



FACIAL LIFTING MASSAGE

COURSE MANUAL



Brighton School of Massage

About this course

The Natural Facelift Massage combines the massage techniques of the traditional system of massage in Japan, and Ayurveda, the ancient Indian healing method. The results will improve the complexion, remove toxins from the face, prevent and reduce facial wrinkles and age spots whilst balancing the life force energy.

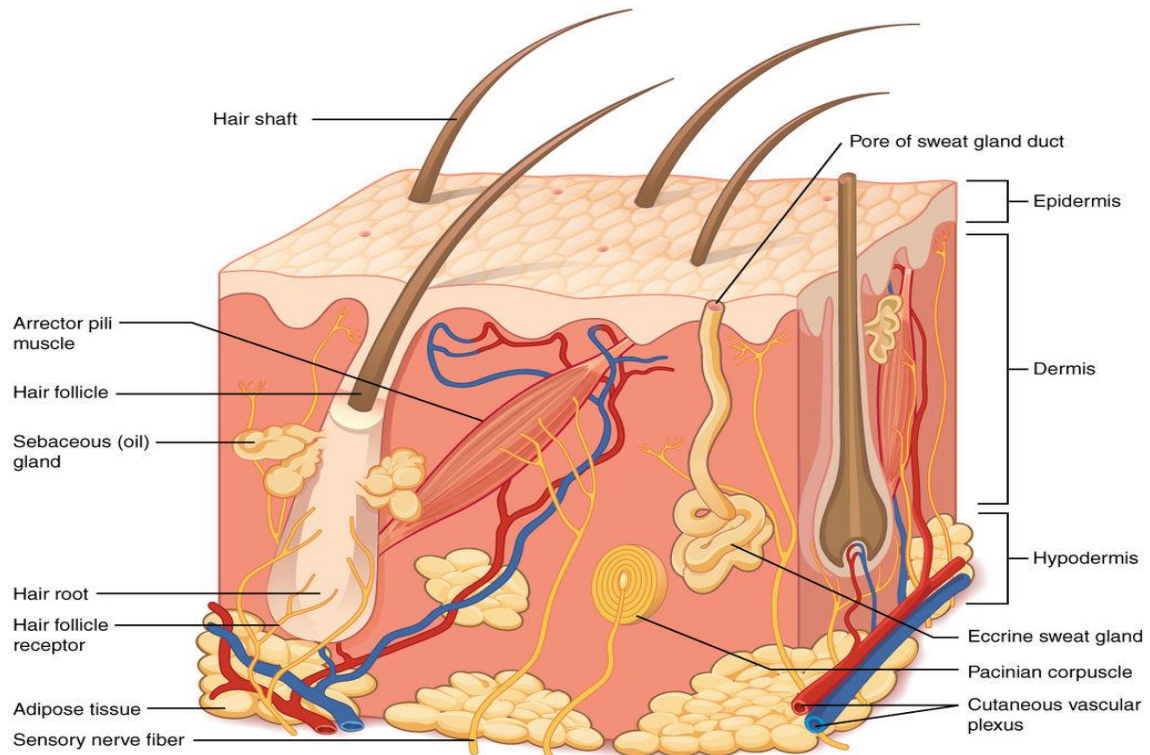
In this course you will learn lifting massage techniques to keep your client’s skin in a healthy state. You can offer this treatment as a standalone, once a week 30 minutes or 60 minutes as a natural anti-age strategy.

This treatment also fits in very well as part of a facial treatment.

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What is skin?



The skin is your body's largest organ.

There is much more to skin than meets the eye – it incorporates: Blood, muscle, nerves, immune cells, and hormones.

All these help maintain our body's homeostasis or 'balance'.

The skin is also a vast physical barrier at our interface with the external environment

It is designed to protect us against mechanical, chemical and microbial insults.

The skin is not an inert defensive barrier as even the outer hardened layers are extremely active.

The skin's supply of sweat and sebum help maintain a healthy skin surface, known as the acid mantle.

It is approximately 5-6 kgs in weight, 2 m² in area, 2.5 mm thick

Functions of the skin include:

Protection, regulation of body temperature, sensation, excretion, storage, absorption and vitamin D production.

The principal parts of the skin are:

The outer epidermis and the inner dermis. Beneath the dermis lies the subcutaneous layer.

The epidermis is the most superficial part and consists of five layers, from deepest to superficial: basal cell layer (stratum germinativum), prickle-cell layer (stratum spinosum),

granular layer (stratum granulosum), clear layer (stratum lucidum) and horny layer (stratum corneum).

Cell regeneration occurs continuously in the basal cell layer and produces all other layers. It takes approximately a month for a new cell to complete its journey from the basal cell layer where it is reproduced, to the granular layer where it is keratinised, to the horny layer where it is desquamated or shed.

The dermis is the deeper layer of the skin and provides support, strength and elasticity. It has a superficial papillary layer and a deeper reticular layer.

The superficial papillary layer consists of adipose connective tissue, dermal papillae, nerve endings and a network of blood and lymphatic capillaries.

The deeper reticular layer consists of tough fibrous connective tissue and contains collagen, elastin and reticular fibres.

Appendages of the skin include the hair, glands (sebaceous and sweat) and nails.

Other related structures of the skin are the erector pili muscle and the glands.

The erector pili muscle is the weak muscle associated with hair and will contract when you are cold or experiencing emotions such as fright or anxiety.

Sebaceous glands are also known as oil glands. They have ducts and are attached to hair follicles. They secrete sebum, which is mildly antibacterial and antifungal, to lubricate the hair and the epidermis.

Sweat glands are located in the dermis and secrete sweat.

There are two types of sweat glands:

Eccrine glands are the most numerous and are found in the largest concentrations in the palms of the hands and soles of the feet.

Apocrine glands are attached to the hair follicles and are located in the axillae and groin.

Factors affecting the skin include diet, water intake, sleep, stress and tension, exercise, alcohol, smoking, medication, chemicals, climate, environment, hormones and age.

Menopause

A time when the ovaries stop releasing ova. Menopause normally occurs when a woman is in her late forties or early fifties. The time before and around menopause is called perimenopause. What actually happens during menopause is that the ovaries have run out of follicles containing eggs. A female is born with 700 000 to 2 million eggs, which are contained in the follicles within the ovaries. Many die but at puberty about 400 000 remain. The pituitary gland secretes FSH and LH, but the ovaries stop responding. When no follicles are left to respond to follicle-stimulating hormone, no oestrogen is produced in the ovary, and the preparation of the uterus does not occur.

