

HANDBOOK OF MASSAGE ENGLISH

国内第一本专为
广大按摩师及按摩爱好者
编写的

按摩师英语

夏效刚 主编



天津科技翻译出版公司

图书在版编目(CIP)数据

按摩师英语/夏效刚主编. —天津:天津科技翻译出版公司,2005.10

ISBN 7-5433-1908-X

I. 按... II. 夏... III. 按摩方法(中医)—英语
IV. H31

中国版本图书馆 CIP 数据核字(2005)第 07340 号

出 版:天津科技翻译出版公司

出 版 人:蔡 颢

地 址:天津市南开区白堤路 244 号

邮政编码:300192

电 话:022-87894896

传 真:022-87893482

网 址:www.tstlpc.com

印 刷:天津市蓟县宏图印务有限公司

发 行:全国新华书店

版本记录:850×1168 1/32 开本 5.5 印张 150 千字

2005 年 11 月第 1 版

2005 年 11 月第 1 次印刷

印数:3000 册

定价:10.00 元

(如发现印装问题,可与出版社调换)

目 录

1. 按摩师常用对话 200 句	(1)
(1) 初次见面的寒暄	(1)
(2) 询问情况	(3)
(3) 治疗中的交流	(8)
(4) 治疗后征求意见	(13)
2. 按摩师与顾客交谈的生活对话及常用词汇	(16)
(1) 谈论天气(Talking about weather)...	(16)
(2) 谈论观光(Talking about tourism)...	(18)
(3) 谈论居所(Talking about resident)...	(20)
(4) 谈论出行(Talking about traffic)...	(22)
(5) 谈论购物(Talking about shopping)	(24)
(6) 谈论饮食(Talking about food)	(26)
(7) 谈论就医(Talking about seeing doctor)	(28)
3. 按摩穴位图解	(30)
4. 按摩师手法解释	(51)
5. 中西医结合按摩图解	(57)
(1) 西方按摩的历史和现状	(58)
(2) 按摩疗法的概念	(61)
(3) 按摩疗法的基本原理	(64)
(4) 按摩师在按摩前对顾客的评价	(68)
(5) 西方按摩疗法的操作技术简介	(74)
(6) 按摩师应接受的专业化教育	(122)
(7) 按摩疗法的业务范围	(124)

(8)按摩疗法的专业伦理学	(127)
(9)按摩疗法的行业标准	(129)
(10)政府对按摩疗法的管理	(135)
6. 了解世界——优秀按摩师应该知道的各国 背景知识	(138)
附录:世界各国概况一览表	(149)

1. 按摩师常用对话 200 句

(1) 初次见面的寒暄

1. 你好。
Hello.
2. 你好。
How do you do.
3. 见到你很高兴。
It is nice to see you.
4. 您来这里我很高兴。
I'm glad for your visit.
5. 我的名字是……
My name is...
6. 我叫……
I'm...
7. 让我自我介绍一下。
Let me introduce myself.
8. 我做按摩已经……年了。
I have been a massager for... years.
9. 你是哪里人?
Where are you from?
10. 你是做什么的?
What do you do?
11. 你来中国多久了?
How long have you been in China?
12. 你觉得我们这里怎么样?

How do you like here?

13. 您以前听说过我们这家诊所吗?

Have you ever heard of this clinic office?

14. 您以前尝试过中医按摩吗?

Have you ever experienced any massage of TCM
(Traditional Chinese Medicine) before?

15. 您周围的朋友怎么看中医按摩?

What is your friend's opinion of massage of TCM?

16. 您知道中医按摩的好处吗?

Do you have any ideas of benefit of massage of
TCM?

17. 请坐。

Sit down, please.

18. 请脱下上衣。

Take off your coat, please.

19. 请躺下。

Lie down, please.

20. 请放松。

Relax please.

21. 现在我们开始。

Now let's start.

22. 请休息一下。

Have a rest, please.

23. 您喝水吗?

Anything to drink?

24. 要看报吗?

Newspaper?

25. 该您了。

Well, it is your turn.

(2) 询问情况

1. 您哪不舒服?

What's trouble with you?

2. 你感觉不舒服有多长时间了?

How long have you noticed you are not quite well?

3. 你还有别的不好吗?

What else have you noticed?

4. 你还有别的感觉吗?

Is there anything else you've noticed?

5. 还有别的症状吗?

Anything else?

6. 一天到晚都不好受吗?

