

MINISTRY OF HEALTH PROTECTION OF UKRAINE

ODESSA NATIONAL MEDICAL UNIVERSITY

Faculty of Medicine №2

Department of physical rehabilitation, sports medicine and physical training

APPROVED

Vice-rector for scientific and pedagogical work

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METHODOLOGICAL DEVELOPMENT

FOR PRACTICAL CLASSES

FROM EDUCATIONAL DISCIPLINE

Faculty of Medical, course V

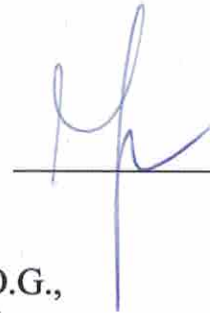
Study discipline: **«COSMETIC AND ANTI-AGE MASSAGE»**

Approved:

The meeting of the department of physical rehabilitation, sports medicine and physical education of
Odessa National Medical University

Protocol № 1 dated 09/04/2023

Head of the Department, Professor



Olga Iushkovska

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Practical lesson No. 5

Topic: Cosmetic massage. Requirements for cosmetic massage. Indications and contraindications for the cosmetic massage procedure. Stages of facial massage. Massage of facial lines. Face self-massage.

Goal: to create cosmetic massage skills in students, what are the requirements for its performance, are there any contraindications to cosmetic massage. Learn self-massage of the face.

Basic concepts: anatomy of facial muscles, facial and masticatory muscles, stages of massage, facial massage lines.

Equipment: Screen, multimedia projector, couch

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).
3. **Questions (test tasks) to check basic knowledge on the topic of the seminar:**

1. What groups of head muscles do you know ?
2. What are the types of cosmetic massage ?
3. What are the stages of massage ?
4. Massage lines are:

4. **Discussion of theoretical issues:**

1. Mimic and masticatory muscles of the head
2. Cosmetic massage and its types
3. Requirements for cosmetic massage
4. Indications and contraindications for the procedure cosmetic massage _
5. Stages carrying out face massage
6. Massage line face _
7. Self massage face _

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

5. **Topics of reports/abstracts:**

1. Muscles of the head and neck
2. Langer's lines and their use in cosmetology

Note: When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams , slides, drawings, drug schemes, etc.

6. Summing up:

1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: A classic technique of cosmetic facial massage. Basic methods of facial massage. Japanese anti-aging massage. Massage using the Jacques technique
3. Control questions for the following topic:
 1. Basic techniques of classical facial massage
 2. What type of massage affects the lymphatic system
 3. What type of massage affects the circulatory system

7. List of recommended literature

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

Additional

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p. Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p. 13.

Information resources

1. <http://www.massagebook.com/>
2. <https://bookauthority.org/books/best-massage-books>

Practical lesson No. 6

Topic: Classic technique of cosmetic facial massage. Basic methods of facial massage. Japanese anti-aging massage. Massage using the Jacques technique

Goal: to create in students the skills of cosmetic massage, basic techniques of facial massage, techniques of Japanese massage and massage using the Jaquet technique

Basic concepts: lymphatic system, basic massage techniques, point massage, forceps massage

Equipment: Screen, multimedia projector, couch

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).
3. **Questions (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Basic techniques of classical facial massage
 2. What type of massage affects the lymphatic system
 3. What type of massage affects the circulatory system
4. **Discussion of theoretical issues:**
 1. Classic cosmetic technique massage face _
 2. The main ones techniques massage face _
 3. Japanese anti-aging massage _
 4. Massage using the Jacques technique

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

5. **Topics of reports/abstracts:**
 1. Asahi massage
 2. Pinch massage

Note: When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams , slides, drawings, drug schemes, etc.

6. Summing up:

1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Lymphatic drainage facial massage. Indications and contraindications for lymphatic drainage massage. Basic techniques of lymphatic drainage massage. Combination with other procedures. Requirements for the session, massage course. Stages of lymphatic drainage procedure
3. Control questions for the following topic:
 1. Lymph nodes of the head and neck
 2. Who is Pascal Kosh?
 3. Indications for lymphatic drainage massage

7. List of recommended literature

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

Additional

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p. Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p. 13.

Information resources

1. <http://www.massagebook.com/>
2. <https://bookauthority.org/books/best-massage-books>

Practical lesson No. 7

Topic: Lymphatic drainage facial massage. Indications and contraindications for lymphatic drainage massage. Basic techniques of lymphatic drainage massage. Combination with other procedures. Requirements for the session, massage course. Stages of lymphatic drainage procedure

Goal: to create in students the skills of lymphatic drainage facial massage and its combination with other cosmetic procedures

Basic concepts: lymphatic system, facial massage lines, stages of massage

Equipment: Screen, multimedia projector, couch

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).

