

# ACTIVITIES

## Chapter 2

### A thought experiment

If you took a piece of skin, imagine what would happen if you kept dividing it into two. Each time ask yourself whether the two halves are the same as those with which you started. At some point you will no longer be able to subdivide the skin you have without losing the character of what collectively makes skin.

## Chapter 4

### Nail circulation

Hold one arm above your head for a few minutes and then observe the changes in colour to the nail plates. (You may also be interested in comparing the colour of the skin of your hands.)

If you look under the free edge you can see hyponychium; these are a tiny mass of irregular, thickened, transparent skin.

### Taking your pulse

Try taking your own pulse. You can find this either on your wrist or neck. To find the wrist pulse, run an imaginary line up from between the index and middle finger, place two fingers above the crease lines of the wrist and press down firmly. To find the neck pulse, press the fingers in on the neck under the mandible either side of the voice box. Never use the thumb as this has a strong pulse of its own and you may get confused. This is a good diagnostic tool to use with your clients. It will give you a rough idea as to the client's fitness level.

## Chapter 6

### Life changes

There are many illnesses that are life changing. Make a list of all the ways that an illness can affect day-to-day life.

### After care leaflet

Design an after care leaflet that can be used for all the treatments you are practising

### Role play

Role play with a colleague the following situation:

A client has booked in for a treatment and has a serious medical condition and you cannot treat them. However, the client has been having treatment regularly elsewhere.

Practise handling the situation.

Explain to the client why you cannot treat them and suggest some alternative options. What would you advise the client to do? What would you do if the client became agitated?

## **Chapter 7**

### Checking posture

To check posture stand with feet slightly apart and slightly inverted. In this position the weight goes from the point in front of the ankles through the feet, partly down to the heel and partly spread down the feet to the toes.

Note how the body changes as you do the following movements:

- move the chin back and forth
- lean back and then forwards
- roll the shoulders back and forth
- rock the pelvis back and forwards.

### Poor posture

To show you how the body compensates for poor posture, try these two exercises.

- Stand sideways in front of the mirror. To mimic the effect of high heels, stand on tiptoes. The body is thrown forward. See how the body compensates by throwing the body backwards, increasing the lumbar arch and altering the weight-bearing points of the feet.
- Sit on a chair. Place your hands under the bony part of the buttocks. Now cross your legs, feel how the weight has to shift onto one hand to compensate.

### Body analysis

Carry out a full figure analysis on:

1. a young client
2. a mature client over 50.

Discuss your findings with a partner – were they what you expected?

## **Chapter 8**

### The vertebrae

Ask someone to give you his or her back! Expose the back and ask the person to lean forward very slightly to make the spine stand out. See if you can work out each section of the spine. Alternatively, have them lie on a couch with a couple of pillows under their abdomen as this will make the spinal column stand out (provided the person is on overweight).

## **Chapter 9**

### Understanding about the benefits of supports

To appreciate the benefits of supports, lie completely flat on the couch. Take a few minutes and then get a partner to start repositioning you. Place a small pillow under the head. Stretch out each arm by supporting it and gently pulling it. Do the same to the legs, stretching them out by pulling from the body, and place your supports under the knees. Does it feel any different? Are you more relaxed? Are you more comfortable?

### Different pressures

Practice with a partner using different extremes of pressure and discuss your treatment with each other. Practice this activity with different people and see what feedback you get.

### Body massage routine

Using a variety of techniques, devise your own full body massage routine, listing each of your movements.

Once you are confident of your massage routine, try working on an area while wearing a blindfold – a leg is a good area to start with. This will encourage you to use your palpation skills rather than your eyes because your eyes often cloud your judgement.

### Adapting a body massage routine

Using the routine that you devised in the previous activity, make notes and show how you would adapt your routine to suit:

- an elderly client
- a very nervous, introverted client
- a client who has complained that her last massage was ineffective.

## **Chapter 12**

### Skin analysis

Think about the points to consider when carrying out a skin analysis. Make a list for each of the following and think about how these might affect the skin, the products you use and the treatments you can offer:

- occupation
- climate
- age
- lifestyle.

### Skin comparison

Carry out three consultations on different people of different ages (late teens, 35-45 and 60+). If you can, use people from different ethnic backgrounds. Compare your findings.

### FAB cards

You will have access to a range of skin care in your training environment. List all the products and make some FAB cards. For each product list:

- **F**eatures or key ingredients
- **A**ction of these ingredients
- **B**enefit to the client (and you) of using that product

## **Chapter 14**

### Foot mapping

Use a non-permanent marker to draw the following organs onto a colleague's foot to map the points:

- urinary organs
- respiratory organs
- digestive organs
- reproductive organs
- lymphatic organs
- endocrine system.

### Applying pressure

Using your hand, see how much difference there is when you apply pressure with the thumb locked and when you apply pressure with a hooked, bent thumb.

Now do the same thing but apply the pressure on a set of weighing scales.

Compare the pressure (weight applied) for your thumb, index, middle and ring fingers.

### Exploring the personal zone

Stand really close to a partner, ideally someone you don't know well. This is a good exercise to do in a queue of people you do not know! Stand really close to someone and watch what he or she does. Chances are they will move away quite quickly so that you are not trespassing in their space.

Think about people in life who have a habit of standing very close; we all know someone like this. How does it make you feel?