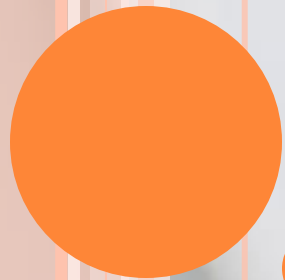


PROVIDING BASIC SKIN CARE SERVICES

CHAPTER 3



3.1 IDENTIFYING THE TYPE OF SKIN

Keeping the work area clean is an indispensable aspect of Salon business. Cleanliness of the work area entails maintaining the following:

What's Your Skin Type?

Basic skin types divisions are, Normal, Oily, Dry, and Sensitive. Some people also have a combination skin types in different areas of their skin.

Skin type can change over time. For example, younger people are more likely to have a normal skin type than their older counterparts

Skin types vary depending upon factors such as:

- Water content which affects one's skin's texture and elasticity.
- Oil (Lipid) content, which affects the skin's softness •
- Sensitivity level



3.1.1 NORMAL SKIN TYPE:

- Normal skin is not too dry and not too oily. It has:
- No or few imperfections.
- No severe sensitivity Barely visible pore.
- A radiant complexion.

3.1.2 Combination Skin Type:

- A combination skin type can be dry or normal in some areas and oily in others, such as the T-zone (Nose, Forehead, and Chin). Many people have combination skin, which may benefit from slightly different types of skincare.
- Combination skin can produce:
- Overly dilated pores.
- Black heads Shiny skin.

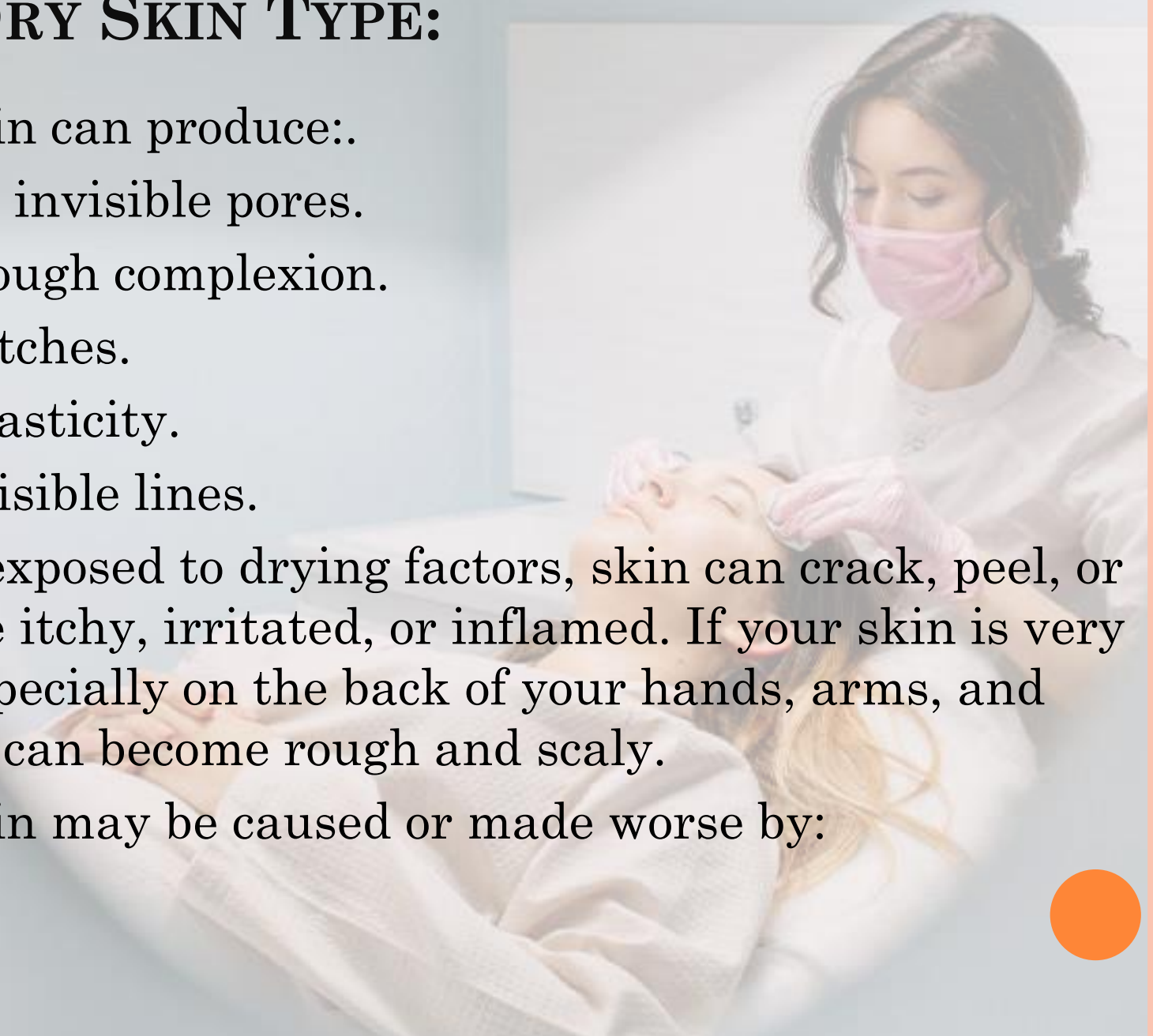


3.1.3 DRY SKIN TYPE:

- Dry skin can produce:
- Almost invisible pores.
- Dull, rough complexion.
- Red patches.
- Less elasticity.
- More visible lines.

When exposed to drying factors, skin can crack, peel, or become itchy, irritated, or inflamed. If your skin is very dry, especially on the back of your hands, arms, and legs, it can become rough and scaly.

- Dry skin may be caused or made worse by:



- Genetic factors • Aging or hormonal changes.
- Weather such as wind, sun, or cold
- Ultraviolet (UV) radiation from tanning beds
- Indoor heating
- Long, hot baths and showers
- Ingredients in soaps, cosmetics, or cleansers
- Medications.

○ **Here are some tips for taking better care of dry skin:**

- Take shorter showers and baths, no more than once daily.
- Use mild, gentle soaps or cleansers.
- Avoid deodorant soaps..
- Don't scrub while bathing or drying.
- Apply a rich moisturizer right after bathing.
- For Dry skin, Ointments and creams may work better than lotions but are often messier. Reapply as needed throughout the day.
- Use a humidifier and don't let indoor temperatures get too hot.
- Wear gloves when using cleaning agents, solvents, or household detergents.



○ 3.1.4 Oily Skin Type:

- Oily skin can produce:

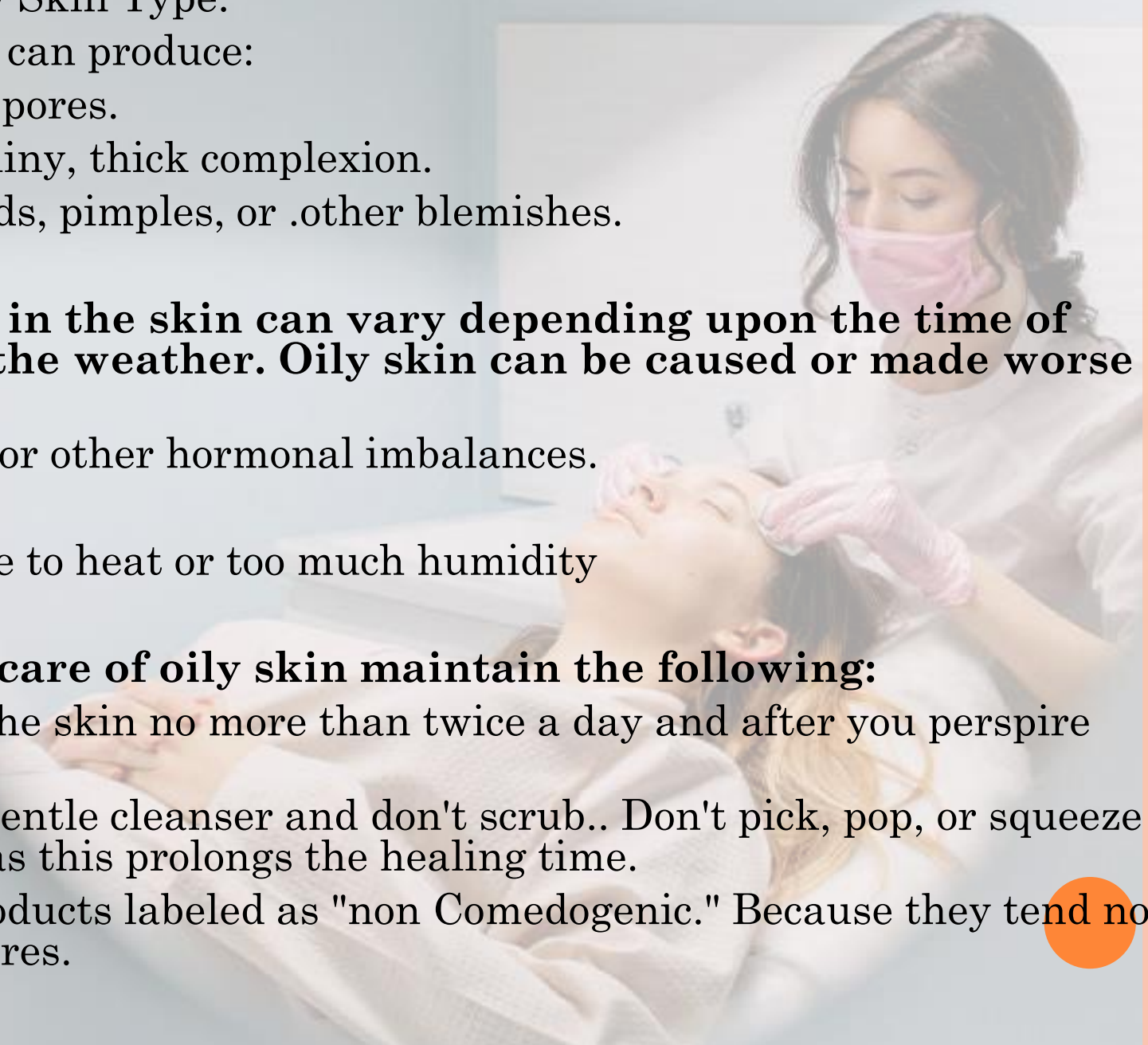
- Enlarged pores.
- Dull or shiny, thick complexion.
- Blackheads, pimples, or other blemishes.

