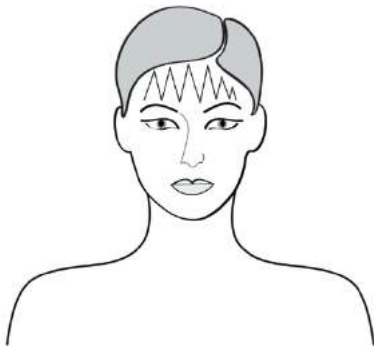
Step 7: Tapotement

Perform “piano” light tapping massage movement around the eyes and then around the cheeks.



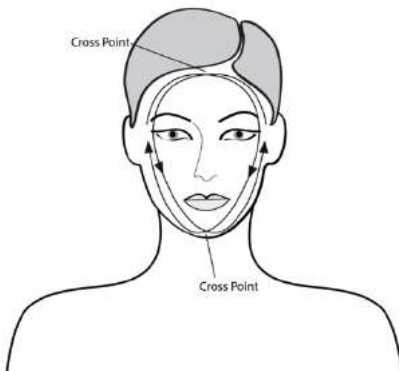
Step 8: Vibration

Using the fingertips, create rapid zigzag movements across the forehead to help relax muscles.



Step 9: Effleurage Full Circle

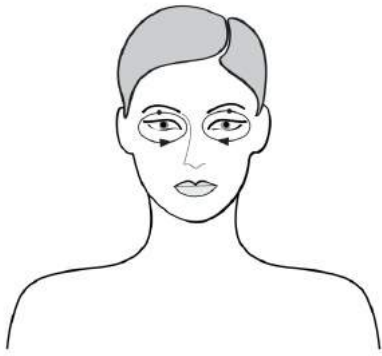
Using the middle fingers of both hands, circle the client's face, first moving down towards the chin, then outward and upward onto the cheeks. Your fingers should go outside the eyebrows, with your hands meeting at the centre of the forehead. Repeat twice, ending with fingers at the chin.



Step 10: Kneading

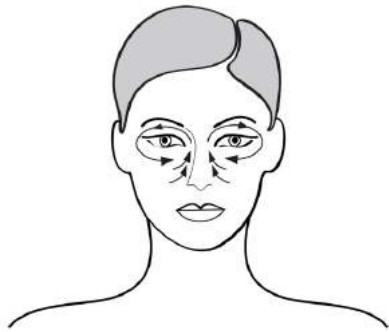
Using knuckles in circular movements, apply light pressure on the cheeks and jaw to help improve circulation.





Step 11: Effleurage

Using middle fingers, perform circular movements around the eyes. Repeat 3 to 5 times



Step 12: Effleurage

Transition hands from Step 11 by gently moving fingers back to the cheeks using circular movements. Move up the bridge of the nose, then around eyes



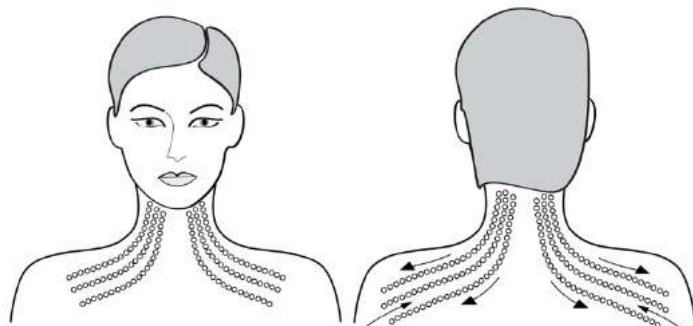
Step 13: Effleurage

Repeat Step 9, using the middle fingers of both hands, circle the client's face, first moving down towards the chin, then outward and upward onto the cheeks. With the fingers should go outside the eyebrows. Hands will meet at centre of the foreheads. Repeat twice, ending with fingers at the chin.



Step 14: Effleurage

Using you full fingers, stroke downwards from the chin line down through the shoulders.