The drop in hormone levels in the bloodstream causes a variety of physical symptoms. Hot flushes, rapid heartbeat, decreases in vaginal secretions, emotional irritability, bloating, and other signs may occur.

The same symptoms may be produced after a hysterectomy. If a woman has a hysterectomy early in life, the gynaecologist will often leave the ovaries and remove only the uterus. The presence of the ovaries helps secure hormone levels in the bloodstream, at least until true menopause takes place. Medical science has discovered that women who lose their ovaries early in life are more likely to develop osteoporosis.

Many women have HRT after menopause or after a hysterectomy. Use of synthetic oestrogen and progesterone, taken in the sequence of the normal menstrual cycle hormone secretions, helps prevent many of the symptoms associated with menopause. It, of course will not make women ovulate again. Oestrogen is believed to have a positive effect on reducing the chances of osteoporosis development, offers a decrease chance of cardiac problems, and may help prevent rheumatoid arthritis.

Some recent studies indicate that there may be an increased risk of breast cancer in women who use HRT longer than 5 years.

Skin conditions associated with menopause

In the next 2 decades 40 million women will go through menopause. During the pre-menopausal period the following may occur: Thinning hair, excess hair growth on the face or other body areas, or even increased oiliness or dryness of the skin.

Research indicates the presence of oestrogen has a strong influence on collagen formation. As menopause occurs, oestrogen levels drop dramatically and may have an obvious effect on the appearance of wrinkles and lack of elasticity. The use of HRT may improve and reduce the loss of collagen, therefore causing skin to regain more of its previous elasticity and suppleness.



The lack of oestrogen may affect the barrier function, increasing sensitivity of the skin, dehydration, possible hyper-pigmentation, and fluctuations in blood flow. Oestrogen is responsible for sending many hormonal messages to the skin, and a decrease can affect many functions of the skin and therefore its appearance.

Menopausal skin symptoms

- Dryness and itchy skin on the face and body
- Increased sensitivity
- Sudden flares of acne
- Sudden hair growth on the face
- Mood swings
- Client complains of “sudden ageing” skin
- Hot flushes
- Tired look on the skin
- Reduce collagen and elastin production

Sensitive skin

Very thin, fragile-looking, pink coloured skin. People with red hair and blue eyes or of Celtic Irish, Scottish or British descent are more likely to have sensitive skin than other ethnic groups with darker-coloured skin, hair or eyes. Because of the thinness, the blood vessels and nerve endings are much closer to the surface of the skin. This explains why this type of skin tends to be more easily irritated by skin care and cosmetic products.

Sensitive skin is becoming more and more common. According to studies, 40-90% of women surveyed report that they think that their skins are sensitive.

Characteristics of sensitive skin

- Fitzpatrick skin type 1
- Always burns when exposed to sun
- Thin
- Bruises easily
- Blanching (skin turns white) easily when touched
- Frequent inflammation during 1st visit to esthetician
- Redness of the skin
- Urticaria (hives, wheals – raised lesion associated with an allergy and welts)
- Edema
- Pruritis (itching) – irritated nerve endings



Sensitive skin and the barrier function



It is very important to protect the barrier function of sensitive skin, which in general, does not have a natural barrier function that is as effective as that of normal, non-sensitive skin.

This is called an impaired barrier function as there are holes in the lipid barrier between the epidermal cells, resulting in a more permeable epidermis. Irritants are more likely to cause inflammation because it is easier for them to

penetrate the skin's surface, where they come in contact with poorly protected nerve endings and blood vessels. Impaired barrier function also results in trans-epidermal water loss. This results in severe dehydration and inflammation.

Allergies, irritants and contact dermatitis

Dermatitis is a general skin inflammation. There are many types such as contact dermatitis which is a skin inflammation resulting from physical contact with a particular substance.

Allergic contact dermatitis means inflammation resulting from an allergy to a particular chemical or substance. **Irritant contact dermatitis** is inflammation due to a substance that is irritating the skin.

An **allergy** is the body's immune system rejection of a particular agent or substance. The immune system has identified that substance as a foreign invader. It reacts by sending out T-cells to fight off the allergen. The immune response is what causes the redness and inflammation associated with an allergic reaction on the skin.

Irritant reactions

Caused from over-exfoliating the skin and are often transient reactions. People use too many products that exfoliate the skin and are usually called an over-processed skin. Reactions such as red, flaking and uncomfortable skin are often seen. The skin also often stings if a product is applied.

Allergic reactions

When a person develops a routine allergic response to a substance, the person has become sensitised to that substance. The substance or chemical is known as a sensitiser. The immune system has identified this particular substance as a foreign invader. Sensitisation to

a particular product may take place after years of using a product. Late onset allergies are allergies developed to a product after years of use. Symptoms include: rashes, wheals and hives. They often itch and sting. Hives are caused by the release of a hormone-like chemical called histamine.

Histamine causes dilation of blood vessels to the area. Anti-histamines are drugs that combat the formation of histamines.

Fragrances, colour agents, preservatives, sunscreens, acne products may cause allergic reactions.

Acne

- *Hereditary factors in acne*

The epidermal cells, particularly the str corneum are constantly shedding and being replaced by younger cells. Dead skin cells stick to the surface of the skin and begin lining the inside walls of the follicle. The cells continue to push to the surface of the epidermis at a faster rate. Excessive sebum accompanies the cell build-up. Sebum becomes sticky and solidifies. Now a micro-comedo is formed. Bacteria and fatty acids from the sebum forms an acne lesion.

- *Non-inflammatory and inflammatory can lesions*

Inflammatory acne lesions are inflamed, red and swollen. A non-inflammatory lesion means that it is not red or inflamed! Examples of this may be: open comedones (black comedones) and closed comedones (white heads)

- *Open and closed comedones*

Open comedones occur when the follicle is large enough to hold all of the debris retained by the follicle. The opening in the follicles is dilated by the mass of impaction, allowing the comedo to push toward the surface opening.

