



ZIMBABWE

**MINISTRY OF HIGHER AND TERTIARY EDUCATION,
INNOVATION, SCIENCE AND TECHNOLOGY
DEVELOPMENT**

**HIGHER EDUCATION EXAMINATIONS COUNCIL
(HEXCO)**

NATIONAL DIPLOMA

IN

BEAUTY THERAPY

MODULE: Holistic Massage Therapy 1-Theory

PAPER NO: 632/23/M03A

DURATION: 3 Hours

MAY/JUNE 2024 EXAMINATION

REQUIREMENTS

INSTRUCTIONS TO CANDIDATE

1. Answer any five (5) questions.
2. Each question carries 20 marks.
3. Do not write anything on any part of the question paper.

This paper consists of 3 printed pages.

PAPER NO: 632/23/M03A – HOLISTIC MASSAGE THERAPY 1 - THEORY

QUESTION 1

- a) Elaborate on the requirement of Health and Safety regulation Act 1974 with regards to Holistic massage application. (10 marks)
- b) Explain the appropriate ambience for holistic massage treatment. (10 marks)

QUESTION 2

Discuss physiological effects of essential oils. (20 marks)

QUESTION 3

- a) Citing relevant examples enumerate post care treatment importance to client after a holistic massage treatment. (10 marks)
- b) Describe the properties of essential oils. (10 marks)

QUESTION 4

- a) Explain palpation with regards to holistic massage therapy. (10 marks)
- b) Elaborate on the principles of holistic massage therapy application. (10 marks)

QUESTION 5

- a) Clarify on the methods of entry of essential oils. (10 marks)
- b) Evaluate the benefits of lymphatic drainage massage/therapy. (10 marks)

QUESTION 6

- a) Explain the problems associated with essential oils. (5 marks)
- b) Describe the three main body types likely to be encountered by the therapist when doing consultation. (15 marks)

QUESTION 7

Describe the four main classes of massage movements or manipulations.

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