

# Minnesota State College Southeast

## THPY 1450: Advanced Head & Face Massage

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course prepares students to perform advanced face and head massage techniques that can be incorporated into a spa, beauty salon or private practice setting. Emphasis will be placed on massage of the scalp, face, and neck. Acupressure points on the face will also be used. This class will prepare each student to set up facial massage sessions which are tailored to the individual client's needs and goals. (Prerequisite: None) (1 credit: 1 lecture/0 lab)

**B. COURSE EFFECTIVE DATES:** 10/08/2001 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Identify superficial head muscles
2. Describe specific facial muscle movement
3. Explain the need for thorough facial cleansing
4. Explain the need for thorough facial moisturizing
5. Identify head and neck bones
6. Locate facial acupressure points
7. Describe client cleansing breath techniques
8. Evaluate (map) client facial anomalies
9. Formulate a client specific facial exercise routine
10. Evaluate client postural stance
11. Describe the "upward massage stroke" facial map
12. Apply hot and cold hydrotherapeutic packs
13. Perform a client specific wrinkle treatment massage
14. Describe the "iron out" wrinkle technique
15. Describe the "rub out" wrinkle technique
16. Perform a relaxation scalp massage

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted