

**T.C.
MİLLÎ EĞİTİM BAKANLIĞI**

GÜZELLİK VE SAÇ BAKIM HİZMETLERİ

**MESLEKİ İNGİLİZCE
MASAJ**

Ankara, 2014

- Bu modül, mesleki ve teknik eğitim okul/kurumlarında uygulanan Çerçeve Öğretim Programlarında yer alan yeterlikleri kazandırmaya yönelik olarak öğrencilere rehberlik etmek amacıyla hazırlanmış bireysel öğrenme materyalidir.
- Millî Eğitim Bakanlığınca ücretsiz olarak verilmiştir.
- **PARA İLE SATILMAZ.**

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AÇIKLAMALAR

KOD	Güzellik ve Saç Bakım Hizmetleri
ALAN	Alan Ortak
DAL/MESLEK	Mesleki İngilizce (Masaj)
MODÜLÜN ADI	Masaj yapmakta kullanılan araç-gereçlerin tanıtıldığı öğrenme materyalidir.
MODÜLÜN TANIMI	40 / 16
SÜRE	Ön Koşulu Yoktur.
ÖNKOŞUL	Yabancı dilde masaj ve kişisel bakım yapımı ile ilgili konuları dinlemek, konuşmak, okumak ve yazmak
YETERLİK	Genel Amaç: Gerekli araç-gereç ve ortam sağlandığında masörlük mesleği ile ilgili araç ve gereçlerin isimlerini doğru olarak öğrenecek ve günlük konuşma içinde kullanabileceksiniz. Amaç: 1. Masözlük mesleği ile ilgili araçların isimlerini öğrenebileceksiniz. 2. Masözlük mesleği ile ilgili gereçlerin isimlerini öğrenebileceksiniz. 3. Araç gereç isimlerini günlük diyaloglar içinde kullanabileceksiniz.
MODÜLÜN AMACI	Masözlükte kullanılan çeşitli araç ve gereçler
EĞİTİM ÖĞRETİM ORTAMLARI VE DONANIMLARI	Her öğrenme faaliyeti sonunda verilen, boşluk doldurma soruları ve uygulama faaliyetleri ile kendinizi değerlendirebileceksiniz. Modül sonunda tüm konuları içeren bir testle kendinizi değerlendireceksiniz. Modül sonunda ise kazandığınız bilgi ve becerileri ölçmek amacıyla öğretmeniniz tarafından hazırlanacak ölçme araçları ile değerlendirileceksiniz.
ÖLÇME VE DEĞERLENDİRME	

GİRİŞ

Sevgili Öğrenci,

Günümüz dünyası hızla değişmektedir ve bu değişimler hayatımızı doğrudan etkilemektedir. Aynı şekilde kişisel bakım ve makyaj çevremizdeki insanlar üzerinde bıraktığımız etki artırmaktadırlar. Elinizdeki bu eğitim materyali ile yabancı dilde makyaj terimlerini ve bu terimlerin kullanımını öğreneceksiniz.

LEARNING ACTIVITY - 1

PURPOSE

You will learn and express the tools of massage process.

PREPERATION

- Visit an massage saloon and observe what she or he uses. Share your opinion with your classroom.

1.WHAT IS MASSAGE?

1.1 Massage

Massage is the treatment and practice of manipulation of the soft body tissues with physical, functional, i.e. mechanical, medical/therapeutic, and in some cases psychological purposes and goals. Massage involves acting on and manipulating the patient's body with pressure (structured, unstructured, stationary, and/or moving), tension, motion, or vibration done manually or with mechanical aids. Target tissues may include muscles, tendons, ligaments, skin, joints, or other connective tissue, as well as lymphatic vessels, and/or organs of the gastrointestinal system. Massage can be applied with the hands, fingers, elbows, forearm, and feet. There are over eighty different massage modalities. The most cited reasons for introducing massage have been patient demand and perceived clinical effectiveness.

In professional settings massage involves the client being treated while lying on a massage table, sitting upright in a massage chair, or lying on a pad on the floor. The massage subject may be fully, partly or unclothed and the body covered with towels or sheets.



