Thank you for booking the **Indian Head Massage Course.**

Please read the attached A&P documents before attending the course.

Please note: Students work on each other, if there is any reason why you feel you cannot be a recipient of the treatment then you must let us know.

Non-refundable deposit of 50% payable on booking. Payment in full if booked 7 days or less before the course date. Balance payment will be taken from your credit/debit card on the last working day (working days are Mon-Fri) before your course date. Please see T&Cs on our website for more information. www.dragonflyacademy.co.uk/t-cs/

The venue

Dragonfly Nail and Beauty Academy, Vichy House, 264a Monkmoor Road, Shrewsbury, Shropshire, SY2 5ST Please see directions on the next page.

There will be tea, coffee, water and biscuits provided throughout the course. There are shops around where lunch can be bought but you can bring your own if you prefer.

If you require any further information, please do not hesitate to call us on 01743 354800/ 07974 300139.

Kind Regards

Donna

Donna H Law
CEO

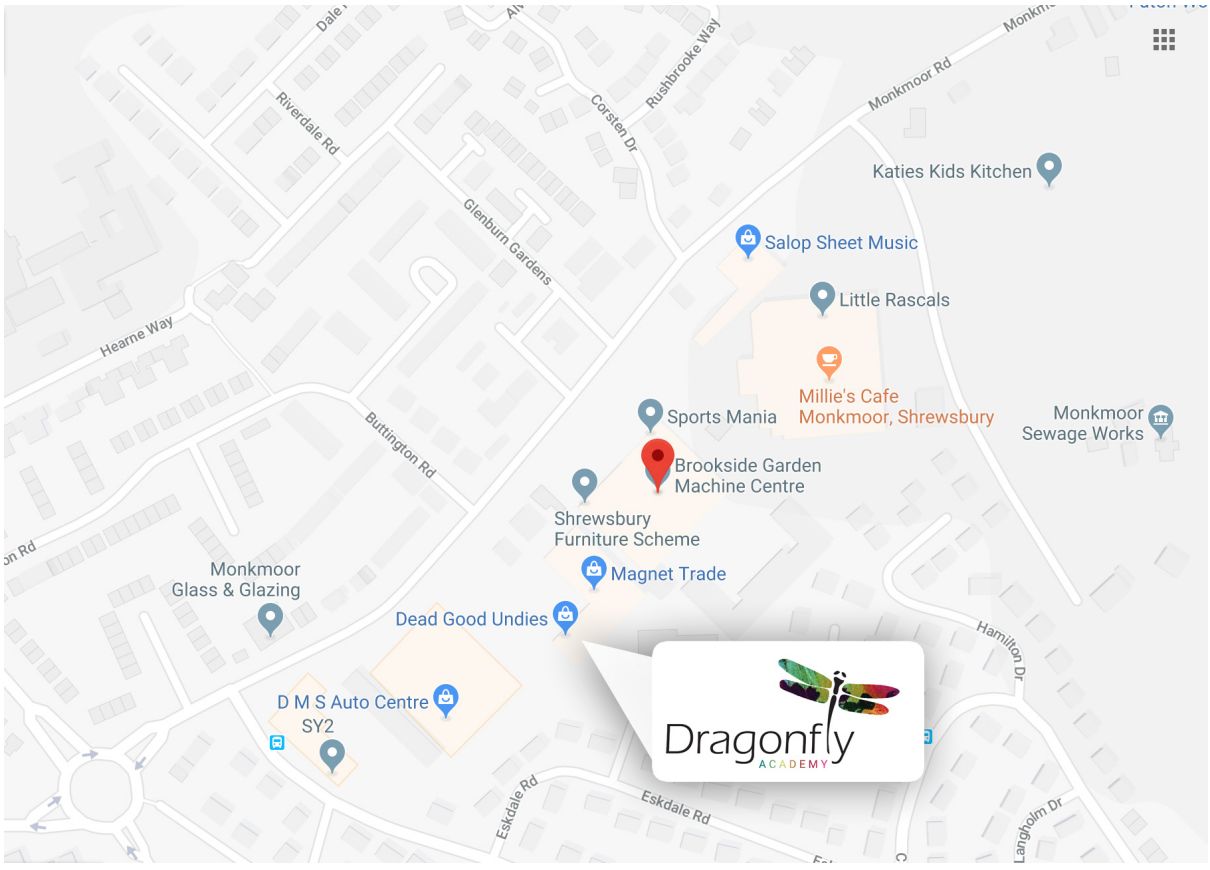
Venue Directions

Dragonfly Nail and Beauty Academy
Vichy House
264a Monkmoor Road
Shrewsbury
Shropshire
SY2 5ST

Satnavs do not find the exact building.

