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## GB9

GB9.1

GB9.2

GB9.3

GB9.4

# Web chapter one

## Facial massage

### Facial massage: quick overview

#### Unit title

**GB9** Provide face massage services

This is a **optional** unit for barbering at level 3, it is made up of four main outcomes

#### Main outcomes

**GB9.1** Maintain effective and safe methods of working when providing face massage services

**GB9.2** Prepare the skin for massage services

**GB9.3** Carry out face massage services

**GB9.4** Provide aftercare advice

#### What do I need to do for GB9.1?

- Make sure that the client is adequately covered and protected
- Make sure that your working position is comfortable and safe for you and your client
- Keep the work area clean and tidy and that waste materials are disposed of properly
- Work without causing risks to you or your client's health and safety
- Work efficiently and effectively

#### What do I need to do for GB9.2?

- Identify the factors that will influence the massage service
- Choose the correct products for your client
- Cleanse and exfoliate the skin when necessary
- Apply hot towels in preparation for the facial massage

**More information** See Unit G21 Provide hairdressing consultation services for:

- Safe disposal of salon waste **EKU GB9.4**
- Information relating to contact dermatitis **EKU GB.7**

**Diversion** See appendices for:

- Data protection legislation **EKU GB9.5**
- Your responsibilities under the COSHH Regulations **EKU GB9.6**

## Keywords

### Effleurage

See definition and benefits on page 12 of this chapter

### Petrissage

See definition and benefits on page 13 of this chapter

### Tapotement

See definition and benefits on page 13 of this chapter

### Exfoliation

A method of removing any debris and dead skin cells that could act as a barrier to the benefits of the massage process

### Cleanser

Removes dead skin cells, sebum and debris from the skin

### Astringent

Closes the skin pores, helps to prevent infection by acting as mild antiseptic; e.g. aftershave

## Information covered in this chapter

- The tools and equipment used during facial massage
- The preparations that you should make prior to massage
- The factors that influence the delivery of the service
- Anatomical and physiological aspects of blood supply, nervous system, cranial bones, muscles and lymphatic system
- Client preparation and the process of massage
- The aftercare advice that you should give

## What do I need to do for GB9.3?

- Lubricate the client's skin
- Use the appropriate massage techniques to complete the service
- Tone and moisturise the skin to finish off

## What do I need to do for GB9.4?

- Give accurate constructive advice on how the client can maintain their skin with suitable products at home

## What aspects do I need to cover for GB9.1, GB9.2, GB9.3 and GB9.4?

- A variety of products connected with the massage service
- A range of factors that influence or limit the massage service
- The different types of massage techniques that are used within the service

## What aspects do I need to know for GB9.1, GB9.2, GB9.3 and GB9.4?

- Your salon's requirements for preparation, timings and standards of service
- Your legal responsibilities in relation to; disposal of waste, data protection and COSHH regulations
- How to work safely, effectively and hygienically when providing massage services
- How to carry out the massage techniques
- How factors can affect the massage service
- How to cleanse, exfoliate, tone and moisturise the skin
- The anatomical and physiological aspects associated with facial massage
- The aftercare advice and recommendations that you should give to clients

## Introduction

The barber shop facial massage is one of the most relaxing services that can be provided. The service is gaining popularity and is quickly becoming a specialist service that men like to afford themselves in what, would otherwise be, a busy professional lifestyle.

This service extends beyond the routine services of barbering and gives your client the opportunity to experience something that is not yet provided in every barber's shop across the country.

A good facial massage will improve muscle tone and relax your client. It can be offered as a 'stand-alone' service or as part of an extension service; say to that of shaving.

You need to have a good understanding of the bones, nerves, blood supply and lymphatic system, as well as the facial muscles and how they act throughout the massage service.

## Anatomy and physiology

### Functions of the skin

**Protection** The skin protects the body from potentially harmful substances and conditions by preventing the absorption or entry of infection or harmful micro-organisms. The cell structure and replacement on its outer surface form a chemical and physical barrier providing that the surface isn't broken.

**Heat regulation** Body temperature is controlled in part by heat loss through the skin and by sweating.

**Excretion** Small amounts of waste products such as water and salt are removed from the body by excretion through the surface of the skin.

**Warning** The skin warns the systems in the body of outside invasion. Reddening and irritation of the skin indicates that the skin has intolerance to something either external or internal.