P-acnes are bacteria that are anaerobic - cannot survive in the presence of oxygen! These bacteria are constantly present in the follicles in small numbers! They are kept from reproducing to large numbers by the oxygen that is constantly aerating the open follicle. But, when the follicle gets blocked from oxygen circulation, these bacteria multiply in great numbers, feeding off the sebum produced by the overactive sebaceous glands.

The oxygen is also what causes the "blackhead" to form. The darkening is caused by the exposure of the top of the comedo to the oxygen in the air outside the follicle. The sebum turns a brown colour, also caused by melanin in the dead skin cells in the comedo.

Closed comedones have very small openings, which prevents oxygen from readily penetrating the follicle. The walls of the follicle stretch to hold the contents of the

impaction, but the follicle opening does not. Because of the lack of oxygen, the lesions can easily become inflamed due to the increasing number of bacteria multiplying in the anaerobic environment.

Closed comedones are often seen in adult women. It looks like, underground bumps and are very difficult to extract. When enough bacteria form inside the closed comedo and the impaction becomes large enough, a small tear occurs in the follicle all, which stimulates the immune system to investigate. White blood cells are released in the area. These white blood cells arrive via the blood vessels, causing the lesion to become red. This is an inflammatory lesion.

When enough white blood cells arrive, they may form a “clump” and rise to the surface, creating what is known as a pustule. Sometimes you find that a papule just disappears, the reason for this is because the white blood cells have won the battle.

Papules affect the nerve endings more than pustules because they are deeper in the skin. This explains the soreness.

Grades of Acne

- Grade 1 – mostly open and closed comedones with an occasional pimple.
- Grade 2 – very large number of closed comedones with occasional pustules or papules.
- Grade 3 – it involves large number of open and closed comedones and many papules and pustules as well. Very inflamed and red.
- Grade 4 – commonly referred to as cystic acne, with many deep cysts and scar formation.

Dehydrated, clogged skin

A lot of mature women, suffer from dehydrated skin that is also clogged. This is caused by the client mistaking dehydrated skin for dry skin. In other words, the client actually has dehydrated (water-dry) skin but mistakenly uses products designed for dry (oil-dry) skin. These products designed for mature a lipidic skin are often full of fatty acids, esters, waxes, oils and fats. In the attempt to treat their dehydrated skin or wrinkles, they expose oily areas to the excessive fats and oils present in these emollient products.

It is very important to educate this client about dehydration versus oil dryness. Explain to clients that dehydration makes the skin look dry and flaky, but this does not mean that they need oil, they need water!

Hydration can be achieved in one of 2 ways. Hydrating active agents can be used to increase the water level of the surface cells, easing dehydration and flaking and making the skin look smoother and softer and feel better.

Ageing

Fine lines are a feature of intrinsic aging: the natural changes in skin structure that occur with ageing. This condition is often observed in the fine skin around the eyes and the mouth.

- This process begins even in a person's 20s, but the effects are not usually visible to the naked eye till later in life.
- As the production of collagen and elastin slows down, so the skin begins to lose its elasticity and plumpness. Skin cell 'turnover' also starts to slow.
- There may be a reduction in the fat layer, which is important to keep the skin around the eyes smooth.
- Smokers tend to see these changes occur early, especially around the mouth
- Genetics will largely control the rate of this process.

Wrinkles are one of the most obvious signs of skin aging.

- The number of skin cells produced by the body has been shown to decrease by around 10% for every ten years of life after we reach maturity. Skin cells divide more slowly with age, slowing the process of regeneration.
- There is a reduction in the quantity & quality of collagen produced and a weakening of the elastin fibres that provide skin with its flexibility.
- Sagging is exacerbated as the layer of fat cells under the skin thins with age.
- Hormonal changes reduce sebum flow: skin becomes drier & more fragile.
- The development of wrinkles is often secondary to sun damage; Wrinkles develop mainly on sun-exposed skin, indicating that skin can be dramatically altered by chronic sun exposure.
- Sun exposure may increase the collagen degrading enzyme, collagenase.
- Spider Veins - Telangiectasia is the scientific term for the formation of 'spider veins' (dilated superficial blood vessels) commonly seen on the cheeks as people get older.
- This can be more obvious in pale skins or in the skin of people suffering from significant photo-aging.

Ageing is often first seen in the area around the eyes and includes not only wrinkles, but also eyelid bags, dark circles around the eye & changes in muscle tone

- The skin around the eyelids (periorbital skin) is the thinnest skin in the body at some 0.5 mm thick compared with 2 mm in other areas.
- The skin around the eyes is very thin with a minimal subcutaneous fat layer and so this area is likely to reveal age-related or 'wear-and-tear' change soonest.
- Like so many conditions, the tendency to dark areas under the eyes is often a genetic trait: large veins close to the surface of this very thin skin reflect a bluish colour from the de-oxygenated blood just beneath the skin's surface.
- But other factors also play an influence: iron deficiency can result in not enough oxygen is getting to the body tissues.
- A lack of sleep can impact on blood flow and thus exacerbate the dark appearance under the eyes.
- Puffy skin is typically a description for periorbital oedema in the delicate skin around the eyes.
- This is usually more evident as a person ages as the skin around the eyes becomes thinner and may swell or sag.

Extrinsic Aging

Impact of external or introduced stressors:

- Alcohol
- Cigarettes
- Pollution
- Diet
- Sun

Natural Facelift Massage: Practical

1. Making Contact

- Wipe the feet, then wash your hands.
- Start at your client's feet.
- Alternatively stretch each leg as you grasp the ankle.
- Palm press alternatively all the way up to your clients head.

2. Cleanse

- Ensure client is correctly prepared for the treatment. Place a towel around the client's hair.
- Wash your hands
- Proceed to cleanse your clients face and neck, removing all traces of makeup.

3. Relax the shoulders

- Effleurage oil out across chest, around the shoulders into the neck. Hook fingers into occipital ridge, lean back for the count of 6. Repeat 3X.
- Effleurage the face – Brace.

Brace Effleurage on the face – How do we do it?

Prayer movement on chin: Chin – closed scissors, open scissors, drag fingers under cheek bones, around nose, over third eye to hairline, back down to third eye, closed scissors, open scissors. Stretch out the forehead. Drag fingers down to the chin, closed scissors, open scissors. 1X

- Alternate palm presses to the shoulders
- Alternate fist stroking to shoulders one at a time.
- Alternate thumb press the shoulders
- Alternate palm press the shoulders and down the arms and back up again.
- Effleurage across the chest, around the shoulders, finger hook into occiput and stretch.