Please follow signs for Magnet Kitchens. Once you are in the car park look for the tall building with green window frames. Parking is free.

Pre-Course Phone Line: 01743 354800
ONLY AVAILABLE 30 MINUTES BEFORE COURSES START
Please call this number if you need help finding us for your course



Dragonfly

nail and beauty academy

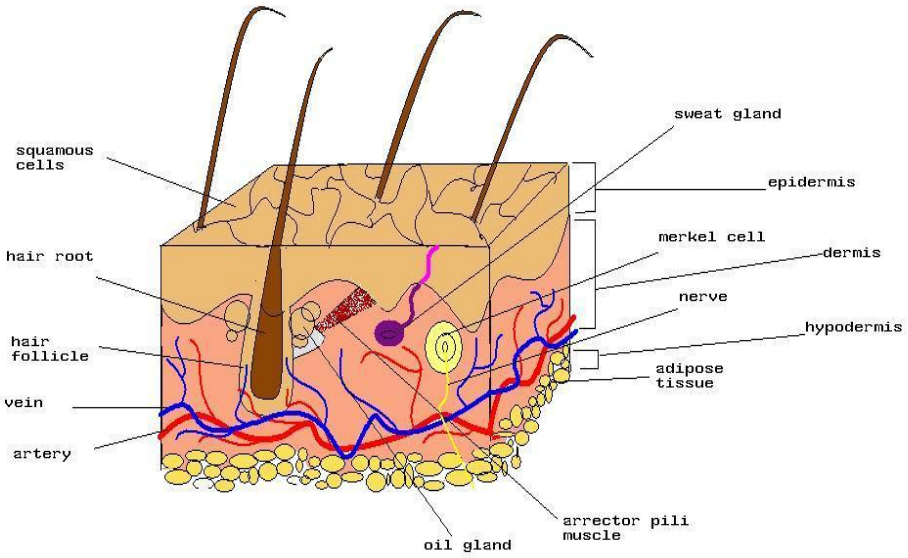
Anatomy and Physiology for Indian head massage

Please read before your course

The Structure of the Skin:

The skin is composed of the following layers:

1. Epidermis - superficial layer of stratified epithelium
2. Dermis or Corium – a lower layer of firmer connective tissue



Epidermis:

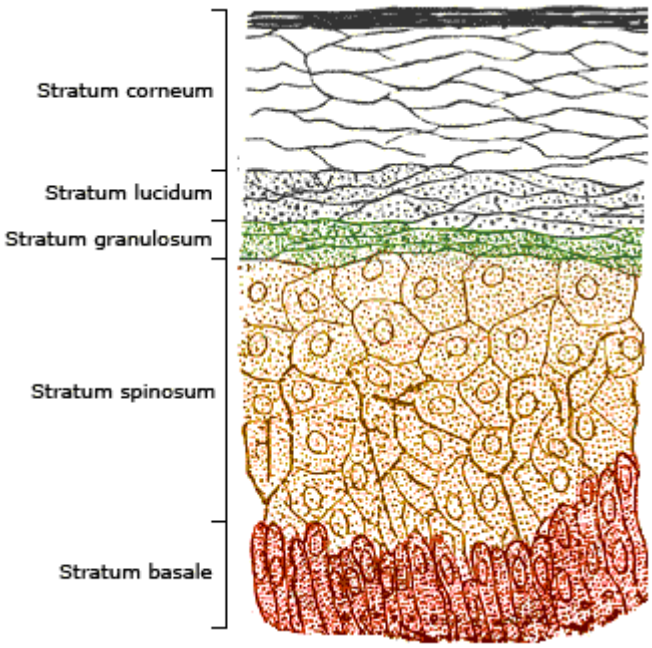
The Epidermis is subdivided in five layers which are called:

Stratum Corneum:

1. Stratum corneum - outer dead, horny layer
2. Stratum lucidum – cells made of clear protoplasm
3. Stratum granulosm- cells containing granules believed to be the initial stages of keratin formation

Living Stratum:

1. Stratum spinosm -prickle layer consisting of different shaped cells held together by short, thorn like processes
2. Stratum germinativum, basal layer composed of cylindrical cells which rectangular nuclei which reproduce quickly and continually replace the more superficial layers. Some cells are known as melanoblasts which do give some protection from UV light.



