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Unit Overview & Description

This unit will provide students information about types of scalp massage, massage manipulations, benefits of scalp massage, procedure of scalp massage and contra-indications of massage

Duration: Total Hours: 10 (Theory: 5 hrs Practical 5 hrs)

Knowledge & Skill:

1. Defining scalp massage
2. Type of scalp massage
3. Different massage strokes
4. Benefits of scalp massage on different systems of body

Resource materials

1. Beauty Therapy: The Foundation Level II, 2e by Lorraine Nordmann
2. Professional Beauty Therapy Level III, 2e by Lorraine Nordmann
3. Milady's Standard Cosmetology, ISBN:978-1-5625-3880-2
4. Reagents/ Prentice-Hall Textbook of Cosmetology by Mary Healy

Learning Outcomes:Unit 5: Scalp Massage

Unit	Scalp Massage	Outcomes
5.0	Scalp Massage and Its Types	<ul style="list-style-type: none"> Understand introduction and history of massage Define scalp massage
5.1	Massage Manipulations	<ul style="list-style-type: none"> List the Types of scalp massage movements
5.2	Benefits of Scalp Massage	<ul style="list-style-type: none"> List the benefits of scalp massage on different systems of body
5.3	Preparation of Scalp Massage	<ul style="list-style-type: none"> Identify the tools, equipments and supplies used for scalp massage
5.4	Procedure of Scalp Massage & its contraindications	<ul style="list-style-type: none"> Identify the tools, equipments and supplies used for scalp massage

Assessment Plan (For the Teachers)

Unit	Topic	Assessment Method	Time Plan	Remarks
5.0	Scalp Massage and Its Types	Exercise: Question & Answer Audio Visual Aids		
5.1	Massage Manipulation	Exercise: Question & Answer Audio Visual Aids; Practical Demonstration by the learner		
5.2	Benefits of Scalp Massage	Exercise: Question & Answer Audio Visual Aids		
5.3	Preparation of Scalp Massage	Exercise: Question & Answer Audio Visual Aids Practical Demonstration by the learner		
5.4	Procedure of Scalp Massage & its contraindications	Exercise: Question & Answer Audio Visual Aids Practical Demonstration by the learner		

5.0 SCALP MASSAGE AND ITS TYPES

MASSAGE

Massage is the manipulating of external and inner layers of muscle and connective tissue using a range of procedure, to improve function, assist in the healing process, and encourage relaxation and well-being. The word comes from the French massage "friction of kneading", or from Arabic massa meaning "to touch, feel or handle" or from Latin massa meaning "mass, dough".

Massage can have mechanical, neurological, psychological, and reflexive effects. Massage can be used to reduce pain or adhesions, promote sedation, mobilize fluids and increase muscular relaxation. Massage easily can be a preliminary treatment to manipulation; however, it clearly targets the health of soft tissues, while manipulation largely targets joint segments.

Massage involves working and acting on the body with pressure: structured, unstructured, stationary or moving tension, motion or vibration, done manually or with mechanical aids. Target tissues may include muscles, tendons, ligaments, fascia, skin, joints, or other connective tissue, as well as lymphatic vessels, or organs of the gastrointestinal system. Massage can be applied with the hands, fingers, elbows, knees, forearm, and feet.

Types of Scalp Massage

There are different massage techniques. Each technique is uniquely designed to achieve a specific goal. The most common types include:

Aromatherapy massage: Essential oils from plants are massaged into the skin to enhance the healing and relaxing effects of massage. Essential oils are believed to have a powerful effect on mood by stimulating two structures deep in the brain known to store emotions and memory.

Lymphatic massage: Light, rhythmic strokes are used to improve the flow of lymph (colorless fluid that helps fight infection and disease) throughout the body. One of the most popular forms of lymphatic massage, manual lymphatic drainage (MLD), focuses on draining excess lymph.

On site/chair massage: On site massage therapists use a portable chair to deliver brief, upper body massages to fully clothed people in offices and other public places.

Reflexology: Specialized thumb and finger techniques are applied to the hands and feet. Reflexologists believe that these areas contain "reflex points," or direct connections to specific organs and structures, throughout the body.