Do you feel not well all the time?

7. 你做什么工作?

What do you do?

8. 这些症状持续多久了?

How long has all this gone on?

9. 请说详细一些。

Please tell me all about them.

10. 多久发作一次?

How often do you get them?

11. 双腿不听使唤吗?

Do your legs give way?

12. 脖子发硬吗?

Do you feel stiff on neck?

13. 双手发胀吗?

Hands swollen?

14. 头痛的厉害吗?

Is there too much pain on head?

15. 躺在床上感觉眩晕吗?
Do you feel giddy in bed?
16. 你感到恶心吗?
Do you feel sick?
17. 头痛吗?
Do you suffer from headaches?
18. 一直这样吗?
Is it always like that?
19. 何时开始的?
Where did they start?
20. 脖子怎么样?
How's your neck?
21. 伸出胳膊好吗?
Can you give me your arm?
19. 你现在哪不好?
How are you at the moment?
20. 告诉我您有哪些症状?
Tell me what symptoms you have.
21. 你感觉和以前不一样吗?
In yourself, you feel different?
22. 通常后背什么时候疼?
When does the pain come to your back usually?
23. 改变体位会好一些吗?
Does any position help you?
24. 疼痛窜到别处吗?
Does the pain go through other parts of your body?
25. 你抽烟吗?
Do you smoke?
26. 让我好好看看。

Well, let me have a look at you.

27. 这有压痛感吗?

Any tenderness here?

28. 双腿痛吗?

Any pains in your legs?

29. 一条腿比另一条腿重吗?

More serious in one leg than other?

30. 这是你第一次按摩吗?

Is this your first massage?

31. 手臂和腿发沉吗?

Are your legs and arms heavy?

32. 不适感向别处放散吗?

Does the discomfort go anywhere else?

33. 请告诉我疼痛到底什么样?

Tell me what the pain like exactly?

34. 现在你可以穿上衣服了?

Now you can get dressed?

35. 你一般健康状况如何?

How is your general health?

36. 你伤哪了?

Where is your injury?

37. 怎么弄的?

What happened?

38. 什么时候的事?

When did it happen?

39. 在家里摔的吗?

Did it happen at home?

40. 后背疼有多长时间了?

How long have you had back pain?

41. 有点肿。

It is swollen a little.

42. 每天都疼吗?

Do you get pain every day?

43. 因为疼影响工作吗?

Have you lost time of work because of the pain?

44. 还疼吗?

Are you still getting pain now?

45. 你现在感觉怎么样?

How are you now?

46. 不太好。

Not too good.

47. 面朝前坐。

Sit forward.

48. 面朝后坐。

Sit backward.

49. 以前曾经疼过吗?

Did you have the pain before?

50. 哪儿疼?

Where is the pain?

51. 请屈腿。

Bend your leg, please.

52. 深吸气, 深呼气。

Take a deep breath in and out.

53. 夜里疼醒过吗?

Does it wake you up at night?

54. 一点也不厉害。

Not bad at all.

55. 疼痛像什么样?

What sort of the pain it is?

56. 近来好吗?

How 've you been?

57. 情况如何?

How 've things?

58. 这个我说不好?

Well, I don 't know

59. 怎么说呢?

... How shall I put it?

60. 再来一次怎么样?

How about trying again?

61. 我擅长这个。

I 'm good at this.

62. 不行,我做不了。

Sorry, I can 't do it.

63. 我没把握。

I 'm not sure I can.

64. 以前我没有做过。

I have not done that before.

65. 你有什么想法吗?

Do you have any ideas?

(3) 治疗中的交流

1. 你觉得这种手法怎么样?

How do you think of this manual technique?

2. 这手法劲大吗?

Is it comfortable for you? Too harder?

3. 这手法劲小吗?

Is it comfortable for you? Too softer?

4. 你看过医生吗?

Did you go to see a doctor?

5. 还有其他症状吗?

Any other troubles?

6. 医生跟你怎么说?

What did doctor tell you about that?

7. 什么时候觉得难受?

When did you get that trouble?

8. 怎么不好? 疼吗?

What is it like? Pain?

9. 怎么个疼法? 烧灼疼还是刺痛?

What kind? Burning or stabbing?

10. 近几个月变化大吗?

Has it changed much in last few months?

11. 你体重如何?

What about your weight?

12. 现在你重多少?

How much do you weigh now?

13. 一年前体重多少?