STRATA OF THE EPIDERMIS

Hair shafts and ducts for sweat glands pass through all the layers of the epidermis. The epidermis provides a continual process of cell renewal. New plump cells flatten and break down as the move up to the surface where they are shed. This process is known as "Keratinisation" which is due to the presence of the protein "Keratin".

Dermis:

The Dermis comprises white fibrous tissue with yellow elastic fibres interlaced through. It is made up of blood vessels, lymphatics, nerves, tactile corpuscles and hair follicles. There are two layers - the "Papillary Layer" and under that the "Reticular Layer".

There are six functions of the skin, which are:

1. Sensitivity
2. Absorption
3. Protection
4. Elimination
5. Heat Regulation
6. Secretion

1. Sensitivity:
The skin contains nerve ending which act as a warning system in regard to heat, cold, pain, pressure, etc.

2. Absorption:
The hair follicles, the sebaceous gland opening, and the skin are able to absorb, penetration can be affected by the health and condition of the skin.

3. Protection:
The stratum corneum protects the body against its environment. The structure, rate of replacement and physical repair properties of the outer layer protect against bacterial invasion and minor injury. The skin is waterproof and contains body fluid whilst preventing. Entry of large quantities of fluid through the epidermis.

4. Elimination:
Sweat is eliminated from the skin to aid heat regulation.

5. Heat Regulation:
Through dilation of superficial blood capillaries, surface heat is lost and body temperature reduced. This, together with perspiration, which cools on the skin's surface, reduces discomfort. To retain heat, blood vessels constrict which slows the blood", giving it a blue appearance due to the loss of oxygen. Erector pili muscles can cause upstanding hair to trap air close to the surface to keep heat in.

6. Secretion:
Sebaceous secretion (sebum) and perspiration help to keep the skin supple and intact. They have a bacterial and fungicidal effect.

Anatomy & Physiology of the skin:

The skin is the most active organ of the body. It contains sensory nerve endings and is the main excretory organ. The skin also helps to regulate body temperature and protects inner organs from injury and attack by micro-organisms.

The skin varies in colour due to age, race inherited factors and external factors such as climate. The skin can vary in thickness depending upon where it is on the body, i.e., eye and lip skin is very thin whereas hand and foot skin is thicker. The thickness of the skin can affects it's colour, for example thin skin will look more pink as the blood in subcutaneous tissue will show through, whereas thicker skin, such as on the soles of the feet, tends to look yellow.

There are also medical reasons for skin colour to change such as with rashes where the skin will be more red, heart or lung conditions: which will turn the skin blue, or jaundice which will yellow the skin.

With age and sun damage the skin will lose some of it's elasticity due to lack of collagen, at which time wrinkles will appear. The skin secretes an oily substance known as 'Sebum' which will help to maintain the skin's suppleness, although there are no sebaceous glands on the palms of the hand or soles of the feet.

The skin also secretes sweat which is usually the result of temperature changes - this is known as insensible perspiration, but can be due to fear or nervousness which is known as sensible perspiration. This last form is produced by apocrine sweat glands.

Hair grows over most of the body but is generally very fine (lanugo hair). Arector pili muscles connected to hair follicles contract under stimulus causing hairs to stand on end.

The Circulatory System:

A massage will increase the blood circulation which will cause the skin temperature to rise and increased colour to be present; this increase in colour is known as Erythema.

The vein's function is simply to collect; it returns the de-oxygenated blood from the capillaries to the heart

The main function of the circulatory system is to transport food and oxygen to all of the cells in the body. It also plays a large part in maintaining the body's hydric balance and metabolism, and it also provides a vital defence against infection.

All of these functions' occur via the network of arteries, veins and small capillary vessels.

