

Spa Bodywork Fundamentals Home Study Course

18 CE Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. This course is not meant to teach advanced hands-on massage or spa techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to massage therapy.

Instructions for the Spa Bodywork Fundamentals Home Study Course

Thank you for investing in the Spa Bodywork Fundamentals home study course, an 18 CE hour course designed to further your knowledge in the principles and practices of spa bodywork for massage therapists. The following will give instructions on what you will need to do to complete this course. This is an 18 CE hour course, so that means it should take you approximately 18 hours to complete this course in its entirety.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the online textbook, online videos, and exam. The online textbook is found in files marked with 2,3,4, Etc. in your online account.**
- 2. Access the online resources/video clips by going to:**
<https://thepoint.lww.com/gateway>. Click on “return user” on the right side.
 - a. Enter the username: info@massagetherapyceu.com and the password: Cevideo@1**
 - b. Once logged in click on “Spa Bodywork: A Guide for Massage Therapists, Second Edition”. The videos can be found under the student resources tab.**
- 3. Access the online examination by logging in to your account at**
www.massagetherapyceu.com.
- 4. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the test. This course uses the textbook *Spa Bodywork: A Guide for Massage Therapists*, by Anne Williams. Feel free to review the text while completing the exam. There are no trick questions on the exam. All of the answers are clearly found in the text.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or info@massagetherapyceu.com. Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Spa Bodywork Fundamentals home study course.

Spa Bodywork Fundamentals Exam

Chapter 1 – Spa Foundations

1. The spa profession employs a variety of professionals that may include:
 - A. Chiropractors, dermatologists, cosmetic surgeons, and naturopathic doctors
 - B. Massage therapists, estheticians, counselors, and dietitians
 - C. Life coaches, yoga instructors, cosmetologists, and fitness trainers
 - D. All of the above

2. What is the definition of spa treatment?
 - A. A procedure that removes dead skin cells from the surface of the skin, stimulates lymph circulation, and increases muscle tone when used with manual friction
 - B. A general term for a wide range of spa treatment methods or techniques used by various professionals in different settings to support health and wellness
 - C. A general term for a treatment that uses water, specialized products, and various techniques to bring about relaxation, address a specific pathology, and/or support overall health and wellness
 - D. An Islamic bath characterized by a vaulted ceiling and a raised, heated marble platform called a *hararat*, which is used for massage or exfoliation

3. All of the following are basic spa categories EXCEPT:
 - A. Resort spas
 - B. Medical spas
 - C. American spas
 - D. Day spas

Chapter 2 – Spa Equipment and Products

4. What is a bolster?
 - A. A pillow or cushion used to support the client's body for complete relaxation while on the table
 - B. A stepping stool for clients to use when getting on and off the table
 - C. An extender which provides a resting place for the arms in both the prone and supine positions
 - D. A feature on a massage table that allows the therapist to place the client in a sitting position

5. All of the following can be used as body wrap materials EXCEPT:
 - A. Heavy wool blankets
 - B. Electric blanket
 - C. Wrap sheets
 - D. Thermal "space" blanket

6. Which of the following is an example of something that would be placed in a wet room?
 - A. Massage table
 - B. Hot towel heating units
 - C. Spa clothing
 - D. Shower

7. What is the main difference between a toner and an astringent?
 - A. A toner usually contains alcohol and an astringent does not
 - B. An astringent usually contains alcohol and a toner does not
 - C. A toner usually contains bleach and an astringent does not
 - D. An astringent usually contains bleach and a toner does not

8. What is color psychology?
 - A. A field of study that evaluates the effect of color on human behavior
 - B. A field of study that evaluates the effect of the environment on human behavior
 - C. A field of study that evaluates the effect of scent on human behavior
 - D. A field of study that evaluates the effect of lighting on human behavior

9. The color blue can be associated with:
 - A. Youth
 - B. Elegance
 - C. Loyalty
 - D. Energy

Chapter 3 – Client and Therapist Safety

10. What are boundaries?
 - A. Conscious and subconscious imaginary lines that mark the limits of an individual's personal space or territory
 - B. A document or creed that states a professional group's ethical principles and the values by which the group abides
 - C. A protocol used in health care settings that reduces the risk that health care workers will be exposed to bloodborne pathogens
 - D. A type of cleaning agent that is generally appropriate for use in a spa setting so long as no blood or body fluid is present

