

### ASSESSMENT

**Total Marks: 30**

**1. Multiple choice Questions:**

(05)

- i. A good massage has continuity, rhythm, and the correct:
  - a. depth in it
  - b. smoothing effect
  - c. movement
- ii. Manual massage improves the condition of the skin and also, promotes which of the following:
  - a. health
  - b. relaxation
  - c. action
- iii. Superficial effleurage is performed:
  - a. after deep effleurage
  - b. in the middle of the massage process
  - c. at the beginning and end of the treatment
- iv. Deep effleurage is the same type of movement as superficial but with:
  - a. less pressure
  - b. more pressure
  - c. same pressure
- v. Vibrations are performed by a rapid contraction and relaxation of the:
  - a. client's arm
  - b. therapist's arm
  - c. client's hand
- vi. Peel off masks are not suitable for:
  - a. combination skin
  - b. normal skin
  - c. greasy and highly sensitive skin
- vii. Natural masks are rich in which of the following:
  - a. fats and proteins
  - b. vitamins and minerals
  - c. carbohydrates

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- viii. Bananas soften the skin and are used for:
- infected skin
  - sensitive skin
  - cmature skin
- ix. After mask treatment make - up should not be applied for:
- 12 hours
  - 24 hours
  - 36 hours
- x. The increased production of sebum:
- helps to protect the skin
  - damages the skin
  - c)makes the pores invisible

### 2. Subjective Questions:

(21)

All questions carry equal marks

- How important it is to use the correct products for the skin type?
- How can you ensure that the client will be relaxed during the facial treatment?
- Briefly describe the following facial massage movements:
  - Effluerage
  - Petrissage
  - Percussion
- Design a facial treatment, lasting for one hour, for client with very dry skin. Describe:
  - The aim of the facial treatment
  - Facial treatment products you are going to use
  - When and how you will apply them
  - How long each stage will last
  - Aftercare advice
- State five points of advice for a client to improve her skin condition
- 'A client did not enjoy her facial' what could be the possible reasons behind this?
- What is the most suitable mask for a greasy skin?

3. If you are going to apply warm oil mask treatment to your client with dehydrated skin, how long should it take and what should the procedure for application be? (4)