Picture 1.1 A massage session

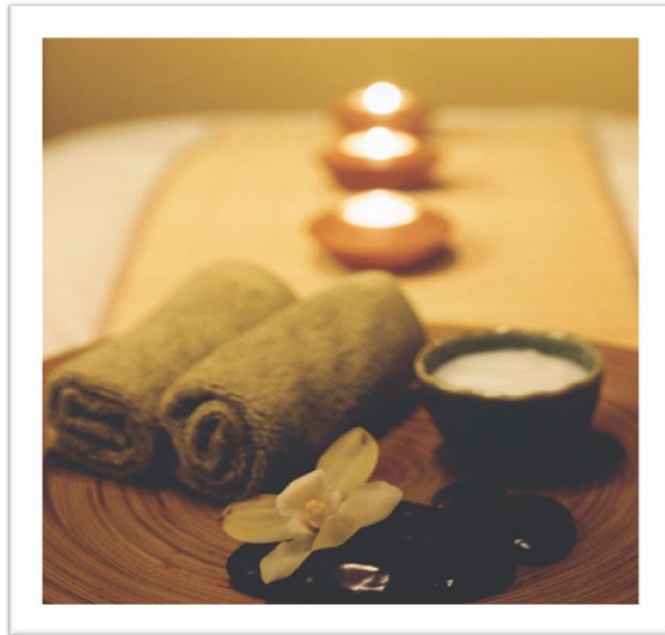
1.2. Benefits and Aim Of Massage

Many of today's health problems can benefit from massage therapy because the manipulation of soft tissues affects so many of our bodily systems.

The benefits of massage are extensive. Massage therapy treatments will have a therapeutic affect and improve health by acting directly on the muscular, nervous, circulatory and lymphatic (immune) systems.

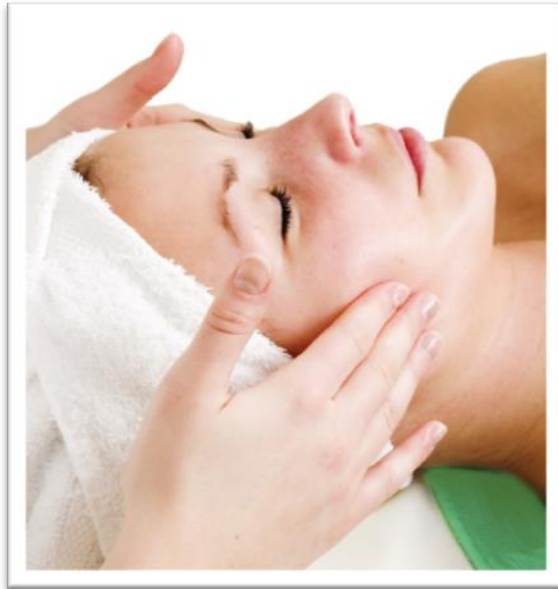
➤ **Massage treatments aim to:**

- Develop, maintain, rehabilitate or augment physical function - Massage therapy has become a staple of many professional athletes' training regimens. But not just athletes. Lifestyle factors, such as long work hours or physically taxing tasks, lead many members of the workforce to seek the assistance of a massage therapist. A seemingly minor injury can have a profound impact on a person's ability to stay physically active, participate fully in life, or even make a living if it becomes chronic. Massage therapy can be one of the ways of preventing that kind of outcome.
- Relieve or prevent physical dysfunction and pain - Some massage therapy techniques are specifically recommended for sore muscle tissues. An overly sore muscle cannot function properly. By alleviating or preventing pain, dysfunction can be combated.



Picture 1.2 Preperation to a massage

- Relax tight and tense muscles - Many people don't realize how much a tight muscle impacts on vital things such as posture. A tense muscle can throw off your body's balance. Before long, muscles that were not initially tight begin to tense as they compensate for other parts of the body. It becomes a chain reaction that can spread far from the initial problem spot. A talented massage therapist can identify the source of the problem and start working to alleviate the problem where it started.
- Improve circulation, recovery time and immune system function - The movements of massage cause blood to flush in and out of muscles and joints. This flushing process - enhancing circulation in the affected areas - can, in some cases, aid recovery time from injuries.
- Reduce overall stress - We're all becoming more aware of the role stress plays in health. People who are stressed, all other things being equal, are less healthy than people who are relaxed. Stress, for example, increases the risk of heart disease. Massage therapy is an effective and enjoyable way to reduce stress.
- Massage therapy is also effective in the control of pain, chronic or acute, in stress reduction, and in creating a sense of relaxation and well-being. A licensed, skilled practitioner can become an important and integral part of your health care team.

