

Facial

Objectives: At the end of this lesson you shall be able to

- explain consultation techniques
- describe the structure of the skin and their functions
- describe the types of the skin and identification of common skin problem
- explain the meaning of massage, types and their benefits
- state precautions for facial.

Explain consultation techniques

The client consultation is an extremely important element of the massage process. It is at this time that you determine what the client wants, what their medical history is, and how you are going to perform their massage.

You should always begin your client consultation with medical history. When working with a new client you need to review the form that they have completed, and clarify anything which is unclear.

When working with a repeat client you need to review the form before beginning treatment and its good idea, to ask regularly whether any thing has changed.

Describe the structure of skin and their functions

Skin is the longest organ of the body and it is made up of multiple layers of tissues. It wraps the adult body in about 20 square feet of tissue and that weight about 6 to 7 pounds. The study of structure, function and diseases of the skin is called dermatology. The skin plays a key role in protecting the body against pathogens and excessive water loss. Its other functions are insulation, temperature regulation, sensation and the production of vitamin-D folates, control of evaporation, absorption, water resistance.

Layers of the skin

The skin is composed of two layers

1 The Epidermis : Epidermis is composed of the outer most layer of the skin it forms a protective barrier over the body's surface, responsible for keeping water in the body and preventing pathogens from entering the body. The epidermis can be further subdivided into the following layers

- Stratum corneum
- Stratum Lucidum (Only in palm and soles)
- Stratum granulosum
- Stratum germinativum (Basal layer)

2 The Dermis: The dermis is the layer of the skin beneath the epidermis that consists of connective tissue and cushion the body from stress and strain. The dermis provides strength and elasticity to the skin. The dermis is divided into two further layers.

- The papillary layer
- The reticular layer

3 Hypodermis : Hypodermis is not a part of the skin lies below the dermis, its purpose is to attach the skin to underlying bone and muscles as well as supplying it with blood vessels and nerves.

Functions of the Skin

The functions of the skin are protection, sensation, heat regulation, excretion, secretion and absorption.

1 Protection:

The skin protects the body from injury. The outermost layer of the epidermis is covered with a thin layer of sebum. It is resistant to wide variations in temperature, minor injuries, chemically active substances, and many microbes.

2 Sensation:

It performs with sensory nerve endings, the skin responds to heat, cold, touch, pressure and pain. Extreme stimulation of a sensory nerve ending produces pain. A minor burn is a very painful, but a deep burn that destroys the nerves may be painless. Sensory nerves responsive to touch and pressure.

3 Heat regulation:

The healthy body maintains a constant internal temperature of about 98.6°F. Heat regulation is a function of the skin. The organ that protects the body from the environment.

4 Excretion:

Perspiration from the sweat glands is excreted from the skin. Water lost by perspiration carries salt and other chemicals with it.