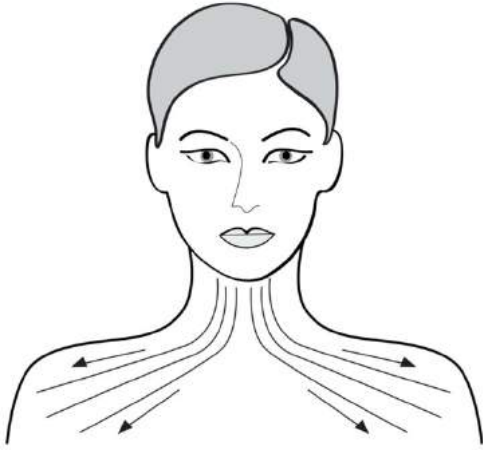


Step 15: Kneading (Right Image)

Knead cheeks and along the jaw down the platysma. On the back of neck, continue with tapotement, rolling, and pinching downwards from base of neck to base of shoulders.

Step 16: Tapotement

Roll and tap on the cheeks, then on the forehead. Transition around the eyes, around the chin and move to step up.



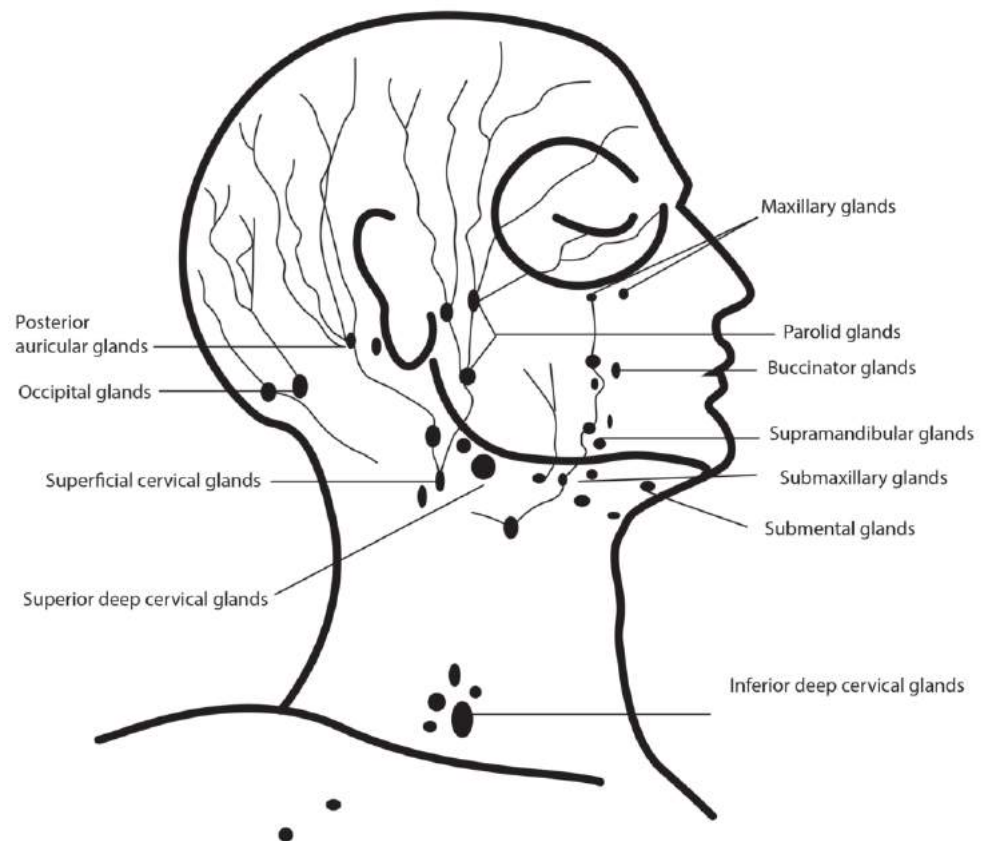
Step 17: Effleurage – Step Up (Right)

With your middle finger on the side of the nose, use the pads of your index finger to apply slight pressure, “stepping up” the bridge of the nose to the corrugator.