All arteries, except the pulmonary artery and it's branches, carry oxygenated blood from the heart, or serve as distributors carrying the blood to the capillaries. The capillaries allow the exchange of tissue fluids to occur and essential nutrients to reach the cells of the body. Their walls are made up of a single layer of endothelial cells which allow water, minerals, oxygen, glucose, vitamins, glycerol, amino acids and other substances to pass through to the cells of the body. Similarly, it allows waste to be carried away through the capillary network.

The heart acts as a pump, keeping the blood moving to meet our physical demands.

The circulatory system works to keep the capillaries supplied with the required amount of blood for its needs.

Functions of the Blood:

1. The blood carries oxygen to the cells
2. Blood transports hormones
3. Blood carries nutrients
4. Blood removes waste products
5. Aids regulation of body temperature
6. Carries white cells and antibodies to fight infection
7. Has a clotting mechanism to protect the body

Lymphatic System

The lymphatic system and circulatory system together form the vascular system. When the blood circulates through the capillaries, fluid passes through the thin walls which in turn pass into the tissues thus covering the various individual cells with the required nutrients.

The cells' waste products are absorbed by acid, most of which is collected by the vessels forming the lymphatic system. These vessels contain lymph which is a straw coloured fluid similar to blood plasma.
Lymph contains absorbed fats, urea, glucose, sugar, salts, lymphocytes and some plasma protein.

Lymphatic capillaries appear in tissue spaces which, in close relation with the blood, come together to form lymph vessels, these vessels run in both subcutaneous issue and the deeper tissues of the body.

Lymph nodes occur at intervals in the lymphatic system. These are small oval items which are the place where lymphocytes are formed, and they further act as filters.

Lymph is transported by pressure on skeletal muscles and small valves in said vessels. It enters the venous system slowly as the Lymph is not pumped by any muscle like the heart. The flow of Lymph can be stimulated by pressures from massage.

Functions of the Lymphatic System:

1. Returns fluid and proteins from tissues to the blood.
2. Transports lymphocytes from lymph nodes to the circulation
3. Carries fatty foods from the intestines to the circulation
4. Filters and destroys micro organisms to prevent the spread of infection
5. Produces antibodies to prevent subsequent infection.

The Nervous System:

There are two main parts within the Nervous System they are:

a) The Central Nervous System - which controls the 5senses, sight, smell, touch, taste and hearing, and voluntary muscle (actions such as talking, walking, etc.
b) The Autonomic Nervous System - which controls involuntary bodily functions, internal organs and blood vessels, and includes the parasympathetic and sympathetic systems.

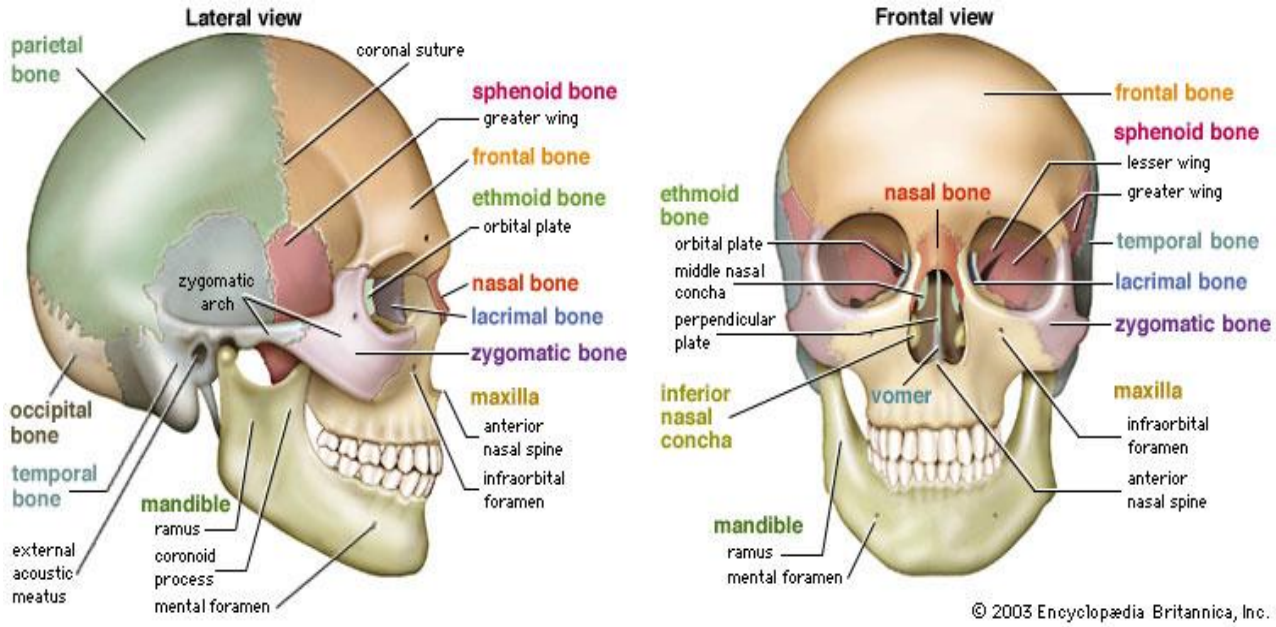
It is essential to maintain a good level of nerve energy which can be obtained from proper nutrition, good exercise, relaxation and oxygen. Nerve fatigue will display symptoms of weariness, irritability dull eyes and poor complexion, this can be overcome by stimulating the nervous systems by use of chemicals, massage, light rays and heat.

