



GW THEORY EXAMINATION

YOUR NAME:

Date:

Please mark each question a,b & c as **T=**True and **F=**False.

A tip - each question has one True and two False answers.

Please complete the Exam from your knowledge. Then check and correct the answers.

Please ensure you learn from the self-correction process.

When the questions are answered correctly, if you require a Certificate after you complete the other requirements, then please send a copy or photograph of this first page with the correct answers, by email to your Trainer. Please add your name and date completed.

Thank you.

Q1

Choose the correct answer -

- The subcutaneous tissue is made of fat, elastin and connective tissue and is the outermost layer. (T or F)
- The skin is the largest organ of the body and has 3 layers that protect us from microbes and elements. (T or F)
- The skin's color is created by special cells called melanocytes, which produce the pigment melanin. Melanocytes are located in the dermis. (T or F)

Q2

Choose the correct answer -

- The Occipitofrontalis muscle is the large muscle of the forehead and the muscle fibres run horizontally.
- The tongue is not actually a muscle.
- There are 42 facial muscles in the face, including the masseter muscle which is the strongest muscle in the body.

Q3

Choose the correct answer -

- When giving a GW Facial to a client it is very important to follow all the contraindications, precautions, hygiene and patient care, as this is duty of care to our client and correct protocol.
- You can work on a client who has a severe flare up of Rosacea or dermatitis.
- You can use GW Serum on a client who has a seaweed allergy.

Q4

Choose the correct answer -

- a. GW Enzyme Peel can be left on sensitive skin for 10 minutes.
- b. When working on mature/ fragile skin/sun damaged skin you can work deeply and use strong techniques.
- c. It is important to always ensure that a new client fills in a client intake form and they declare any skin conditions, reactions and allergies.

Q5

Choose the correct answer -

- a. GW Facial increases blood circulation to bring oxygen and nutrients to the skin and clear away waste and stagnation, making skin healthy and strong.
- b. Blood circulation flow around the whole body takes 10 minutes to complete a full circuit.
- c. Having a monthly GW Facial doesn't increase blood circulation and nutrients and clear away waste and stagnation.

Q6

Choose the correct answer -

- a. When a client has their first GW Facial they won't see or feel any benefits.
- b. The GW Facial is a natural anti-ageing facial that gives clients firmer, smoother glowing skin, while releasing tension from muscles and sculpting and toning muscles.
- c. You don't have to go through the GW Facial products that you will be using with your client as they will fall asleep during the facial anyway.

Q7

Choose the correct answer -

- a. The GW Cleansing Oil is only used once in the facial.
- b. The same hot towels used in the facial can be used more than once.
- c. The GW Skincare range is a pure plant-based range that does not contain mineral oils, parabens, petro-chemicals, sodium lauryl sulphates, synthetic fragrances and is not tested on animals.

Q8

Choose the correct answer -

- a The GW Japanese Facial works positively on the nervous system and helps reduce stress, anxiety and tension.
- b The nervous system of the body can be divided into 2 major regions, the central and outer nervous system.
- c . The parasympathetic division of the autonomic system regulates flight or fight and is responsible for relaxing the bladder, speeding up heart rate and dilating eye pupils.

Q9

Choose the correct answer -

- a. The cranial nerves are a set of ten nerves that originate in the brain.
- b. The tenth nerve is the Vagus nerve, which is the longest of the cranial nerves, starting in the medulla and extending to the abdomen.
- c. The Olfactory nerve sends information to the brain about a person's vision.

Q10

Choose the correct answer -

- a. The GW Facial Therapy acupressure points used in the facial, improve muscular tone and facial contours, increase circulation and nutrient flow to skin, relieves tension and tightness in muscles and is beneficial for headaches and sinus congestion.
- b. When applying the facial acupressure points in the GW Facial, the pointy ends of finger tips are used with sharp pressure.
- C. For singular acupressure points use flat pad of forefinger or middle finger and gently rotate in a small circular anti-clockwise rotation for 5-10 seconds.

Q11

Choose the correct answer -

- a. Reflexology for the face is a new facial therapy, as reflexology has traditionally always been used mainly as a foot therapy.
- b. Facial reflexology works with reflexes and through the nervous system. Various pressure techniques are applied to specific points to the face. Circulation, nerve supply and lymphatic flow are increased throughout face, skin and body and stress and tension releases from the face.
- c. Reflexology for the face can be very uncomfortable and is not a relaxing, calming therapy because it is performed with strong pressure.

Q12

Choose the correct answer -

- a. Once habitual expression lines and emotions are locked into the face, they cannot be released as they become permanently set in.
- b. Japanese and Asian women have enjoyed the benefits of facial massage for millennia to slow down the ageing process and to promote a healthier, more youthful, rejuvenated complexion.
- c. Sun exposure, environmental pollutants, smoking, lack of sleep and alcohol do not affect the condition and health of your skin.

Q13

What does acupressure point number 1 on Acupressure Chart achieve? Choose the correct answer -

- a. Improves hearing and helps to keep teeth healthy..
- b. Clears the head, nasal congestion sinus and enhances the eyes.
- c. Improves headaches, insomnia, pain behind ears and toothache..

Q14

When is the earliest you can work on areas with scar tissue?

Choose the correct answer -

- a. After two months.
- b. After 3 months.
- c. After 6 months.

Q15

Providing there are no medical issues, when is the earliest you can work on a pregnant client?

Choose the correct answer -

- a. After 4 weeks.
- b. After 8 weeks.
- c. After 14 weeks.

Q16

Avoid working on a client for what period after their Botox treatment?

Choose the correct answer -

- a. After at least 1 week with care.
- b. After at least 2 weeks with care.
- c. After at least 4 weeks with care.

Q17

Choose the correct answer -

- a. Ask client on the professional advice they were given on having Facials after Fillers. You can work on filled areas after 4 weeks.
- b. Ask client on the professional advice they were given on having Facials after Fillers. Avoid working on filled areas.
- c. Ask client on the professional advice they were given on having Facials after Fillers. You can work on filled areas after 6 weeks.

Q18

What is the recommended way to finish a hand massage?

Choose the correct answer -

- a. Using flat knuckles work downwards from wrists in short stroking movements over palm and fingers.
- b. Work neck and head reflexes. Work the neck area which is around the base of the thumb. Use flat forefinger and thumb to massage around thumb or side of forefinger.
- c. Gently massage the fingers one at a time. Make gentle circular movements up and down on each finger. Then gently pull each finger away from hand in gliding movements.

Q19

How many Oil Cleanses are involved in the Preparation for a treatment? Choose the correct answer -

- a. One.
- b. Two.
- c. Three.

Q20

What is the best approach to take with a new client?

Choose the correct answer -

- a. Ask the client to fill in a New Client Intake Form.
- b. Discuss their skin concerns and if they have any allergies.
- c. Ask the client to fill in a New Client Intake Form and discuss their skin concerns and if they have any allergies. Then discuss what skin products are best for their skin. Then explain based on the information they have provided, the benefits of the products you will be using in the treatment, and the products they should be using in-between treatments.