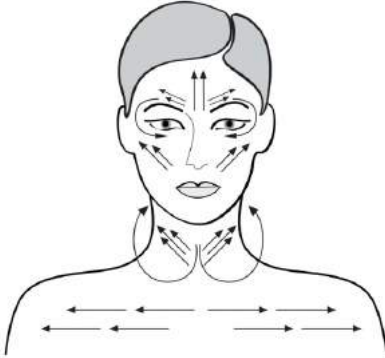
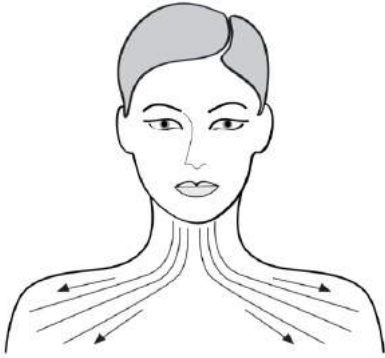
Step 18: Lymph Nodes of the face

Gently pump the lymph nodes towards the head.



Step 19: Effleurage

Return to chest area, stroking down from chin to chest. Stroke across chest again, then use upward and outward strokes across upper chest, up through the neck, across the chin and up onto the cheeks. Circle around the outer corners of the eyes then up and out through the forehead.

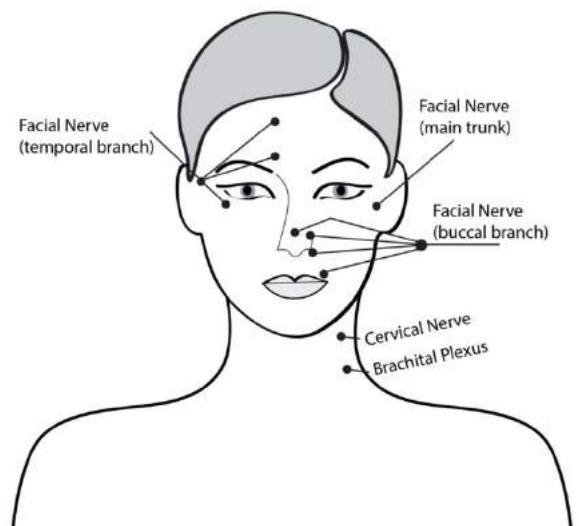


Step 20: Shiatsu

Finish by applying light pressure to pressure points. Reference Motor Points Massage diagram, above right. Apply pressure with balls of fingers. End with light effleurage around the temples, then with gentle pressure on the temples.

Application of a mask (optional) (10 minutes)

The most appropriate time to apply a mask will depend on the products being used. Traditionally the mask is applied after the massage, allowing the client time to relax. Some products may recommend application before the massage to deepen the effects of cleansing.



The mask can be applied direct to the skin without removing the massage medium.

Apply the mask, working from the bottom of the neck, upwards onto the face.

Apply to the face, leaving a gap around the hairline, nostril, mouth and eyes (unless the mask is suitable to apply in the eye area). Cover the eyes with damp cotton wool discs and pull the towel or blanket up over the client's shoulders to keep them warm. You may give the client a hand and arm massage to aid further relaxation.

Removing the Mask

The client may now be in a deeply relaxed state or even asleep. Don't surprise them, just place on hand on the client's shoulder so that they are aware you are there and then gently telling the client you are going to remove the mask. Start at the bottom of the neck and work up the face. You may use, damp cotton wool, sponges but it is really nice and relaxing to use hot flannels.

Make sure that the entire mask has been removed.

Tone and Moisturize

Freshen the skin with a suitable toner; this will also make sure that the skin is clean and free from any traces of the massage medium or mask if used. Blot the skin dry and apply a suitable moisturizer. This will give the skin protection. Warm the moisturizer in your hands before you apply it to the skin and apply with effleurage movements up and over the face. Blot the skin if there is any excess cream in order to remove any shine.

Remove the headband if used and slowly sit your client up. Leave them to sit for a few minutes and offer them a glass of water. The client may then get dressed, sit down with client and give them aftercare advice.