11. All of the following are outside the scope of practice of a massage therapist EXCEPT:
 - A. Diagnosing
 - B. Prescribing
 - C. Adjusting soft tissue
 - D. Counseling

12. Which of the following is a “vector” when referring to how pathogens can be transmitted via vector transmission?
- A. Air
 - B. Food
 - C. Flies
 - D. Liquid
13. How long should hands be washed using friction and lather to lift contaminants off the skin’s surface?
- A. 15 seconds
 - B. 30 seconds
 - C. 45 seconds
 - D. 60 seconds
14. What is the purpose of universal precautions?
- A. To ensure that health care workers protect themselves from bloodborne diseases transmitted through broken skin, mucous membranes, or contact with blood and body fluid
 - B. To ensure that health care workers protect clients from bloodborne diseases transmitted through broken skin, mucous membranes, or contact with blood and body fluid
 - C. To ensure that clients protect themselves from bloodborne diseases transmitted through broken skin, mucous membranes, or contact with blood and body fluid
 - D. To ensure that clients protect their health care team from bloodborne diseases transmitted through broken skin, mucous membranes, or contact with blood and body fluid
15. Which of the following is the proper cleaning solution to clean hard surfaces contaminated with blood or body fluid?
- A. Five parts bleach to five parts water (50% bleach solution)
 - B. Four parts bleach to six parts water (40% bleach solution)
 - C. Two parts bleach to eight parts water (20% bleach solution)
 - D. One part bleach to nine parts water (10% bleach solution)
16. According to the contraindications chart, spa treatments are _____ for clients with chronic inflammation?
- A. Indicated/safe
 - B. Contraindicated
 - C. Site contraindicated
 - D. A precaution

17. All of the following are common conditions you might encounter as a professional spa therapist that require caution EXCEPT:
- A. Hypertension
 - B. Skin conditions such as acne
 - C. Neuropathy
 - D. Allergies

Chapter 4 – Your Spa Massage

18. The public seeks wellness massage for all the following reasons EXCEPT:
- A. Decrease stress
 - B. Relieve a specific ailment or condition
 - C. Promote relaxation
 - D. Support the body's natural restorative mechanisms
19. The initial intake interview should take no longer than 10 minutes and should include:
- A. Review of the completed health history form
 - B. Asking the client to share about expectations for the session
 - C. Determining the treatment goals
 - D. All of the above
20. All of the following are appropriate opening and closing techniques of a massage session EXCEPT:
- A. Resting and holding strokes
 - B. Breathwork
 - C. Steam inhalations
 - D. Auditory cues
21. What are massage enhancers?
- A. Additional session elements or small complementary treatments that increase the client's enjoyment of the session
 - B. A cue, such as the ringing of a chime, used to signal the beginning and ending of the massage session
 - C. A breathing technique that promotes deep, relaxed breathing patterns
 - D. A series of strokes that are planned in advance, delivered to the body areas in a preset order, and practiced until they flow smoothly together
22. All of the following are techniques used in Swedish massage EXCEPT:
- A. Effleurage
 - B. Acupressure
 - C. Friction
 - D. Tapotement

23. Why is it important to ground and center yourself before a massage session?
- A. To help motivate yourself to perform the correct treatment sequence and massage routine
 - B. To help you remember where you left your bolsters and massage cream after the last session
 - C. To help calm your energy and focus your mind so that you are fully present during the session
 - D. To help clear your mind so you can focus on the rest of the day's activities, such as paying bills and running errands
24. Warm, soft, dry, open, and confident hands tell the client that:
- A. You are tense and listening to their needs
 - B. You are relaxed and self-assured and know what to do
 - C. You are anxious or doubtful about the session
 - D. You are comfortable and uncertain about what to do
25. How can you build good rhythm in massage?
- A. Think about the monotony of strokes and strive to keep them uneven in both depth and speed
 - B. Think about the uniformity of strokes and strive to keep them very light in both depth and speed
 - C. Think about the heaviness of strokes and strive to keep them deep in both depth and speed
 - D. Think about the regularity of strokes and strive to keep them even in both depth and speed

Chapter 5 – Foundation Skills for Spa Treatment Delivery

26. In a spa setting, _____ are useful for treatments in which the client is more exposed because of extensive spa product application.
- A. Robes
 - B. Towels
 - C. Disposable undergarments
 - D. Sheets
27. All of the following are basic spa application techniques EXCEPT:
- A. Application by foot
 - B. Application by hand
 - C. Application by brush
 - D. Application by mist
28. Which of the following is recommended to remove treatment product from the client's body in a dry room setting?
- A. Hot, moist towels
 - B. Hot, dry towels
 - C. Cool, moist towels
 - D. Cool, dry towels

