

MINISTRY OF HEALTH CARE OF UKRAINE

ODESA NATIONAL MEDICAL UNIVERSITY

Department of physical rehabilitation, sports medicine and physical training

APPROVED

Vice-rector for scientific and pedagogical work

Eduard BURYACHKIVSKY

September 01, 2024



**WORK PROGRAM OF THE DISCIPLINE
«COSMETIC AND ANTI-AGE MASSAGE»**

Level of higher education: second (master's)

Field of knowledge: 22 «Health care»

Specialty: 221 «Dentistry»

Educational and professional program: Dentistry

Work program based on the educational and professional program of the second level of higher education for the preparation of masters in specialty 221«Dentistry»of 22 «Health» area of knowledge, improved by scientific council of ONMedU (Protocol № 10 of June 27, 2024)

DEVELOPERS:

Head of the Department MD, Professor Iushkovska O.G.,
Professor Plakida O.L.

The work program was approved at the meeting of the Department of physical rehabilitation, sports medicine and physical education
Protocol № 1 dated 08.26.2024.

Head of the department

Olga IUSHKOVSKA

Approved by the guarantor of
the educational and professional program

Anatoly GULIUK

Approved by the subject cycle methodical commission for therapeutic disciplines of ONMEDU
Protocol № 1 dated 08.30.2024.

Head of the subject cycle methodical commission on therapeutic disciplines

Olena VOLOSHYNA

Reviewed and approved at the meeting of the department _____

Protocol №. __ dated _____ . ____ 20____

Head of the department _____ Olga IUSHKOVSKA

Reviewed and approved at the meeting of the department _____

Protocol №. __ dated _____ . ____ 20____

Head of the department _____ Olga IUSHKOVSKA

1. Description of the academic discipline:

Name of the indicators	Field of knowledge, specialty, specialization, level of higher education	Characteristics of the academic discipline
The total number of: Credits - 3 Hours - 90 Content module – 2	Branch of knowledge 22 "Health care"	Full-time education
		Elective discipline
	Specialty 221 "Dentistry"	Year of preparation: 5
		Semesters: IX - X
	Level of higher education second (master's)	Lectures (0 hours)
		Seminars (8 hours)
		Practical (22 hours)
		Laboratory (0 hours)
		Independent work (60 hours) including individual tasks (0 hours)
		The form of the final control: Credit

2. The purpose and tasks of the educational discipline, competences, program learning outcomes.

Purpose: mastering general and special techniques of cosmetic and anti-age massage and providing qualified medical care based on theoretical knowledge and practical skills gained; getting theoretical knowledge, skills, and abilities from all sections of cosmetic massage.

Task:

1. To study the history of the formation of massage as a medical discipline;
2. To give students an idea about the subject of massage, its significance in rehabilitation and disease prevention;
3. Master the theoretical foundations of human anatomy, physiology, and biomechanics;
4. To acquaint students with the methodology for determining indications and contraindications for the therapeutic massage;
5. To acquaint students with the method of dosing massage exposure during therapeutic massage;
6. To study the main characteristics of massage movements (techniques) of the classical therapeutic massage;
7. Familiarize yourself with the age characteristics of massage techniques;
8. Familiarization of students with the basic concepts of the application of cosmetic massage;
9. Formation of competencies in the field of medical rehabilitation, in particular, massage.

The process of studying the discipline is aimed at forming the elements of the following competencies:

General (GC):

- GC1. The ability for abstract thinking, analysis, and synthesis
- GC2. Ability to learn and acquire modern knowledge
- GC3. Ability to apply knowledge in practical situations
- GC4. Knowledge and understanding of the subject area and understanding of professional activity
- GC6. Ability to make informed decisions
- GC8. The ability for interpersonal interaction
- GC10. Ability to use information and communication technologies
- GC11. Ability to search, process and analyze information from various sources
- GC12. Determination and perseverance in the tasks and responsibilities taken
- GC13. Awareness of Equal Opportunities and Gender Issues
- GC16. Ability to evaluate and ensure the quality of work performed

GC17. Commitment to the preservation of the environment

Special (SC):

SC2. Ability to determine the required list of laboratory and instrumental studies and evaluate their results

SC3. Ability to establish a preliminary and clinical diagnosis of the disease

SC6. The ability to determine the principles and nature of the treatment and prevention of diseases

SC10. Ability to perform medical procedures

SC13. Ability to carry out sanitary and hygienic, and preventive measures

SC16. Ability to maintain medical records, including electronic forms

SC19. Ability to organize and integrate the provision of medical care to the population and the marketing of medical services

SC24. Compliance with ethical principles when working with patients, laboratory animals

SC28. Ability to apply fundamental biomedical knowledge at a level sufficient to perform professional tasks in the field of healthcare

Program learning outcomes (PLO):

PLO21. Find the necessary information in professional literature and databases in other sources, analyze, evaluate and apply this information.