4. Lifting massage

PART 1:

- One side of the face at a time: Use the side of the hand – Alternate stroking/lifting hand over hand movement from throat, onto chin, onto one cheek, and forehead.
- Repeat on the other side of the face. Repeat x 2
- Massage the forehead from the middle to the end of the brow - fingers- using small, criss-cross movements. Move across the wrinkles – **NOT** with the wrinkle.
- Alternate thumb stroke from 3rd eye to hairline – include the corrugator muscle.
- Brace effleurage whole face from forehead down to jaw and up again – and down again.

PART 2:

Use both thumb and one finger in a lifting action. Ensure you do not pinch the skin. Do one side of the face at a time.

- From the middle of the chin towards the ear all along the mandible bone.
- From the corner of the mouth towards the ear.
- From either side of nose out across cheeks to edge of face.
- Now work up the nasolabial fold.
- Across the crow's feet. **NOT** with the wrinkle.
- Pinch the start of the eyebrows to the end of each eyebrow.
- Two finger – hand over hand - Stroke gently around both eye sockets x 6 times. Increase pressure each time you get the temple.
- Forefinger and middle finger – Deep C on Temporal muscles.
- Repeat on the other side of the face.
- Tap all over the face from the chin to the forehead.

PART 3:

Continue with one side of the face and then repeat on the opposite side. Create an L work with one finger per hand. Alternatively lift the tissue as you slot the L's into each other. Work slowly making sure you do not leave out any area.

- Start from the chin and jaw line up and across the cheek to the ear.
- Corner of the mouth out toward the ear.
- Under the eyes to the temple.
- The forehead including the eyebrow to the temple.
- Effleurage the face.

1. Relaxation both hands together, each side of the face.

- Stroke very slowly and very lightly from the centre of the chin out to the edge of the face.

- Stroke from the corner of the mouth out to the front of the ears.
- Stroke under the cheek bones.
- Stroke under the eyes.
- Stroke over the forehead to the temples.
- Repeat each area 3 X.

2. Face Mapping Pressure points – both hands together.

- Locate the pressure point and apply fingertip pressure.
- Push each pressure point once with a light static rotation for the count of 3.
- Repeat 3X

Location of pressure points:

- Centre of chin
- Corner of mouth
- TMJ
- Edge of Mandible
- Corner of nose
- Zygomatic 1
- Zygomatic 2
- Zygomatic 3
- Under the eyes in 3 areas
- Temporal area
- Eyebrows 1
- Eyebrows 2
- Temporal area
- Middle of forehead 3 areas
- Hairline 3 areas

3. Scalp – Both hands together.

1. Thumb press centre of scalp.
2. Thumb press line 2 – in line with the pupil.
3. Thumb press line 3 – in line with the end of the eyebrow.
4. Static finger claw shampoo the scalp massage – fingers facing forward 10X
5. Full palm press the scalp

4. Higher chakra balance

- Place both hands lightly over the crown chakra (top of the client's head) and envisage white.
- Then the brow chakra (envisage indigo)
- Then the throat chakra (envisage blue)
- Then the heart chakra (envisage green)

5. Grounding

- Alternate palm walk down towards the feet, keep one hand in contact at all times.
- Gently pull both legs at the same time – grasp under the ankles
- Stretch out both feet for a few moments.

Contraindications to Massage Treatment

Types of Contraindication

Contra-indications that restrict treatment totally

This means that no massage treatment should be carried out.

Require GP permission or signed indemnity/consent form

The client may be able to receive a treatment - but written medical permission should be obtained before treatment, to ensure it is safe and beneficial to the client.

In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effect has been fully explained to them and that they are willing to proceed without permission from their GP or specialist.

Once permission has been granted – caution is required during treatment and the massage must be adapted to suit the client's individual needs.

Contra-indications that restrict treatment locally

The client can receive a treatment - but it will need to be adapted to suit their specific needs and areas of their body may need to be avoided.

General considerations

As a massage therapist, you must be aware of the following guidance.

If a client is having a condition treated by medical professional, or another complementary therapist, you should never specifically treat the same condition as it may interfere with the course of treatment. Ask client to check with their consultant or therapist if a massage will be beneficial at present, and/or how it may be adapted to suit. This is also the case for any prescription medication.

You should **not continue with a treatment at all** if any of the following apply to the client:

- Has a fever (>37.8°C).
- Is feeling nauseous or experiencing vomiting or diarrhoea.
- Has an infectious disease.
- Is in the first trimester of pregnancy.
- Is under the influence of alcohol and recreational drugs.
- Has had an accident, injury or surgery within the last 3 months (6 months if major).

Contraindications to Massage Treatment

The following table provides guidance on appropriate course of action for a number of common ailments or conditions. This does not replace qualified medical recommendations.

	Condition	Description	Type of Contraindication	Treatment Notes
Cardiovascular	Angina Pectoral	Reduced blood supply to the heart, causing spasm and pain in the chest area	Require GP permission or signed indemnity form.	
	Arrhythmia	Abnormal / irregular heartbeat	Require GP permission or signed indemnity form.	
	Arteriosclerosis	Accumulation of fatty substances in the walls of the arteries causing them to narrow and harden	Require GP permission or signed indemnity form.	
	Carotid Bruit	Irregular heart murmurs in the cervical region	Require GP permission or signed indemnity form.	Massage should be slow and given with light pressure.
	Haematoma	A haematoma is a severe bruise within the soft tissues, usually a muscle. It often results from an injury. Symptoms will often resolve over time, but it can take several months before all the bruising and swelling goes.	Require GP permission or signed indemnity form.	when the condition is severe the area must be completely avoided. Internal and external infections are the greatest dangers.
	Haemophilia	A condition of diminished or absence of blood clotting. Anyone suffering from this condition will bruise and bleed easily. Deep pressure could cause internal bleeding – haematoma.	Require GP permission or signed indemnity form.	Pressure must be kept light.
	Hypertension	Clinically high blood pressure	Require GP permission or	

