

JOB ROLE – BEAUTY THERAPIST

Sector – Beauty & Wellness

(Qualification Pack Code: BWS/Q 0102)

Class XI



PSS Central Institute of Vocational Education

Shyamla Hills, Bhopal – 462 013 , Madhya Pradesh, India

www.psscive.ac.in

Unit 2: Skincare Services

Session 3: Actions of Facial, Neck and Shoulder Muscles

Content

| Title | Slide No. |
|-----------------------|-----------|
| Session Objectives | 4 |
| Introduction | 5 |
| Types of Muscles | 6 |
| Voluntary Muscles | 7-12 |
| Common Body Movements | 13-16 |
| Summary | 17 |

Session Objectives

The students will be able to:

- ❑ Differentiate between the various voluntary muscles of face, nose, ear, mouth and neck; and
- ❑ Identify the common body movements that are to be performed by the client for the therapy of shoulders.

Introduction

Muscle is a tissue that contracts and relaxes in order to move a particular part of the body. Therefore, the main function of muscle is to aid the movement of various body parts and maintain posture. Muscular movements help passage of blood, lymph and food in the digestive system. A Beauty Therapist must be aware of the location and functions of various voluntary muscles of the face, neck, hands and legs.

Types of Muscles

The three types of muscles found in the human body are 'cardiac', 'skeletal' and 'smooth' muscles.

- ❑ **Cardiac muscles** perform involuntary muscular movements of the heart, aiding it to pump blood throughout the body.
- ❑ **Skeletal muscles** are attached to the bones and skin. They perform voluntary muscular movements of the bones, aiding physical movements of the body, such as walking, running and writing.
- ❑ **Smooth muscles** perform involuntary muscular movements of internal organs, aiding functions, such as digestion, urination and breathing.

Voluntary Muscles

A Beauty Therapist must be aware of the location and functions of various voluntary muscles of the face, neck, hands and legs. He/she should be aware of the movements of the following muscles.

1. Facial muscle
2. Eyebrow muscle
3. Muscles of the nose
4. Muscles of the mouth
5. Muscles of the ear
6. Muscles of mastication
7. Muscles of the neck

Voluntary Muscles

Facial muscle

The top of the skull is covered by 'epicranius' or 'occipitofrontalis' muscle. This muscle has two parts — occipitals (rear part) and frontalis (front part).



Eyebrow muscle

Orbicularis oculi is a facial muscle that surrounds the margin of the eye socket. It helps in blinking.

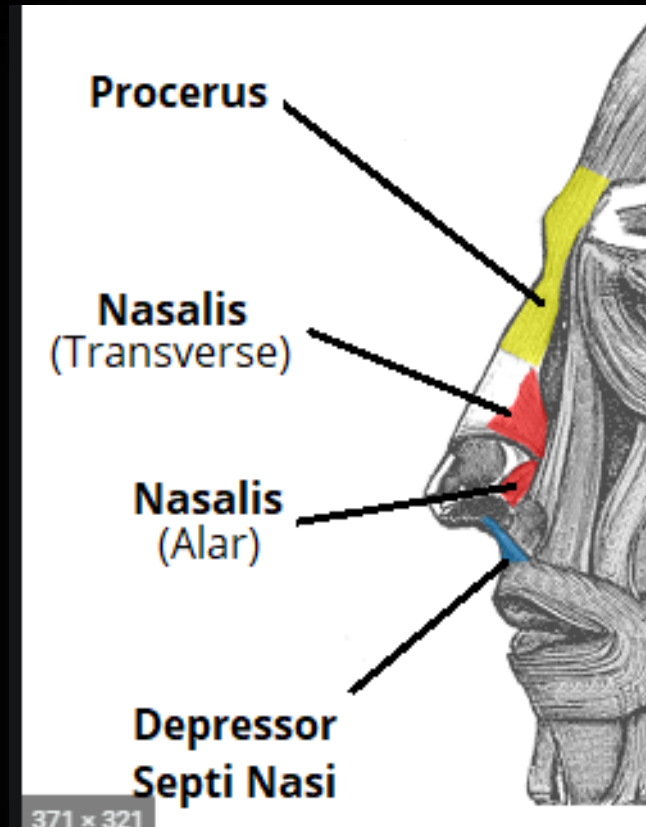


Voluntary Muscles

Muscles of the Nose

Procerus: This muscle extends from the bridge of the nose to the top between the eyebrows. Wrinkles are created across the bridge of the nose by depressing the eyebrows.

Nasalis : Nasalis muscle of the nose compresses the nose, causing wrinkles.



Voluntary Muscles

Muscles of the Mouth

1. **Quadratus labii superioris**: It surrounds the upper part of the lip and helps in opening the mouth by lifting the upper lip.
2. **Quadratus labii inferioris** : This muscle surrounds the lower part of the lip.
3. **Buccinator**: It is a thin flat muscle between the upper and lower jaws. The shape of the cheek is attributed to this muscle. It puffs out the cheeks when blowing and keeps food in the mouth while chewing.
4. **Caninus**: It is located under the Quadratus labii superioris.
5. **Mentalis**: It is situated on the tip of the chin.
6. **Orbicularis oris**: Flat band around the lower and upper lip is formed because of the presence of this muscle.
7. **Zygomaticus**: It extends from the zygomatic bone and continues into the orbicular oris to the angle of the mouth.
8. **Triangular**: It extends along the side of the chin.

Voluntary Muscles

Muscles of the Ear

1. **Auricularis superior:** It is present above the ear.
2. **Auricularis posterior:** It is present behind the ear.
3. **Auricularis anterior:** It is present in front of the ear.

