

Name: _____ Date: _____

Note Guide – Chapter 3: Tools of the Trade

Massage Tables

- Most common type: _____
- Average size: _____ inches wide, _____ inches long
- Height range: _____ inches
- **Frame materials:**
 - Wood = _____
 - Aluminum = _____
- **Padding:** Firm padding = _____; Soft padding = _____
- Best fabric: _____ (why? _____)

Table Accessories

- Face rest: supports _____
- Arm shelf: used for _____
- Bolsters: placed under _____ to reduce strain
- Stool: allows therapist to _____
- Carry case/cart: used for _____

Massage Linens

- Sheets should be made of _____
- Towels are used for _____
- Blankets provide _____
- Linens should be used for _____ client(s) before laundering
- Preferred colors: _____

Massage Lubricants

- Purpose: reduce _____
- Types (give one example of each):
 - Lotion/Crème = _____
 - Oil = _____
 - Butter/Balm = _____
 - Gel = _____
- Avoid lubricants with: _____ (why?)
- Always check for _____

Treatment Room

- **Lighting:** Best bulb wattage = ____ watts
- **Temperature:** _____ °F
- **Sound:** _____ helps clients relax
- **Décor:** best to use _____ colors
- Therapist appearance should be: _____