

Level 3 Beauty and Spa

Task: Carry out a hand and arm massage on a model at home.

Send in a short video of you completing a hand and arm massage (no more than 5 minutes long).

Draw on your massage experience from Level 2 Beauty Therapy to complete a routine that would meet your model's needs. Think about the massage medium, model adaptations, techniques and number of reps you would use and why. Discuss this within your video.

Here is a suggested routine:

Massage routine – hand and arm.

- | No | Steps |
|----|---|
| 1 | Effleurage the full arm (front and back) |
| 2 | Effleurage the upper arm |
| 3 | Knead upper arm |
| 4 | Wring the upper arm |
| 5 | Petrissage upper arm |
| 6 | Effleurage the full arm |
| 7 | Thumb knead the lower arm (turn arm over) |
| 8 | Petrissage lower arm |
| 9 | Thumb knead palm |
| 10 | Pressure points on the palm |
| 11 | Palm stretch and knuckling |
| 12 | Rotate fingers |
| 13 | Effleurage the full arm, pressure and release |



Once you have completed the task please email your videos to kate.taylor@wnc.ac.uk

Good luck. I look forward to seeing your routines!