Bones of the Head and Face:

The box like cavity that contains and protects the brain is usually referred to J as the cranium, and is made up of 8 bones. The face is made up of 7 bones and there are a further 7 internal bones which are deeply situation and do not affect the contour of the face.

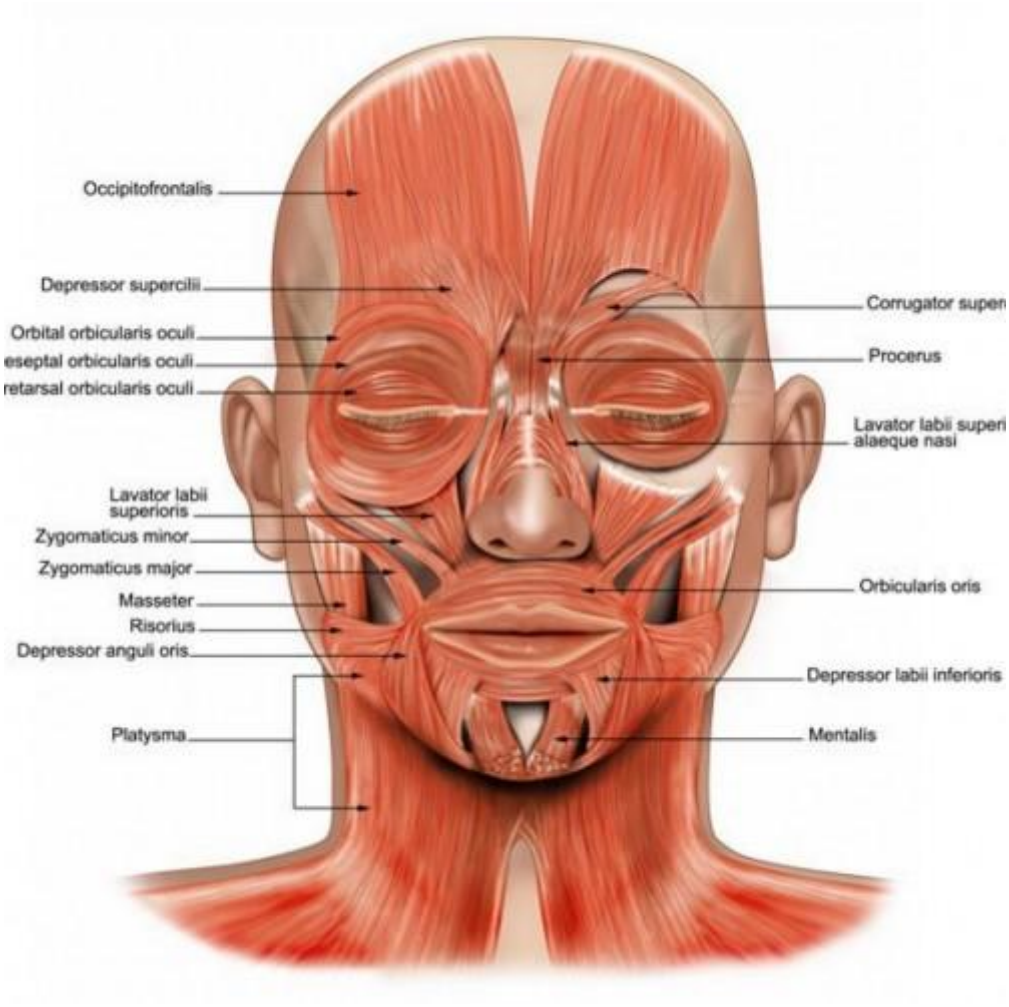
All the bones are fixed in position with the exception of the mandible.

