

## Chapter 13—Men's Facial Massage and Treatments

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### MULTIPLE CHOICE

- To perform a professional facial, a barber does not need to be knowledgeable about \_\_\_\_\_.
  - primary sub dermal systems
  - different skin types
  - anatomical structure of the head, face, and neck
  - the services offered by competing barbershops
- There are \_\_\_\_ major sub dermal systems associated with the performance of facial treatments.
  - two
  - three
  - four
  - five
- The muscles of the \_\_\_\_ that the barber is concerned with for the purposes of massage are voluntary muscles.
  - head
  - face
  - neck
  - All answers are correct.
- The platysma is a broad muscle that extends from the \_\_\_\_ to the side of the chin.
  - nose
  - chest
  - shoulder
  - chest and shoulder
- The risorius muscle extends from the masseter to the \_\_\_\_\_.
  - temple
  - bottom of the chin
  - angle of the mouth
  - edge of the nose
- The \_\_\_\_ is part of the epicranium.
  - trapezius
  - frontalis
  - mentalis
  - temporalis
- The \_\_\_\_ muscle covers the top of the nose.
  - procerus
  - buccinator
  - corrugator
  - aponeurosis
- The triangularis muscle \_\_\_\_\_.
  - wrinkles the nose
  - compresses the cheeks
  - raises the eyebrows
  - draws down the corner of the mouth
- The \_\_\_\_ muscle allows shoulder movement.
  - procerus
  - trapezius
  - mentalis
  - risorius
- The \_\_\_\_ are connected by the aponeurosis.
  - mentalis and orbicularis oculi
  - levator anguli and oris
  - occipitalis and frontalis
  - corrugator and procerus
- The \_\_\_\_ is a muscle that surrounds the lower part of the lip.
  - depressor labii inferioris
  - buccinator
  - buccinator
  - orbicularis oris
- Stimulating the nerves causes the \_\_\_\_ to expand and contract.
  - skin
  - blood vessels
  - muscles
  - bones

13. Applying \_\_\_\_ to the skin causes relaxation.
  - a. heat
  - b. water
  - c. cold
  - d. ice
14. Applying \_\_\_\_ to the skin causes contraction.
  - a. vibration
  - b. cold
  - c. heat
  - d. water
15. Nerves may be stimulated in facial treatments with all of the following except \_\_\_\_\_.
  - a. high-frequency current
  - b. infrared light
  - c. heating lamps
  - d. ice cubes
16. \_\_\_\_ nerves are all connected to a part of the brain surface.
  - a. Mental
  - b. Motor
  - c. Spinal
  - d. Cranial
17. The sense of \_\_\_\_ is controlled by the optic nerve.
  - a. hearing
  - b. sight
  - c. touch
  - d. smell
18. The sense of \_\_\_\_ is controlled by the olfactory nerve.
  - a. sight
  - b. touch
  - c. taste
  - d. smell
19. The sense of \_\_\_\_ is controlled by the glossopharyngeal nerve.
  - a. touch
  - b. hearing
  - c. taste
  - d. smell
20. The nerve that affects the scalp and \_\_\_\_ is the lesser occipital.
  - a. hair
  - b. muscles at the base of the skull
  - c. neck muscles
  - d. eye muscles
21. The motor nerves that affect the \_\_\_\_ are the oculomotor and the trochlear.
  - a. motion of the eye
  - b. sense of sight
  - c. sensations of the tongue and teeth
  - d. skin between the eyes and nose
22. The \_\_\_\_ nerve affects the muscles of the upper part of the cheeks.
  - a. mandibular
  - b. buccal
  - c. zygomatic
  - d. temporal
23. The \_\_\_\_ nerve is the chief motor nerve of the face.
  - a. fifth cranial
  - b. seventh cranial
  - c. ninth facial
  - d. tenth facial
24. The cutaneous colli nerve affects the \_\_\_\_\_.
  - a. external ears
  - b. front and sides of the neck
  - c. scalp to the top of the head
  - d. chin and lips
25. Cervical nerves originate at the \_\_\_\_\_.
  - a. spinal cord
  - b. skull
  - c. brain
  - d. heart
26. The hypoglossal nerve affects the \_\_\_\_\_.
  - a. membrane and skin of the nose
  - b. motion of the neck muscles
  - c. sense of hearing
  - d. motion of the tongue

