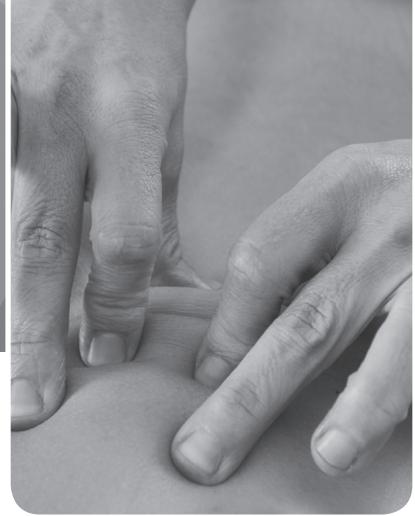


# Chapter 2



## Massage Equipment and Environmental Considerations



Topic **2-1: Massage Equipment**



Topic **2-2: Lubricants**



Topic **2-3: Creating a Comfortable Massage Environment**

### I. Learning Contracts

Learning contracts are an excellent way to create a personalized strategy to successfully learn new material. The learning objectives for Chapter 2 are listed here. Think about how you'll master each of these learning objectives and complete the chart with a plan for each objective. Use the example provided in Chapter 1 as a guide, but keep your own learning style and how you learn best in mind and get creative! You may be asked to create these learning contracts on your own, or your instructor may collaborate with you.

Learning Objective	Resources and Strategies	Evidence of Accomplishment	Verification of Accomplishment	Completion Date
<i>What am I going to learn?</i>	<i>What resources, strategies, and experiences will I use to learn this?</i>	<i>How will I know I have learned this?</i>	<i>How will I prove I have learned this?</i>	<i>To be added by student and instructor.</i>
<b>2-1.</b> Describe the standard equipment needed to deliver a massage.				

Learning Objective	Resources and Strategies	Evidence of Accomplishment	Verification of Accomplishment	Completion Date
<i>What am I going to learn?</i>	<i>What resources, strategies, and experiences will I use to learn this?</i>	<i>How will I know I have learned this?</i>	<i>How will I prove I have learned this?</i>	<i>To be added by student and instructor.</i>
<p><b>2-2.</b> Compare and contrast stationary tables with portable tables.</p>				
<p><b>2-3.</b> Treat all massage equipment respectfully and follow safe practices that ensure comfort for both the client and the therapist.</p>				
<p><b>2-4.</b> Explain the use of bolsters and compare and contrast larger bolsters with smaller bolsters.</p>				
<p><b>2-5.</b> Describe the basic ingredients in different lubricants, and explain the benefits and drawbacks of each product type for use in massage.</p>				
<p><b>2-6.</b> List three ways you would provide clients with lubricant choices before the massage.</p>				
<p><b>2-7.</b> Sketch a diagram of a comfortable massage treatment space, considering design elements including décor, color, window treatments, lighting, accessibility, and functionality.</p>				

## II. Glossary Terms

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Instructions: *Please write in a brief definition of each term.*

Accessibility \_\_\_\_\_

\_\_\_\_\_

Bolster \_\_\_\_\_

\_\_\_\_\_

Décor \_\_\_\_\_

\_\_\_\_\_

Functionality \_\_\_\_\_

\_\_\_\_\_

Linens \_\_\_\_\_

\_\_\_\_\_

Lubricant \_\_\_\_\_

\_\_\_\_\_

Massage table \_\_\_\_\_

\_\_\_\_\_

## III. True or False?

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Instructions: *Indicate whether each of the following statements is true or false.*

1. \_\_\_\_ It is recommended that therapists personalize their practice by building their own massage equipment.
2. \_\_\_\_ A wider massage table is generally better for a shorter therapist than a more narrow one.
3. \_\_\_\_ Your height, the size of the client, and the type of massage techniques being performed all factor into selecting the correct table height.
4. \_\_\_\_ When a hot pack is applied to an area, the peripheral blood vessels dilate, increasing the blood flow to the area.
5. \_\_\_\_ A hydrocollator pack is an effective tool for ice therapy.

6. \_\_\_\_ Therapists doing deep tissue techniques usually prefer to use a lubricant that is not very slippery.
7. \_\_\_\_ For massage, it is important to use oils that are expeller pressed, cold-pressed or expressed and not a refined oil.
8. \_\_\_\_ Peanut oil is a commonly used in massage.
9. \_\_\_\_ It is recommended that natural oils used for massage are refrigerated between uses to keep them from becoming rancid.
10. \_\_\_\_ Fresh flowers are recommended in a massage room for their beauty and fragrance.