Rolfing: Pressure is applied to the fascia (connective tissue) to stretch it, lengthen it, and make it more flexible. The goal of this technique is to realign the body so that it conserves energy, releases tension, and functions better.

Shiatsu: Gentle finger and hand pressure are applied to specific points on the body to relieve pain and enhance the flow of energy (known as qi) through the body's energy pathways (called meridians).

Swedish massage: A variety of strokes and pressure techniques are used to enhance the flow of blood to the heart, remove waste products from the tissues, stretch ligaments and tendons, and ease physical and emotional tension.

Trigger point massage: Pressure is applied to "trigger points" (tender areas where the muscles have been damaged) to alleviate muscle spasms and pain.

Integrative touch: A gentle form of massage therapy that uses gentle, noncirculatory techniques. It is designed to meet the needs of patients who are hospitalized or in hospice care.

Compassionate touch: Combines one on one focused attention, intentional touch, and sensitive massage with communication to enhance the quality of life for elderly ill patients.

Scalp Massage: Helps in maintaining a healthy strong scalp and hair. As it brings extra blood to the tissues, which helps the hair follicle to receive enough oxygen and nutrients. From weary follicle hair is more likely to fall out.

A good scalp massage routine will improve circulation and helps to fight split ends. It helps to nourish your scalp by increasing oxygen rich blood flow to the top of the scalp. Don't use scalp massage just after you have eaten meals as blood is helping the digestion, which should not to be disturbed. Best time for scalp massage is before shampooing.

Risks factors associated with massage

In general, massage is considered relatively safe. Pain or other rare negative side effects are generally caused by an extremely vigorous massage technique.

Women should be very cautious about receiving massages during pregnancy. If you are pregnant, be sure to find a therapist specifically trained to perform massages on pregnant women.

Massage is a useful technique to help regulate blood sugar. If you have diabetes you should check your blood sugar after receiving a massage because it may be too low. Plus, if you have diabetes and you are receiving massage on a regular basis, you should check your blood sugar frequently to evaluate changes over the period of time.

People with these conditions should avoid massage:

- Heart failure
- Kidney failure
- Infection of the superficial veins (called phlebitis) or soft tissue (called cellulitis) in the legs or elsewhere
- Blood clots in the legs
- Bleeding disorders
- Contagious skin conditions

If you have cancer, check with your doctor before considering massage because massage can damage tissue that is fragile from chemotherapy or radiation treatments. People with rheumatoid arthritis, goiter (a thyroid disorder characterized by an enlarged thyroid), eczema, and other skin lesions should not receive massage therapy during flare ups. Experts also advise that people with osteoporosis, high fever, few platelets or white blood cells, and mental impairment, as well as those recovering from surgery, should avoid massage and check with doctor.

Tell your massage therapist about any medications you are taking, as massage may influence absorption or activity of both oral and topical medications.

Review Questions:

- a. The word massage comes from the Arabic word _____
- b. Essential oils are used while doing _____ massage.
- c. Lymphatic massage is used to improve the flow of _____ in the body.
- d. _____ massage helps to maintain healthy strong scalp and hair.

5.1 MASSAGE MANIPULATIONS

Scalp needs workout for better blood circulation just as the body. A good scalp massage helps the nutrients in the blood to reach the scalp. A well performed massage can leave a soothing tingling feeling on entire scalp even after minutes a removing the fingers from the scalp.

Scalp massage helps the scalp to remain clean and clog free and it also calm the muscle tension around the head.



Massage Manipulations

Scalp massage techniques were used as therapeutic practice, as a part of Ayurveda in India, for about 5,000 years. It includes massage on face, neck back and shoulders. Massage therapists use their fingers tips as tools of massage to rub the scalp, sides of head, forehead, hair line neck shoulders and spine.

Scalp massages rapid manipulations are done with the help of finger tips and palm of the hands. Massage can also be done with the electric massage vibrator.

Different Massage Strokes

1. Effleurage : This is the most common stroke used in massage by gently slide the hands over the skin. These strokes are mainly pointed towards the heart. It is generally used as the beginning of the massage session as well as the end of treatment as a 'gentle wind down'. It increases the blood flow to skin and muscles.