27. The external maxillary artery supplies the \_\_\_\_.
- lower region of the face
  - mouth
  - nose
  - All answers are correct.
28. The chin and lower lip are supplied by the \_\_\_\_ artery.
- middle temporal artery
  - auricular
  - submental
  - angular
29. The jugular veins carry blood to the heart from the \_\_\_\_.
- head
  - face
  - neck
  - All answers are correct.
30. Normal skin may receive \_\_\_\_, mildly stimulating, or strongly stimulating massage treatments.
- inflaming
  - suppressing
  - cleansing
  - soothing
31. When the head, face, or neck is massaged for \_\_\_\_ treatments, pressure should be applied in an upward direction.
- stimulating
  - relaxing
  - stimulating or relaxing
  - None of the answers are correct.
32. Muscle contraction is caused by pressure or stimulation on \_\_\_\_.
- a muscle point
  - a motor point
  - a nerve ending
  - the skin
33. In massage, \_\_\_\_ is a stroking movement.
- pétrissage
  - friction
  - effleurage
  - tapotement
34. In effleurage, \_\_\_\_ is/are manipulated with only the cushions of the fingertips.
- the back
  - large areas
  - the small surfaces
  - all areas
35. \_\_\_\_ movements are used in percussion.
- Slapping
  - Tapping and hacking
  - Slapping, tapping, and hacking
  - Stroking
36. The \_\_\_\_ massage movement is known as pétrissage.
- kneading
  - stroking
  - tapping
  - vibrating
37. Hacking movements with the outer edges of the hands are used in \_\_\_\_ massage.
- friction
  - petrissage
  - tapotement
  - motor point
38. Vibration massage involves \_\_\_\_.
- friction
  - rapid shaking
  - tapping
  - stroking
39. Muscle fiber is \_\_\_\_ by proper massage.
- removed
  - weakened
  - strengthened
  - softened
40. The part being massaged reacts with a change in its functional activities such as \_\_\_\_.
- more active circulation
  - decreased secretion
  - less need for nutrition
  - decreased excretion

41. When it becomes necessary to remove the hands, avoid \_\_\_\_ and gently feather-off the hands from the skin.
- a. abrupt motions
  - b. washing your hands
  - c. telling the client
  - d. continuing the massage
42. Massage movements should be directed from muscle insertion to origin to \_\_\_\_.
- a. avoid damage to muscular tissues
  - b. gain the greatest benefits
  - c. ensure maximum nerve stimulation
  - d. force the muscle contraction
43. When you perform facial massage on a client with facial hair, massage manipulations that go against or across the grain \_\_\_\_.
- a. will stimulate beard growth
  - b. are most beneficial
  - c. will rip out the client's hairs
  - d. may cause discomfort to the client
44. An electric massager is a handheld device that transmits \_\_\_\_ to the client's skin and muscles through the barber's hand.
- a. heat
  - b. vibrations
  - c. light
  - d. cold
45. When using a steamer, the steam warms the skin, inducing the flow of \_\_\_\_, and has an antiseptic effect on problematic skin.
- a. oil
  - b. sweat
  - c. both oil and sweat
  - d. None of the answers are correct.
46. The \_\_\_\_ is not recommended for use on inflamed or acne-prone skin.
- a. rotary brush
  - b. steamer
  - c. massage
  - d. electric massager
47. The device used to apply current to the client's skin during \_\_\_\_ is called an electrode.
- a. steaming
  - b. massage
  - c. electrotherapy
  - d. modality
48. \_\_\_\_ is/are used for high-frequency current.
- a. A steamer
  - b. One electrode
  - c. A rotary brush
  - d. Two electrodes
49. In \_\_\_\_ high-frequency application, the electrode is applied directly to the skin.
- a. basic
  - b. single node
  - c. direct surface
  - d. direct application
50. The client holds a wire glass electrode in \_\_\_\_ application.
- a. single electrode
  - b. muscular
  - c. direct high-frequency
  - d. indirect high-frequency
51. One of the guidelines for cleaning \_\_\_\_ electrodes is disinfecting only the ends of the electrodes.
- a. glass
  - b. metal
  - c. rubber
  - d. silicone
52. Disincrustation is the \_\_\_\_ reaction produced by a galvanic current.
- a. nerve
  - b. physical
  - c. ionic
  - d. chemical
53. The process of \_\_\_\_ liquefies waste and sebum.
- a. acidification
  - b. galvanism
  - c. disincrustation
  - d. iontophoresis