How much did you weight a year ago?

14. 天气变化时你感觉怎么样?

How do you feel as the weather changes?

15. 这样有多久了?

When did you start that?

16. 你后背不舒服吗?

Any trouble with your back?

17. 这是常有的事。

These things always happen.

18. 这不是你的错。

It's not your fault.

19. 我理解你的感受。

I understand your feeling.

20. 我开始有点担心你的腰部。

I'm getting a little worried about your waist.

21. 我担心你的颈部。

I'm concerned about your neck.

22. 看来不太好治。

Still, it looks too difficult.

23. 生活就是如此。

That's life.

24. 我很擅长这种手法。

I'm very good at this manual technique.

25. 恐怕这我做不了。

I'm afraid I can't do this.

26. 我没把握。

I'm not very sure I can.

27. 我不能再继续了。

I'm not going to do it any more.

28. 对不起我的手法有点重。

Excuse me for my harder technique.

29. 对此我一点办法都没有。

There is nothing I can do about it.

30. 你可以休息一个小时,我们再继续。

You could relax for an hour and then, we will go on.

31. 很抱歉弄痛您了。

I apologize for hurting you.

32. 是这里疼吗?

Hurts here?

33. 哪最疼?

Where is your most fierce pain?

34. 9点钟行吗?

Is 9 o'clock okay?

35. 您想安排一次上门服务吗?

Would you like to arrange for a massage at your home?

36. 除了周六,我哪天都能来。

I can come any day except Saturday.

37. 以前我没做过

I haven't done that before.

38. 我有几个问题。

I have a few questions.

39. 这里很热,是不是?

Hot here, isn't it?

40. 你好像不舒服。

You seem discomforting.

41. 听清楚我的话了吗?

Are you following me?

42. 你现在可以休息半小时,然后我们再继续。

Now you can relax for half an hour and then, we will go on.

43. 注意你的腰。

Watch your waist.

44. 这里有麻的感觉吗?

Do you have a tingle here?

45. 请向左翻身?

Left turn over, please.

46. 请向右翻身。

Right turn over, please.

47. 请低一下头。

Lower your head, Please.

48. 请伸直腰。

Stretch your waist, please

49. 请握拳。

Make a fist, please.

50. 不要绷得太紧。

Not be too tight.

51. 再有十分钟就行了。

Ten more minutes is enough.

52. 这次感觉和上次有什么不同?

Any feeling different from last time?

53. 症状减轻了吗?

Have you got an ease of the pain?

54. 睡眠有改善吗?

Have you got a better sleeping?

55. 最近肠胃怎么样?

How about your stomach these days?

56. 有时耳鸣吗?

Do you feel tinnitus sometimes?

57. 觉得这儿发酸吗?

Do you have suffering here?

58. 把腿弯曲一下？

Bend your leg, please.

59. 请把腿伸直。

Stretch your leg, please

61. 慢慢起来。

Get up slowly.

62. 请揉一下脸。

Please rub your face gently.

63. 腰有坠痛的感觉吗？

Do you have any downward pain on waist?

64. 腿经常抽筋吗？

Do you always have a cramp in the leg?

65. 最近常出虚汗吗？

Have you got abnormal sweating recently?

66. 工作压力大吗？

High working pressure?

67. 我要敲敲你的后背看疼不疼？

I'm just going to pummel your back a bit, tell me if it hurts.

68. 抬起右腿。

Please raise your right leg.

69. 请脸朝下趴好。

Now lie on your tummy.

70. 疼痛早上厉害还是晚上厉害？

Are they worse in the morning or evening?

71. 两边感觉一样吗？

Do both sides feel the same?

(4) 治疗后征求意见

1. 那没关系。

That's Okay.

2. 你不必担心。

You don't have to worry.

3. 别着急。

Don't worry.

4. 别担心。

Don't be concerned.

5. 下次能准时来吗?

Would you please be on time next time?

6. 我可以提个建议吗?

Could I offer you some advice?

7. 我真心劝你多锻炼。

I strongly advise you to do more exercises.

8. 我劝你去医院。

I urge you to go to see a doctor.

9. 你是否考虑过休息一段时间?

Have you given any thought to having a rest for a period?

10. 听我的劝告吧!

Take my advice!

11. 别对我的话想得太多。

Don't read too much into with my words.

12. 我完全同意。

I agree with you completely.

13. 这一点讲得很好。

You have a good point there.