## IV. Matching

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**Instructions:** *Match the correct answer to its description.*

- |                   |                  |
|-------------------|------------------|
| A. Ghee           | F. Hydrotherapy  |
| B. Plumb line     | G. Stationary    |
| C. Music          | H. Natural gel   |
| D. Side extenders | I. Massage chair |
| E. Fomentek       | J. Synthetic     |

1. \_\_\_\_ This type of massage table is a good choice for a spa or clinic.
2. \_\_\_\_ A short therapist using a narrow table may want to invest in this equipment to increase the comfort of their larger clients.
3. \_\_\_\_ A portable device which allows clients to sit comfortably while receiving bodywork
4. \_\_\_\_ A weighted string which hangs vertically from the ceiling and provides a reference point for assessing posture
5. \_\_\_\_ The term for the use of water in its three forms (liquid, vapor and ice) for healing
6. \_\_\_\_ A large water bottle designed to lie flat on the treatment table
7. \_\_\_\_ A saturated fat used in ayurvedic medicine to lubricate the skin, promote wound healing and decrease inflammation
8. \_\_\_\_ A lubricant that has high slip, fast absorption and low residue
9. \_\_\_\_ Research has shown that this can decrease anxiety, decrease systolic blood pressure, and decrease heart rate even when the person is actively stressed.
10. \_\_\_\_ Avoid these types of artificial fragrances in your massage room.

## V. Sentence Completion

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**Instructions:** *Fill in the blanks with the correct answer.*

1. A therapist who travels to clients' homes for in-home massage sessions would use a \_\_\_\_\_ table.

2. Before each session, a therapist using a portable table should check the \_\_\_\_\_ for tightness.
3. A \_\_\_\_\_ is often placed under the client’s ankles when they are lying in the \_\_\_\_\_ position to support the joints and body comfortably.
4. Clients often experience a \_\_\_\_\_ in peripheral body temperature as their blood pressure lowers during a massage.
5. A \_\_\_\_\_ is a lined chart posted on the wall which helps the therapist assess a client’s posture and muscular holding patterns.
6. \_\_\_\_\_ and \_\_\_\_\_ are popular lubricants with clients because they feel less greasy than oils.
7. Seaweed products should not be used on clients with \_\_\_\_\_ or \_\_\_\_\_ allergies.
8. Studies have shown that the color \_\_\_\_\_ decreases tension and stress, slows breathing patterns, and in some cases decreases blood pressure.
9. Evidence shows that an agreeable \_\_\_\_\_ can improve our mood and sense of well being.
10. Therapists should consider an office’s \_\_\_\_\_ when choosing a business location.

## VI. Short Answer Questions

Instructions: Complete all of the following short answer questions.

### Topic 2-1: Massage Equipment

1. The application of heat was mentioned several times in this chapter. What are the physiological effects of applying heat to an area of the body?

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### Topic 2-2: Lubricants

1. There are several different types of lubricants available to therapists. For each of the lubricants listed below, indicate the qualities of *slip* (low, moderate, or high), *absorption* (slow, moderate, or fast), and residue (low, moderate, or heavy) to compare and contrast your options.

*Oils (unrefined)*

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*Oils (refined)*

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*Massage gels*

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*Creams*

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*Lotions*

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2. Products can contain several different kinds of labels which can be confusing to clients and therapists. Explain the difference between “unscented” and “fragrance free” products.

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3. Botanical extracts are frequently added to creams, lotions, and gels to achieve specific therapeutic goals. Name the therapeutic benefit of each of the botanicals listed below.

*German chamomile*

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*Lavender*

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*Tea tree*

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*Menthol found in peppermint*

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*White camphor, wintergreen and sweet birch*

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4. Because clients are unique and have different preferences, it is important to offer clients lubricant options before a session so they can choose the lubricant they prefer. Name three general categories of lubricant choices you can offer a client:

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### **Topic 3-3: Creating a Comfortable Massage Environment**

1. This chapter talks about how the colors used in a massage room can influence a client's emotions and emotions. What type of response do you have to each of these colors? Based on your responses, which colors will you use in your massage room?