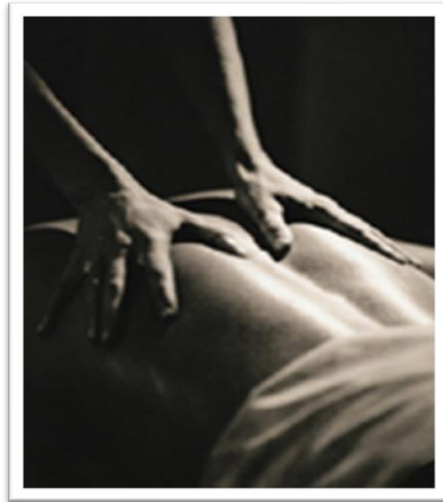


Picture 1.3 Face massage

Prolonged periods of stress can negatively affect many systems of the body. Stress has been shown to aggravate, or even cause, such problems as heart disease, gastrointestinal disorders, memory loss and decreased immune function. But it doesn't just contribute to physical ailments. Stress can sap joy from your life, cause seemingly inexplicable fatigue, and leave you less able to enjoy your relationships and leisure activities.

Loved ones can become unfortunate victims of stress in your life. You will find yourself less patient and less able to mentally engage with the people you care about. Massage therapy is one of the best antidotes for stress. We know this is true on an intuitive level. If even the untrained hands of a friend or partner can soothe aches and pains, and diminish anxiety, then imagine the effect of a therapeutic massage by a trained practitioner. Even the rituals of massage come as a welcome break from our hurried lives: dimmed lights, soothing music, the pleasant fragrance of a mild oil or candle - even without massage, these might help you relax. But coupled with the right techniques, you'll actually feel the stress leaving.

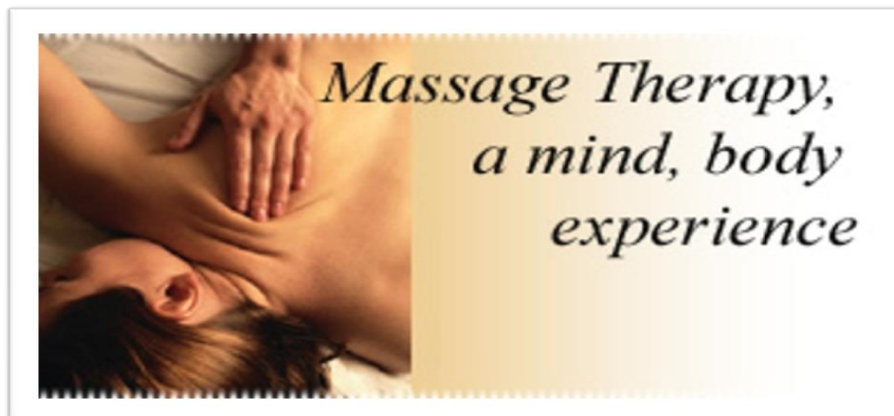
Massage boosts the body's immune system, which can become compromised from extended periods of stress. Tension can build up in the muscles, causing a decrease in circulation and nutrient delivery to tissues.



Picture 1.4 Back massage

Manipulation of the soft tissue decreases muscular tension, increases removal of metabolic waste and promotes nutrient delivery to healing tissue. Knots in your muscles can inhibit your ability to perform regular, daily tasks. As other parts of your body try to compensate for the ache of a tight muscle, they also start to become tight and uncomfortable. Before long, an injury that began in your neck can trace to your shoulder, down your arm and into your wrist. The reaction chain can take innumerable forms, but none of them are pleasant.

In short, with a therapeutic massage, stress can be significantly reduced. This, in turn, will increase energy, improve your outlook on life, and in the process boost your immune system function. Coupled with modest changes in nutrition and activity levels, massage can be the start of a profound change for the better in your health and well-being.