3. Questions (test tasks) to check basic knowledge on the topic of the seminar:

1. Lymph nodes of the head and neck
2. Who is Pascal Kosh?
3. Indications for lymphatic drainage massage

4. Discussion of theoretical issues:

1. Lymphatic drainage massage, history of appearance
2. Kinds lymphatic drainage massage
3. Stages of lymphatic drainage massage
4. Indications and contraindications for lymphatic drainage massage.
5. Basic techniques of lymphatic drainage massage.
6. Combination with other procedures.
7. Requirements for the session, massage course.

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

5. Topics of reports/abstracts:

1. Who is Pascal Kosh?

Note: When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams , slides, drawings, drug schemes, etc.

6. Summing up:

1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Myofascial facial massage. The concept of "fascia" in myofascial massage. Their role in the human body. Causes of pain and spasms in the body. The effect of myofascial massage. Indications and contraindications for procedures
3. Control questions for the following topic:
 1. What is fascia ?
 2. Fascia of the head and neck
 3. The role of fascia in the human body
 4. Stages of preparation for massage

7. List of recommended literature

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

Additional

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p. Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p. 13.

Information resources

1. <http://www.messagebook.com/>
2. <https://bookauthority.org/books/best-massage-books>

Practical lesson No. 8

Topic: Myofascial facial massage. The concept of "fascia" in myofascial massage. Their role human body. Causes of pain and spasms in the body. The effect of myofascial massage. Indications and contraindications for the procedure. Preparation for massage. Performance technique myofascial massage for the face and neck.

Goal: to create students' skills in myofascial facial massage. Create knowledge about myofascial release and techniques for its implementation.

Basic concepts: fascia, MFR, pain and spasms in the body

Equipment: Screen, multimedia projector, couch

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).

3. Questions (test tasks) to check basic knowledge on the topic of the seminar:

1. What is fascia ?
2. Fascia of the head and neck
3. The role of fascia in the human body
4. Stages of preparation for massage

5. Discussion of theoretical issues:

1. The concept of "fascia" in myofascial massage. Their role in the human body.
2. Causes of pain and spasms in the body.
3. Myofascial release
4. The effect of myofascial massage.
5. Indications and contraindications for the procedure.
6. Preparation for massage.
7. The technique of myofascial massage for the face and neck

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

6. Topics of reports/abstracts:

1. Fascia. Their role in organisms
2. Fascia of the head and neck
3. Myofascial release as a way to improve the well-being of the body

Note: When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams , slides, drawings, drug schemes, etc.

7. Summing up:

1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Chiroplastic facial massage. Chiroplastic massage: history, goals, indications and contraindications to the procedure, technique. Metabolic massage. Neurosedative massage. Myotensive massage. Hemolymphatic drainage.
3. Control questions for the following topic:
 1. Muscles, nerves and lymphatic vessels of the face
 2. Stages of preparation for massage
 3. Massage techniques

8. List of recommended literature

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

Additional

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p. Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p. 13.

Information resources

1. <http://www.messagebook.com/>
2. <https://bookauthority.org/books/best-massage-books>

Practical lesson No. 9

Topic: Chiropractic massage face _ Chiropractic massage : history , goals , indications and contraindications to the procedure , technique . Metabolic massage _ Neurosedative massage _ Myotensive massage _ Hemolymphatic drainage.

Goal: to create the skills of chiropractic face massage in students . Create knowledge about types of chiropractic massage. Indications and contraindications for its implementation

Basic concepts: lymphatic, vascular and nervous system, edema, couperosis

Equipment: Screen, multimedia projector, couch

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).
3. **Questions (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Muscle, nerves and lymphatic vessels of the face
 2. Stages of preparation for massage
 3. Massage techniques
4. **Discussion of theoretical issues:**
 1. Chiropractic massage
 2. Indications and contraindications to the procedure ,
 3. Techniques _ massage _
 4. Metabolic massage _
 5. Neurosedative massage _
 6. Myotensive massage _
 7. Hemolymphatic drainage.

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

5. Topics of reports/abstracts:

1. Enrique Castells Garcia and a naturopathic doctor Ferrandis , as these names are associated with chiropractic massage

Note: When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams , slides, drawings, drug schemes, etc.