29. A horizontal rod with holes or water heads that rain water down onto the client from above the wet table is an example of a:
- A. Handheld shower
 - B. Swiss shower
 - C. Vichy shower
 - D. All of the above

Chapter 6 – Water Therapies

30. What is hydrotherapy?
- A. The therapeutic application of cold temperatures
 - B. The use of water for health and wellness
 - C. The therapeutic application of warm temperatures
 - D. The use of massage for health and wellness
31. All of the following are benefits of using hydrotherapy applications EXCEPT:
- A. Increases clients' enjoyment of sessions
 - B. Offers soothing comfort
 - C. Ensures that clients do not get too warm
 - D. Provides a useful means of empowering clients to manage many conditions through self-care practices
32. Which of the following is an effect of contrasting temperatures?
- A. Vasoconstriction, causing a decrease in local circulation and tissue metabolism
 - B. Peripheral blood vessel dilation, increasing blood flow to the tissue
 - C. Soothing of the nervous system
 - D. A vascular flush in which tissues are pumped free of metabolic waste build up
33. Which of the following conditions are cold applications indicated for?
- A. Acute inflammation
 - B. Asthma
 - C. Raynaud's syndrome
 - D. Varicose veins
34. All of the following are examples of whole body baths EXCEPT:
- A. Oatmeal bath
 - B. Paraffin dip bath
 - C. Sea salt bath
 - D. Aromatherapy bath

Chapter 7 – Introduction to Aromatherapy

35. What are essential oils?
- A. Stable plant oils extracted from certain aromatic plants that have only physiological effects on the human body
 - B. Volatile plant oils extracted from certain aromatic plants that have only psychological effects on the human body
 - C. Volatile plant oils extracted from certain aromatic plants that have both physiological and psychological effects on the human body
 - D. Stable plant oils extracted from certain aromatic plants that have both physiological and psychological effects on the human body
36. The specialized structures storing essential oils can be found in all of the following EXCEPT:
- A. Leaves and/or needles
 - B. Seeds and/or nuts
 - C. Flowers and/or flower buds
 - D. Stems and/or roots
37. Which of the following is an example of inhalation of an essential oil?
- A. Fragrant foot soak
 - B. Aromatherapy massage
 - C. Spot application
 - D. Smell-scapes
38. All of the following oils have an analgesic effect EXCEPT:
- A. Yarrow
 - B. Eucalyptus
 - C. Lavender
 - D. Rosemary
39. All of the following oils have a sedative effect EXCEPT:
- A. Frankincense
 - B. Lemongrass
 - C. Myrrh
 - D. Peppermint
40. All of the following are examples of carrier products EXCEPT:
- A. Fixed oil
 - B. Massage cream
 - C. Clay
 - D. Vichy shower

41. An essential oil blend that aims to meet the needs of the body is called a:
- A. Physiological blend
 - B. Psychological blend
 - C. Spirit blend
 - D. Holistic blend
42. All of the following are common ways that essential oils can be used in a spa EXCEPT:
- A. Inhalations
 - B. Aromatherapy peels
 - C. Aromatherapy massage
 - D. Aromatherapy wraps

Chapter 8 – Exfoliation Treatments

43. What is mechanical exfoliation?
- A. Exfoliation that relies on biological action rather than physical abrasion
 - B. A physical process in which the body is rubbed with an abrasive product or with a coarse handheld item such as a loofah
 - C. The component in autotanning products that causes the skin cells to change color and appear tanned
 - D. Also known as “burning rays,” these rays from the sun are the primary rays associated with skin damage and cancer from the sun
44. Dry brushing works best when:
- A. It is done in slow, figure eight motions with light pressure, directed toward the heart
 - B. It is done in slow, straight lines with heavy pressure, directed toward the heart
 - C. It is done in brisk, straight lines with very light pressure, directed toward the heart
 - D. It is done in brisk, circular lines with heavy pressure, directed toward the heart
45. The salt or sugar glow procedure presented in the textbook/video usually takes about 75 to 90 minutes and is delivered with:
- A. A full body massage
 - B. A Vichy shower
 - C. An herbal wrap
 - D. A buff and bronze
46. Why is a full-body polish considered the more elegant and gentle of the exfoliation treatments?
- A. Because the exfoliation product usually has a granular-textured ingredient such as loofah that is suspended in a heavy emollient to protect the skin
 - B. Because the exfoliation product usually has a coarse-textured ingredient such as seaweed that is suspended in a heavy emollient to protect the skin
 - C. Because the exfoliation product usually has a fine-textured ingredient such as loofah that is suspended in a light emollient to protect the skin
 - D. Because the exfoliation product usually has a fine-textured ingredient such as mesh pumice that is suspended in a heavy emollient to protect the skin