Cardiovascular			signed indemnity form.	
	Hypotension	Clinically low blood pressure	Require GP permission or signed indemnity form.	
	Localised swelling or inflammation (in the treatment area)	The five classical signs of inflammation are heat, pain, redness, swelling, and loss of function. Inflammation can indicate infection.	Avoid area completely.	Advise client to see their doctor if condition doesn't improve.
	Oedema (Medical)	An accumulation of excess lymph fluid in the body, oedema is the increase of interstitial fluid in any organ, tissues, or cavities. It may indicate several dangerous conditions.	Require GP permission or signed indemnity form.	Only an experienced therapist should undertake treatment.
	Oedema (Non-medical)	Oedema is swelling. With an injury, swelling may be localized and often corrects itself. Subcutaneous oedema commonly occurs in women before menstruation but does subside if legs are rested in a raised position.	Require GP permission or signed indemnity form.	Gentle massage can be given to help alleviate the condition.
	Phlebitis	A painful condition where the lining of a vein in the legs becomes inflamed and may result in thrombosis.	Require GP permission or signed indemnity form.	
	Thrombosis	A clot forming on the vein wall, usually in the leg.	Require GP permission or signed indemnity form.	Any pressure applied to the vein may dislodge the clot with potentially dangerous circumstances. Massage of the leg is a definite total contra-indication.

				Light pressure elsewhere.
	Varicose veins and varicose ulcers	Swollen and enlarged veins that are usually blue or dark purple. They may also be lumpy, bulging or twisted.	Any obvious protruding vein must be avoided – massage above the veins can help relieve the pressure. Also avoid treatment below the varicose veins.	Gentle massage above the veins only.
Digestive	Gastric (stomach) ulcer	Open sores that develop on the lining of the stomach.	Massage is locally contraindicated in the area of any ulcer. With regard to a peptic ulcer, abdominal massage can make symptoms worse.	
	Vomiting and diarrhoea (particularly when acute)	Vomiting and diarrhoea cause the body to be dehydrated. Typically, a sign of infection.	Massage totally contra-indicated. Increased stimulation may interfere with the body's own healing process.	Advise client to return home and get plenty of rest / fluids or to seek medical advice.
Endocrine	Diabetes	A group of metabolic disorders characterized by a high blood sugar level over a prolonged period of time.	Require GP permission or signed indemnity form.	
Immune	HIV (human immunodeficiency virus)/ AIDS (acquired immune deficiency syndrome)	HIV is a virus that damages the cells in the immune system and weakens the ability to fight everyday infections and disease. AIDS The breakdown of the immune system makes the receiver susceptible to	HIV requires GP permission or a signed indemnity form. Massage is regarded as totally restricted	Massage can be greatly beneficial, but only after approval with medical advice.

		any pathogens the therapist may carry. HIV is rarely life-threatening these days and is typically managed with medicine.	for clients with AIDS.	In serious/late-stage cases where terminal, a gentle hand massage, encouraging words, compassion and empathy are an equally valuable form of treatment to release stress and anxiety.
Infectious	Localized infections	For example, Herpes simplex, boils, verruca, athlete's foot.	Danger of cross infection – avoid the area completely.	
	Acute infectious & contagious diseases	Examples include: Scabies, Impetigo, Ringworm, Shingles, Measles, Pediculosis, Tuberculosis, Hepatitis, Influenza.	Massage totally contra-indicated. Danger of cross-infection – passing condition on to therapist and possibly next client.	Advise client to seek medical advice if not already done so.
Infectious	Fever	A fever is any body temperature elevation over 100°F (37.8°C). Fever generally occurs in response to an infection and is an important immune system response.	Massage totally contra-indicated.	Be particularly mindful of fever during the COVID-19 pandemic. Consider taking client's temperature prior to treatment to ensure no fever is present.

	Meningitis	Inflammation of the connective tissue (Meninges) that encircle the spinal column & the brain.	Massage totally contra-indicated. Highly contagious – especially in the early stages.	
Musculo-skeletal	Ankylosing Spondylitis	Chronic inflammation of the spine and the sacroiliac joints. The sacroiliac joints are in the lower back where the sacrum (the bone directly above the tailbone) meets the iliac bones (bones on either side of the upper buttocks). Chronic inflammation in these areas causes pain and stiffness in and around the spine.	Require GP permission or signed indemnity form.	Massage should be light. Percussion movements must be avoided.
	Cervical Spondylitis	Cervical spondylosis is a common, age-related condition that affects the joints and discs in your cervical spine, which is in your neck. It's also known as cervical osteoarthritis or neck arthritis. It develops from the wear and tear of cartilage and bones.	Require GP permission or signed indemnity form.	Massage should be light. Percussion movements must be avoided.
	Hereditary spastic paraplegia	a general term for a group of rare inherited disorders that cause weakness and stiffness in the leg muscles. Symptoms gradually get worse over time.	Require GP permission or signed indemnity form.	Relaxing and light pressure massage is recommended. Percussion movements must be avoided.
	Hernia	A hernia is when an internal part of the body, such as an organ, pushes through a weakness in the	Gentle massage can be given - the herniated area must be	Gentle massage recommended.

Musculo-skeletal		muscle or surrounding tissue wall.	avoided completely.	
	Muscular spasticity (thus conditions which cause this e.g., cerebral palsy)	Spasticity is a condition in which muscles stiffen or tighten, preventing normal fluid movement. The muscles remain contracted and resist being stretched, thus affecting movement, speech and gait.	Require GP permission or signed indemnity form.	Relaxing and light pressure massage is recommended. Percussion movements must be avoided.
	Osteoporosis	A condition where the bones become thin and weak and break easily. Bones start to lose density, particularly of calcium and collagen. It frequently goes undiagnosed until a fracture occurs, as there are no warning signs. The spine, wrist and hips are particularly vulnerable to fracture. It is more common in elderly people, particularly in women after the Menopause. The onset is usually after 60 years of age.	Require GP permission or signed indemnity form.	Relaxing and light pressure massage is recommended. Percussion movements must be avoided.
	Recent sprains, fractures, or muscle strains in the treatment area	There may be damage to the ligament, tendons and muscle fibres.	Injury must be allowed to heal before massage in the affected area can take place. Fractures – allow a minimum of 3 months before massage treatment on the area.	

