

Massage Techniques Facial Massage & Movements Vocabulary List & Facts

1. Acupressure	Definition: Oriental technique of applying pressure to specific points of the body (acupressure points) to release muscle tension, restore balance, and stimulate chi (CHEE) (life force; energy)
2. Chucking	Definition: Massage movement accomplished by grasping the flesh firmly in one hand up and down along the bone while the other hand keeps the arm or leg in a steady position
3. Dr. Jacquet Movement	Definition: Beneficial for oily skin; it helps move sebum out of the follicles and up to the skin's surface
4. Effleurage	Definition: Light, continuous stroking movement applied with the fingers (digital) or the palms (palmar) in a slow, rhythmic manner
5. Foot Reflexology	Definition: The technique of applying pressure to the feet based on a system of zones and areas on the feet that directly correspond to the anatomy of the body. Reflexology is also performed on the hands and ears.
6. Fulling	Definition: Form of petrissage in which the tissue is grasped, gently lifted, and spread out. Used mainly for massaging on the arms
7. Hacking	Definition: Chopping movement performed with the edges of the hands in massage.
8. Manual Lymph Drainage	Definition: Abbreviated MLD; gentle, rhythmic pressure on the lymphatic system to detoxify and remove waste materials from the body more quickly; reduces swelling and is used before and after surgery for pre- and post-op care
9. Massage	Definition: Manual or mechanical manipulation of the body by rubbing, gently pinching, kneading tapping, and other movements to increase metabolism and circulation, promote absorption, and relieves pain
10. Pétrissage	Definition: Kneading movement that stimulates the underlying tissues; performed by lifting, squeezing, and pressing the tissue with a light, firm pressure.
11. Rolling	Definition: Massage movement in which the tissues are pressed and twisted using a fast back-and-forth movement
12. Shiatsu	

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Definition: The application of pressure on acupuncture points found throughout the body to balance the body's energy flow and to promote health. It originated as a form of physical therapy in Japan
13. Slapping Definition: Massage movement in which the wrists are kept flexible so that the palms come in contact with the skin in light, firm, and rapid strokes; one hand follows the other; with each slapping stroke, the flesh is lifted slightly
14. Tapotement Definition: Also known as <i>percussion</i>; movements consisting of short, quick tapping, slapping, and hacking movements
15. Vibration Definition: In massage, the rapid shaking movement in which the technician uses the body and shoulders, not just the fingertips, to create the movement.
16. Wringing Definition: Vigorous movement in which the hands, placed a little distance apart on both sides of the client's arm or leg, working downward apply a twisting motion against the bones in the opposite direction
17. Acupuncture Definition: the practice of inserting fine needles through the skin to specific points to help relieve pain or cure disease. It originated in China.
18. Basalt Definition: a common gray-to-black fine-grained volcanic rock.
19. Conduction Definition: the sharing or transfer of heat between objects
20. Reflexology Definition: a practice based on the belief that working on areas or reflex points found on the hands, feet, ears, and face can reduce tension in the body's corresponding organs and gland structures Its origin is unknown
21. Sedimentary Definition: a category of rock created by weathering actions of water, ice, wind, or other atmospheric actions, or by biological deposits.
22. Shiatsu massage Definition: The application of pressure on acupuncture points found throughout the body to balance the body's energy flow and to promote health. It originated as a form of physical therapy in Japan