

# CHAPTER 7

## Equipment and Products

**COMPLETION:** In the space(s) provided, write the word(s) that correctly complete(s) each statement.

1. Professionalism is an (attitude) .
2. As a massage practitioner, list at least four ways to project a professional image.
  - a. (personal appearance)
  - b. (technical competence)
  - c. (speech or self-expression)
  - d. (office or studio space)
3. When operating a massage facility, two standards that must be maintained are (safety) and (sanitation) .
4. The optimal temperature for a massage room is (72°– 75° F) .
5. To ensure an abundant supply of fresh air, a massage room should have good (ventilation) .
6. The lighting in a massage room should be (soft, indirect, or reflective) .
7. A massage practitioner's most important piece of equipment is the (massage table) .
8. Three attributes of a good massage table are that it is (firm) , (stable) , and (comfortable) .
9. To give the practitioner leverage and to prevent fatigue, the massage table must be (the right height) .

10. A good width for a massage table is (28–30 inches).
11. A good length for a massage table is (72–76 inches).
12. One of a massage practitioner's most important supplies is the (lubricant) that they use on their clients.
13. If there is reason to believe that the client is sensitive or allergic to a product or oil, the practitioner can perform a (patch test).
14. The three main areas of a massage business operation are the (massage area), the (business area), and the (restroom).
15. To position a client comfortably, the therapist can use a variety of supportive devices called (bolsters).
16. Besides sheets and towels, the practitioner should have (cotton or wool flannel blankets) on hand to prevent a client from becoming chilled.

**MULTIPLE CHOICE:** Carefully read each statement. Choose the word or phrase that correctly completes the meaning and write the corresponding letter in the blank provided.

1. The size of a massage room should be at least \_\_\_\_\_
- |                       |                       |            |
|-----------------------|-----------------------|------------|
| a) 5 feet by 6 feet   | c) 5 feet by 9 feet   | <u>(b)</u> |
| b) 10 feet by 12 feet | d) 15 feet by 20 feet |            |
2. The ideal Fahrenheit temperature for a massage room is \_\_\_\_\_
- |        |        |            |
|--------|--------|------------|
| a) 75° | c) 80° | <u>(a)</u> |
| b) 65° | d) 85° |            |
3. Matching massage movements to the tempo of the music is \_\_\_\_\_
- |                   |                  |            |
|-------------------|------------------|------------|
| a) desirable      | c) not desirable | <u>(c)</u> |
| b) unprofessional | d) professional  |            |
4. The height of a massage table is determined by the \_\_\_\_\_
- |                         |                          |            |
|-------------------------|--------------------------|------------|
| a) height of the client | c) practitioner's height | <u>(c)</u> |
| b) weight of the client | d) size of the room      |            |
5. The best covering for a massage table is \_\_\_\_\_
- |           |           |            |
|-----------|-----------|------------|
| a) velvet | c) vinyl  | <u>(c)</u> |
| b) suede  | d) cotton |            |



6. If oil has an unpleasant odor but is not rancid, add a few drops of \_\_\_\_\_ *(b)*
- a) lemon juice
  - b) essential oil
  - c) vinegar
  - d) Lysol
7. The primary purpose for a good massage lubricant is \_\_\_\_\_ *(c)*
- a) to moisten the practitioner's hands
  - b) to moisturize the client's skin
  - c) to reduce the friction between the client's skin and practitioner's hands
  - d) to add a pleasant aroma to the massage experience
8. The time to determine product allergies is \_\_\_\_\_ *(a)*
- a) during consultation
  - b) at the beginning of massage
  - c) at the end of massage
  - d) during the second visit
9. The purpose of linens is \_\_\_\_\_ *(d)*
- a) to keep the vinyl from touching the clients skin
  - b) to provide warmth to the client
  - c) to provide modest covering for the client
  - d) all of the above