Figure : Effleurage Scalp Strokes

In this approach, the practitioner's hands glide across the skin overlying the skeletal muscle being treated

- Oil is incorporated to reduce friction; hand-to-skin contact is maintained throughout the massage strokes
- Effleurage can be superficial or deep.

- Light strokes energize cutaneous receptors and act by neuroreflexive or vascular reflexive mechanisms, whereas deep stroke techniques mechanically mobilize fluids in the deeper soft-tissue structures
- Deep stroking massage is performed in the direction of venous or lymphatic flow, whereas light stroking can be in any direction desired
- Effleurage may be used to gain initial relaxation and patient confidence, occasionally to diagnose muscle spasm and tightness, and to provide contact of the practitioner's hands from one area of the scalp to another
- The main mechanical effect of effleurage is to apply sequential pressure over contiguous soft tissues so that fluid is displaced ahead of the hands as tissue compression is accomplished.

2. Petrissage : The technique of massage aids in the reduction of stress and it helps to stimulate blood flow to the scalp. In this massage movement scalp is rolled, rubbed and kneaded in circular motions by the hands. According to the client's preference and the comfort these motions can be applied lightly or heavily.



Figure : Petrissage Scalp Strokes

Petrissage involves compression of underlying skin and muscle between the fingers and thumb of one hand or between the two hands

- Tissue is squeezed gently as the hands move in a circular motion perpendicular to the direction of compression.
- The main mechanical effects are compression and subsequent release of soft tissues, reactive blood flow, and neuroreflexive response to flow.

3. Tapotoment : This word is derived from French word 'Tapoter' means to 'tap' or to 'pat'. This massage is also called as percussion. It is used particularly on heavy muscles and treated as warm up massage. It is also an important part of 'Swedish massage'.

To make it comfortable try to perform the blows at equal strengths and intervals. Too heavy blows can be uncomfortable. It is best performed on the areas don't have the bones or sensitive spots. Tapotoment movement includes hacking, cutting, plucking, pounding, pummeling and tapping. These movements are generally performed for short sequences over specific parts of the body. They should not be continued for too long in one area because they can be over stimulating the skin, muscles and nerves of that area. The main benefit of this massage is stimulating the skin or muscle reflexes.

4. Friction : Friction is the stroke which aimed the muscles. This technique can increase the circulation by breaking up the knots of the muscles. Friction movement can be performed by palms, kuckles, fingertips and thumbs. Friction is of two types (i) Circular friction and (ii) Transverse friction.

(i) Circular friction is applied using the tips of the fingers or thumbs using pressure. The depth of pressure may be increased gradually.



(ii) Transverse Friction : This is performed by the tips of only one or two digits, as the tip of thumb and finger tip of index finger. This movement is focused on a very small area of the body.

5. Vibration : In this technique tissues are pressed and released in an 'up' & 'down' movement. It just look like a trembling or shaking movement. It can be performed with the fingertips of one or both the hands or applied using the palms surface. It is applied only when it is appropriate, not so common among massagers. It is most beneficial for loosening the scar tissues, for soothing irritation nerves, for relaxing muscles in the forearms and to stimulate the activities of the glands and to increase the circulation of the blood. Vibration movement helps to cure all disorder of the scalp and makes hair and scalp soft and supple. It provides shine and necessary nutrition to the scalp & hair. Vibration movements also help to cure baldness.

Review Questions:

True or False

- Tapotment is also called percussion movement. (T/F)
- Effleurage is the most gentle movement. (T/F)
- Vibration should not be used in scalp massage. (T/F)
- Petrissage movement helps in reducing stress and improves circulation of blood.

5.2 BENEFITS OF SCALP MASSAGE

- Scalp massage **lubricate and conditions** the scalp to prevent flakes and dry scalp.
- It helps to **increase the blood circulation** in the head & neck area.
- Scalp massage helps to **relax the scalp** and increase suppleness
- It helps to **strengthen the roots** of the hair and nourishes the hair shaft, promoting new hair growth and strengthen the current hairs of the scalp.

