

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: \_\_\_\_\_