*Red*

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*Orange*

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*Yellow*

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*Green*

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*Blue*

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Purple

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## VII. Activities

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### Topic 2-1: Massage Equipment

1. Therapists have many options when it comes to choosing their massage table and table accessories. Using the list below, choose the features that are important to you so that you choose a table that is good fit for you and your practice. What is your reason for each choice?

Type of table: Stationary, portable, or mat?

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Frame: wood, aluminum, or stainless steel?

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Width: 28, 29, 30, 31, or 32 inches?

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Height adjustment: Manual, hydraulic, electric?

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Length: 70, 71, or 72 inches?

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Padding: 1, 2, 3, or 4 inches?

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Face cradle: Adjustable or fixed?

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**Topic 2-3: Creating a Comfortable Massage Environment**

1. Research has shown that music has a strong effect on a client’s anxiety, blood pressure, and heart rate, but not all music is a fit for each client. Conduct an experiment where you play different types of music within one session, or over a series of sessions with the same client, to see how the client responds. Note the changes in their breathing, physical holding and overall relaxation. Ask the client how each type of music affected them, how it affected their response to the massage, and which they preferred. If possible, create the scenario again with you in the client’s role. Write about what you learned and what you want to remember.

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2. Each therapist chooses equipment and decor elements that uphold his or her personal beliefs about health and wellness. Often these elements are matched to the type of techniques that are offered by the business while keeping therapist and client comfort and overall atmosphere in mind. Completing this activity will help you create a design palette for your optimal massage office.

*What type of environment do you plan to work in?*

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*What type of massage approach do you plan to offer? (i.e. relaxation, sports, orthopedic, spa, reflexology, Thai massage, etc.)?*

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*Do you plan to focus on any special populations or particular client types (i.e. pregnant woman, businessmen, elderly clients, etc.)?*

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*Make a list of some of the essential equipment you plan to purchase for your business:*

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*Colors: Choose a primary color, a secondary color, and an accent color. If you can find samples, place them in a folder for future reference. Explain why you want to use these colors for your business.*

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*Window Treatments: Look through magazines or online to find the types of window treatments that are right for your business. Cut or print them out and place them in a folder. Describe them here.*

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*Flooring: What type of flooring will you choose for the business? Why? Cut or print out samples and place them in a folder. Describe them here.*

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*Lighting: What type of lighting will you choose for the treatment room? Why? Cut or print out samples and place them in a folder. Describe them here.*

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*Wall Decorations: Cut or print out samples of the wall decorations that that you would choose to use in the massage treatment room, and place them in a folder. Describe them here. Why do you like them for the treatment room?*

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*Other decorations: Cut or print out samples of the other decorations that that you would choose to use in your massage space, and place them in a folder. Describe them here. Why do you like them for your business?*

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*Massage Table: Research and choose the ideal massage table for your business. Cut or print out a picture of your ideal massage table, and place it in a folder. Why did you choose this massage table?*

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*Bolsters and body supports: Research and choose these for your business. Cut or print out some pictures of the bolsters and body supports you like, and place them in a folder. Why did you choose these particular items? What do you like/dislike about some bolsters?*

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*Linens: Research and choose these for your business. Cut or print out some pictures of the linens that you like, and place them in a folder. What colors are they? Why did you choose these particular linens? What do you like/dislike about some linens?*

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3. On a sheet of paper, draw a square grid 5 squares by 5 squares. In it, diagram your treatment room, and indicate where furnishing and supplies are placed in relation to each other. If you have color pencils or other materials handy, you may want to color it. When finished, you can place this in a folder with the materials from the exercise above.

Having spent some time imagining how you might furnish and decorate a massage space, imagine yourself working in it. Write down how that feels, what you have learned from this activity, and what you want to remember.

4. Massage Clinic Assessment (Optional Activity)

One of the best ways to determine what you like and don't like in a massage environment is to experience a variety of massage offices and clinics. Receive bodywork sessions from therapists in different settings and evaluate each location. After each session, write notes analyzing the strengths and weaknesses of each business, based on your experience. You can place these notes in a folder along with your materials from exercise 2, above. (You can make a chart for each of the aspects you notice, and you can grade them Poor, Fair, Good, and Excellent.) Here are some things to look for:

*Accessibility/Parking:* Describe your experience finding the location, reaching the location and finding parking

*Reception:* Describe your response to the reception area. How did it make you feel? What were its strengths? What were its weaknesses?

