

Question 1

When deciding to expand a massage and bodywork office into a spa, it would be best for the practitioner to first

- A) develop a business plan.
- B) market new treatments.
- C) hire additional staff.
- D) install a wet room.

Answer: <https://biology-forums.com/index.php?topic=676382>

Question 2

Paraffin is melted and applied to the body in a temperature range of _____°F.

Answer: <https://biology-forums.com/index.php?topic=676649>

Question 3

Before performing a body wrap, an exfoliation should be done.

- A) True
- B) False

Answer: <https://biology-forums.com/index.php?topic=676664>

Question 4

Hydrostatic pressure provides a great deal of _____ against muscles and associated joints and bones.

Answer: <https://biology-forums.com/index.php?topic=676457>

Question 5

Seaweed, kelp, or other algae can be purchased intact or as powders, _____ or _____.

Answer: <https://biology-forums.com/index.php?topic=676713>

Question 6

Discuss the therapeutic properties of mud.

Answer: <https://biology-forums.com/index.php?topic=676671>

Question 7

Briefly describe each of the four stages a client can experience during a heating (cold sheet) wrap.

Answer: <https://biology-forums.com/index.php?topic=676533>

Question 8

Rather than being defined by what services they offer, day spas are more accurately defined as locations to which guests travel to spend a day or part of a day.

- A) True
- B) False

Answer: <https://biology-forums.com/index.php?topic=676296>

Question 9

_____ bonds are extremely strong, requiring a lot of energy to break them.

Answer: <https://biology-forums.com/index.php?topic=676327>

Question 10

Three benefits of taking a mud or peat bath are _____, _____, and _____.

Answer: <https://biology-forums.com/index.php?topic=676641>

Question 11

Chemical, enzyme, or dissolving exfoliants tend to be less stimulating to the skin than manual exfoliations.

- A) True
- B) False

Answer: <https://biology-forums.com/index.php?topic=676579>

Question 12

Which of the following describes a tepid temperature?

- A) 100-104°F
- B) 80-92°F
- C) 65-80°F
- D) 92-100°F

Answer: <https://biology-forums.com/index.php?topic=676425>

Question 13

Removal of the dead cells brightens skin _____ and _____ by encouraging the body to produce new skin cells.

Answer: <https://biology-forums.com/index.php?topic=676562>

Question 14

Cross-contamination can occur when reaching into jars of lubricant with bare hands.

- A) True
- B) False

Answer: <https://biology-forums.com/index.php?topic=676408>

Question 15

The somatic nervous system controls

- A) the heart.
- B) glandular secretions.
- C) skeletal muscles.
- D) organ muscle.

Answer: <https://biology-forums.com/index.php?topic=676316>

Question 16

The effect of sympathetic nerves on heart rate is to

- A) keep it at a resting level.
- B) make it stop.
- C) decrease it when exercising.
- D) increase it during times of stress.

Answer: <https://biology-forums.com/index.php?topic=676315>

Question 17

A body wrap treatment itself typically takes _____ minutes, but can be extended to _____ minutes when supplemented with other bodywork treatments.

Answer: <https://biology-forums.com/index.php?topic=676638>

Question 18

A contraindication for a salt glow is

- A) chest congestion.
- B) sunburn.
- C) insomnia.
- D) vascular disorders.

Answer: <https://biology-forums.com/index.php?topic=676624>

Question 19

The two methods of paraffin application are _____ and _____.

Answer: <https://biology-forums.com/index.php?topic=676650>

Question 20

Three conditions that make a jet or percussion shower contraindicated are _____, _____, and _____.

Answer: <https://biology-forums.com/index.php?topic=676487>