



Back management

the university / general department

Game time: 40 minutes

◆ General Rules ◆

1. Manual techniques are carried out by applying only five basic operations (Effectiveness, Petrissage, Tapotment, Friction, and Vibration) evenly

In addition to the basics (technique, proficiency, speed, strength, posture), care for the model should be considered

2. There is no restriction on each operation of the manual technique, but the management time is maintained for at least 15 minutes

3. Basic tasks for back care should include cleansing, exfoliating (scrub) and manual techniques

4. Use a scrub for back control and use oil for manual technique

5. Adjust the working time of each part to suit the entire time so that it is faithful to the work

6. Cosmetics, except for deep cleansing products, use all skin types or general-purpose products that can be used for all skin types

◆ Review Requirements ◆

1. The model's back management range is neck, shoulder, etc

2. The model starts with a face down (put on a turban) and waits with a face down

3. For cleansing, use a scrub, and use oil when using manual techniques

4. Manual techniques are carried out by applying only five basic operations (Effectiveness, Petrissage, Tapotment, Friction, and Vibration) evenly

In addition to the basics (technique, proficiency, speed, strength, posture), care for the model should be considered

5. The beginning and end of the manual technique are done with Eplaz

◆ Management Process + Management Time + Scoring ◆

1. Hygiene and Preparedness - (Pre-time / 20 points)

2. Body Cleansing (Exfoliating) - (15 minutes / 30 points)

3. Back Management - (20 minutes / 40 points)

4. Finishing and organizing - (5 minutes / 10 points)

