

ASSESSMENT # 5

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:
 - a. infected skin
 - b. sensitive skin
 - c. cmature skin

- ix. After mask treatment make - up should not be applied for:
 - a. 12 hours
 - b. 24 hours
 - c. 36 hours

- x. The increased production of sebum:
 - a. helps to protect the skin
 - b. damages the skin
 - c. c)makes the pores invisible

2. Subjective Questions:

(21)

All questions carry equal marks

- i. How important it is to use the correct products for the skin type?
- ii. How can you ensure that the client will be relaxed during the facial treatment?
- iii. Briefly describe the following facial massage movements:
 - Effluerage
 - Petrissage
 - Percussion
- iv. 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
- v. State five points of advice for a client to improve her skin condition
- vi. 'A client did not enjoy her facial' what could be the possible reasons behind this?
- vii. 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)