Musculo-skeletal	Rheumatoid Arthritis	Caused by inflammation of the joint and the synovial membrane, which eventually causes the erosion of the cartilage and bone. Usually affects the feet, ankles, fingers, and wrists.	Require GP permission or signed indemnity form.	Relaxing and light pressure massage is recommended. Percussion movements must be avoided.
	Slipped Disc - prolapsed or herniated disc	<p>A common back complaint, which affects the fibres of the intervertebral discs. The shock-absorbing discs in the spine are made up of a strong outer fibrous coat that contains soft gel-like material.</p> <p>A prolapsed disc occurs when the gel-like material pushes out from between the vertebrae.</p> <p>A herniated disc occurs when the outer coat ruptures.</p> <p>Pain is caused when the disc puts pressure on the surrounding nerves or spinal cord.</p> <p>A slipped disc is most common in the lower back, but it can also occur in the neck and upper back.</p> <p>It is most likely to occur between the ages of 25 and 45 and is slightly more common in men.</p>	Require GP permission or signed indemnity form.	<p>It is a very painful and debilitating condition, and it is best to refer any client to a good Chiropractor or Osteopath.</p> <p>Relaxing and light pressure massage only. Percussion movements must be avoided.</p>
	Spinal Deformities	A side-to-side curve is called scoliosis; a forward curve (kyphosis) shifts the centre of balance in front of the hip; a concave lower back (lordosis) thrusts the hips forward.	Require GP permission or signed indemnity form.	Relaxing and light pressure massage is recommended
	Spondylosis	Degeneration of the joints and intervertebral discs of the spine causing pain in	Require GP permission or	Relaxing and light pressure massage is

Nervous		the neck and lumbar region.	signed indemnity form.	recommended. Percussion movements must be avoided.
	Whiplash injury (recent)	<p>Caused by the sudden forwards and backwards jerking of the head and neck, usually in a car accident – but can be caused by strenuous sports.</p> <p>This stretches and tears the soft tissues of the neck - the tendons, ligaments & muscles – usually the Splenius capitus and Sternocleidomastoid muscles and may damage the nerves and other structures in the area, such as the cervical vertebrae and spinal cord. It is also known as cervical sprain or hyperextension injury.</p>	<p>Avoid neck and shoulder area for a minimum of 3 months. Best practice advice is to check any x-rays have been signed-off by a medical practitioner before treatment.</p> <p>Require GP permission or signed indemnity form.</p>	<p>Relaxing and light pressure massage is recommended. Percussion movements must be avoided.</p>
	Bell's palsy	Paralysis of the face muscles caused by infections, the result of a stroke or basal skull injuries.	Require GP permission or signed indemnity form.	Massage must be soft and gentle. Percussion and vibration movements must be avoided.
	Epilepsy	Epilepsy is a common condition where sudden bursts of electrical activity in the brain cause seizures or fits.	Require GP permission or signed indemnity form.	A very gentle massage only as over stimulation may trigger a fit. Avoid friction movements around the occipital and facial area. Percussion and vibration

			movements must be avoided.
Migraine	A migraine can feel like a throbbing headache, usually on 1 side of the head. Other symptoms include feeling sick and sensitivity to light.	Massage totally contra-indicated during an attack only.	Migraine sufferers' benefit from massage but should not have treatment during an attack.
Motor Neurone Disease	A fatal, rapidly progressing neurological disease. It attacks the nerves that control movement (motor neurones) so that muscles no longer work. Motor neurones control important muscle activity such as gripping, walking, speaking, swallowing and breathing.	Require GP permission or signed indemnity form.	Massage must be soft and gentle. Percussion and vibration movements must be avoided.
Multiple Sclerosis (MS)	A condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation or balance. It's a lifelong condition that can sometimes cause serious disability, although it can occasionally be mild.	Require GP permission or signed indemnity form.	Massage must be soft and gentle. Percussion and vibration movements must be avoided.
Neuritis	Inflammation of a nerve.	Massage totally contra-indicated. Massage would be too painful – increased body stimulation increases the pain level.	

Nervous	Parkinson's disease	A progressive disease caused by degenerative abnormalities in the brain and characterized by tremor, or shaking hands and limbs, and by stiffness in movements.	Require GP permission or signed indemnity form.	Massage must be soft and gentle. Percussion and vibration movements must be avoided.
	Psychosis	Psychosis is a condition of the mind that results in difficulties determining what is real and what is not real. Symptoms may include delusions and hallucinations. Other symptoms may include incoherent speech and behaviour that is inappropriate for the situation. There may also be sleep problems, social withdrawal, lack of motivation, and difficulties carrying out daily activities.	Seek medical advice to ensure the deep relaxation caused by massage will not trigger any emotional problems. Require GP permission or signed indemnity form.	Massage should be gentle and can be useful for treating these conditions, if used properly, as a means of reducing the anxiety and stress causing it.
	Sciatica (trapped/pinched nerve)	Condition caused by entrapment of the long Sciatic nerve as it exits from the spine. The nerves become inflamed and cause pain in the buttocks and thigh.	Require GP permission or signed indemnity form.	Massage must be soft and gentle. Percussion and vibration movements must be avoided.
	Undiagnosed pain	Pain where the client does not know the reason.	Massage totally contra-indicated.	Advise them to see their Doctor before you give them a treatment.
Reproductive	Hormonal contraceptive implant	A small flexible plastic rod placed under the skin in the upper arm. It releases the hormone progesterone into the bloodstream to prevent pregnancy.	If it can be felt, the local area should be avoided.	Light movements may be used across the skin to join up the routine.
	Menstruation	Menstruation (also known as a period) is the regular	Avoid abdomen in the first few	

Reproductive		discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina. The menstrual cycle occurs due to the rise and fall of hormones.	days – depending how client feels, as there is a risk of increased blood flow and may be painful.	
	Pregnancy	<p>Pregnancy usually lasts about 40 weeks, or just over 9 months, as measured from the last menstrual period to delivery.</p> <p>The first trimester is typically defined as the first 12 weeks, the second from weeks 13 – 27 and the third from week 28 until childbirth.</p>	<p>Require GP permission or signed indemnity form.</p> <p>Massage should not be given in the first trimester, as there is a risk of miscarriage.</p> <p>In second and third trimester, gentle massage can be given. Seek medical advice for massage of the abdomen or avoid.</p>	<p>As a rule – overall pressure should be kept light.</p> <p>Avoid deep pressure around the occipital and lumber areas, at all times during the pregnancy.</p>
	Gynaecological infections e.g. thrush	Increased blood circulation could aggravate inflammation and worsen infection.	Require GP permission or signed indemnity form.	
Respiratory	Asthma	Asthma is a long-term condition in which over-sensitive airways become narrow and inflamed, making it difficult to breathe in and out normally. Its cause isn't completely understood, but asthma is one of a group of allergic conditions, including eczema and hay fever, which often occur together.	Require GP permission or signed indemnity form.	If your client requires medication – ensure they have their inhaler with them.