47. The body or loofah scrub is often paired with uplifting and refreshing smell-scapes such as:
- A. Almond or basil and chamomile
 - B. Lavender or jasmine and rose
 - C. Vanilla or honey and beeswax
 - D. Eucalyptus or citrus and mint
48. In the buff and bronze procedure, when is the buffing step performed?
- A. At the beginning, before exfoliation and moisturizer
 - B. After the body has been moisturized and before the autotanning product has been applied
 - C. After the body has been exfoliated and cleansed, but before moisturizer has been applied to the skin
 - D. At the end, after the autotanning product has been absorbed into the skin and had time to air dry

Chapter 9 – Body Wraps

49. All of the following are contraindications to very hot wraps, very cold wraps, or wraps that might cause intense detoxification systems EXCEPT:
- A. Healthy adults
 - B. Pregnant women
 - C. Elderly
 - D. Children
50. All of the following are examples of hot sheet wraps EXCEPT:
- A. The herbal body wrap
 - B. The cocoon wrap
 - C. The coffee wrap
 - D. The cider or juice hot wrap
51. How does the cocoon procedure differ from the hot sheet wrap?
- A. In a hot sheet wrap, the treatment product is not dissolved in water but is applied directly to the client before the client is wrapped in a plastic sheet and a blanket
 - B. In a hot sheet wrap, the treatment product is not dissolved in water but is applied directly on the client, then the client is wrapped in a wet, moist, cool sheet
 - C. In a cocoon, the treatment product is not dissolved in water but is applied directly to the client before the client is wrapped in a plastic sheet and a blanket
 - D. In a cocoon, the treatment product is dissolved in hot water; then, sheets are steeped in the dissolved product and wrapped around the client

52. Tension wraps are used in combination with a treatment product with the aim of:
- A. Bringing excess fluid into a limb or to compress tissue so it appears slimmer when unwrapped
 - B. Bringing excess fluid into a limb or to decompress tissue so it appears larger when unwrapped
 - C. Pushing excess fluid out of a limb or to expand tissue so it appears thicker when unwrapped
 - D. Pushing excess fluid out of a limb or to compress tissue so it appears slimmer when unwrapped

Chapter 10 – Spa Foot Treatments

53. All of the following are contraindications to spa foot treatments EXCEPT:
- A. Pitted edema
 - B. Deep vein thrombosis
 - C. Fibromyalgia
 - D. Gout
54. What is the purpose of adding Epsom salt as an additive for a foot soak?
- A. To stimulate blood and lymph flow
 - B. To decrease muscular pain and stiffness
 - C. To refresh the feet and senses
 - D. To remineralize through absorption
55. What is reflexology?
- A. A therapy that is based on belief that there are points in the lower legs, wrists, and ears that stimulate the function of different parts of the body, including the glands and organs
 - B. A therapy that is based on belief that there are points in the feet, hands, and ears that stimulate the function of different parts of the body, including the glands and organs
 - C. A therapy that is based on belief that there are points in the feet, hands, and ears that inhibit the function of different parts of the body, including the glands and organs
 - D. A therapy that is based on belief that there are points in the feet, hands, and ears that stimulate the function of different parts of the body, limited to the muscles and joints only
56. What is the most common technique used in reflexology?
- A. Thumb walking
 - B. Hook and backup
 - C. Ischemic compression
 - D. Stretch and spray

57. The reflex points on the balls of the four little toes refer to:
- A. Eyes and ears
 - B. Brain, pituitary and pineal glands
 - C. Cervical and thoracic vertebrae
 - D. Sinus, head, and brain area
58. Which of the following is a therapeutic property of Moor mud?
- A. Detoxifying
 - B. Pain relieving
 - C. Anti-inflammatory
 - D. Stimulating

