

16b Swedish: Technique Demo and Practice - Neck, Face, and Scalp

Lesson Plan

| <u>Minutes</u> | <u>Activity</u> |
|----------------|--|
| 10 | Transition |
| | <ul style="list-style-type: none"> • Supply Check – from here forward, each student should also bring: <ul style="list-style-type: none"> ▪ Alcohol-free toner for sensitive skin and face lotion ▪ Cotton squares or balls |
| 10 | Break Announce the return time and write it on the board. |
| 5 | Attendance and Reminders Display the reminders slide. |
| 70 | First Trade |
| 10 | Reset the tables for the next session |
| 10 | Break Announce the return time and write it on the board. |
| 70 | Second Trade Refer to first trade for details. |
| 5 | Tables undressed, cleaned, and put away |
| 10 | Circle up Review the “Reminders” for upcoming classes. |
| 3h 20m | Total Class Time (plus 10 minutes of flex time to use as needed) |

Learning Outcomes

- Program Level: effectiveness, safety, and security of massage
- Class Level:
 - Proper table setup and spacing relative to those around you.
 - Proper table dressing and height adjustment.
 - Session begins with the drape evenly positioned evenly
 - To be able to perform and practice massage of the posterior lower body.
 - Practice and perform proper sanitation procedures
 - Students learn and practice body positioning, draping for massaging the neck, face, and scalp.
 - Students clean the tables, face cradles, and bolsters before putting them away

Class Schedule – Student Preparation

- Packet F: 51-54.

Thoughts, Advice, or Warnings

- Be clear and insistent from the beginning about housekeeping behavior so that future classes can be focused on the new material instead of being distracted by how to properly setup, position, or clean a table.
- Equal timing for the massage trades is as essential as ending class on time.
- Don’t do a demo before the trades begin. Instead demo small chunks of the routine during the trades so that students can immediately put into practice the mini-demo.
- If a trade finishes early, encourage them to review and practice other Swedish sections.