PLO22. Apply modern digital technologies, specialized software, and statistical data analysis methods to solve complex healthcare problems.

PLO23. Assess the impact of the environment on the state of human health to assess the state of morbidity in the population.

PLO25. It is clear and unambiguous to convey own knowledge, conclusions and arguments on health issues related to the issues of specialists and non-specialists.

As a result of studying the academic discipline, the applicant for higher education must:

Know:

- definition of critical concepts and terms;
- features of the impact of massage on the processes occurring in the human body;
- general characteristics of the main massage techniques and their physiological effects on different organs;
- aids used in massage;
- techniques for performing the basic techniques of classical, Swedish, and oriental massage;
- the most common mistakes when performing basic massage techniques and how to eliminate them;
- indications and contraindications for massage;
- hygiene standards and requirements for a massage session;
- healing properties of essential oils and methods of their application in the massage process;
- fundamentals of anatomy, physiology, and histology of the skin and its appendages;
- general signs of skin diseases; features of allergic skin reactions;
- age features of the skin;
- types of cosmetic massage, indications, and contraindications;
- features and sequence of massage techniques when performing plastic, hygienic, hardware massage, spa massage of the skin of the face and (or neck, décolleté zone);
- technique for performing plastic, hygienic, hardware massage, spa massage of the skin of the face and (or) neck, décolleté;
- fundamentals of the pharmacology of medicines for external use in therapeutic massage

Be able to:

- correctly use all kinds of massage techniques;
- take into account all recommendations for the use of massage manipulations in practice;
- assist with the removal of pain by various physiotherapeutic methods;

- give appropriate massage to children of all ages, pregnant women, and the elderly;
- perform techniques of self-massage and sports massage;
- qualified to carry out a massage that affects blood circulation and the lymphatic system;
- perform oriental types of massage (shiatsu, acupuncture, Thai) to improve health and improve well-being;
- to carry out psychological and technical self-training and training following the requirements for the activities of a massage therapist
- determine the indications and contraindications for the massage procedure;
- draw up a plan for the procedure and massage course;
- determine the dosage of the massage effect during the therapeutic massage;
- use massage movements (techniques) of the classical therapeutic massage;
- own the technique of therapeutic massage;
- take into account the age characteristics of massage techniques; master the basics of the pharmacology of drugs for external use in therapeutic massage

3. Content of the academic discipline

Content module 1.

General Basics of Using Massage

Topic 1. The history of the development of massage. Physiological effects of massage on the body. The range of techniques used in massage and their combinations. Topography of tactile sensitivity of the skin. Mechanisms of massage influence. Skin and its functions. The effect of massage on the skin. The effect of massage on the nervous system. The effect of massage on the circulatory system. The effect of massage on the lymphatic system. The effect of massage on muscles. The effect of massage on the articular apparatus. The effect of massage on gas exchange.

Topic 2. Hygienic bases of massage. Requirements for the premises and equipment of the massage room. Requirements for a massage therapist. Qualities that a massage therapist needs to develop. Working hours of a massage therapist. Hand care of a massage therapist. Hand exercises. Strengthening, developing, and preventing diseases of the massage therapist's hands. Requirements for the patient. Lubricants. Indications and general contraindications for massage.

Topic 3. Massage systems and their classification. European classical massage. Swedish massage system. Finnish massage system. Oriental massage system. Hygienic massage. Therapeutic European classical massage. Reflex-segmental massage. Connective tissue massage. Periosteal massage. Su jock therapy. Finger zhen. Line massage. Do-in Tuino. Japanese acupuncture shiatsu massage. Cosmetic massage.

Topic 4. Classification of massage techniques. Techniques of classical massage on the basis of influence on the central nervous system. Techniques of classical massage on the basis of tissue. Classical massage technique. Segmental reflex massage. Acupuncture. The mechanism of therapeutic action on biologically active points. Connective tissue massage. Periosteal massage.

Content module 2.