Muscles of Mastication

Temporalis and mastication

This muscle coordinates the opening and closing of the mouth.

Voluntary Muscles

Muscles of the Neck

- **Platysma:** It is located in front of the throat. It pulls down the lower jaw and angles of the mouth. The expression of sadness is because of this muscle.
- **Sterno-cleido-mastoid:** It is the largest cervical muscle and extends on either side of the neck. The movement of the head is because of this muscle.
- **Latissimus dorsi:** This muscle covers the upper and middle region of the back and back of the neck.
- **Pectoralis major and minor:** These muscles cover the front of the chest. They help in arm movement.

Common Body Movements

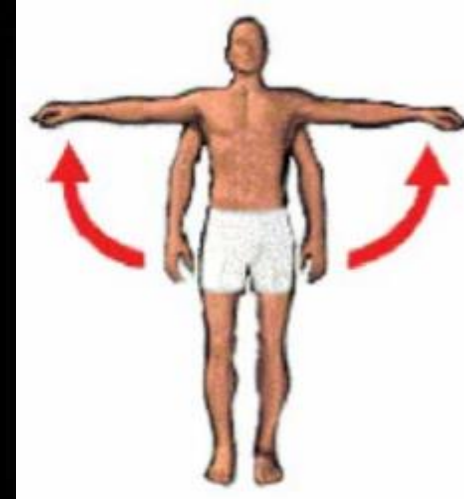
Flexion is the movement to decrease the angle between parts. Flexing one's muscles, usually, results in bringing the body parts close together. For example, forward flexion brings the shoulder girdle and pelvis close together.



Common Body Movements

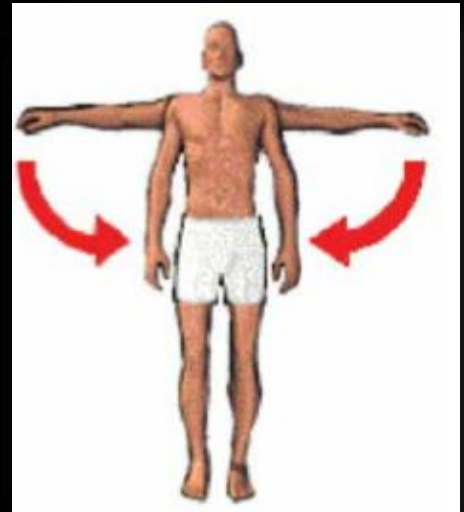
Adduction

Adduction is a movement that brings a limb- arm or leg- closer to the sagittal plane of the body.



Abduction

Abduction is opposite to adduction, i.e., taking a limb away from the sagittal plane.



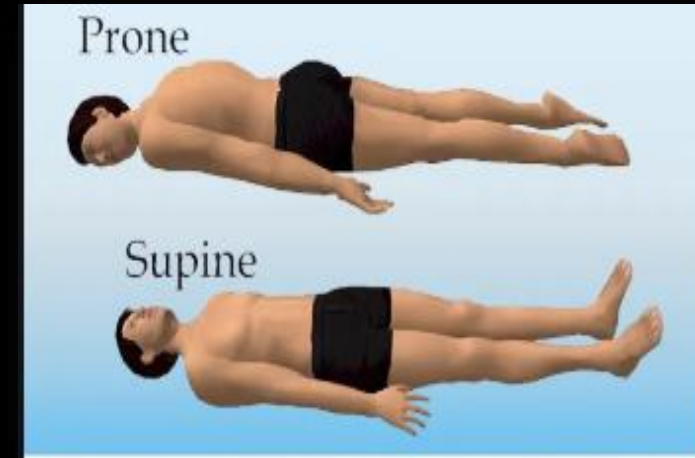
Common Body Movements

Prone position

It refers to lying with the front or face downwards.

Supine

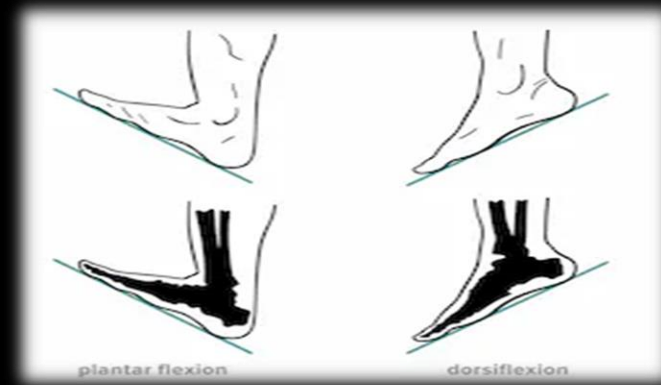
It refers to lying with the front or face upwards.



Common Body Movements

Dorsi flexion: It helps turning of the foot or toe upwards.

Plantar flexion: This enables turning the foot downwards



Summary

In this session, you have learnt about the difference between the various muscles of the face, nose, ear, mouth and neck. A Beauty Therapist must be aware of the location and functions of various voluntary muscles of the face, neck, hand and legs so that he/she can carefully provide necessary therapy for the relaxation of the muscles. You have also learnt about the common body movements that you might have to ask the client to do for the therapy of the shoulders.

Project Coordinator : Dr. Vinay Swarup Mehrotra

Assistance
Vidhyashree Panchore



Joint Director

PSS Central Institute of Vocational Education

Shyamla Hills, Bhopal – 462013 , Madhya Pradesh, India

E-mail: jdpsscive@gmail.com

Tel. +91 755 2660691, 2704100, 2660391, 2660564

Fax +91 755 2660481

Website: www.psscive.ac.in