54. The client experiences a metallic taste in the mouth or a \_\_\_\_ when receiving a disincrustation service.
- |                               |                             |
|-------------------------------|-----------------------------|
| a. strong discomfort          | c. dry feeling in the mouth |
| b. slight prickling sensation | d. flushed feeling          |
55. \_\_\_\_ is performed with the galvanic current.
- |                  |              |
|------------------|--------------|
| a. Iontophoresis | c. Massage   |
| b. Electrolyses  | d. Vibration |
56. Cataphoresis is a process of \_\_\_\_ penetration involving a positive pole and an acid product.
- |             |             |
|-------------|-------------|
| a. nerve    | c. physical |
| b. chemical | d. ionic    |
57. \_\_\_\_ is a process that involves a negative pole and an alkaline product.
- |                    |                 |
|--------------------|-----------------|
| a. Iontophoresis   | c. Anaphoresis  |
| b. Disincrustation | d. Cataphoresis |
58. Ultraviolet rays are used to treat \_\_\_\_.
- |          |                             |
|----------|-----------------------------|
| a. acne  | c. dandruff                 |
| b. tinea | d. All answers are correct. |
59. The skin can be \_\_\_\_ with infrared rays without changing the temperature of the body as a whole.
- |                |                       |
|----------------|-----------------------|
| a. cooled      | c. cleansed           |
| b. disinfected | d. warmed and relaxed |
60. \_\_\_\_ treatments can increase circulation, relax the nerves, activate skin glands, and increase cell metabolism.
- |               |                 |
|---------------|-----------------|
| a. Corrective | c. Preventative |
| b. Medicinal  | d. Preservative |
61. \_\_\_\_ treatments are used to correct blackheads, aging lines, and other conditions.
- |               |                 |
|---------------|-----------------|
| a. Corrective | c. Preventative |
| b. Medicinal  | d. Preservative |
62. Dry skin does not produce enough \_\_\_\_.
- |          |          |
|----------|----------|
| a. water | c. sweat |
| b. oil   | d. heat  |
63. Dehydrated skin lacks \_\_\_\_.
- |          |            |
|----------|------------|
| a. water | c. acne    |
| b. oil   | d. hygiene |
64. Oil-based products should not be used to treat \_\_\_\_ skin.
- |               |          |
|---------------|----------|
| a. dry        | c. oily  |
| b. dehydrated | d. clean |
65. In \_\_\_\_ skin, the dry areas usually include the cheeks while the nose is oily.
- |               |                |
|---------------|----------------|
| a. dry        | c. oily        |
| b. dehydrated | d. combination |
66. Wrinkles are created by shrinking skin tissue resulting from , excessive dryness, and loosening of elastic skin fibers often leads to \_\_\_\_.
- |                     |                                   |
|---------------------|-----------------------------------|
| a. poor circulation | c. tightening elastic skin fibers |
| b. aging            | d. All answers are correct.       |

67. Cleansing \_\_\_\_ are usually water-based.
- a. creams
  - b. lotions
  - c. sprays
  - d. rinses
68. A freshener is the best choice of tonic lotion for mature or \_\_\_\_ skins.
- a. combination
  - b. tight
  - c. oily
  - d. sensitive
69. An exfoliating scrub \_\_\_\_ the skin surface.
- a. chemically removes dead skin cells from
  - b. changes the pH of
  - c. physically removes dead cells from
  - d. cleans dirt from
70. A \_\_\_\_ is usually a setting product, which means that it dries after application, providing complete closure to the environment on top of the skin.
- a. mask
  - b. cleanser
  - c. toner
  - d. freshener
71. When performing a paraffin wax mask, the paraffin is applied \_\_\_\_.
- a. before cleansing
  - b. directly to the skin
  - c. over eye pads
  - d. over gauze
72. After using rolling cream, \_\_\_\_.
- a. the skin has decreased circulation
  - b. the skin is softer
  - c. a paraffin mask is used
  - d. a freshener must be used
73. Before using cleansing cream, \_\_\_\_.
- a. apply steam towels
  - b. apply moisturizer
  - c. protect the client's hair with a towel
  - d. use a freshener
74. A vibrator should not be used in a facial if the client has \_\_\_\_.
- a. a weak heart
  - b. fever
  - c. skin inflammation
  - d. normal skin
75. A rolling cream facial should be recommended only to clients with \_\_\_\_ skin.
- a. thick
  - b. oily
  - c. normal
  - d. All answers are correct.
76. Total exposure to \_\_\_\_ should not be more than 5 minutes.
- a. infrared rays
  - b. vibrating massage
  - c. cleansing creams
  - d. pressure massage
77. A barber should \_\_\_\_ for a client being treated for acne by a physician.
- a. use his bare hands
  - b. use a rolling cream facial
  - c. perform massage
  - d. remove blackheads