**Sensitivity** The skin allows the feelings of touch, pressure, pain, heat and cold and allows us to recognise objects by the feel and shape.

The dermis is responsible for the elasticity of the skin. It also contains the skin appendages – nerves, blood vessels, glands and hair follicles.

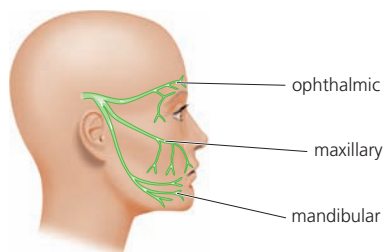
### Nerves and nerve endings

The dermis contains different types of sensory nerve endings which register touch, pressure, pain and temperature. The nervous system carries messages via the central nervous system to the brain from the nerve endings within the skin and muscles. This informs us of the outside world and what is happening on the skin's surface.

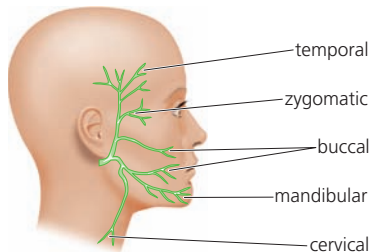
There are 12 pairs of cranial nerves. The ones affecting facial massage are:

- the fifth cranial nerve (trigeminal) and
- the seventh cranial nerve (facial nerve).

**The fifth cranial nerve** This nerve carries messages to the brain from the sensory nerves of the skin, the teeth, the nose and the mouth. It also stimulates the motor nerve to create the chewing action when eating.



5th cranial nerve



7th cranial nerve

### EKU statement

**GB9 32)** The structure and function of the skin (i.e. epidermis, dermis, subcutaneous layer, nerve endings)

**GB9 36)** How the natural ageing process affects facial skin and muscle tone

**GB9 37)** How environmental and lifestyle factors affect the condition of the skin

**GB9 38)** The function of blood and lymph and their roles in improving skin and muscle tone

**GB9 39)** How massage affects blood flow and pulse rate

**GB9 40)** The principles of lymph circulation and how massage affects the circulation of lymph

### Remember



#### Skin protection

Although the skin is structured to avoid penetration of harmful substances by absorption, certain chemicals can be absorbed through the skin. Always protect the skin when using potentially harmful substances.



**Diversion** For more information on the structure of the skin and its component parts, see Chapter 1, G21 Provide hairdressing consultation services p. 18, parts of the skin.

The fifth cranial nerve has three branches.

- The *ophthalmic* nerve serves the tear glands, the skin of the forehead and the upper cheeks.
- The *maxillary* nerve serves the upper jaw and the mouth.
- The *mandibular* nerve serves the lower jaw muscle, the teeth and the muscle involved with chewing.

**The seventh cranial nerve** This nerve passes through the temporal bone behind the ear and then divides. It serves the ear muscle and the muscles of facial expression, the tongue and the palate.

The seventh cranial nerve has five branches:

- the *temporal* nerve serves the orbicularis oculi and the frontalis muscles
- the *zygomatic* nerve serves the eye muscles
- the *buccal* nerve serves the upper lip and the sides of the nose
- the *mandibular* nerve serves the lower lip and the mentalis muscle of the chin
- the *cervical* nerve serves the platysma muscle of the neck.



### Activity

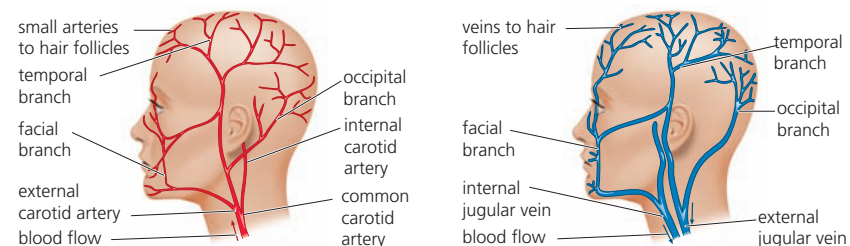
#### Functions of the skin

Complete this activity by filling in the missing information in the table below. Keep a copy of the finished table in your portfolio.