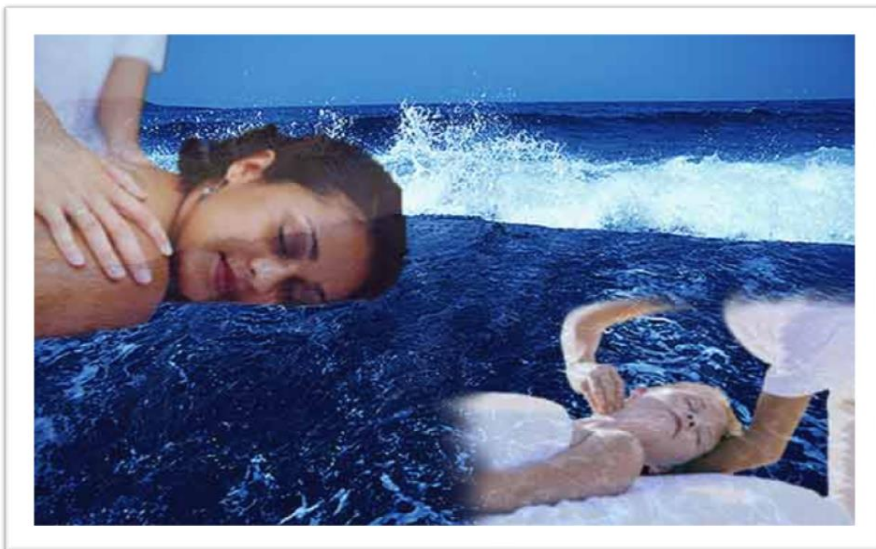
Picture 1.5 A massage ad

1.3 Massage Types

Just like a mechanic has many different tools, there are dozens of different types of massage therapy and complimentary therapies that promote overall well-being. Many varieties of massage have been around for centuries and are rooted in traditional beliefs. Many modern styles of massage use techniques aimed at addressing very specific ailments or conditions.

1.3.1. Classic Massage Therapy

This is the most common type of massage therapy. It is also known as Swedish massage or simply massage therapy. Massage therapists use long smooth strokes, kneading, and circular movements on superficial layers of muscle using massage lotion or oil.

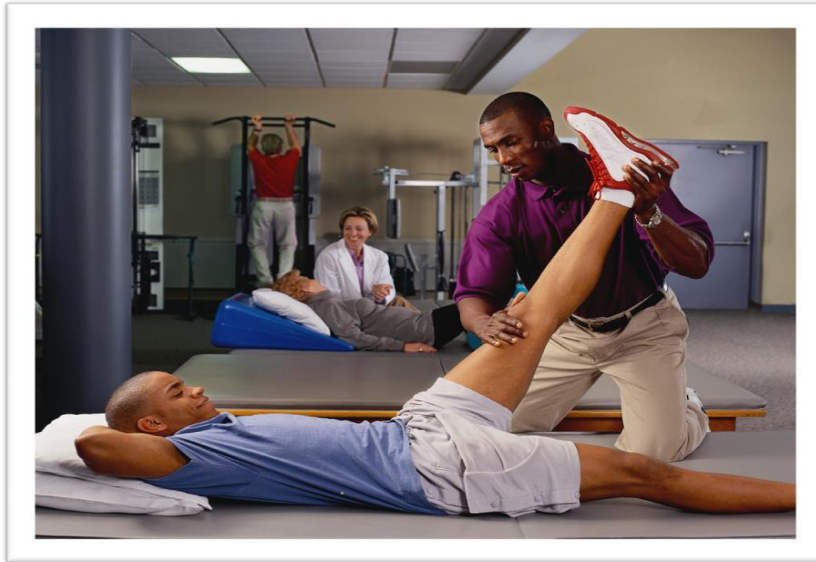


Picture 1.6: A relaxing experience

1.3.2 Sports Massage

Sports massage is specifically designed for people who are involved in physical activity. But you don't have to be a professional athlete to have one-it's also used by people who are active and work out often. The focus isn't on relaxation but on preventing and treating injury and enhancing athletic performance.

A combination of techniques are used. The strokes are generally faster than classic massage. Facilitated stretching is a common technique. It helps to loosen muscles and increase flexibility.



Picture 1.7 Sports massage

1.3.3 Medical Treatment Massage

This massage type is applied to a person who had an physical and nervous system retardation by a physiotherapist or a doctor. Before the massage session, medical consult is a must.



Picture 1.8: A physiotherapist



EXERCISES

A. Complete these sentences.

1. Massage is the treatment and practice of _____
2. The benefits of massage are _____
3. Some massage therapy techniques are _____
4. Massage boosts _____
5. Medical Treatment Massage is applied to _____

✓ Now check your answers.