Shiatsu Pressure and Length of Holds

To thumb points on lines, lean your weight on a thumb or finger, whichever keeps your wrists more neutral, and hold for about three to five seconds or one breath, unless otherwise noted. Apply gentle to moderate pressure with the pad of your thumb or finger rather than the tip. If you are palming an area where your wrist is strongly hyperextended (i.e., toward a right angle with the back of the hand toward the forearm), you may use a loose fist to reduce any strain from applying mild pressure on your wrist.

If thumbing points begins to feel uncomfortable, put your flat thumb on the points and use the pressure from your other hand to create the compression. This may mean you will be unable to thumb two areas at once, but it is far more important to safeguard your hands than to complete a session more quickly. Although a wide range of pressure is applied during professional shiatsu sessions, consider that you are working energetically with meridian lines and that energetic work does not require substantial effort. It is more important to sink in slowly and sensitively than to work deeply.

The spaces between points you are thumbing may be as close together as the distance across your fingertip to 1 inch (2.5 cm) or more apart. In general, use wider spacing to thumb larger areas, such as the legs, compared to the face or neck.

To palm means to apply even pressure with the entire palm on an area. The C hold, used mostly on the limbs, allows for broader stimulation of points and meridian lines on two sides of an arm or leg simultaneously, sinking in as you rock forward with your hand curved so that both your fingers and the heel of your hand are pressing into the muscles. This differs from squeezing pressure, such as petrissage, in that your fingers are curved and the pressure is applied only with fingers and thumbs, rather than with the palms as well.

SHIATSU SEQUENCE



Although the essence of shiatsu combines diagnosis and therapy, you may use an effective basic routine without an in-depth knowledge of the theories and diagnostic techniques if you are willing to focus and develop sensitivity to your partner's energy. A general shiatsu sequence lasting seventy-five minutes or so may enhance well ness and assist recovery from illness by positively stimulating the immune system and natural healing abilities without diagnosing and treating a specific problem. No lubricants or scents are used in shiatsu, and music is employed only if it does not interfere with the coordination of breath and compressions.

1. Press Points on The Face and Head

With your partner lying supine on the mat, sit or kneel at his head and place your fingers A on each side of the head. Use your thumbs to press from the midpoint between his eyebrows toward his hairline (about four to six compressions, about a fingertip distance apart), leaning gently into you r thumbs on each exhalation (photo A). Then continue compressions to the crown of his head (the bladder meridian). Place your index fingers on each side of the bridge of his nose and press toward the bridge (the eye brightener point). Then press with your fingers from the medial eyebrows across his brow to the point where his ear meets his face (photo B) This small indentation at the side of the face in front of the ear is useful for relieving headaches. Using your fingers press from the bridge of his nose along the bone below his eye (bladder meridian) toward his temples.

Starting with an index finger on either side of his nose crease, press just below his cheekbone on the liver and stomach meridians and out to his ear (photo C) Immediately below his pupil along this line is a stomach point called Facial Beauty which is very useful for relieving sinus pain and congestion. Pause here for a few breaths if that is an issue. End the thumbing at the lateral face indentation in front of his ear (noted earlier) that may relieve headaches with sustained (a few breaths) pressure.

Press one thumb or index finger in the area between your partner's top lip and his nose (photo D) on the point called the Middle of a Person on the governing vessel meridian, which is thought to relieve pain, revive consciousness, and reduce fainting and dizziness.

Starting at the center of his chin, pinch along his jaw line laterally to the lateral angle of his jaw. When you arrive at the angle of his jaw, compress or provide friction at the masseter muscle, addressing the Jaw Chariot point on the stomach meridian, which may help with stress, jaw and tooth pain, and TMJ problems.