- **Oiliness in the skin can vary depending upon the time of year or the weather. Oily skin can be caused or made worse by:**

- Puberty or other hormonal imbalances.
- Stress
- Exposure to heat or too much humidity

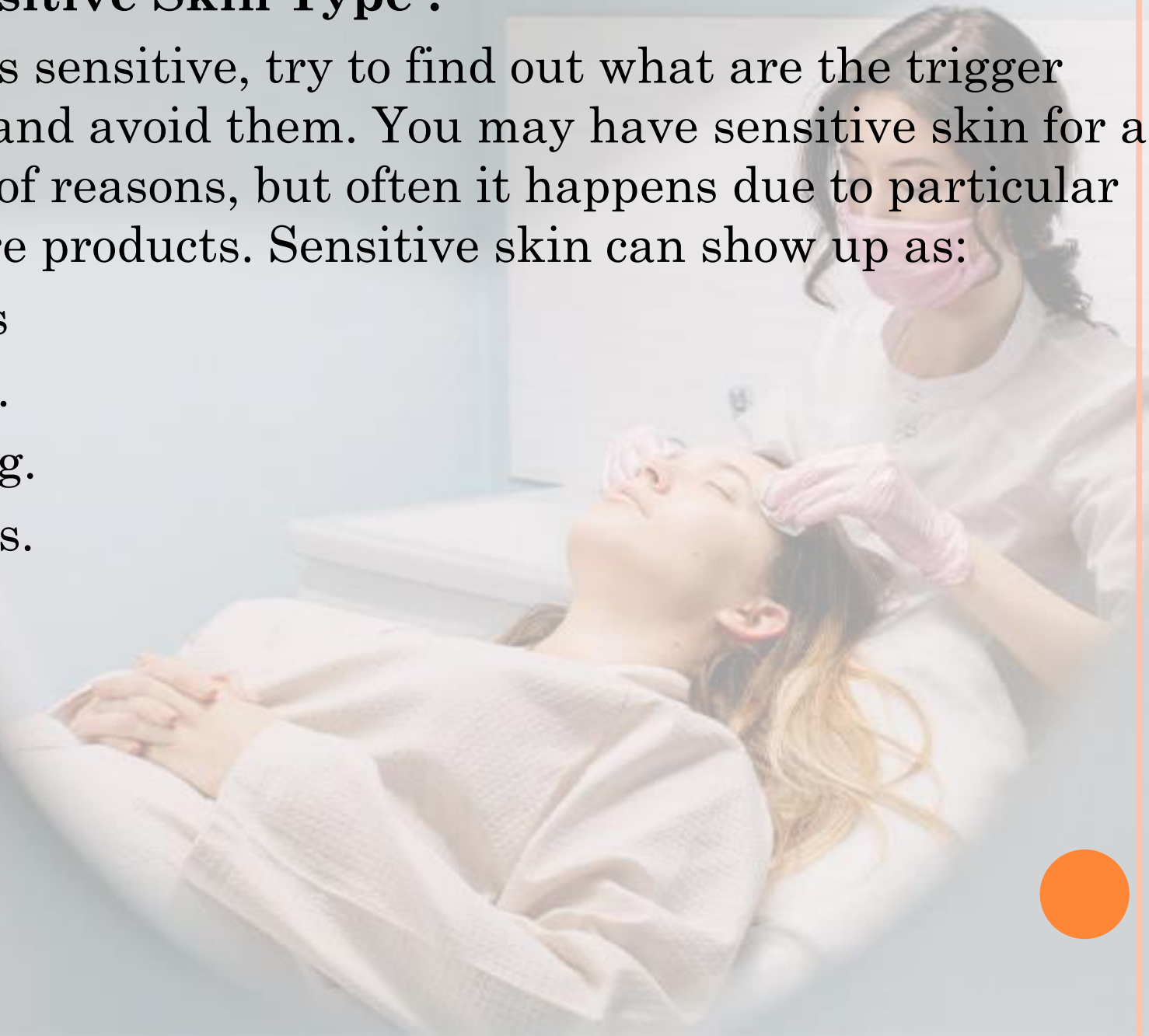
- **To take care of oily skin maintain the following:**