Chapter 11 – Fangotherapy

59. What is fangotherapy?
- A. The use of mud, peat, and clay for healing purposes
 - B. The use of water, heat, and ice for healing purposes
 - C. The use of seaweed, dead sea salt, and Epsom salt for healing purposes
 - D. The use of massage tools, such as stones, for healing purposes
60. Which of the following is a property of Egyptian clay?
- A. Stimulating
 - B. Relaxing
 - C. Revitalizing
 - D. Analgesic
61. Fango can be applied from room temperature up to:
- A. 80 degrees Fahrenheit
 - B. 100 degrees Fahrenheit
 - C. 115 degrees Fahrenheit
 - D. 130 degrees Fahrenheit
62. In the fango back treatment procedure, once the warm fango is applied, what is it covered with?
- A. A precut piece of linen sheet, then an insulating blanket and cold pack on top
 - B. A precut piece of plastic wrap sheet, then an electric blanket and a cold pack on top
 - C. The sheet used to drape the client, then an insulating blanket and warm pack on top
 - D. A precut piece of plastic wrap sheet, then an insulating blanket and warm pack on top

63. Research suggests that:
- A. Massage and fango treatments are a powerful combination for the treatment of musculoskeletal injuries or conditions
 - B. Massage and fango treatments act the same as any topical application of hot or cold
 - C. Massage and fango treatments are contraindicated for the treatment of musculoskeletal injuries or conditions
 - D. Massage and fango treatments are not as powerful of a treatment for musculoskeletal injuries or conditions as the topical application of hot or cold

Chapter 12 – Thalassotherapy

64. What is thalassotherapy?
- A. The use of marine environments and sea products, particularly seaweed, for healing and wellness
 - B. The use of mud, peat, and clay for healing and wellness
 - C. The use of contrasting heat and cold applications, along with massage, for healing and wellness
 - D. The use of essential oils, such as lavender, lemon, and balsam fir, for healing and wellness
65. All of the following are contraindicated for thalassotherapy treatments EXCEPT:
- A. High blood pressure
 - B. Elderly
 - C. Pregnancy
 - D. Fever
66. Full body seaweed treatments are indicated for all of the following EXCEPT:
- A. Low energy
 - B. Muscle soreness
 - C. Iodine allergy
 - D. Fibromyalgia
67. In the slimming seaweed cocoon procedure, what can you do while the client is processing to fill out the treatment and make it exceptional for the client?
- A. Offer a sip of water or herbal iced tea and mist the client with an aroma mist
 - B. Perform a face or scalp massage
 - C. Perform a hot stone foot massage
 - D. All of the above

Chapter 13 – Stone Massage

68. Because of possible skin irritation, which of the following is the recommended concentration when using essential oils with stone massage?
- A. 10% (60 drops in 1 fl oz of carrier)
 - B. 7% (42 drops in 1 fl oz of carrier)
 - C. 5% (30 drops in 1 fl oz of carrier)
 - D. 2% (12 drops in 1 fl oz of carrier)

69. Which of the following type of stones are used for trigger point or reflexology techniques?
- A. Placements stones
 - B. Toe stones
 - C. Working stones
 - D. Neck stones
70. Which of the following techniques is used to first introduce a stone to a body area and to transition between different types of strokes?
- A. Long strokes with the stone flat
 - B. Wringing with stones
 - C. Stone stripping
 - D. Rotation of a stone with compression
71. What is a pin and stretch technique?
- A. A technique in which the muscle is first lengthened and then “pinned” at its origin, insertion, or muscle belly before being shortened
 - B. A technique in which the muscle is first shortened and then “pinned” at its origin, insertion, or muscle belly before being lengthened
 - C. A technique in which the therapist actively moves a client’s body part through its full range of motion with no assistance from the client
 - D. A technique in which the therapist instructs the client to move a particular body part through its full range of motion with no assistance from the therapist
72. In the 60 minute basic full-body stone massage procedure, which of the following areas is omitted?
- A. Posterior stone layout
 - B. Abdominal massage
 - C. Anterior leg and feet massage
 - D. Neck and face massage

Chapter 14 – Culturally Based Spa Treatments

73. The foundation of traditional ayurveda is based on the belief that everything in the universe is composed of five elements, and specific combinations of the five elements make up the:
- A. Two doshas
 - B. Three doshas
 - C. Four doshas
 - D. Five doshas
74. Which of the following is a characteristic of the pitta body type?
- A. Thin or angular with difficulty gaining weight
 - B. Short and stocky with a large frame
 - C. Medium build and gain or lose weight easily
 - D. Tall and solidly built with a tendency to gain weight

