Massage Techniques – Friction Movements on the Face

Benefits
(How does it help the client?)

- Increases circulation
- Decrease edema

Indications of Use
(Who is the ideal client?)

- Increases circulation bringing blood to the areas worked on
- Decrease swelling near joints

Precautions of Use
(Could treatment still be performed?)

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- Ask the client if the pressure is comfortable base off a pain scale chart
- The skin may have increased sensitivity and irritation
- Skin irritation.
- Any type of chemical exfoliation that has removed deeper layers of corneocytes of the stratum corneum

Contraindications of Use
(Could you make it worse?)

- Extremely sensitive Inflamed skin conditions
- Open wounds, cuts, abrasions, or sores.
- Inflamed and Erupted skin lesion
- Do not use on red or sensitive areas or open wounds.
- Acne – Type 3 = May spread infection.
- Hypersensitive skin
- Sunburn
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Pre- Procedure
(Client Greeting)

1. Client greeting and offer water
2. Have client fill out history intake form or follow up form
3. Escort client to changing area
4. Help client onto bed, cover hair and drape with towel.
5. **Consultation**- Review form with client and discuss treatment options and plans
6. Sanitize and glove hands according to gloving skill
7. **Magnifying Lamp** – (First Look)

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. **Pre-Procedure**
(Service)

1. Hand washing (Skill)
2. Room Setup (Skill)
3. Station Set up (Skill)
4. Sanitize and glove hands according to gloving skill
5. **Eyes:** -Cleanse one eye at a time with 1-2 drops of Makeup- Cleanser and damp gauze pads for each eye. Using light downward strokes, remove eye shadow and mascara.
6. **Lips:** -Apply makeup Cleanser onto gauze pads.
7. **Lips:** -Cleanse lips with 1-2 drops of Makeup- Cleanser, using damp gauze pad starting at bottom corner of lip and slide to center of top lip and stop. Repeat procedure on opposite side. Start at outer corner of upper lip and slide to center of lip and stop. Repeat procedure on opposite side. Repeat until lipstick is completely removed.
8. **Face: -**Pre Cleanse
9. **First Analysis: -** Magnifying lamp (First skin analysis)
10. **Basic Cleanse:**
11. **Second Skin Analysis:- -** Woods lamp (First skin analysis)
12. **Manual Exfoliation-** Prepare Exfoliation Product
13. **Steamer**- If using the steamer, turn it on
14. **Mechanical Exfoliation- Rotary** Brush Machine
15. **Spray Machine**
16. **Serum Application**
17. **Indirect High Frequency-**
18. **Vacuum Machine-** with serum application

Pre-Procedure
(Supplies and Tools)

- **Measure Massage products with the measuring spoons**
  3/4 to 1 tsp of cream base
  1/8 of a teaspoon of oil base
- **Place product onto pallet**
- **Never double dip from original container**.
- **Replace cover on massage cream container immediately after measuring product into pallet**

Procedure

- The friction massage technique is a circular or scissors movement pushing on skin to stimulate the tissues of the underlying skin.
- Using both hands place index fingers on the forehead (frontalis) and use small back and forth scissors movements four times in the area (about the size of a half dollar). Move across the forehead (frontalis) with these same small movements.

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Post-Procedure

- If needed fix client's hair to be under cap or towel and use antibacterial gel immediately
- Do extractions if necessary.
- Apply antiseptic, use High Frequency
- Apply facial mask and allow to set.
- Remove mask, apply toner.
- Apply eye product
- Moisturize and apply sunscreen.
- Remove gloves according to De gloving skill

Maintenance and Infection Control

1. Throw all disposable material in trash
2. Be sure to put soiled towel in towel bin immediately after using.
3. Use antibacterial gel on gloved hands

- Detach brush from hand piece and wash with soap and water. Rinse and blot all excess water from brush
- Temporarily store in a dry ultraviolet sanitizer.
- When dry, transfer to a closed container.
- Dispose all disposable material.
- .Wash vacuum attachment
- Wash High frequency electrode (do not immerse in soapy water) Place in hospital strength disinfectant (standing up.)
- Rinse, dry, spray with alcohol, dry and store in closed container
- Refill steamer with distilled water.(follow manufacturer's directions)
- Clean steam machine with spray and disinfectant and use glass cleaner to clean mirror. Use clean cloth on glass because the paper towel and other paper products can damage the glass.
- Refer to OSHA and your state board

Frequently Asked Questions

How is friction different from effleurage? Friction uses more pressure in smaller areas at a time instead of the soothing sweeping techniques of effleurage

Is friction more stimulating than effleurage? No**,** effleurage massage techniques are used as a gentle way to introduce and end the facial massage

Can friction massage techniques be used on the body? Yes the movement is very versatile and can be used on other areas of the body.

FYI & Tips

Contraindications of this Procedure

- Risk of the skins protective barrier being damaged.
- Risk of red or sensitive areas.

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