Functions of the skin	Provide an explanation of what happens
Protection	
Heat regulation	
Excretion	
Warning	
Sensitivity	

## The blood supply

The heart pumps blood around the body through the arteries, this provides oxygenated blood to all areas of the body. The main supply to the head and face is delivered up through the neck via the carotid arteries. The arteries branch at the upper neck to points all around the head, the blood then returns via the veins to the heart. Here the oxygen is replaced and it is then pumped back through the heart to complete the cycle; and the process starts again. (See the diagram below.)



Blood supply to and from the head

The internal carotid artery passes the temporal bone and enters the head, taking the blood to the brain. The external carotid artery stays outside the skull and divides into branches.

- The *occipital* branch supplies the back of the head and the scalp.
- The *temporal* branch supplies the back the side of the face, the head, the scalp and the skin.
- The *facial* branch supplies the muscles and tissue of the face.

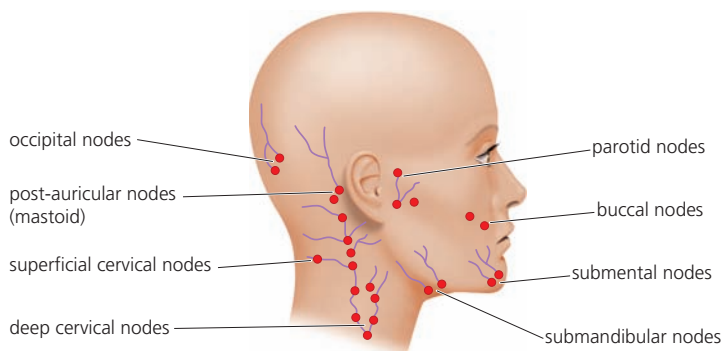
The main veins are the external and internal jugular veins. The internal jugular vein and its main branch, the facial vein, carry blood from the face and head. The external jugular vein carries blood from the scalp and has two branches; the occipital branch and the temporal branch. The jugular veins join to enter the subclavian vein above the clavicle and then the blood returns to the heart.

## 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 below 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.

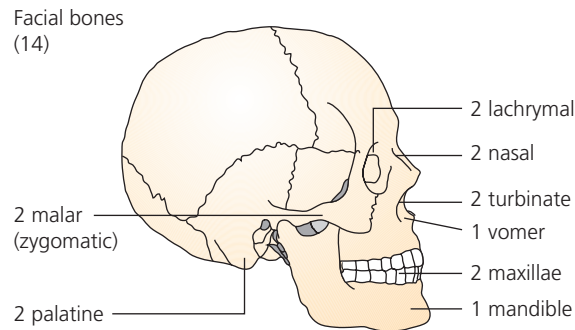


Lymph nodes of the head

## Bones 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.

The figure below names and shows the position of the facial bones in relation to the cranium.



Bones of the face

### EKU statement

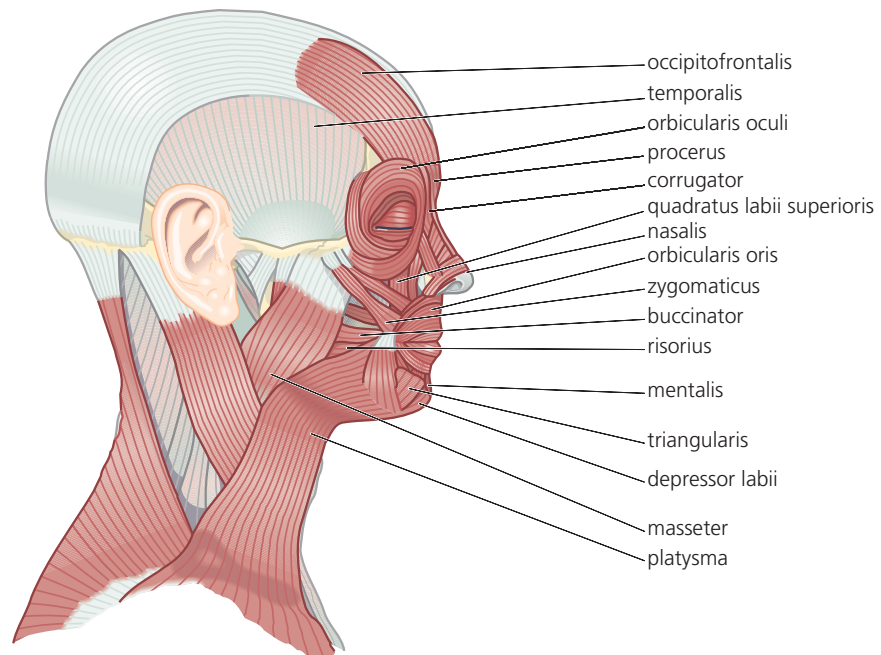
**GB9 34)** The names and positions of the facial bones (ie zygomatic, mandible, maxillae, nasal, vomer, turbinate, lachrymal, palatine)

## Muscles of the face

The muscles overlay the bone structure and they enable you to wink, grimace, Eat and speak. They criss-cross 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*.