Features of various types of cosmetic massage

Topic 5. Cosmetic massage. Requirements for cosmetic massage. Neck massage. Facial line massage. Technique for performing cosmetic facial massage using cream. Movement increases venous outflow.

Topic 6. The classic method of cosmetic facial massage. Basic facial massage techniques. Stages of facial massage. Indications and contraindications for cosmetic massage procedure. Japanese anti-aging massage. Jacquet massage

Topic 7. Lymphatic drainage facial massage. Indications and contraindications for lymphatic drainage massage. Basic techniques of lymphatic drainage massage. Combination with other procedures. Session requirements, massage course. Stages of the lymphatic drainage procedure.

Topic 8. Myofascial facial massage. The concept of "fascia" in myofascial massage. Fascia's role in the human body. Causes of pain and spasms in the body. The effect of myofascial

massage. Indications and contraindications for the procedure. Preparing for a massage. Technique for performing myofascial massage for the face and neck.

Topic 9.Chiropractic massage: history, goals, indications and contraindications for the procedure, technique. Chiropractic face massage. Metabolic massage. Neurosedative massage. Myotensive massage. Hemolymphatic drainage.

Topic 10. Buccal massage. Definition and description of buccal massage. Massage effects. Indications and contraindications. Basic massage movements. Safety and health standards. Method of buccal massage of the mouth, lips, cheeks, and chin. Elaboration of sculptural lines of the chin. Massage of the masticatory and facial muscles through the oral cavity along the entire length from the attachment points.

Topic 11. Guasha massage Indications for massage. Properties and techniques, holding a Guasha massage for the face area. Massage techniques and techniques for Guasha massage of the back zone. Facial massage technique using Guasha technique. Back massage technique in Guasha technique.

Topic 12.Kobido massage Definition and description of Kobido massage. Massage effect. Indications and contraindications. Basic massage movements. Safety and hygiene standards. The basic anatomy of the face and head is necessary to perform a massage. Exercises for the development of sensitivity in the fingers and hands. Kobido massage practice for the face, front of the neck, and décolleté. Skill development. Practicing Kobido massage on the back of the neck and scalp parts of the head. Skill development.

4. The structure of the academic discipline.

Names of topics	Number of hours					
	Total	including				
		lectures	seminars	practical	laboratory	IWA
Content module 1. General Basics of Using Massage						
Topic 1. The history of the development of massage. Physiological effects of massage on the body. The range of techniques used in massage and their combinations. Topography of tactile sensitivity of the skin. Mechanisms of massage influence. Skin and its functions. The effect of massage on the skin. The effect of massage on the nervous system. The effect of massage on the circulatory system. The effect of massage on the lymphatic system. The effect of massage on muscles. The effect of massage on the articular apparatus. The effect of massage on gas exchange.	6		2			4
Topic 2. Hygienic bases of massage. Requirements for the premises and equipment of the massage room. Requirements for a massage therapist Qualities that a massage therapist needs to	6		2			4

develop. Working hours of a massage therapist. Hand care of a massage therapist. Hand exercises. Strengthening, developing, and preventing diseases of the massage therapists hands. Requirements for the patient. Lubricants. Indications and general contraindications for massage.						
Topic 3. Massage systems and their classification. European classical massage. Swedish massage system. Finnish massage system. Oriental massage system. Hygienic massage. Therapeutic European classical massage. Reflex-segmental massage. Connective tissue massage. Periosteal massage. Su jock therapy. Finger zhen. Line massage. Do-in Tuino. Japanese acupressure shiatsu massage. Cosmetic massage.	6		2			4
Topic 4. Classification of massage techniques. Techniques of classical massage on the basis of influence on the central nervous system. Techniques of classical massage on the basis of tissue. Classical massage technique. Segmental reflex massage. Acupressure. The mechanism of therapeutic action on biologically active points. Connective tissue massage. Periosteal massage.	6		2			4
<i>Total content module 1</i>	24		8			16
Content module 2. Features of various types of cosmetic massage						
Topic 5. Cosmetic massage. Requirements for cosmetic massage. Neck massage. Facial line massage. Technique for performing cosmetic facial massage using cream. Movement increases venous outflow.	6			2		4
Topic 6. The classic method of cosmetic facial massage. Basic facial massage techniques. Stages of facial massage. Indications and contraindications for cosmetic	6			2		4

