

EXTRA VIDEOS

1 Watch the video and fill in the missing words in the videoscript.

What to Know About Aromatherapy Massage | posted by Groupon

Favin: Hey guys, it's Favin from Groupon and I'm here at Allure De Vie to **1.** about aromatherapy massage.

Man: Aromatherapy is the use of **2.** from plant extracts and its **3.** is to actually elevate motions in mood.

Favin: How do you incorporate aromatherapy into a massage?

Man: Normally, we'll take the choice of the essential oil and we'll put 3 or 4 drops in **4.**, rub it briskly and we'll put it underneath the face cradle and let them take three **5.** breaths.

Favin: And then, afterwards do you incorporate it any other way?

Man: We do. We put probably **6.** into the massage oil.

Favin: Ok. What are the most common essential oils used in an aromatherapy massage?

Man: Lavender, peppermint, and eucalyptus. Lavender has a **7.** scent and it's very calming. Peppermint has more of a sweet energizing sense and its **8.** is for headaches.

Eucalyptus has a fresh **9.** It's actually called an anti-everything, meaning it's **10.**, antiviral, antifungal, **11.** and anti-inflammatory.

Favin: Wow!

Man: So, there's a lot of purposes.

Favin: What about antiageing?

Man: It hasn't been done in the studies...

Favin: Too good to be true, yeah, ok. ... Ok guys. I just got done with my aromatherapy massage with lavender essential oil and it was **12.** The lavender definitely added a sense of calm and **13.** I felt like I could have fallen **14.** and I will definitely do it **15.**

2 Watch the video and write the reflexology massage techniques in the table in the order they are described. Then complete the table with the missing information.

How To Do Reflexology Massage for Feet | Blys | posted by Blys | Mobile Massage Sydney

finger walking • hook and back up • rotation on a point • slide and press • thumb walking

Technique	With which finger?	Where?

GAMES AND INTERACTIVE ACTIVITIES

1 **A B C** **PAIR WORK.** Body treatments matching. You will receive the names of a few techniques and their corresponding definitions in random order. Try and match the appropriate technique to the correct definition in the least possible time.

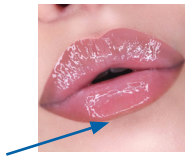
2 **A B C** Solve these rebus puzzles.



1.



5.



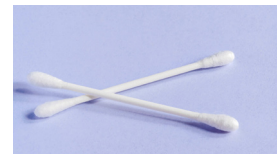
2.



6.



3.



7.




4.



8.

REAL-LIFE ACTIVITIES

1  Match the situations to the right sentence. Then choose at least two situations and invent a short dialogue.

- | | |
|--|--------------------------|
| 1. Thanks for coming in today. | <input type="checkbox"/> |
| 2. Would you like to have your massage done by a particular therapist? | <input type="checkbox"/> |
| 3. Would you like some coffee or tea while waiting? | <input type="checkbox"/> |
| 4. Please, follow me to the massage room. | <input type="checkbox"/> |
| 5. Are you comfortable? | <input type="checkbox"/> |
| 6. Do you have any questions about the products? | <input type="checkbox"/> |
| 7. Would you like somebody from the salon to top up the meter? | <input type="checkbox"/> |
| 8. Would you like me to book a taxi for you? | <input type="checkbox"/> |
| 9. No other salon has made me feel so special! | <input type="checkbox"/> |
| 10. What a lovely surprise! | <input type="checkbox"/> |

- a. The client is late for an appointment and she hasn't got a car.
- b. The client is really happy and satisfied about the treatment she has received.
- c. The client is lying on the massage table waiting for the massage to start.
- d. The client is worried because her parking ticket is about to expire.
- e. The client is curious about some products for her kind of skin.
- f. The client is going to have a massage treatment.
- g. The client receives a salon gadget for Christmas.
- h. The client has just entered the salon.
- i. The client is bored because the beautician is late for the make-up appointment.
- j. The client phones for a massage appointment.





Imagine you are going to start a Facebook page for your salon and make a note of what you could post there. Choose cover and profile photo, give a clear idea of who you are and what you do. Add your contact information including your address, phone number, link to website, services offered, pricing and even a “Book Now” button. Also, add photos of your practice, massage table, etc. Use the given template.