### EKU statement

**GB9 33)** The position and actions of the facial muscles (ie frontalis, corrugator, temporalis, orbicularis oculi, procerus, nasalis, quadratus labii superioris, orbicularis oris, buccinator, risorius, mentalis, zygomaticus, masseter)



Muscles of the face and neck

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

### EKU statement

**GB9 35)** How to recognise skin types and conditions that may affect the massage service (ie sensitive, comedone, milia, dehydrated, broken capillaries, mature, pustules, papules, open pores, hyper pigmentation, hypo pigmentation, dermatosis papulosa nigra, pseudo folliculitis, keloids, ingrowing hair)

## What do these main muscles do?

Muscle	Location	Action	Expression
<b>Frontalis</b>	Covers the top of the head and forehead	Raises the eyebrows	Surprise
<b>Corrugator</b>	Between the eyebrows	Draws the eyebrows together	Frown
<b>Orbicularis oculi</b>	Surrounds the eyes and helps to form eyelids	Closes the eyelid	Winking
<b>Risorius</b>	Extends diagonally from the corners of the mouth	Draws the mouth corners outwards	Smiling
<b>Buccinator</b>	Inside the cheeks	Compresses the cheeks	Blowing
<b>Zygomaticus</b>	Extends diagonally from the corners of the mouth	Lifts the mouth corners upwards and outwards	Smiling, laughing
<b>Procerus</b>	Covers the bridge of the nose	Wrinkles the skin over the bridge of the nose	Showing distaste
<b>Nasalis</b>	Covers the front of the nose	Opens and closes the nasal openings	Showing anger
<b>Quadratus labii superioris</b>	Surrounds the upper lip	Raises and draws back the upper lips and nostrils	Showing distaste
<b>Orbicularis oris</b>	Surrounds the mouth	Purses the lip, closes the mouth	Pouting, kissing, showing doubt
<b>Triangularis</b>	The corner of the lower lip extends over the chin	Draws down the mouth corners	Showing sadness
<b>Masseter</b>	Cheek area extends from the zygomatic bone to the mandible	Raises the jaw and clenches the cheeks	Showing anger, aggression
<b>Temporalis</b>	Extends from the region at the side of the head to the mandible	Raises the jaw and draws it back as in chewing	

## Recognising skin conditions

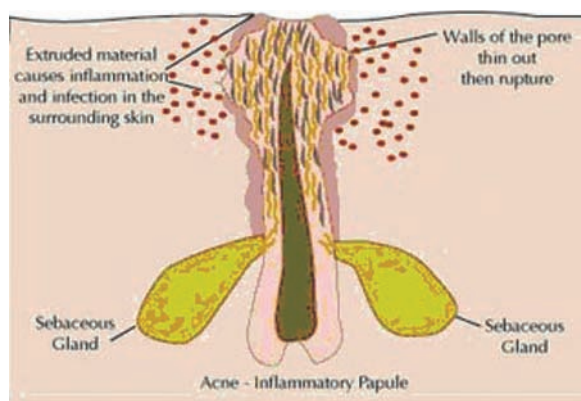
The table below covers a range of skin types and conditions that you need to be able to recognise.

Skin condition	Appearance	Cause	Treatment
<b>Broken capillaries (also referred to as spider veins)</b>	Flushed or reddened areas to the upper and lower cheeks	Spider veins are formed by an increase in blood pressure. The body releases the pressure by forcing blood into veins on the surface of the skin	Spider veins do not normally denote a medical problem. Therefore the removal of spider veins is a laser technology cosmetic procedure
<b>Comedones</b>	Blackheads on the face, chin nose and forehead	Excess sebum and hardened skin cells block the outer opening of the hair follicle	Regular cleansing with recommended products