massage procedure. Japanese anti-aging massage. Jacquet massage						
Topic 7. Lymphatic drainage facial massage. Indications and contraindications for lymphatic drainage massage. Basic techniques of lymphatic drainage massage. Combination with other procedures. Session requirements, massage course. Stages of the lymphatic drainage procedure.	6			2		4
Topic 8. Myofascial facial massage. The concept of "fascia" in myofascial massage. Fascia's role in the human body. Causes of pain and spasms in the body. The effect of myofascial massage. Indications and contraindications for the procedure. Preparing for a massage. Technique for performing myofascial massage for the face and neck.	6			2		4
Topic 9. Chiropractic massage: history, goals, indications and contraindications for the procedure, technique. Chiropractic face massage. Metabolic massage. Neurosedative massage. Myotensive massage. Hemolymphatic drainage.	6			2		4
Topic 10. Buccal massage. Definition and description of buccal massage. Massage effects. Indications and contraindications. Basic massage movements. Safety and health standards. Method of buccal massage of the mouth, lips, cheeks, and chin. Elaboration of sculptural lines of the chin. Massage of the masticatory and facial muscles through the oral cavity along the entire length from the attachment points.	12			4		8
Topic 11. Guasha massage. Indications for massage. Properties and techniques, holding a Guasha massage for the face area. Massage techniques and techniques for Guasha massage of the back zone. Facial massage technique using Guasha technique. Back massage technique in Guasha technique.	12			4		8
Topic 12. Kobido massage	12			4		8

Definition and description of Kobido massage. Massage effect. Indications and contraindications. Basic massage movements. Safety and hygiene standards. The basic anatomy of the face and head is necessary to perform a massage. Exercises for the development of sensitivity in the fingers and hands. Kobido massage practice for the face, front of the neck, and décolleté. Skill development. Practicing Kobido massage on the back of the neck and scalp parts of the head. Skill development.					
<i>Total content module 2</i>	66			22	44
Total hours:	90		8	22	60

5. Topics of lectures / seminars / practical / laboratory classes

5.1. Topics of lectures

Lectures are not included in the program.

5.2. Topics of seminar classes

1.	Topic 1. Seminar class 1. Topic 1. The history of the development of massage. Physiological effects of massage on the body. The range of techniques used in massage and their combinations. Topography of tactile sensitivity of the skin. Mechanisms of massage influence. Skin and its functions. The effect of massage on the skin. The effect of massage on the nervous system. The effect of massage on the circulatory system. The effect of massage on the lymphatic system. The effect of massage on muscles. The effect of massage on the articular apparatus. The effect of massage on gas exchange.	2
2.	Topic 2. Seminar class 2. Hygienic bases of massage. Requirements for the premises and equipment of the massage room. Requirements for a massage therapist. Qualities that a massage therapist needs to develop. Working hours of a massage therapist. Hand care of a massage therapist. Hand exercises. Strengthening, developing, and preventing diseases of the massage therapist's hands. Requirements for the patient. Lubricants. Indications and general contraindications for massage.	2
3.	Topic 3. Seminar class 3. Massage systems and their classification. European classical massage. Swedish massage system. Finnish massage system. Oriental massage system. Hygienic massage. Therapeutic European classical massage. Reflex-segmental massage. Connective tissue massage. Periosteal massage. Su jock therapy. Finger zhen. Line massage. Do-in Tuino. Japanese acupressure shiatsu massage. Cosmetic massage.	2
4.	Topic 4. Seminar class 4. Classification of massage techniques. Techniques of classical massage on the basis of influence on the central nervous system. Techniques of classical massage on the basis of tissue. Classical massage technique. Segmental reflex massage. Acupressure. The mechanism of therapeutic action on biologically active points. Connective tissue massage. Periosteal massage.	2
	Total hours:	8