6. Summing up:

1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Buccal massage. Definition and description of buccal massage. Effects of massage. Indications and contraindications. Basic massage movements. Safety techniques and sanitary standards. The technique of buccal massage of the mouth, lips, cheeks , chin.
3. Control questions for the following topic:
 1. Muscles of the head and neck
 2. buccal " mean in translation
 3. What massage movements do you know?

7. List of recommended literature

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

Additional

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p. Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p. 13.

Information resources

1. <http://www.massagebook.com/>
2. <https://bookauthority.org/books/best-massage-books>

Practical lesson No. 10

Topic: Buccal massage _ Definition and description buccal massage _ Effects massage _ Indications and contraindications . The main ones massage movements _ Technique _ safety and sanitary norms _ Buccal technique massage of the mouth, lips, cheeks , and chin .

Goal: to create students' skills in buccal massage. Create knowledge of indications and contraindications for its implementation, effects of buccal massage.

Basic concepts: head and neck muscles, lymphatic drainage , BAT on the face

Equipment: Screen, multimedia projector, couch

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).
3. **Questions (test tasks) to check basic knowledge on the topic of the seminar:**
 4. Muscles of the head and neck
 5. buccal " mean in translation
 6. What massage movements do you know?
4. **Discussion of theoretical issues:**
 1. Definition and description of buccal massage.
 2. Effects of massage.
 3. Indications and contraindications.
 4. Basic massage movements.
 5. Safety techniques and sanitary standards.

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

5. **Topics of reports/abstracts:**

1. Who is Joel Ciocco

Note: When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams , slides, drawings, drug schemes, etc.

6. Summing up:

1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Buccal massage _ Working out the sculptural lines of the chin. Massaging the chewing and facial muscles through the mouth along the entire length from the attachment points.
3. Control questions for the following topic:
 1. Mimic muscles
 2. Sculptural chin lines

7. List of recommended literature

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

Additional

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p. Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p. 13.

Information resources

1. <http://www.messagebook.com/>
2. <https://bookauthority.org/books/best-massage-books>

Practical lesson No. 11

Topic: Buccal massage _ Working out the sculptural lines of the chin. Massaging the chewing and facial muscles through the mouth along the entire length from the attachment points.

Goal: to create in students the skills of massaging the chewing and facial muscles through the oral cavity

Basic concepts: muscles of the head and neck, anatomy and precise attachment of facial muscles

Equipment: Screen, multimedia projector, couch

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).
3. **Questions (test tasks) to check basic knowledge on the topic of the seminar:**
 3. Mimic muscles
 4. Sculptural chin lines
4. **Discussion of theoretical issues:**
 1. Massaging the chewing and facial muscles through the mouth along the entire length from the attachment points.
 2. Working out the sculptural lines of the chin.

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

5. **Topics of reports/abstracts:**

1. Mimic muscles: anatomy and functions

Note: When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams , slides, drawings, drug schemes, etc.

6. **Summing up:**

1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Massage Gouache Indications for carrying out massage _ Properties and technique _ carrying out massage Gouache for the zone face
3. Control questions for the following topic:
 1. Guasha from Chinese
 2. Kinds scrapers Gouache in shape
 3. On which systems affects massage Gouache

List of recommended literature

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

Additional

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p. Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p. 13.

Information resources

1. <http://www.messagebook.com/>
2. <https://bookauthority.org/books/best-massage-books>

Practical lesson No. 1 2

Topic: Guasha massage Indications for massage. Properties and technique of Guasha massage for the face area.

Goal: to create students' skills facial massage using the Guasha technique .

Basic concepts: jade, BAT, meridians

Equipment: Screen, multimedia projector, couch, gouache scraper

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).

3. Questions (test tasks) to check basic knowledge on the topic of the seminar:

4. Guasha from Chinese
5. Kinds scrapers Gouache in shape
6. On which systems affects massage Gouache

4. Discussion of theoretical issues:

1. Massage Gouache , history occurrence
2. Forms of gouache scrapers
3. Gouache scraper material
4. Kinds massage Gouache
5. Methods effect during massage Gouache
6. Indications and contraindications for conducting massage _
7. Advantages massage Gouache
8. Effects from massage Gouache
9. Properties and technique _ carrying out massage Gouache for the zone face _

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

5. Topics of reports/abstracts:

1. The history of Guasha massage

Note: When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams , slides, drawings, drug schemes, etc.

6. Summing up:

1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.

2. Topic of the next lesson: Massage techniques and technique of Guasha massage of the back area. Facial massage technique using the Gouache technique . Technique of back massage in the Guasha technique

3. Control questions for the following topic:

1. What are meridians according to Chinese medicine

2. What are the directions of movement on the body during Guasha massage

List of recommended literature

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

Additional

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p. Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p. 13.