75. What are marma points?
- A. Energy centers in the body that are traditionally used with Indian massage and ayurvedic healing
 - B. Spiritual, physical, and mental energy
 - C. A base oil, such as sesame or coconut, cooked with herbs to infuse the oil with the properties of the plant
 - D. One of three subtle energies that hold together two of the five elements
76. In the sample questionnaire offered in Figure 14-4, which of the following does the questionnaire help to determine?
- A. The client's dominate marma and any current marma imbalance
 - B. The client's dominate element and any current element imbalance
 - C. The client's dominate prana and any current prana imbalance
 - D. The client's dominate dosha and any current dosha imbalance
77. All of the following are indications of Indian head massage EXCEPT:
- A. Decrease stress
 - B. Decrease mental exhaustion
 - C. Inflamed skin on the scalp
 - D. Balance the doshas
78. In traditional Indian massage, the sweep technique is similar to:
- A. Effleurage
 - B. Tapotement
 - C. Petrissage
 - D. Friction
79. In traditional Abhyanga massage, what is the role of the "follower" therapist?
- A. To set the pace of the massage strokes and never leave the client's body; he or she always maintains contact with the client in some way
 - B. To get everything needed for the treatment (extra oil, hot herbal towels, eye pillow, etc.) and follow the leader's pace
 - C. To conduct the client interview, review the information, and make a recommendation for the dosha specific massage
 - D. To perform the opening portion of the massage session, including the Indian head massage and the herbal foot soak
80. What is udvertana (sometimes spelled ubvartan or urdvatana)?
- A. A treatment in which herbal powders or pastes are rubbed into the body, allowed to dry, and then buffed off
 - B. A traditional ayurvedic art form that is deeply relaxing and rejuvenating for clients which includes a head massage and an herbal foot soak
 - C. A treatment in which massage is performed with oil, provided by one, two, or more therapists
 - D. A traditional beauty treatment used by Javanese princesses as they prepare for their weddings

81. What is shirodhara?
- A. A treatment in which herbal powders or pastes are rubbed into the body, allowed to dry, and then buffed off
 - B. An individual's diet, environment, work stress, mental or emotional trauma, relationships, or physical injury may cause the prakriti (dosha constitution) to become unbalanced; the unbalanced state is referred to as shirodhara
 - C. The application of a thin stream of sesame oil on the forehead or in a pendulum-like motion that pauses for a moment each time it reaches the point between the brows sometimes called the third eye
 - D. A treatment in which massage is performed with oil, provided by one, two, or more therapists
82. All of the following are ingredients that may be used in Indonesian-inspired spa treatments EXCEPT:
- A. Cloves
 - B. Ginger
 - C. Sandalwood
 - D. Lemon
83. When creating an Indonesian-inspired foot soak, which of the following essential oils are used?
- A. Ginger
 - B. Nutmeg
 - C. Ylang ylang
 - D. All of the above
84. All of the following are techniques used on the client's legs during an Indonesian-inspired massage EXCEPT:
- A. Wringing kneading
 - B. Skin rolling
 - C. Acupressure
 - D. Circular thumb friction
85. In the Indonesian cucumber exfoliation and carrot wrap, how long does the client remain in the cocoon?
- A. 15 minutes
 - B. 20 minutes
 - C. 30 minutes
 - D. 40 minutes

86. What is the Javanese Lulur Ritual?
- A. A traditional beauty treatment used by Javanese princesses as they prepare for their weddings
 - B. A treatment in which herbal powders or pastes are rubbed into the body, allowed to dry, and then buffed off
 - C. A traditional ayurvedic art form that is deeply relaxing and rejuvenating for clients which includes a head massage and an herbal foot soak
 - D. A treatment in which massage is performed with oil, provided by one, two, or more therapists