Skin	Disorders affecting the treatment area	For example: severe eczema, psoriasis, dermatitis, allergy reactions, active alopecia, acne vulgaris, acne rosacea.	Only contra- indicated if weeping as there is a danger of aggravating the condition and causing infection.	Always ensure the client is not sensitive to the massage medium used.
	Scar tissue	A scar is an area of fibrous tissue that replaces normal skin after an injury. Scars result from the biological process of wound repair in the skin, as well as in other organs and tissues of the body. Thus, scarring is a natural part of the healing process.	Avoid localised area for: 2 years – for major operations/ large areas of scarring 6 months – for minor operations / small scar	
	Kidney infections / disorders Including cystitis	The kidneys are unable to absorb the correct substance from filtration. Stimulation of lymphatic flow could put further strain on the kidneys.	Require GP permission or signed indemnity form.	
Urinary				
Other	Cancers	Massage stimulates the Lymphatic and Circulatory systems. Cancerous cells are carried within the lymph and blood circulation.	In the early stages of cancer, massage is not recommended, as there is a danger of spreading the cancerous cells. Require GP permission or signed indemnity form.	In the later stages and during remission, any form of bodywork can help reduce the anxiety and stress, but should be carried out with medical permission, and the treatment needs to be adapted to suit the receiver's individual needs.

Other	Extensive bruising, cuts, abrasions, or sunburn in the treatment area		Avoid area completely.	
	Heavy meal within 2 hours	A heavy meal should be avoided in the two hours prior to massage treatment. The client risks nausea, indigestion, bloating and general discomfort.	Localised contra-indication. If a client has eaten a heavy meal, massage could be limited to face, arms, and legs. – avoiding abdomen and lower back.	
	Recent surgery	<p>Surgical operation within 6 months.</p> <p>Major surgery normally involves opening the body. Includes caesarean section, organ replacement,</p> <p>Minor surgical procedures are those that are minimally invasive. Include biopsies, laparoscopy amongst others.</p>	<p>Major surgery; no massage for a minimum of 6 months, thereafter only with medical advice/ indemnity.</p> <p>Minor surgery; no massage for a minimum of 3 months, thereafter only with medical advice / indemnity.</p>	
	Under the influence of alcohol and/or recreational drugs	Increased blood circulation could exacerbate the effects of the drug/s.	Massage totally contra-indicated.	Be sure to advise clients when they book that they should avoid alcohol and drugs on the day of their treatment.
	Undiagnosed lumps and bumps	Any lumps or bumps which the client has not had diagnosed or medically assessed.	Avoid area completely - and advise client to see their doctor.	

Client Consultation Form

Therapist Details

Course:	FACE LIFTING MASSAGE
Centre name:	BRIGHTON SCHOOL OF MASSAGE
Therapist name:	

Client Consultation Form

Client name/code		
Address		
Profession		
Telephone Number	Mobile	
	Other	
Emergency Contact	Name	
	Contact number	
Date of initial consultation		

Personal details:

Age group	Under 18 <input type="checkbox"/>	18 – 29 <input type="checkbox"/>	30 – 39 <input type="checkbox"/>	40 – 49 <input type="checkbox"/>	50 – 59 <input type="checkbox"/>	60+ <input type="checkbox"/>
Gender						
GP Surgery and Address						
Last visit to the doctor						

Contra-indications requiring medical permission where medical permission cannot be obtained, clients must give their informed consent in writing prior to treatment (Select if/where appropriate) **None**

Currently being treated by a GP or another complementary practitioner for any condition?

Notes:

Taking prescribed medication?

Pregnant? How many weeks? ____ If first trimester (0 – 12 weeks) massage is contraindicated due to risk of miscarriage. (2nd/3rd trimester (gentle massage, abdomen avoided)

Recent operations? Major Minor Date: _____ Notes:

Has a hormonal implant?

Any dysfunction of the nervous system? (e.g. multiple sclerosis, Parkinson's disease, motor neurone disease)

Any skeletal/muscular conditions? (e.g. cervical spondylitis, osteoporosis, arthritis, whiplash, slipped disc)

Any conditions causing muscular spasticity? (e.g. cerebral palsy)

Any cardiovascular conditions? (e.g. thrombosis, phlebitis, hypertension, hypotension, heart conditions)

Any mental health / psychotic conditions?

Any undiagnosed pain? Notes:

Any of the following conditions:	Asthma <input type="checkbox"/>	Diabetes <input type="checkbox"/>
Epilepsy <input type="checkbox"/>	Kidney infection <input type="checkbox"/>	Cancer <input type="checkbox"/>
Haemophilia <input type="checkbox"/>	Bell's palsy <input type="checkbox"/>	Medical oedema <input type="checkbox"/>
Trapped/pinched nerve (e.g. sciatica) <input type="checkbox"/>	Inflamed nerve <input type="checkbox"/>	Rheumatoid arthritis <input type="checkbox"/>

Contra-indications that restrict treatment (Select if/where appropriate) **None**

Fever <input type="checkbox"/>	Contagious or infectious diseases <input type="checkbox"/>	Diarrhoea and vomiting <input type="checkbox"/>
Under the influence of alcohol or recreational drugs <input type="checkbox"/>	Undiagnosed lumps and bumps <input type="checkbox"/>	Recent heavy meal (<2hr) <input type="checkbox"/>
Cuts / Bruises / Abrasions <input type="checkbox"/>	Sunburn <input type="checkbox"/>	Hypersensitive skin <input type="checkbox"/>
Scar tissue (avoid area - 2 years for major operation; 6 months for a small scar) <input type="checkbox"/>	Localised swelling <input type="checkbox"/>	Varicose veins <input type="checkbox"/>
Skin diseases <input type="checkbox"/>	Hernia <input type="checkbox"/>	Gastric ulcers <input type="checkbox"/>
Haematoma <input type="checkbox"/>	Inflammation <input type="checkbox"/>	Recent fractures (minimum 3 months) <input type="checkbox"/>
Any allergies? <input type="checkbox"/>		Menstruating <input type="checkbox"/>