EVALUATION CRITERIA

The Student's	The examination's	
Name-Surname:	Starting Time :	
Class :	Finishing Time :	
Number :	Used Time :	
CRITERIA	YES	NO
LEARNING PROCESS		
Do you know what is massage?	<input type="checkbox"/>	<input type="checkbox"/>
Do you know what is the aim of massage?	<input type="checkbox"/>	<input type="checkbox"/>
Do ypu know massage types?	<input type="checkbox"/>	<input type="checkbox"/>

LEARNING ACTIVITY - 2

PURPOSE

You will learn and express massage equipments

PREPERATION

- Visit a professional massage salon and observe what kind of tools they use.

2. MASSAGE EQUIPMENTS

A position as a massage therapist can be fast-paced and limitless for a person who enjoys helping others learn to slow down and improve their lives by introducing them to alternative medicine. A certified massage therapist can land rewarding work in various environments - including first and foremost a massage therapy clinic. However, employment opportunities also exist in chiropractic offices, with professional athletes or sports teams, in spas, nursing homes, hospitals, health clubs and if you want to travel - aboard cruise ships. The opportunities are really endless. If you plan to open your massage therapy business - either in an office, at home or on the road - you will need the following massage equipment to provide clients with the basics.

2.1. Massage Stool

While performing a massage, the therapist may need to sit. Chairs can be high so an adjustable stool is practical for you.



Picture 2.1 A folding massage stool



Picture 2.2 An adjustable stool

2.2 Massage Table

To perform a massage, the most comfortable position for both therapist and client is to lie on a special table. Massage tables may have different kinds of apparatus to relax the client. A comfortable and relaxing table is the most important of a massage. A typical commercial massage table has an easily cleaned, heavily padded surface, and a horseshoe-shaped head support that allows the client to breathe easily while lying face down and can be stationary or portable



Picture 2.3 A massage table



Picture 2.4 A portable massage table

2.3 Massage Oil

Oils help therapist's hands move easily on the client. Many different types of oils can be used including fractionated coconut oil, grape seed oil, macadamia oil, sesame oil, pecan oil, and mustard oil. Arnica, from the flowers or leaves of the Arnica montana, may be added olive oil when used medicinally, or almond oil when used as a massage oil. Aromatherapy oils such as neroli oil and pine oil can also be mixed with carrier oils.



Picture 2.5 Massage oils for multi-purpose



Picture 2.6 Massage oil



Picture 2.7 Applying massage oil

A therapist may also decorate massage room with candles, incense, lights, music and pictures. A massage room's ambiance must be relaxing, comfortable and trustworthy.



EXERCISES

A. Complete these sentences

1. While performing a massage _____
2. To perform a massage, _____
3. Oils help therapist's hands _____
4. Many different types of oils _____
5. A therapist may also decorate massage room with _____

✓ Now check your answers.

EVALUATION CRITERIA

The Student's	The examination's	
Name-Surname:	Starting Time :	
Class :	Finishing Time :	
Number :	Used Time :	
CRITERIA	YES	NO
LEARNING PROCESS		
Can you remember massage equipments' names?	<input type="checkbox"/>	<input type="checkbox"/>
Can you write massage equipments' names correctly?	<input type="checkbox"/>	<input type="checkbox"/>
Can you pronounce massage equipments' names correctly?	<input type="checkbox"/>	<input type="checkbox"/>

LEARNING ACTIVITY - 3

PURPOSE

You will learn and express names of basic massage movements.

PREPERATION

- Visit a professional massage salon and observe what kind of moves they make.

3.1. BASIC MASSAGE MOVEMENTS

Some known basic massage techniques are used while applying massage. Here you will learn some of their terms.