*Hallways:* As you passed through the hallways to the treatment area or bathroom what was your impression? How did it make you feel about the business?

*Treatment room:* What was your impression of the treatment room? Comment on the color, window treatments, wall decorations and flooring.

*Massage table / Linens:* What was your impression of the massage table and the manner in which it was made up with linens?

*Dressing area:* How was the dressing area organized? What was your impression of the dressing area?

*Bathroom:* What was your impression of the bathroom? How did the style of the bathroom and the way it was decorated contribute to the overall style of the business?

*Business focus:* Does the business have a particular technique or client who is their focus? If yes, how does the décor of the business reflect this focus?

*Amenities:* In what way does the business go above and beyond the basics to make their clients feel special?

*The five senses:* Think about the senses of touch, taste, smell, sight and hearing. How were the senses engaged during your visit? If the business was less than excellent what might they have done to create a more engaging experience for their clients?

## VIII. Rubrics

Learning Objective	Excellent	Good	Needs Improvement
<b>2-1. Describe the standard equipment needed to deliver a massage.</b>	The student correctly names and describes all of the standard equipment needed to deliver a massage.	The student is able to name and/or describe some, but not all of the standard equipment needed to deliver a massage.	The student is not able to name and/or describe any of the standard equipment needed to deliver a massage.
<b>2-2. Compare and contrast stationary tables with portable tables.</b>	The student is able to accurately describe the features and benefits of both stationary tables and portable tables and then compare and contrast the two.	The student is able to articulate some of the features and benefits of stationary and portable tables, and as is able to partially compare and contrast the two.	The student is unable to accurately define either a stationary or portable table and is unable to compare and contrast the differences between the two.
<b>2-3. Treat all massage equipment respectfully and follow safe practices that ensure comfort for both the client and the therapist.</b>	The student understands how to care for massage equipment properly and knows and follows safe practices with all of the equipment.	The student understands how to care for some of the massage equipment properly and knows and follows safe practices for some of the equipment, but not all.	The student does not have a clear understanding of how to care for massage equipment properly and does not know or follow safe practices with any of the equipment.
<b>2-4. Explain the use of bolsters and compare and contrast larger bolsters with smaller bolsters.</b>	The student is able to accurately explain how to use bolsters in different areas of the body, the benefits to the client of using bolsters, and is able to compare and contrast the benefits of using larger bolsters and smaller bolsters.	The student is able to give a general description of the function of a bolster, but is not able to give specific information about placement or benefits and is not able to compare and contrast the use of large bolsters and small bolsters.	The student is unable to clearly define how a bolster is used in a client session, does not know the benefits to the client of using a bolster and is unable to compare and contrast the use of large bolsters and small bolsters.

Learning Objective	Excellent	Good	Needs Improvement
<p><b>2-5. Describe the basic ingredients in different lubricants, and explain the benefits and drawbacks of each product type for use in massage.</b></p>	<p>The student is able to clearly identify the basic ingredients and explain the benefits and drawbacks for use in massage of oil, lotion and cream.</p>	<p>The student may have a general understanding of the lubricants, but is unable to accurately identify oil, lotion and cream. The student may be able to describe the basic ingredients or explain the benefits and drawbacks of some of the products, but not all three types of products.</p>	<p>The student does not have a clear understanding of the different types of lubricants available to a massage therapist. The student cannot identify, describe the basic ingredients, or explain the benefits and drawbacks of any of the products used in massage.</p>
<p><b>2-6. List three ways you would provide clients with lubricant choices before the massage.</b></p>	<p>The student is able to list all three categories of lubricant choices they could provide to a client before a massage.</p>	<p>The student is able to list two of the three categories of lubricant choices they could provide to a client before a massage.</p>	<p>The student is able to list only one or none of the three categories of lubricant choices they could provide to a client before a massage.</p>
<p><b>2-7. Sketch a diagram of a comfortable massage treatment space, considering design elements including décor, color, window treatments, lighting, accessibility, and functionality.</b></p>	<p>The student is able to sketch a diagram of a massage treatment space that includes décor, color, window treatments, lighting, accessibility, and functionality.</p>	<p>The student is able to sketch a diagram of a massage treatment room that includes some, but not all, of the design elements of décor, color, window treatments, lighting, accessibility, and functionality.</p>	<p>The student does not create a sketch or creates a sketch that includes only one or two of the design elements of décor, color, window treatments, lighting, accessibility, and functionality.</p>