Hope for Homeostasis

Treating the body as a whole with shiatsu helps restore the optimal nervous, circulatory, glandular, and metabolic system functions and stimulates homeostasis, D a harmony of mind and body. The energetic balancing essence of shiatsu promotes overall balance of mind, body, and spirit, with resultant wellness

STRETCH AND MASSAGE THE NECK

With one hand on your partner's occiput, stretch his neck to the left and compress his right shoulder at the Shoulder Well, a point on the gallbladder meridian midway between the point of the shoulder and the neck, toward his feet (photo E). Hold for a few breaths and repeat on the other side. fingers parallel to his spine. Gently lift your partner's head off the mat, tilting his chin slightly toward his chest which stretches the bladder meridian in the posterior neck. Holding your fingers on the occipital ridge at the base of his skull, lean back and create length in his neck and bladder meridian. Rest the backs of your hands on the mat and

Roll your fingers in a wave-like action up his makes small circles just lateral to his spine, neck, starting at the base and lifting your fingers against the back of the neck, and then pull them toward you and repeat, gradually moving up and down his neck from the occipital ridge to his shoulders, following the bladder meridian.

Warning!

Be sure you know whether your partner is wearing rigid contact lenses and have him remove them or avoid contact in this hold. Place both palms over his eyes, resting gently, with your finger towards the bridge of his nose. Hold for several breaths. This is very restful for the eyes and is especially important if you notice a lot of eye movement under the lids.

Benefits of Shiatsu

- ♥ Provides deep muscle relaxation
- ♥ Reduces osteoarthritis pain
- ♥ Reduces stress and anxiety
- ♥ Releases toxins from the body
- ♥ Provides general well ness through energy (qi) balancing
- ♥ Increases flexibility
- ♥ Improves blood and lymph circulation
- ♥ Reduces blood pressure
- ♥ Reduces PMS symptoms
- ♥ Improves sleep and reduces fatigue
- ♥ Reduces muscle and joint pain
- ♥ Increases mental and spiritual awareness
- ♥ Improves digestion
- ♥ Ease's depression
- ♥ Assists in recovery from injuries
- ♥ Provides general well-being and pleasure

AROMATHERAPY THERAPY FACIAL ROUTINE

- ♥ Start with an introductory routine.
- ♥ Cleanse the facial skin to remove all make up.
- ♥ Tone the skin to remove the cleanser.
- ♥ Apply the scrub, leave for a couple of minutes and then rinse off.
- ♥ Tone the skin to soothe.
- ♥ Apply the steamer for 5-10mins.
- ♥ Dry the skin.
- ♥ Apply the mask and leave for 10-15mins.
- ♥ Rinse off the mask and dry the skin.
- ♥ Apply the facial massage using facial oil for 10mins (see routine below)
- ♥ Ensure the skin is dry of oil.
- ♥ Massage in Moisturizing Cream
- ♥ Finishing routine

HEAD, NECK AND SHOULDER MASSAGE ROUTINE

- ♥ Ask the client to lie on their back and breathe deeply.
- ♥ Place your hands on the client's shoulders while they relax.
- ♥ Apply a small amount of oil to the face and ears (or you do not have to use oil).
- ♥ With your first two fingers gently run them along from the tip of the nose and over the forehead. Repeat 5 times.
- ♥ With your first two fingers gently run them from the centre of the forehead to the outside hairline. Repeat 5 times.
- ♥ With your first two fingers gently tap from the centre of the forehead to the outside hairline. Repeat 5 times.
- ♥ With your second finger apply light pressure points from the inside of the eyebrow to the edge. Repeat 3 times.
- ♥ With your second finger apply light pressure points underneath the eye along the edge of the zygomatic bone. Repeat 3 times.
- ♥ With your second finger apply slow effleurage (stroking/draining movements) along the sinuses. Repeat 5 times.
- ♥ Gently pinch along the jawline with thumb and index finger.
- ♥ Gently massage the outer ear and ear lobe with thumb and index finger.
- ♥ With your first two fingers gently run them along from the tip of the nose, over the forehead and into the hair. Repeat 5 times.
- ♥ Apply light effleurage stroking to the head and hair.
- ♥ Apply oil over the upper chest and around the shoulders.
- ♥ Effleurage starting at the centre of the chest and come around outside the shoulders and up the neck to the occipital bone. Repeat 3 times.
- ♥ Friction movement with the thumbs over the chest area.
- ♥ Kneading into the shoulders.
- ♥ Effleurage into a traction movement stretching the neck.
- ♥ Fingertip kneading around the scalp.
- ♥ Finish with effleurage around chest and shoulders.