5.3. Topics of practical classes

1.	Topic 5. Practical class 5. Cosmetic massage. Requirements for cosmetic massage. Neck massage. Facial line massage. Technique for performing cosmetic facial massage using cream. Movement increases venous outflow.	2
2.	Topic 6. Practical class 6. The classic method of cosmetic facial massage. Basic facial massage techniques. Stages of facial massage. Indications and contraindications for cosmetic massage procedure. Japanese anti-aging massage. Jacquet massage	2
3.	Topic 7. Practical class 7. Lymphatic drainage facial massage. Indications and contraindications for lymphatic drainage massage. Basic techniques of lymphatic drainage massage. Combination with other procedures. Session requirements, massage course. Stages of the lymphatic drainage procedure.	2
4.	Topic 8. Practical class 8. Myofascial facial massage. The concept of "fascia" in myofascial massage. Fascia's role in the human body. Causes of pain and spasms in the body. The effect of myofascial massage. Indications and contraindications for the procedure. Preparing for a massage. Technique for performing myofascial massage for the face and neck.	2
5.	Topic 9. Practical class 9. Chiroplastic massage: history, goals, indications and contraindications for the procedure, technique. Chiroplastic face massage. Metabolic massage. Neurosedative massage. Myotensive massage. Hemolymphatic drainage.	2
6.	Topic 10. Practical class 10. Buccal massage. Definition and description of buccal massage. Massage effects. Indications and contraindications. Basic massage movements. Safety and health standards. Method of buccal massage of the mouth, lips, cheeks, and chin.	2
7.	Topic 10. Practical class 11. Elaboration of sculptural lines of the chin. Massage of the masticatory and facial muscles through the oral cavity along the entire length from the attachment points.	2
8.	Topic 11. Practical class 12. Guasha massage Indications for massage. Properties and techniques, holding a Guasha massage for the face area.	2
9.	Topic 11. Practical class 13. Massage techniques and techniques for Guasha massage of the back zone. Facial massage technique using Guasha technique. Back massage technique in Guasha technique.	2
10.	Topic 12. Practical class 14. Kobido massage Definition and description of Kobido massage. Massage effect. Indications and contraindications. Basic massage movements. Safety and hygiene standards. The basic anatomy of the face and head is necessary to perform a massage.	2
11.	Topic 12. Practical class 15. Exercises for the development of sensitivity in the fingers and hands. Kobido massage practice for the face, front of the neck, and décolleté. Skill development. Practicing Kobido massage on the back of the neck and scalp parts of the head. Skill development.	2
Total hours:		22

5.4. Topics of laboratory classes

Laboratory classes are not included in the program.

6. Independent work of a student of higher education

№	Title of the topic / types of tasks	Number of hours
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1.	Topic 1. Preparation for a seminar class 1	4
2.	Topic 2. Preparation for a seminar class 2	4
3.	Topic 3. Preparation for a seminar class 3	4
4.	Topic 4. Preparation for a seminar class 4	4
5.	Topic 5. Preparation for a practical class 5	4
6.	Topic 6. Preparation for a practical class 6	4
7.	Topic 7. Preparation for a practical class 7	4
8.	Topic 9. Preparation for a practical class 8	4
9.	Topic 10. Preparation for a practical class 9	4
10.	Topic 11. Preparation for a practical class 10-11	8
11.	Topic 11. Preparation for a practical class 12-13	8
12.	Topic 12. Preparation for a practical class 14-15	8
	Total	60

7. Teaching methods

Practical classes: explanation, discussion, debate, demonstration.

Seminar classes: conversation, story, explanation, demonstration, instruction, exercises, training exercises.

Independent work: partly search, research, presentation of the results of own research, performance of individual tasks.

8. Forms of control and assessment methods (including criteria for evaluating learning outcomes)

Current control: oral survey, testing, performance evaluation practical skills, assessment of communication skills during role play, solution situational clinical tasks, assessment of activity in class.

Final control: credit.

Evaluation of the current educational activity in a practical session:

1. Evaluation of theoretical knowledge on the subject of the lesson:

- methods: survey, solving a situational problem

- the maximum score is 5,

- minimum grade – 3,

- unsatisfactory rating - 2.

2. Evaluation of practical skills and manipulations on the subject of the lesson:

- methods: assessment of the correctness of the performance of practical skills

- the maximum score is 5,

- minimum grade – 3,

- unsatisfactory rating - 2.

The grade for one practical lesson is the arithmetic average of all components and can only have a whole value (5, 4, 3, 2), which is rounded according to the statistical method.

Criteria for ongoing evaluation in the seminar class

Assessment	Criteria for the assessment
«5»	The applicant worked systematically during the semester, showed versatile and deep knowledge of the program material, is able to successfully perform the tasks assigned by the program, has mastered the content of basic and additional literature, has realized the relationship of individual sections of the discipline, their importance for the future profession, has revealed creative abilities in the use of educational and

	program material, showed the ability to independent updating and replenishment of knowledge.
«4»	The applicant revealed full knowledge of the curriculum material, successfully performed the tasks provided by the program, absorbed the basic literature recommended by the program, showed a sufficient level of knowledge in the discipline and is able to independently update and update them during further training and professional activities.
«3»	The applicant has identified knowledge of the basic curriculum material to the extent necessary for further training and subsequent work in the profession, copes with the tasks provided by the program, made some mistakes in the answers and in the performance of test tasks, but has the necessary knowledge to overcome the mistakes made under the guidance of a scientific and pedagogical worker.
«2»	The applicant did not identify sufficient knowledge of the basic curriculum material, made fundamental errors in the performance of the tasks provided by the program, cannot use the knowledge without the help of the teacher in further training, could not master the skills of independent work.

