

## Disorders of the sebaceous glands

### 1 Comedones or Blackheads

Blackheads are worm-like masses of hardened sebum, its appearing most frequently on the face, forehead and nose.

When the hair follicle is filled with an excess of oil from the sebaceous gland, a blackhead forms and creates a blockage at the mouth of the follicles.

To treat blackheads the skin's oiliness must be reduced by application of cleansers and the blackheads removed regularly.

### 2 Milia or Whiteheads:

White heads is disorder of the sebaceous gland. Whiteheads may occur on any part of the face, neck and occasionally on the chest and shoulders. Whitehead are located usually fine-texture, dry types of skin.

### 3 Acne:

Acne is a chronic inflammatory disease. A disease that effects the skin's oil glands. The small holes in your skin (pores) connect to oil glands under the skin. These glands make a substance called sebum. The pores connect to the glands by a canal called a follicle. When the follicle a skin gland clogs up, a pimple grows. Early treatment is the best way to prevent scars. The cause of Acne is predisposing factors track. Acne or common pimples, is also known as acne simplex. Acne appears in a variety of different types, ranging from the simple pimple, (non-contagious)

### 4 Seborrhea:

Seborrhea is a skin condition caused by an excessive secretion of the sebaceous, glands. An oily condition, of the nose, forehead or scalp indicates the presence of seborrhea. On the scalp, it is readily seen by the unusual amount of oil on the hair.

## Meaning of massage, types & their benefits

Massage is the manipulation of superficial and deeper layers of muscles and connective tissue using various techniques to enhance function, aid in the healing process, decrease muscles reflex activity, promote relaxation and well being and as a recreational activity.

The massage word comes from Arabic language word "massa" meaning "to touch , feel or handle". Massage involves working and acting on the body with pressure , structured , unstructured , stationary, or moving tensions, motions and vibrations done manually or with mechanical aids.

## Types of Massage

### 1 Effleurage

Effleurage is most superficial stroke in massage . It is a long gliding stroke and is most commonly used as the

opening stroke in massage to assess the body's tissue while warming the muscles and skin. It is used for relaxing and soothing effects and done with the pads of the fingers or the palms of the hands. Effleurage increase the circulation on the skin surface and is very soothing.

### 2 Petrissage

Petrissage is the technical name of kneading movement. This rolling and gentle squeezing of the muscles under the skin increases circulation of blood and lymph and stimulates muscles for toning effect. The action of the stroke release muscles tension providing major from pain and stress.

### 3 Friction

Friction is a circular , deep rubbing movement . friction greatly increases circulation and is used most commonly on the face, scalp, arms and hands . Friction is used with less pressure in facial manipulation .

### 4 Tapotement

Tapotement is a movement that consists of fast tapping, drumming, Patting , or hacking the skin . Its commonly use in sports and medical massage, its stimulating effects .It is done in rhythmic and manner with the pads of the fingers or the sides of the palms. It increases blood circulation and promotes muscles contraction.

### 5 Vibration

Vibration tends to imitate the pulsing sensation produced by electric or battery operated massage devices. The therapist creates a vibrating movement from their tensed hands and fingers when applied to small areas. Vibration can stimulate the skin.

## Benefits of Massage:

- 1 Nourishes the skin
- 2 Relieves nerve tension
- 3 Reduces cardiac load
- 4 Increased blood circulation
- 5 Increase in Lymph circulation
- 6 Releases endorphins (endorphins are chemicals produced by our body)