Chapter 15 – Treatment Design and Your Signature Spa Treatment

87. What is a spa philosophy?
- A. The fundamental beliefs that the individual or business holds about health, wellness, and beauty
 - B. All of the different services that are offered at a spa
 - C. A special treatment that is only offered by one spa which highlights the spa's unique features and particular strengths
 - D. An abstract idea that helps both to organize the different parts of a treatment and to send a specific message to the client
88. To add different “textures” to a spa treatment, all of the following are questions to consider EXCEPT:
- A. What will the client smell?
 - B. What will the client feel?
 - C. What will the client look like?
 - D. What will the client taste?
89. Client pampering activities include all of the following EXCEPT:
- A. Offering a beverage while the client fills in paperwork
 - B. Providing a snack during longer sessions
 - C. Asking the client to get up and move on at the end of the session
 - D. Offering a complimentary foot soak or paraffin dip with every service
90. What is a signature spa treatment?
- A. The fundamental beliefs that the individual or business holds about health, wellness, and beauty
 - B. A form filled out by the therapist to plan and prepare for each treatment provided by the spa
 - C. An abstract idea that helps both to organize the different parts of a treatment and to send a specific message to the client
 - D. A special treatment that is only offered by one spa which highlights the spa's unique features and particular strengths

Chapter 16 – Your Spa Program and Menu of Services

91. All of the following are benefits of adding spa treatments to your business model EXCEPT:
- A. Setup and cleanup
 - B. Complementary benefits to massage
 - C. Saving your hands
 - D. Create retail opportunities
92. What is a mission statement?
- A. A distinguishing trait or quality that forms part of an individual's personality
 - B. A statement of the purpose that guides the activity of a company, organization, or individual
 - C. The beliefs, ideals, and attitudes held by the spa in relationship to health, wellness, and beauty
 - D. A collection of bodywork services that reflect a spa's philosophy and are offered to the spa's clientele
93. What is a spa program?
- A. A distinguishing trait or quality that forms part of an individual's personality
 - B. A statement of the purpose that guides the activity of a company, organization, or individual
 - C. The beliefs, ideals, and attitudes held by the spa in relationship to health, wellness, and beauty
 - D. A collection of bodywork services that reflect a spa's philosophy and are offered to the spa's clientele
94. If your facility does not have at least a standard shower, which of the following should you probably avoid offering?
- A. Salt or sugar glows
 - B. Mud wraps
 - C. Gel-based seaweed treatments
 - D. Foot treatments
95. Which of the following spa services is most likely to be performed by an esthetician?
- A. Stone massage
 - B. Ayurveda-inspired body treatments
 - C. Facials
 - D. Nutrition
96. All of the following are included in your detailed treatment guide EXCEPT:
- A. Cost
 - B. Treatment room setup
 - C. The procedure
 - D. Retail opportunities

97. What should your spa menu include?
- A. The full, correct name of the business, your business address, phone number, e-mail, and website
 - B. Hours you are open for business each week
 - C. Description of each service you offer, the length of the service, and the cost of the service
 - D. All of the above

Chapter 17 – You in the Spa Profession

98. What is self-assessment?
- A. The process of gathering information about yourself in order to make good career decisions
 - B. The process of gathering information about the general public in order to make good career decisions
 - C. The process of gathering information about clients in order to make good career decisions
 - D. The process of gathering information about your family in order to make good career decisions
99. All of the following are common environments where spa is practiced EXCEPT:
- A. Cruise ship
 - B. Fitness center
 - C. Medical clinic
 - D. Salon
100. What is an independent contractor?
- A. A person who works part-time for an established spa and part-time developing their private massage practice and spa concept
 - B. A self-employed person who contracts with another business to provide specific services
 - C. A person who is hired by another person to perform particular duties for a determined fee
 - D. A person who works for himself or herself and is not employed or contracted by someone else
101. How often should a career plan be reevaluated and rewritten?
- A. Semi-annually
 - B. Quarterly
 - C. Annually
 - D. Once every 3 years

102. All of the following are good questions to ask to help clarify the employment package once a job offer is made EXCEPT:
- A. Are you willing to compete with and test yourself against others?
 - B. How will you be compensated for your work?
 - C. Are you allowed to trade services with other professionals at the business?
 - D. Does the company provide liability insurance to cover clients who may be injured in a treatment or are you required to provide your own liability insurance?
103. In your business plan, the “description of the business” section includes all of the following EXCEPT:
- A. Business structure
 - B. Business mission and vision
 - C. Fees
 - D. Target market
104. In your business plan, the “management” section of a business plan includes all of the following EXCEPT:
- A. Licenses and permits
 - B. Financial record keeping
 - C. Insurance
 - D. Business policies and procedures

This completes the Spa Bodywork Fundamentals exam.