Assessment of independent work of applicants:

Students' independent work is assessed during the current control of the topic in the relevant class. Mastery of topics that are submitted only for independent work is checked during classroom classes.

Credit is given to an applicant who has completed all the tasks of the work program of the discipline, actively participated in seminars, completed and defended an individual assignment and has a current average grade of at least 3.0 and has no academic debt.

The test is given: at the last class before the examination session - in the case of the tape system of education, at the last class - in the case of the cycle system of education. The grade for the test is the arithmetic mean of all components on a traditional four-point scale and has a value that is rounded according to the statistical method with two decimal places.

9. Distribution of grades received by undergraduate applicants

The obtained grade point average for the discipline for students who have successfully completed the work program of the discipline is converted from the traditional four-point scale to points on a 200-point scale, as shown in the table:

Table of conversion of traditional assessment into multi-point

Traditional four-point scale	Multipoint 200-point scale
Excellent («5»)	185 – 200
Good («4»)	151 – 184
Satisfactory («3»)	120 – 150
Unsatisfactory («2»)	Below 120

The multi-point scale (200-point scale) characterizes the actual performance of each student in mastering the educational component. The conversion of the traditional grade (grade point average) into a 200-point scale is performed by the University's Information Technology Department.

According to the points received on a 200-point scale, the achievements of applicants are evaluated according to the ECTS rating scale. Further ranking according to the ECTS rating scale allows evaluating the achievements of applicants in the educational component who study in the same course of one specialty, according to the points they received.

The ECTS scale is a relative and comparative rating scale that establishes the applicant's belonging to the group of the best or worst among the reference group of fellow students (faculty, specialty). Grade A on the ECTS scale cannot be equal to grade A, and grade B cannot be equal to grade B, etc. When converting from a multi-point scale, the limits of grades "A", "B", "C", "D", "E"

on the ECTS scale do not coincide with the limits of grades "5", "4", "3" on the traditional scale. Applicants who have received grades "FX" and "F" ("2") are not included in the list of ranked applicants. The grade "FX" is assigned to applicants who have scored the minimum number of points for current academic activities, but who have not been credited with the final control. The grade "F" is assigned to applicants who have attended all classes in the discipline, but have not gained an average score (3.00) for current academic activities and are not allowed to take the final control. Applicants enrolled in the same course (one specialty), based on the number of points gained in the discipline, and are ranked on the ECTS scale as follows:

Conversion of the traditional discipline grade and the sum of the ECTS scale scores

Assessment on the ECTS scale	Statistical indicator
A	The best 10% of the student
B	The next 25% of the student
C	The next 30% of the student
D	The next 25% of the student
E	The next 10% of the student

10. Methodical support

- Working program of the academic discipline
- Syllabus
- Methodical developments for seminar classes
- Methodical recommendations for independent work of higher education applicants
- Multimedia presentations
- Situational clinical tasks

11. Questions for preparing for the final inspection

Content module 1. General Basics of Using Massage

1. Mechanisms of the physiological effects of massage on the body.
2. The effect of massage on the skin.
3. The impact of massage on the nervous system.
4. The impact of massage on the circulatory system.
5. Influence of massage on the lymphatic system.
6. The impact of massage on the muscles.
7. Hygienic basics of massage.
8. Qualities that a massage therapist needs to develop.
9. Hand care of the massage therapist.
10. Exercises for the masseur & apos; hands.
11. Prevention of diseases of the massage therapist & apos; hands.
12. Indications for massage.
13. General contraindications for massage.

Content module 2. Features of different types of cosmetic massage

1. Techniques of classical massage.
2. The mechanism of therapeutic action on biologically active points
3. The concept of cosmetic massage.
4. the main techniques of facial massage.
5. Indications and contraindications for cosmetic massage.
6. Japanese anti-aging massage.

7. Jacquet massage
8. Myofascial facial massage.
9. The effect of myofascial massage.
10. Chiropractic facial massage.
11. Neurosedative massage.
12. Gua Sha massage
13. Kobido massage

12. Recommended Books

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>