Information resources

1. <http://www.messagebook.com/>
2. <https://bookauthority.org/books/best-massage-books>

Practical lesson No. 1 3

Topic: Massage techniques and technique of Guasha massage of the back area. Facial massage technique using the Gouache technique . Technique of back massage in the Guasha technique

Goal: to create students' skills back and body massage using the Guasha technique .

Basic concepts: jade, BAT, meridians

Equipment: Screen, multimedia projector, couch, gouache scraper

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).

3. **Questions (test tasks) to check basic knowledge on the topic of the seminar:**

3. What are meridians according to Chinese medicine
4. What are the directions of movement on the body during Guasha massage

4. **Discussion of theoretical issues:**

1. Meridians of the body
2. Directions of movement on the back and trunk
3. Massage techniques and technique of Guasha massage of the back area
4. Important features implementation massage

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

5. **Summing up:**

1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.

2. Topic of the next lesson: Kobido massage . Definition and description of Kobido massage . Safety techniques and hygienic standards. Indications and contraindications. The basics of the anatomy of the face and head, necessary for massage. Basic massage movements. Massage effect.

3. Control questions for the following topic:

1. Basics of facial anatomy
2. kobido " mean in Japanese
3. From which traditional Japanese massage does Kobido come ?

7. List of recommended literature

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.

2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

Additional

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p. Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p. 13.

Information resources

1. <http://www.messagebook.com/>
2. <https://bookauthority.org/books/best-message-books>

Practical lesson No. 1 4

Topic: Kobido massage . Definition and description of Kobido massage . Safety techniques and hygienic standards. Indications and contraindications. The basics of the anatomy of the face and head, necessary for massage. Basic massage movements. Massage effect.

Goal: to create students' theoretical skills and knowledge of the history of massage using the Kobido technique . Indications and contraindications for Kobido massage and its effects.

Basic concepts: facial anatomy, meridians

Equipment: Screen, multimedia projector,

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).

3. Questions (test tasks) to check basic knowledge on the topic of the seminar:

4. Basics of facial anatomy
5. kobido " mean in Japanese
6. From which traditional Japanese massage does Kobido come ?

4. Discussion of theoretical issues:

1. Definition and description of Kobido massage .
2. Safety techniques and hygienic standards.
3. Indications and contraindications.
4. The basics of the anatomy of the face and head, necessary for massage.
5. Basic massage movements.
6. Effects of massage.

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

5. Topics of reports/abstracts:

1. Rituals and healing practices of the Japanese
2. Kobido massage

Note: When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams , slides, drawings, drug schemes, etc.

6. Summing up:

1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Practicing Kobido massage of the face, front of the neck and décolletage. Practicing skills. Practicing Kobido massage of the back of the neck and scalp. Practicing skills.
3. Control questions for the following topic:
 1. Basics of facial anatomy

2. Massage lines
3. Kobido massage

7. List of recommended literature

Main

1. Neal's Yard Remedies. Complete Massage: All the Techniques, Disciplines, and Skills you need to massage for Wellness Hardcover – DK, 2019. 256 p.
2. Zhongchao Wu. Gua Sha Scraping Massage Techniques: A Natural Way of Prevention and Treatment through Traditional Chinese. Shanghai Press, 2018. 264 p.

Additional

1. Rosemary Patten. Japanese Holistic Face Massage. Singing Dragon, 2013. 144 p. Bob Haddad. Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality. Findhorn Press, 2013. 336 p. 13.

Information resources

1. <http://www.messagebook.com/>
2. <https://bookauthority.org/books/best-massage-books>

Practical lesson No. 15

Topic: Practicing Kobido massage of the face, front of the neck and décolletage. Practicing skills. Practicing Kobido massage of the back of the neck and scalp. Practicing skills.

Goal: to create in students practical massage skills using the Kobido technique .

Basic concepts: facial anatomy, meridians, lubricants

Equipment: Screen, multimedia projector, couch

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (**if necessary**).
3. **Questions (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Basics of facial anatomy
 2. Massage lines
 3. Kobido massage
4. **Discussion of theoretical issues:**
 1. Practicing Kobido massage of the face, front of the neck and décolletage.
 2. Practicing Kobido massage of the back of the neck and scalp.

Note: Discussion of theoretical issues can take place in the form of answers to questions, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of answers of higher education applicants, etc.

5. **Summing up:**
 1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.