Bones of the Cranium, Bones of the Face:



Muscles of the Head and Shoulder Girdle:

Muscles are what give each face its characteristic shape. They vary in strength and shape, consisting of only a few pale muscle bands in same people, and solid muscle plates in others.



Muscles of Facial Expression & Mastication

Elevates and lowers mandible. Its origin is in the cheek bone and its insertion, attached to the mandible.

1. Muscles of Mastication:

Masseter: Elevates mandible, closes mouth and aids mastication. It is a fan shaped muscle, running from the temporal bone to the mandible.

Temporalis
Elevates mandible, closes mouth and aids mastication. It is a fan shaped muscle, running from the temporal bone to the mandible.

Medial and Lateral Pterygoid:
Aids, the masseter in elevating and protruding the mandible and permits side to side grinding motion to assist mastication. It is a wing shaped muscle.

2. Muscles of Facial Expression:

Orbicularis Oculi: It is a sphincter muscle surrounding the eye socket. It is connected with the wrinkling of the skin around the eyes, the opening and closing of the eyelid and involuntary blinking.

Corrugator: A small, narrow muscle which follows the eyebrow line. It is used to wrinkle the forehead (frowning) and to raise the brows.

Procerus: It covers and wrinkles the bridge of the nose and draws the brows down.

Nasalis: Consists of two small muscles around the nostrils; the dilator naris, which dilates the nostril, and the compressor naris which narrows the nostril. This muscle draws down the tip of the nose.

Depressor Septi:
This muscle draws down the tip of the nose.

Buccinator: Located at the side of the face between the upper and lower jaw. It keeps the cheek stretched during opening and closing of the mouth, thus preventing injury by the teeth.

Quadratus Labii Superioris: Consists of 3strips on the upper lip. Its function is to raise and draw back the upper lip and to elevate the nostrils as in an expression of distaste.

Quadrats Labii Interiors: It surrounds the lower part of the lip and draws the lower lip down.

Orbicularis Oris:
A sphincter muscle which surrounds the lips in a broad band. Used in lip movements such as whistling and kissing. .

Carlinus: It originates in the maxilla and raises the angle of the mouth, as in snarling.

Risrius:
It extends from the masseter muscle to the angle of the mouth. It draws the corner of them mouth out and back, as in grinning.

Zygomaticus: Extends from the zygomatic bone to the angle of the mouth and draws the angle of the mouth backwards and upwards, as in laughing.

Triangularis:
It is a triangular plate converging at the corner of the mouth. It extends along the side of the chin and draws down the corner of the mouth.

Mentalis:
It is a triangular plate converging at the corner of the mouth. It extends along the side of the chin and draws down the corner of the mouth.
This is the chin muscle; it elevates the skin of the chin and turns the lower lip outwards.

Muscles of the Scalp:

Occioito frontalis:
This is formed by the occipitalis which is the posterior part and draws the scalp backwards and the frontalis at the front which raises the eyebrows, draws the scalp forwards and wrinkles the forehead.

Muscles of the Head and Shoulder Girdle:

Platvsma:
A Broad muscle originating from the chest and shoulder muscles and inserting into the muscles at the side of the chin. It depresses the lower lip and jaw an in an expression of sadness.

Sterno-Cleido Mastoid:
It extends from the collar and chest bones to the temporal bone. It draws the head towards the shoulder, either from side to side or forwards, as in nodding.

Trapezius:
A three cornered muscle which covers the back of the neck and upper back. It draws the head backwards or to one side and rotates and steadies the scapula (shoulder blade).