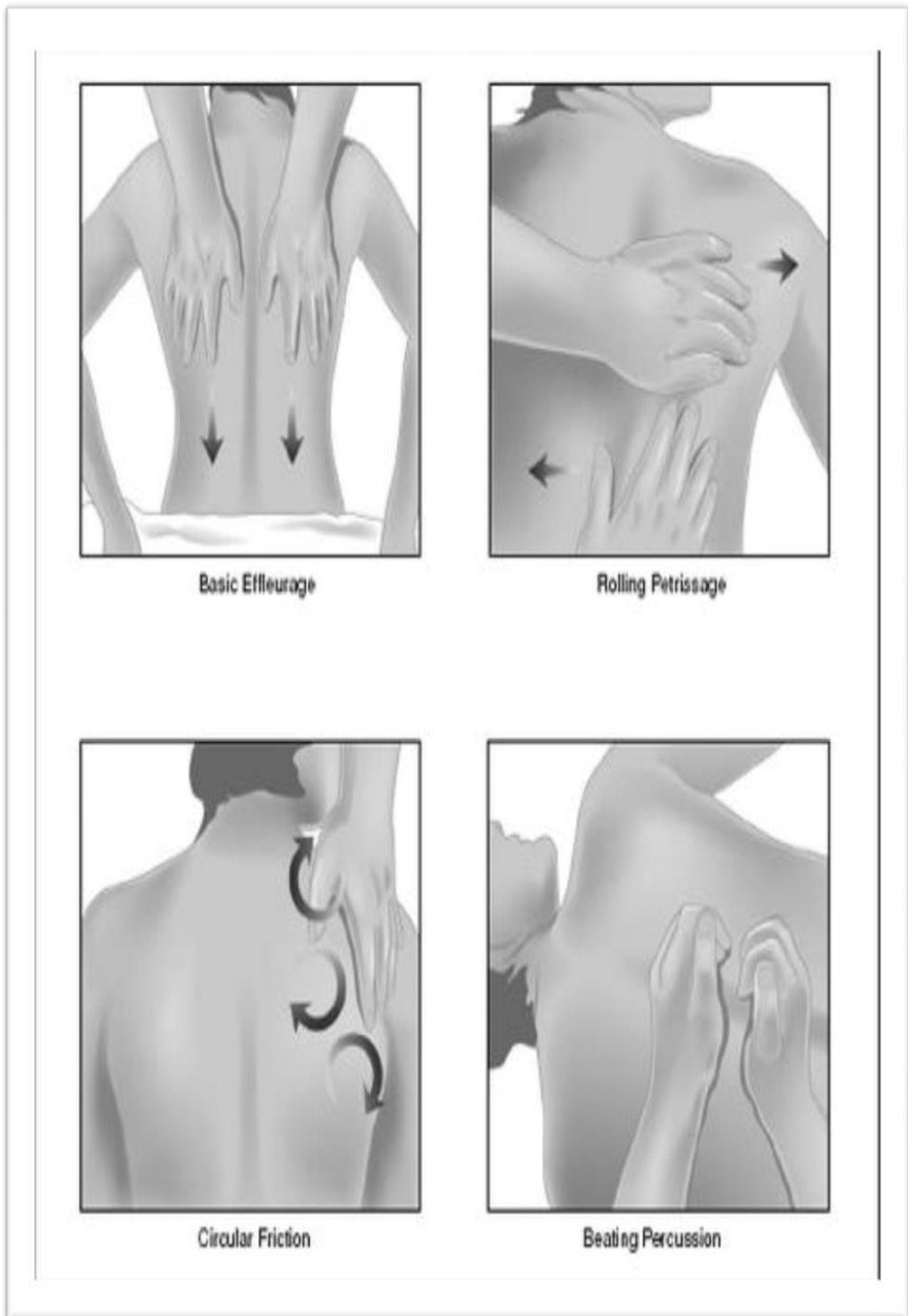
3.1.1. Effleurage

Effleurage, a French word meaning "to skim" or "to touch lightly on", is a series of massage strokes used in classic massage to warm up the muscle before deep tissue work using petrissage.

This is a soothing, stroking movement used at the beginning and the end of the facial and/or body massage. It is also used as a linking move between the different strokes and movements.

Effleurage can be firm or light without dragging the skin and is performed using either the padded parts of the finger tips or the palmar surface of the hands, and works as a mechanical pump on the body to encourage venous and lymphatic return. It consists of four sub-categories:

- Ethereal or aura strokes
- Feathering, or nerve-stroking
- Superficial effleurage
- Deeper effleurage