Skin condition	Appearance	Cause	Treatment
<b>Dehydrated skin</b>	Dry, roughened areas on the chin, cheeks and forehead	Underactive sebaceous glands, poor skin care, lifestyle/work conditions	Moisturising treatment and ongoing skincare regimen
<b>Dermatosis papulosa nigra</b>	Small brown or black raised pigmentation resembling moles.	Caused by hyper pigmentation	Medical surgery
<b>Hyper pigmentation</b>	Over-production of melanin within parts of the skin, which leads to uneven and unbalanced darkened appearance of skin tone	Usually caused by overexposure to the sun	* Prevention to sun exposure is more effective than remedial action
<b>Hypo pigmentation</b>	Under production of melanin within parts of the skin, which leads to uneven and unbalanced lightened appearance of skin tone	See hyper pigmentation	
<b>Ingrowing hair</b>	Ingrown hairs (also called razor bumps) are unsightly and painful reddened lumps on the surface of the skin, often on or around the neck	They result when the shaved hair gets trapped inside the follicle or grows back into the skin. It can cause scarring, redness and swelling	Avoid by keeping skin clean to prevent follicle blockage by dead skin or dirt
<b>Keloids</b>	Raised reddened areas of the skin. often ridged	Abnormal or overgrown scar tissue which spreads	Surgical removal and/or laser technology cosmetic procedure
<b>Mature pustules, see Acne illustration</b>	A common form of pustule is acne. Lumps and bumps of pustules containing white blood cells on the cheeks, forehead, chin etc.	The presence of bacteria attracts white blood cells to the follicle. These white blood cells produce an enzyme that damages the wall of the follicle, allowing the contents of the follicle to enter the dermis. This process causes an inflammatory response seen as papules (red bumps), pustules, and nodules	Medical referral to GP or pharmacist
<b>Milia</b>	Small hard, pearly white cysts	A hardening of skin cells over a hair follicle, causing sebum to accumulate. Usually accompanies dry skin	Removed by physician or beauty therapist. A sterile needle is used to pierce the skin and release the milia
<b>Open pores</b>	Open pores are larger openings on the surface of the skin that allow debris to enter. The signs of which can be seen as comedones	Often caused by sebum and dead skin cells that clog the pores	Regular cleansing with recommended products
<b>Papules</b>	See pustules, and acne illustration		
<b>Pseudo folliculitis barbae or PFB</b>	Medical term for ingrown hair – see ingrowing hair		
<b>Sensitive skin</b>	Can often have a similar appearance and symptoms of dry skin	The skin often feels tight, extra dry and sensitive to external aggressions, allergies to products etc.	Moisturising treatments with hypo-allergenic and fragrance-free aftercare products



## Acne - pimples



*Acne vulgaris* is caused by a hormone imbalance in the body at puberty. This influences the activity at the sebaceous glands, causing an increased production of sebum. The sebum can then become blocked within the ducts (see illustration above) causing congestion and bacterial infection in the surrounding area.

### Remember



Exfoliation leaves the skin feeling smoother and fresher looking; it also makes penetration easier for facial products.

### EKU statement

**GB9** 1) Your salon's requirements for client preparation

**GB9** 2) Your salon's expected service times for face massage

**GB9** 3) How to complete client records

**GB9** 8) The range of protective clothing that should be available for clients

## GB9.1

# Maintain effective and safe methods of working when providing face massage services

The client preparation required for facial massage is very similar to that of shaving. Below is a quick checklist of the main considerations.

### Facial massage preparation checklist

Make sure that you:

- ✓ Have clean fresh towels at the ready
- ✓ Have protected the clients clothes with a clean, fresh cutting square or gown
- ✓ Position your client comfortably and at the correct working height and angle
- ✓ Work in a position that is comfortable so that you can reach the client without unnecessary bending or stretching
- ✓ Keep the work area clean and tidy
- ✓ Work with methods that minimise unnecessary waste, are hygienic and are within the shop's service timings
- ✓ Use the appropriate products for the client's skin
- ✓ Wear PPE throughout the service
- ✓ Conduct a consultation with your client beforehand
- ✓ Complete the client's records after the service



**Diversion** You can review this procedure by looking at the process covered on pp. 131–132 of Chapter 6 in the book, GB7 Design and create a range of facial hair shapes.