- • Wash the skin no more than twice a day and after you perspire heavily.
- • Use a gentle cleanser and don't scrub.. Don't pick, pop, or squeeze pimples as this prolongs the healing time.
- • Use products labeled as "non Comedogenic." Because they tend not to clog pores.



3.1.5 Sensitive Skin Type :

- If skin is sensitive, try to find out what are the trigger factors and avoid them. You may have sensitive skin for a variety of reasons, but often it happens due to particular skin care products. Sensitive skin can show up as:
- Redness
- Itching.
- Burning.
- Dryness.



3.2 APPLYING SUITABLE PRODUCT FOR THE IDENTIFIED SKIN TYPE

- **3.2.1 Face clean up and Facial.**
- Regular cleaning, toning and moisturizing impart a healthy glow to the face. It is also very good for keeping blemishes, blackheads and minor imperfections of the skin away. Those affected with pimples. tends to get rashes after a facial. A regular regime instead of facial. face-cleaning should be their skincare routine.
- Face clean up is a very necessary thing to do, specially in today's time when pollution is one of the biggest enemy of skin. Regular face clean-up lifts off the dirt particles from skin and make the skin look squeaky clean. In the process of clean up, skin is cleansed, exfoliated and moisturized. Clean up helps to keep harmful bacteria, dirt, sweat, pollution at bay. Otherwise these continues to get stuck to face and lead to break out. Thus face clean-up is very beneficial for warding off acne, pimples and other skin disorders cause from pollutant.



- For pimple prone skin, clean up can be done by:.
- Anti-bacterial face wash
- Alcohol free skin toner with Aloe Vera
- Neem based face pack

Things essentially used for face clean-up:

- Cleanser/ Face wash as per skin type
- Cleansing milk/ Foam.
- Facial Sauna for steam.
- Facial scrub.
- A face mask chosen according to skin type
- Toner.
- Moisturizer.
- Every Facial follows some basic steps such as cleansing, steaming, massaging, applying a face pack or mask, toning, moisturizing and finally a face lifting massage. The products used may differ depending upon the skin type it is being used and also upon the type of facial, the client wish to have. Following are the basic steps of a complete Facial are:



a) Cleansing:

- The first step to start a Facial is cleansing of the face. The Beautician will apply a cleanser to a damp face and will start to spread the cleanser from the base of the throat and work her way upwards. After the spreading is done, the cleanser will be wiped out with a cotton pad in a similar fashion. This process will remove the oil, grime and makeup from the face.

b) Steaming:

- A weekly steam treatment suits most of the skin types, but for dry and mature skin once a month is enough. Steaming helps open the pores and encourages sweat to flush out ingrained dirt while bringing oxygen-rich blood to renew the skin. Prior to steaming, oil can be massaged on the face so that the heat helps the oil penetrate more deeply and nourish the skin better..



c) Exfoliation:

The next step is exfoliation or facial scrubbing. This method extracts the dirt particles from the open pores. Through this process blackheads and whiteheads are also get removed. It is a simple method that whisks away dead cells from the skin surface, revealing the fresh younger skin underneath. The process of Exfoliation also encourages skin to speed up the natural process of skin renewal. No matter what one's age is, exfoliation brings out the new fresh skin

d) Face pack or Mask:

Few treatments give one's skin a quick lift and Facepack is one such method. These simple preparations, based on fruit or vegetables or other ingredients are put on the face and is left on for up to an hour. A mask is a stronger version of a face pack, which use flour or clay in forms of powder and is meant to penetrate the pores more deeply. Masks are generally left on for 10 to 15 minutes..



e) Toning:

Toning is done to remove any residues and soothe the skin. As a toner a splash of cool flower water or for oily skin, Witch Hazel and flower water can be applied. Skin that is very oily or has darker patches can be rubbed with a slice of lemon and left for a few minutes before rinsing off.

f) Moisturizing:

Last step of facial is about Moisturizing the skin with a good massage. For this a cream or oil based moisturizers or a light moisturizer can be used.



o 3.3 Various kinds of facials

- a. Christine Vallmey - Sclassic refresh (for 18 above)
- b. Skin type: Dry skin
- c. Duration: 1 hour
- d. Effect: Cleansing and moisturizing
- e. Note: This facial should be done gently.

Required products, Tools and Equipment:

Tools	Equipment	Product
• Towel	. Facial steam	Christine Valmy – Classic Refresh
(Dry) Gown	Facial tray	
Apron	Trolley bowl	
Mouth mask	Brush	
Headband		
Tissue,		
Cotton		
Rose water		
Eye pad		



○ Procedure:

1. Cleansing the skin using Valora I.
2. Dab the toner (Valora II) with cotton.
3. Apply scrub (Vegetal peel mask) in very thin application. Leave it for two minutes. Remove it gently with the cotton.
4. Place the Lotion X pad on the face and give steam on top of the lotion X for 3 minutes.
5. Remove the black heads and white heads.
6. Dab the toner (Valora II) with cotton.
7. Massage the face with Vallisima massage cream for 5 minutes.
8. Dab the toner (Valora II) with cotton.
9. Apply pack (Valmask) and wait 10-15 minutes. Then, remove the pack gently.
10. Dab the toner (Valora II) with cotton.
11. Apply the following product daily. For day protection use Valnel Sun protection - Radiance SPF 45



Post Care Tips:

1. Advise the client not to use soap for 6 hrs and to use sun protection regularly.

Type of facial: Christine Valmy - classic refresh (18 above)

- a. **Skin type:** Oily skin.
- b. **Duration:** 1 hour.
- c. **Effect:** Cleansing and refreshing
- d. **Note:** This facial should be done gently



○ Required products, Tools and Equipment:

Tools	Equipment	Product
• Towel	. Facial steam	Christine Valmy – Classic Refresh
(Dry) Gown	Facial tray	
Apron	Trolley bowl	
Mouth mask	Bowl & Brush	
Headband		
Tissue,		
Cotton		
Rose water		
Eye pad		



○ Procedure:

1. Cleanse the skin with Deep cleanser.
2. Dab the toner (Valeen) with cotton.
3. Apply scrub (Vegetal peel mask) in very thin application. Leave it for two minutes. Remove it gently with the cotton.
4. Place the Lotion X pad on the face and give steam on top of the lotion X for 3 minutes.
5. Remove the blackheads and white heads.
6. Dap the toner (Valeen) with cotton.
7. Massage the face with "Special cream 11" massage cream for 5 minutes.
8. Dap the toner (Valeen) with cotton.
9. Apply pack (Open pore diminishing mask) and wait for 10-15 minutes. Later, remove the pack gently.
10. Dap the toner (Valeen) with cotton.
11. Apply the following products daily, For Day protection apply-Valnel Sun protection - Radiance SPF45.
12. Remove all products effectively



Process	Product
Cleaning	
Toning	
Scrubbing	
Extraction	
Massage	



THANK YOU!!!

