

Grade 10 Cosmetology

30/3/2020

Activity 15: Massage movements

Circle the correct answer.

1. Effleurage is a massage movement applied in a :

- (a) Heavy tapping manner
- (b) Light pinching manner rhythmic manner
- (c) With the thumbs
- (d) Light, slow and

2. Friction in massage requires the use of :

- (a) Vibratory movements
- (b) Slapping movements
- (c) Deep rubbing
- (d) Light stroking movements

3. Petrissage brings about a:

- (a) Soothing effect
- (b) Invigorating effect
- (c) Relaxing effect
- (d) Healing effect

4. Tapotement can be described as :

- (a) Vibratory
- (b) Friction
- (c) Pinching
- (d) Percussion

5. Massage generally has a relaxing, toning effect on the muscles.

True or False

6. List 5 contra-indications to massage.

- a.
- b.
- c.
- d.
- e.

Pedicure questions

1. List Five pieces of equipment used in a pedicure that is not used in a manicure
2. What is a callus softener and how is it used?
3. Why is consistent cleaning and disinfection of pedicure baths and tools so important?

Callus softeners products designed to soften and smooth thickened tissue (callus)

Exfoliating Scrubs water based lotion that contain a mild , gritty like abrasive and moisturizer to help in removing dry, flaky skin and reduce calluses.