### EKU statement

**GB9** 9) The type of personal protective equipment that should be available and used by yourself

**GB9** 10) Why and when it is important to use personal protective equipment for face massage

**GB9** 11) How the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury

**GB9** 12) The safety considerations which must be taken into account when massaging the face

**EKU statement**

**GB9** 13) Why it is important to avoid cross-infection and infestation

**GB9** 14) Why it is important to keep your work area clean and tidy

**GB9** 15) Methods of working safely and hygienically and which minimise the risk of cross-infection and cross-infestation

**GB9** 16) The importance of personal hygiene

**GB9** 17) Methods of cleaning, disinfecting and/or sterilisation used in salons

**Remember****Health and safety**

Never dip your fingers into massage media, cleansers etc. This will contaminate them by cross-infection from you to the clients.

Always use a spatula and place the product from the pot or jar to the back of your hand. Remember to reseal the product immediately after use.

**Activity**

Complete this activity by filling in the table with the missing information. When you have finished, keep a copy of the finished table for your portfolio.

Skin condition	Appearance	Cause
Broken capillaries (also referred to as spider veins)		
Comedones		
Dehydrated skin		
Ingrowing hair		
Keloids		
Mature pustules See. Acne illustration		
Milia		
Open pores		
Sensitive skin		

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**GB9.2****Prepare the skin for massage services****Consultation**

Facial massage would normally follow other barbering services such as shaving or moustache shaping. Therefore the consultation and considerations that you make for facial massage would probably have taken place earlier. 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.

## 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.

## Select the correct 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.

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 keratinised (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.

## 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 barber's 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.

### EKU statement

**GB9 18)** The types of products and massage media suitable for use with different skin types and massage techniques

**GB9 19)** How the factors in the range can affect the choice and use of products and massage media

### EKU statement

**GB9 20)** How the factors in the range can affect the delivery of face massage

**GB9 21)** How to cleanse the skin

**GB9 22)** The reasons for and effects of using hot and cool towels on the skin

**GB9 23)** The types of skin exfoliation techniques and how and when to use them

### Remember



It is possible to over-exfoliate, especially on the delicate skin of the face. Over-exfoliating will dry and irritate the skin.

**EKU statement**

**GB9** 24) Why it is necessary to lubricate the skin

**GB9** 25) How to achieve adequate lubrication of the skin

**GB9** 26) How to carry out the massage techniques in the range

**GB9** 27) How and why massage techniques should vary on the different areas of the face

**GB9** 28) How to position and reposition your client for facial massage to avoid discomfort

**GB9** 29) The types of reactions that can occur during the massage service and how to remedy them

**GB9** 30) The purpose of toners and their action on the skin

**GB9** 31) How to cleanse, tone and moisturise the skin after massage

- 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**

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.

**GB9.3****Carry out face massage services****Massage techniques**

There are three massage techniques used in the service:

**Effleurage**

This is a light stroking movement applied with either the fingers or the palms of the hands. It is applied with an even, rhythmical movement with very little pressure to induce a feeling of relaxation. The palms of the hand work over the large surface areas of the face, whilst the fingertips work over and around the smaller areas around the mouth and eyes.

**Benefits of effleurage:**

- Increases arterial blood circulation, bringing fresh nutrients to the area.
- Improves venous circulation aiding the re-circulation of the blood supply.
- Increases lymphatic circulation; improving the absorption of waste products.
- Relaxes the underlying muscle fibres.

## Petrissage

This is a kneading movement of the skin that lifts and compresses underlying structures of the skin. The pressure applied should be intermittent and light, although firm enough to invigorate the part being treated.

### Benefits of petrissage:

- Tones through the compression and relaxation of muscle fibres.
- Improves blood and lymph circulation
- Stimulates activity within the glands of the skin

## Tapotement

Also known as percussion is a brisk tapping, or slapping movement. It is the most stimulating of massage movements where the fingers rhythmically break contact with the skin.

### Benefits of tapotement:

- Produces a vascular reaction showing as skin reddening; this is the nervous system responding to the stimulus.
- Increases the blood supply which nourishes the tissues.
- Improves muscle and skin tone in the area.

### Remember



Use a spatula to remove creams from their containers. This is the hygienic way of handling massage media as it prevents cross-infection.

## The facial massage process

Remove the (now cool) hot towel.

The massage is started with you standing behind the back of the tilted chair, with your fingers placed horizontally at the client's temples. You should carry out the massage with an even pressure, in a relaxing and rhythmic way.