Picture 3.1 Basic movements



Picture 3.2 Effleurag

3.1.2. Petrissage

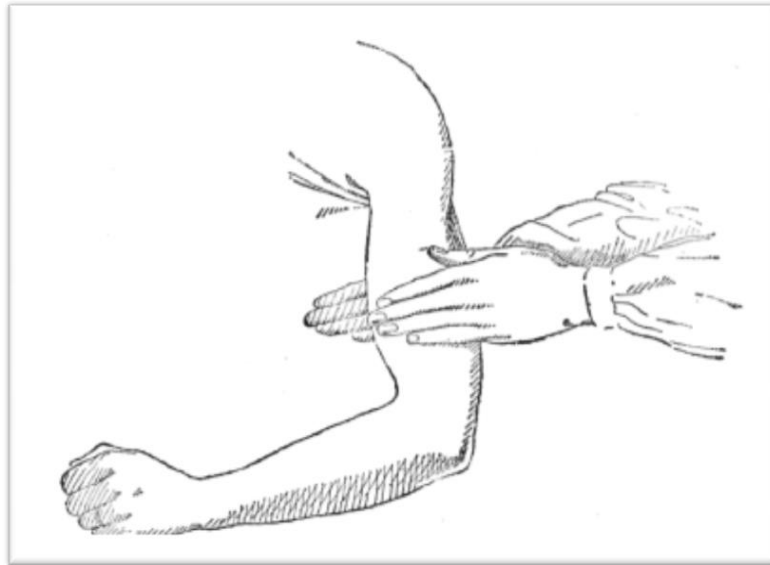
Petrissage are massage movements with applied pressure which are deep and compress the underlying muscles. Kneading, wringing, skin rolling and pick-up-and-squeeze are the petrissage movements. They are all performed with the padded palmar surface of the hand, the surface of the finger and also the thumbs. When kneading the hands should be moulded to the area and the movements should be slow and rhythmical.



Picture 3.3 Petrissage

Knuckling is another form of kneading but using the knuckles to knead and lift in circular and upwards motions.

Scissoring is another petrissage movement that is performed only over a flat area with very little pressure. The index and middle fingers of both hands are only used for this movement. They are placed opposite each other and then are slowly worked towards each other lifting and releasing as they go.



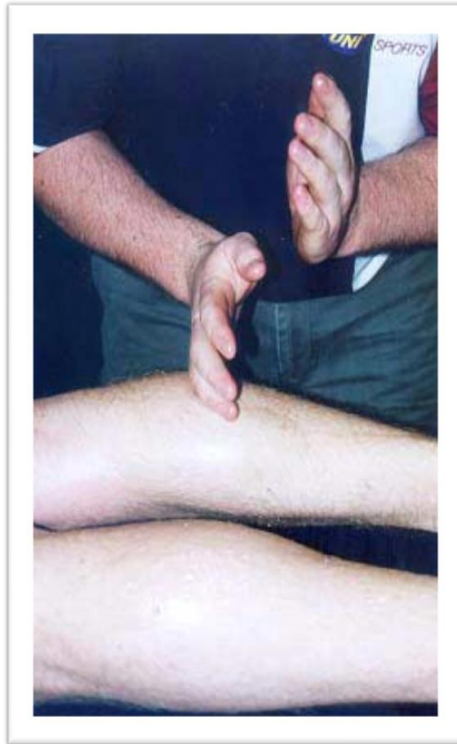
Picture 3.4 Petrissage on arm



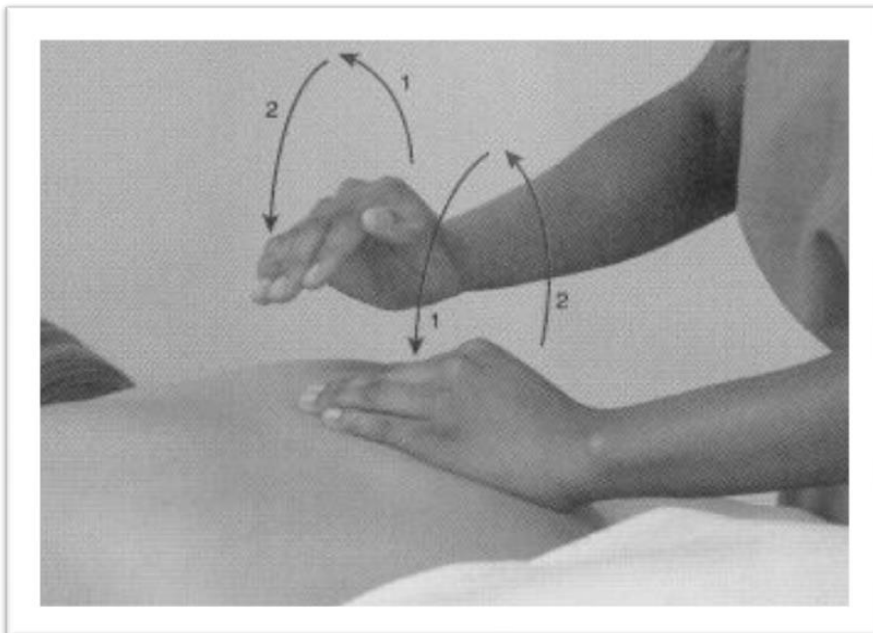
Picture 3.4 Petrissage on foot

3.1.3. Tapotement

Tapotement is a specific stroke and movement and technique and motion used in classical massage technique. It is a rhythmic percussion, most frequently administered with the edge of the palm or the heel of the hand. It is primarily used as a stimulating stroke, or for cramped muscles. The name of the stroke is taken from the French word "Tapoter", meaning to tap or to drum.



