

### 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)