- 1 Use effleurage to the front of the neck and face around the eyes and backwards from the cheeks to the hairline – carry out the stroking action in a smooth, controlled way. Repeat the action.
- 2 Use petrissage, starting at the temple – use the fingertips to slowly but firmly knead the scalp and cheeks all over.
- 3 Use a circulatory technique to massage across the forehead – move across the forehead from the left side to the right. Use the fingertips of the first and middle finger, to create small circles with an even pressure in a circulatory movement – the size of a 10p piece.
- 4 Use effleurage across the chin. Support the client's head on one side whilst you use the other hand to apply a smooth stroke from one angle of the jaw to the other. Swap your hands and do the same on the other side, repeating the action three or four times.
- 5 Use effleurage from the tip of the nose across and backwards from the cheeks towards the ears – use the pads of the first and middle fingers of both hands to move from the nose to ears. With a light, even pressure sweep across the



**Step 1** Use effleurage in a smooth, controlled way



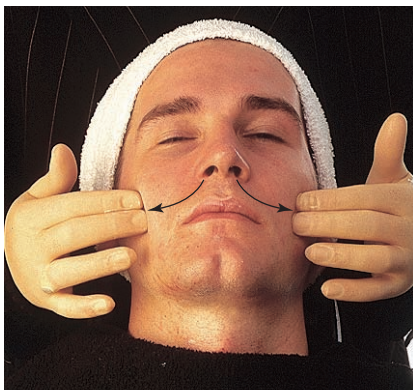
**Step 2** Use petrissage to firmly knead the face and scalp



**Step 3** Use a circulatory technique



**Step 4** Use effleurage across the chin



**Step 5** Use effleurage from the tip of the nose across the cheeks



**Step 6** Use effleurage on the cheeks and around the mouth

cheeks beneath the cheekbones to the ear. Repeat the movement several times.

- 6** Using effleurage around the mouth. With the ring finger of one hand placed centrally below the lower lip. Apply a light effleurage stroke around the mouth to the nose. Repeat the action three times.
- 7** Using a circulatory (rotary) movement around the eyes, place your thumbs gently on the forehead and place one hand lightly on the side of the head for support. Using the fingers of the other hand, circle around the eye several times. Swap your hands and do the same with the other hand, on the other eye.
- 8** Using effleurage across the forehead. Placing one hand on the forehead, stroke from the eyebrows to the hairline in a slow controlled manner. Change hands and repeat the action again.
- 9** Using effleurage from lower ears to the front of the chin. Move your standing position so that you can place your fingertips of both hands just below and behind the client's ears and draw the fingers evenly down and along the jaw towards the centre of the lower chin. Repeat three or four times.

Remember the whole purpose of massage is to be a relaxing experience, so the way in which it is carried out is very important. With the massage completed you can remove any excess massage cream or oil with clean folded towel. Make sure that the massage media has been removed from the hairline, nose and ears. At this point a cold towel can be applied; this will help to close the pores of the skin. A cold towel can be prepared in a similar way to that of a hot towel but using cold water.

After removing the towel check that all cream or oil has been removed from the client's skin. Then the client's skin can be toned using a mild astringent; such as aftershave or after shave balm and finally, re-position the chair back to its normal position.

### EKU statement

**GB9 41)** Products for home use that will benefit the client and those to avoid and why

**GB9 42)** The importance of regular cleansing, toning and moisturising

**GB9 43)** How to use effective communication and consultation techniques

**GB9 44)** Why it is important to fully explain the service to the client

**GB9 45)** How to give effective advice and recommendations to clients.



#### Activity

Complete this activity by filling in the table with the missing information. When you have finished, keep a copy of the finished table for your portfolio.

Massage movement	Description of the massage technique	Benefits from doing this
Effleurage		
Petrissage		
Tapotement		

#### Remember



Keep massage media – oils, creams and cleansers and toners – away from the client's eyes.


## GB9.4 Provide aftercare advice

A full service finishes with professional advice and recommendation, and therefore the benefits arising from massage for your client needn't be short lived. Make a point of telling them about skin care in general as well as the particular products that you have used and which the client may benefit from him or herself.



**Diversion** For more information on men's skin care and skin care products see Chapter 7 in the book, Unit GB6 Provide shaving services p. 157.