Picture 3.5 Tapotement



Picture 3.6 Tapotement movements

EXERCISES

A. Complete these sentences.

1. Effleurage, a French word meaning

2. Effleurage can be firm or



3. Petrissage are massage movements with

4. When kneading the hands should be

5. Tapotement is a specific stroke

✓ **Now check your answers.**

EVALUATION CRITERIA

The Student's	The examination's	
Name-Surname:	Starting Time :	
Class :	Finishing Time :	
Number :	Used Time :	
CRITERIA	YES	NO
LEARNING PROCESS		
Can you remember massage technics' names?	<input type="checkbox"/>	<input type="checkbox"/>
Do you know how to apply massage technics?	<input type="checkbox"/>	<input type="checkbox"/>
Can you pronounce massage technics' names correctly?	<input type="checkbox"/>	<input type="checkbox"/>

GENERAL REVISION

A. Complete these sentences.

1. Massage is the treatment and practice of _____
2. The benefits of massage are

3. Some massage therapy techniques are _____
4. Massage boosts _____
5. Medical Treatment Massage is applied to _____
6. While performing a massage _____
7. To perform a massage, _____
8. Oils help therapist's hands _____
9. Many different types of oils _____
10. A therapist may also decorate massage room with _____
11. Effleurage, a French word meaning _____
12. Effleurage can be firm or _____
13. Petrissage are massage movements with _____
14. When kneading the hands should be _____
15. Tapotement is a specific stroke _____

✓ **Now check your answers.**

ANSWER KEY

LEARNING ACTIVITY 1

1	manipulation of the soft body tissues with physical, functional, i.e. mechanical, medical/therapeutic, and in some cases psychological purposes and goals.
2	extensive
3	specifically recommended for sore muscle tissues
4	the body's immune system, which can become compromised from extended periods of stress.
5	a person who had an physical and nervous system retardation by a physiotherapist or a doctor.

LEARNING ACTIVITY 2

1	the therapist may need to sit
2	the most comfortable position for both therapist and client is to lie on a special table.
3	move easily on the client.
4	can be used including fractionated coconut oil, grape seed oil, macadamia oil, sesame oil, pecan oil, and mustard oil.
5	candles, incense, lights, music and pictures.

LEARNING ACTIVITY 3

1	meaning "to skim" or "to touch lightly on", is a series of massage strokes used in classic massage to warm up the muscle before deep tissue work using petrissage.
2	light without dragging the skin and is performed using either the padded parts of the finger tips or the palmar surface of the hands, and works as a mechanical pump on the body to encourage venous and lymphatic return.
3	applied pressure which are deep and compress the underlying muscles.
4	be moulded to the area and the movements should be slow and rhythmical.
5	and movement and technique and motion used in classical massage technique.

GENERAL REVISION ANSWER KEY

1	manipulation of the soft body tissues with physical, functional, i.e. mechanical, medical/therapeutic, and in some cases psychological purposes and goals.
2	extensive
3	specifically recommended for sore muscle tissues
4	the body's immune system, which can become compromised from extended periods of stress.
5	a person who had an physical and nervous system retardation by a physiotherapist or a doctor.
6	the therapist may need to sit
7	the most comfortable position for both therapist and client is to lie on a special table.
8	move easily on the client.
9	can be used including fractionated coconut oil, grape seed oil, macadamia oil, sesame oil, pecan oil, and mustard oil.
10	candles, incense, lights, music and pictures.
11	meaning "to skim" or "to touch lightly on", is a series of massage strokes used in classic massage to warm up the muscle before deep tissue work using petrissage.
12	light without dragging the skin and is performed using either the padded parts of the finger tips or the palmar surface of the hands, and works as a mechanical pump on the body to encourage venous and lymphatic return.
13	applied pressure which are deep and compress the underlying muscles.
14	be moulded to the area and the movements should be slow and rhythmical.
15	and movement and technique and motion used in classical massage technique.

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