- It helps to make **hair more manageable** by helping them to soften & conditioned.
- Scalp massage helps to **spread natural oil evenly**.
- Scalp massage helps to protect hairs from the **damaging effects of the sun and harsh weather**.
- Scalp massage helps to **promote emotional balance** by relaxing nervous system and mind.
- It is **rejuvenating** for dry and damaged hairs and prevent excessive brittleness and split ends.
- Scalp massage helps to **relax the muscles** in the neck area.
- Scalp massage can help to **promote sound sleep** during the night.
- Scalp massage is helpful to **prevent some common disorders** like premature graying, thinning of hairs & dandruff etc.
- Regular massaging can help **protect hair from environmental toxins** and other weather conditions.
- Scalp massage may **alleviate chronic insomnia** and helps to provide restful sleep.
- A perfect scalp massage helps to **provide a glow** to the complexion of the face.
- Scalp massage helps **your eyes to relax** and minimize eye strain.
- Scalp massage helps to **awaken creativity centers** in your brain for more enlightened ideas processing or long term meditation.
- Researches show that production of some **chemicals like endorphins** and **serotonin** is increased with the help of scalp massage. These chemicals are responsible to keep the human mind in good condition and mood, reduces stress and increase relaxation.

Review Questions:

True or False

- Dry scalp does not get lubricated after scalp massage.
- It increases blood circulation.
- Scalp massage does not promote new hair growth.
- It helps to make hair manageable.
- It does not relax the muscles and neck area.

5.3 PREPARATION FOR SCALPMASSAGE

Materials, Supplies and Equipments:

- Use clean equipments
- Appropriate sterilizations (barbicide, autoclave, UV, sterilizing spray)
- Oil
- Cotton wool ball small
- Small steamer
- Heat lamp
- Hood hair dryer
- Neck cape
- Bowl and brush
- Section clips

- Vibro massager
- UV lamp
- Towels
- Infrared lamp
- High frequency Apparatus
- Scalp Steamer

Regular scalp massage will help to nourish your scalp by increasing oxygen rich blood flow to the top of your scalp.

Preparation of the Client and Work area

- Remove contamination from the surface
- Protect client's outer clothing against damage
- Client should be relaxed and comfortable
- Remove jewelry from neck, ear and hair
- Drape the client using towel and neck cape

Consultation Techniques : Select appropriate consultation technique as per the requirement of the client:

- Questioning
- Clients expectations
- Analysis
- Hair tests
- Touch
- Feel
- Look at scalp visual aids

Medical Contra Indication to Scalp Massage

- High/low Blood pressure
- Epilepsy
- Diabetes
- On medication
- Fracture sprain
- Cuts
- Open wounds
- Recent operation
- Hemorrhage
- Head injury
- Thrombosis
- Heart problem
- Asthmatic condition
- Allergies

Review Questions:

- Name two electrical equipment's which can be used during scalp massage treatment.
- Name three appropriate consultation techniques.
- Name three medical contra-indications of massage.
- List the material and supplies used for scalp massage.

5.4 PROCEDURE OF SCALP MASSAGE**When to recommend scalp massage treatment:**

- To keep the scalp clean and healthy
- To promote the growth of hair
- To prevent excessive loss of hair

- Wash your hands
- Prepare the client by draping the patron with big towel and neck cape
- Comb out tangles from the hair
- Apply oil on the scalp (apply pre-warmed oil if required)
- Give massage manipulations:

Step I: Place the fingertips of both hands at the hairline of both sides of the patron's head, hands pointing upwards

Movement: Slide the fingers formally upwards, spreading the fingertips. Continue until the fingers meet at the centre or top of the scalp. This movement would be in rotating form. Continue for 3-5 times. This movement will start from the hairline near upper part of ear.

Step II: Place the finger of each hand on the sides of the head behind the ears. Use the thumb to massage back of the head.

Movement: Move the fingers until both thumbs meet at the hairline at the back of the neck. Rotate the thumbs upwards towards the crown

Step III: Place the left hand at the back of the head and right hand on the front hairline.

