



## MASSAGE AND WELLNESS TEST 1

Name: \_\_\_\_\_ Class: \_\_\_\_\_ No.: \_\_\_\_\_

### A. Write the name of these body parts in Portuguese.

|             |  |            |  |
|-------------|--|------------|--|
| 1. Thighs   |  | 7. Throat  |  |
| 2. Buttocks |  | 8. Jaw     |  |
| 3. Forehead |  | 9. Armpits |  |
| 4. Eyebrows |  | 10. Wrist  |  |
| 5. Nostrils |  | 11. Heel   |  |
| 6. cheeks   |  | 12. Hips   |  |

### B. Write the name of these organs in Portuguese.

|            |  |            |  |
|------------|--|------------|--|
| 1. Brain   |  | 5. Heart   |  |
| 2. Liver   |  | 6. Spleen  |  |
| 3. Lungs   |  | 7. Kidneys |  |
| 4. Bladder |  | 8. Skin    |  |

### C. Write the name of these verbs in Portuguese.

|                |  |               |  |
|----------------|--|---------------|--|
| 1. To lower    |  | 7. To relieve |  |
| 2. To increase |  | 8. To nurture |  |
| 3. To provide  |  | 9. To loosen  |  |
| 4. To speed    |  | 10. To heal   |  |
| 5. To boost    |  | 11. To avoid  |  |
| 6. To enhance  |  | 12. To spread |  |

### D. Fill in the text with words from the box. (Write the number that corresponds to the word)

|          |            |        |              |           |              |               |          |
|----------|------------|--------|--------------|-----------|--------------|---------------|----------|
| 1. cause | 2. healing | 3. end | 4. enjoyable | 5. Kidney | 6. dizziness | 7. techniques | 8. blood |
|----------|------------|--------|--------------|-----------|--------------|---------------|----------|

#### FOOT REFLEXOLOGY MASSAGE



A good Reflexology Foot Massage is an incredible \_\_\_ force that can help alleviate many symptoms such as headache, insomnia, chronic fatigue, \_\_\_, as well as help treat the underlying \_\_\_ of many internal diseases such as Liver disease, \_\_\_ disease, Heart disease, High \_\_\_ pressure, plus virtually any disease known to man.

It is also one of the most \_\_\_ experiences that you can have, if the proper reflexology foot massage \_\_\_ are used. A proper foot massage is one of the strongest stress relieving treatments and a great way to \_\_\_ a full body massage.