ARM MASSAGE ROUTINE

- ♥ Effleurage the whole arm.
- ♥ Firm stroking to palm of hand using thenar muscle.
- ♥ Zig Zag movements down the palm using firm pressure towards the wrist.
- ♥ Zig Zag movements to the wrist.
- ♥ Rotate and gently pull each finger.
- ♥ Effleurage the whole arm.
- ♥ Picking Up and kneading around the forearm
- ♥ Thumb rotaries around the elbow.
- ♥ Picking Up and kneading around the biceps and triceps (petrissage).
- ♥ Effleurage the whole arm.

AFTERCARE

It is very important to give your client clear instructions about what to expect and what to do at home in order to get the best from their treatments. This will help prolong the effects of the treatment.

It is essential to emphasize the importance of aftercare; clients must be provided with clear written aftercare instructions to prevent adverse reactions and know how to deal with them.

They must also have an appreciation of the importance of regular services and be given the opportunity to purchase skin care products.

It is always good practice to give your clients a leaflet explaining the advice, this way you make sure they know and understand what to expect.

Explain to the client the following points:

- ♥ Use the correct products for their skin type
- ♥ Cleanse, tone and moisturize very day
- ♥ Exfoliate regularly
- ♥ Avoid using harsh soaps and products on the skin
- ♥ Always use a good sun protector
- ♥ Eat a healthy and stable diet to help the nails grow to their best
- ♥ If a reaction occurs and does not clear up in 24 hours, then please consult your doctor
- ♥ If their skin is prone to spots and blemishes, a few additional spots may be noticed
- ♥ Avoid make up for eight hours at least
- ♥ Advise the client about further treatments that may benefit them

Advice the client to have regular facials to maximize benefits, taking into consideration financial constraints and time – recommend the following

- * Treatment for specific problems once a week for six weeks
- * up to age 25, once a season
- * 25+ minimum once a month

And finally ask the clients for feedback on the treatment; fill in their record card on your findings and ask when they would like to rebook.

SELF-ASSESSMENT

Do I have a good understanding of?

- Hygiene, health & safety
- anatomy and physiology
- Sterilizing Equipment
- Skin Types & Conditions
- Benefits of Massage
- Massage Movements
- Massage Mediums
- Contra-indications
- Contra-actions
- Equipment & Products
- Aftercare

Can I:

- Set up my area
- Complete a thorough consultation
- Complete a facial in 40 mins
- Complete a facial in 60 mins
- Give aftercare advice

Well done!

UNDERPINNING KNOWLEDGE

Please answer the following questions:

- ♥ What are holistic facials?
- ♥ What are the benefits of holistic facials?
- ♥ What are holistic facials?
- ♥ What are the benefits of holistic facials?
- ♥ Describe what an oily skin type would look like.
- ♥ Describe what a dry skin type would look like.
- ♥ List 4 H & S points.
- ♥ List 4 contra-indications to holistic facials.
- ♥ List 2 contra-actions to holistic facials.
- ♥ Give 3 aftercare points that you would give your clients.
- ♥ What are the main points you would discuss in a consultation?
- ♥ What are the benefits to facial massage?
- ♥ Name and describe 3 massage movements used in holistic facials.

PRACTICAL EVIDENCE

(To be completed by the tutor)

Student Name _____

Consultation Holistic

Facial

Client Care

Aftercare

Organization

Timing

Comments.

Passed / Referred

Tutor name _____

Tutor signature _____

Date _____

(To be completed by the tutor)

Student Name _____

Results

(To be completed by the tutor)

Student Name _____

Practical evidence

Holistic Facial treatment

Theory evidence

Completed assignment

Diploma awarded Yes/No

If no, Action plan

Tutor name _____

Tutor signature _____

Date _____