Product	Benefits
<b>Talcum powder</b>	Used to soothe and dry the skin – reduces the effects of oily, shiny skin.
<b>Face creams</b>	Will soothe and replenish moisture in dryer skin conditions.
<b>Aftershave lotions</b>	Will act as an astringent and mild antiseptic – which closes the pores after shaving, reduces skin irritation from the chaffing of shaving.
<b>Aftershave balms</b>	Used to soothe and condition the skin without the zesty or stinging feeling associated with aftershave lotions – Ideal for dryer skin conditions.

<p><b>Checkerboard</b></p>	<p>I know how to prepare the client prior to massage services</p> <input data-bbox="602 314 692 401" type="checkbox"/>	<p>I know and can recognise a range of non-infectious skin conditions</p> <input data-bbox="938 314 1027 401" type="checkbox"/>	<p>I understand the basic principles of the muscle groups within the face</p> <input data-bbox="1273 314 1362 401" type="checkbox"/>
<p>I understand the basic principles of the blood supply</p> <input data-bbox="264 638 353 725" type="checkbox"/>	<p>I understand the basic principles of the lymphatic system</p> <input data-bbox="602 638 692 725" type="checkbox"/>	<p>I know and understand the principles of safe practices for health and safety</p> <input data-bbox="938 638 1027 725" type="checkbox"/>	<p>I know and understand the principles of personal hygiene</p> <input data-bbox="1273 638 1362 725" type="checkbox"/>
<p>I know and understand the principles of safe practice within work methods</p> <input data-bbox="264 990 353 1077" type="checkbox"/>	<p>I know how to carry out the facial massage techniques of effleurage, petrissage and tapotement</p> <input data-bbox="602 990 692 1077" type="checkbox"/>	<p>I understand the benefits of each type of massage service</p> <input data-bbox="938 990 1027 1077" type="checkbox"/>	<p>I know how and why I must work to time</p> <input data-bbox="1273 990 1362 1077" type="checkbox"/>
<p>I know what things I should tell the client in relation to aftercare advice</p> <input data-bbox="264 1346 353 1433" type="checkbox"/>			



# Assessment of knowledge and understanding

## Revision questions

Quick quiz: a selection of different types of questions to check your knowledge.

- Q1** The \_\_\_\_\_ system drains bacteria and foreign material from tissue and prevents infection. Fill in the blank
- Q2** The ophthalmic nerve is part of the fifth cranial nerve. True or false
- Q3** Which of the following are not facial muscles? Multi selection
- |                  |                          |   |
|------------------|--------------------------|---|
| Frontalis        | <input type="checkbox"/> | 1 |
| Risorius         | <input type="checkbox"/> | 2 |
| Zygomaticus      | <input type="checkbox"/> | 3 |
| Comedones        | <input type="checkbox"/> | 4 |
| Orbicularis oris | <input type="checkbox"/> | 5 |
| Keloids          | <input type="checkbox"/> | 6 |
- Q4** The Vomer and Palatine are facial bones. True or false
- Q5** Which of the following is commonly known as the jaw bone? Multi selection
- |           |                          |   |
|-----------|--------------------------|---|
| Zygomatic | <input type="checkbox"/> | 1 |
| Nasal     | <input type="checkbox"/> | 2 |
| Maxillae  | <input type="checkbox"/> | 3 |
| Mandible  | <input type="checkbox"/> | 4 |
- Q6** Exfoliation is the process of removal of dead cells from the skin. True or false
- Q7** Which of the following are not skin conditions? Multi selection
- |                    |                          |   |
|--------------------|--------------------------|---|
| Broken capillaries | <input type="checkbox"/> | 1 |
| Dehydrated skin    | <input type="checkbox"/> | 2 |
| Masseter           | <input type="checkbox"/> | 3 |
| Temporalis         | <input type="checkbox"/> | 4 |
| Acne               | <input type="checkbox"/> | 5 |
| Milia              | <input type="checkbox"/> | 6 |
- Q8** Hypo pigmentation is an \_\_\_\_\_ production of melanin within the skin. Fill in the blank
- Q9** Which skin condition appears as small, hard, pearly white cysts? Multi choice
- |           |                       |   |
|-----------|-----------------------|---|
| Keloids   | <input type="radio"/> | a |
| Comedones | <input type="radio"/> | b |
| Milia     | <input type="radio"/> | c |
| Acne      | <input type="radio"/> | d |
- Q10** Effleurage is a stroking massage movement. True or false