Movement: Apply pressure with hands; twist the scalp by moving hands in opposite directions. Repeat 3-5 times. Apply same at the nape of the neck (Hollow Part)

Step IV: Place hands on each side of Patron's head at the front hairline movement.

Movement: Rotate the fingertips 3-5 times. Apply a quick, upward twist firm enough to move the scalp. Continue this movement on the sides and top of the scalp. Repeat 3-5 times.

- After completing the massage movements, give hot towel treatment to the client or use scalp steamer.
- Shampoo and condition the hair and style as per client's requirements.
- Clean and sterilize the work area.

Massage and its influence on the Scalp

S. No.	Muscles	Nerves	Arteries
1.	Auricularis	Posterior Auricular	Frontal/Parietal
2.	Frontalis	Supra-Orbital	Frontal
3.	Occipitalis	Greater Occipital	Occipital
4.	Frontalis	Supra-Orbital	Frontal/Parietal

Special Note: No scalp treatment to be given in the presence of scalp diseases. If the patron has any abnormal scalp condition, it is safest and best to refer her to trichologist.

Use of Vibrator

After manual massage, vibrator is an effective mechanical aid in giving a stimulating a scalp massage and repeat circular and straight movements as for regular hand scalp massage. Be careful to regulate the intensity and duration of vibration as well as the pressure applied.

Scalp Steam : A scalp steam is applied to stimulate the blood supply going to and from the scalp. Steaming towels are used in the absence of scalp steamer.

Method for using Steaming Towels : Use two towels, one at a time by soaking the towel in hot water. The excess water is wrung out and the steaming towel is wrapped around the patron's head. As the towel cools, another one is applied at its place.

Benefits of Scalp massage:

- Scalp massage helps to achieve relaxing effects.
- The blood and lymph flow are increased
- Nerves are soothed and are restful
- Promotes stimulation of scalp muscles
- Scalp is made more flexible
- Hair growth increased and hair look lustrous

CONTRAINDICATIONS OF MASSAGE

Massage is contraindicated when it could cause worsening of a–

- Particular condition
- Unwanted tissue destruction
- Spread of disease
- Malignancy, thrombosis, atherosclerotic plaques, and infected tissue could be spread by massage.
- Absolute contraindications to massage include DVT, because increased blood flow in a limb could cause a thrombus to detach from the vessel wall creating an embolism, acute infection, bleeding and a new open wound.
- Relative contraindications include
 1. Incompletely healed scar tissue
 2. Fragile skin
 3. Calcified soft tissue
 4. Skin grafts
 5. Atrophic skin
 6. Inflamed tissue

7. Malignancy
 8. Inflammatory muscle disease
 9. Pregnancy
- The physiatrist should be aware that massage must be used very carefully in chronic pain patients
 - The direct, hands-on nature of massage may potentiate strong psychophysical effects and may cause unintentional reliance on passive treatment modalities.
 - In all patients, it is necessary to establish treatment end points at the beginning of the treatment period and to terminate treatment when those end points have been achieved.

Review Questions:

- a. List 5 benefits of scalp massage.
- b. List 05 precautions while doing scalp massage.
- c. List the 05 basic massage manipulations.

SUMMARY

Scalp massage is the manipulation of external and inner layer of muscle and tissues. There are different massage techniques each technique is uniquely designed with different massage manipulations to achieve a specific goal. Scalp massage helps in maintaining a healthy, strong scalp and hair. All the systems of human body are benefitted with the help of scalp massage. For best results and benefits it is recommended to perform the scalp massage before shampooing. One should avoid scalp massage in the following conditions, like acute infection of skin, skin grafting, fragile skin, incompletely healed scar tissues, malignancy, and pregnancy.

EXERCISE QUESTIONS

Theory Questions:

1. Define scalp massage with its types?
2. Write in detail about the effects of scalp massage on different systems of the body?
3. Write notes on the following?
 - Medical contra-indications of scalp massage
 - Benefits of massage manipulations

Practical Questions

1. Demonstrate massage manipulations?
2. Demonstrate the scalp massage procedure?
3. Demonstrate the trolley setting for dry scalp treatment?