Written permission required by: (attached to the consultation form)

GP/Specialist <input type="checkbox"/>	Informed consent <input type="checkbox"/>
----------------------------------------	-------------------------------------------

Medical History	
Reason for treatment	
Muscular/Skeletal problems	Back <input type="checkbox"/> Aches/pain <input type="checkbox"/> Stiff joints <input type="checkbox"/> Headaches <input type="checkbox"/> Notes:
Digestive problems	Constipation <input type="checkbox"/> Bloating <input type="checkbox"/> Liver/gall bladder <input type="checkbox"/> Stomach <input type="checkbox"/> Notes:
Circulation	Heart <input type="checkbox"/> Blood pressure <input type="checkbox"/> Fluid retention <input type="checkbox"/> Tired Legs <input type="checkbox"/> Varicose veins <input type="checkbox"/> Cellulite <input type="checkbox"/> Kidney problems <input type="checkbox"/> Cold hands and feet <input type="checkbox"/> Notes:
Gynaecological	Irregular periods <input type="checkbox"/> P.M.T <input type="checkbox"/> Menopause <input type="checkbox"/> H.R.T. <input type="checkbox"/> Pill <input type="checkbox"/> Coil <input type="checkbox"/> Notes:
Nervous system	Migraine <input type="checkbox"/> Tension <input type="checkbox"/> Stress <input type="checkbox"/> Depression <input type="checkbox"/> Notes:
Respiratory	Allergies <input type="checkbox"/> Hay fever <input type="checkbox"/> Asthma <input type="checkbox"/> Notes:
Skin	Dermatitis <input type="checkbox"/> Acne <input type="checkbox"/> Eczema <input type="checkbox"/> Psoriasis <input type="checkbox"/> Skin cancer <input type="checkbox"/> Notes:
Skin type	Dry <input type="checkbox"/> Oily <input type="checkbox"/> Combination <input type="checkbox"/> Sensitive <input type="checkbox"/> Dehydrated <input type="checkbox"/> Notes:
Immune system	Prone to infections <input type="checkbox"/> Colds <input type="checkbox"/> Sore throats <input type="checkbox"/> Chest <input type="checkbox"/> Sinus issues <input type="checkbox"/> Notes:
Medication taken	
Herbal remedies	
General health notes	

Lifestyle					
Do you have children?	Yes <input type="checkbox"/> No <input type="checkbox"/>				
Ability to relax	<table border="0"> <tr> <td>Good <input type="checkbox"/></td> <td rowspan="3">Methods of relaxation:</td> </tr> <tr> <td>Moderate <input type="checkbox"/></td> </tr> <tr> <td>Poor <input type="checkbox"/></td> </tr> </table>	Good <input type="checkbox"/>	Methods of relaxation:	Moderate <input type="checkbox"/>	Poor <input type="checkbox"/>
Good <input type="checkbox"/>	Methods of relaxation:				
Moderate <input type="checkbox"/>					
Poor <input type="checkbox"/>					
Sleep patterns	<table border="0"> <tr> <td>Good <input type="checkbox"/></td> <td rowspan="3">Average no. of hours:</td> </tr> <tr> <td>Moderate <input type="checkbox"/></td> </tr> <tr> <td>Poor <input type="checkbox"/></td> </tr> </table>	Good <input type="checkbox"/>	Average no. of hours:	Moderate <input type="checkbox"/>	Poor <input type="checkbox"/>
Good <input type="checkbox"/>	Average no. of hours:				
Moderate <input type="checkbox"/>					
Poor <input type="checkbox"/>					
Natural daylight (e.g.in workplace)	<table border="0"> <tr> <td>Yes <input type="checkbox"/></td> <td rowspan="2">Work environment:</td> </tr> <tr> <td>No <input type="checkbox"/></td> </tr> </table>	Yes <input type="checkbox"/>	Work environment:	No <input type="checkbox"/>	
Yes <input type="checkbox"/>	Work environment:				
No <input type="checkbox"/>					
Work at a computer?	<table border="0"> <tr> <td>Yes <input type="checkbox"/></td> <td rowspan="2">If yes, for how many hours?</td> </tr> <tr> <td>No <input type="checkbox"/></td> </tr> </table>	Yes <input type="checkbox"/>	If yes, for how many hours?	No <input type="checkbox"/>	
Yes <input type="checkbox"/>	If yes, for how many hours?				
No <input type="checkbox"/>					

Do you smoke?	Yes <input type="checkbox"/> No <input type="checkbox"/>	No. per day:
Do you drink alcohol?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Units per week:
Do you exercise?	None <input type="checkbox"/> Occasional <input type="checkbox"/> Irregular <input type="checkbox"/> Regular <input type="checkbox"/>	Type/s of exercise:
Stress level (1-10 rating)	At work _____ At home _____	Notes:

Reasons for stress

Diet

Do you eat regular meals?	Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/>			
Do you eat in a hurry?	Yes <input type="checkbox"/> No <input type="checkbox"/>			
Do you take any food/vitamin supplements?	Yes <input type="checkbox"/> No <input type="checkbox"/>			
How many portions of each of these items does your diet contain per day?	Fresh fruit	Fresh vegetables	Protein	Protein - source?
	Dairy produce	Sweet things	Added salt	Added sugar
How many units of these drinks do you consume per day?	Tea	Coffee	Fruit juice	
	Water	Soft drinks	Other	
Do you suffer from food allergies?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Details:		
Do you experience disordered eating?	Bingeing <input type="checkbox"/> Overeating <input type="checkbox"/> Undereating <input type="checkbox"/>	Notes:		

Consultation Notes

Client profile

Additional Notes

Treatment Record	
Treatment Date and Location	
Treatment plan	
Medium used	
Client signature <i>To be signed before treatment.</i>	Please sign here to agree and consent to the proposed treatment plan. Sign: _____ Date: _____
Treatment Notes	
Details of how treatment was conducted	
Details of how the client felt during and after the treatment	
Specific aftercare and home care advice given	
Reflective practice and action for next treatment	
Therapist Signature	Please sign here to confirm information is correct. Sign: _____ Date: _____