



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office – Muntinlupa City

SPECIAL PROGRAM FOR TECHNICAL VOCATIONAL EDUCATION
COSMETOLOGY (BEAUTY CARE) 8 Quarter 3 Week 3

I. Topic: PERFORM HAND SPA / HAND and ARM MASSAGE

- II. Objectives: 1. Check and analyze the condition of the hands and nails.
2. Discuss the proper basic hand and arm massage.
3. Know the benefits of having hand and arm massage.

III. Brief Introduction of the Lesson

There are health benefits of spas. The therapeutic and health benefits of spas are vast. The combination of heat, massage and buoyancy means the physical and mental benefits of relaxing in a spa enormous. You can reduce stress and anxiety, ease tired muscles and enjoy full-body relaxation.

Basic Hand and Arm Massage Techniques

By relieving stress, swelling, and pain, hand massage can help increase overall productivity as well as replenish energetic balance. Much like hand massage, arm massage therapy works deep tissue relaxation. Arm massage greatly aids in healing the major joints of the arm such as shoulder and elbow.

IV. Activities:

Activity 1

Direction: Arranging steps chronologically. Below are the steps in hand massage (1-8), hand and arm massage (9-14). Arrange the sequence of the steps by writing the letter (H-M) for hand massage and (HA-M) for hand and arm massage.

_____ 1. REPEAT STEPS FROM 1-7 ON OTHER HAND



_____ 10. REPEAT STEPS 1-6 ON THE OTHER ARM





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Activity 3

Direction: From words given above (ACTIVITY2), find those ten words in the puzzle below.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| V | A | Y | D | E | G | M | V | A | I | T | S | Q | W | E |
| G | G | V | V | R | A | Y | D | J | D | N | W | W | V | E |
| W | D | P | H | S | Y | Y | O | L | N | G | E | Q | H | G |
| Y | B | X | S | H | Y | H | Q | W | C | R | D | G | Z | A |
| E | G | A | S | S | A | M | U | S | T | A | I | H | S | R |
| B | G | O | F | A | I | N | K | J | E | W | S | R | L | U |
| E | E | H | L | D | R | D | F | T | M | F | H | E | X | E |
| V | B | N | U | O | V | N | A | R | Q | R | M | L | V | L |
| Z | B | Q | E | O | X | L | F | I | H | O | A | I | M | F |
| X | T | W | U | F | U | E | O | G | Z | Q | S | E | Q | F |
| M | I | V | M | M | I | V | L | W | P | H | S | V | I | E |
| Z | W | C | I | K | O | T | W | F | A | E | A | E | P | X |
| W | Z | T | N | O | U | V | S | J | E | H | G | H | S | T |
| E | S | R | L | H | M | H | K | H | Y | R | E | M | B | Q |
| T | E | C | H | N | I | Q | U | E | C | Q | A | W | J | G |

V. Assessment

Direction: Multiple choice; Read the sentences carefully and choose the correct answer.

- What is the other name for zone therapy.?

A. Benefits

B. Reflexology

C. Relieve

D. Technique
- What do you call the advantage or profit gained from something?

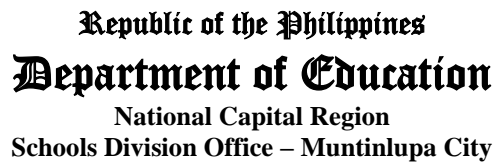
A. Benefits

B. Reflexology

C. Relieve

D. Technique





- ## VI. Reflection

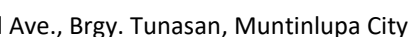
“I have learned that”....

1. Final Learning Module Beauty Care
<https://www.scribd.com/documents/348226802/Final-LM-in-Beauty-Care-pdf>
2. K to 12 basic Education Curriculum Technology and Livelihood Education
<https://www.slideshare.net/salmanranaw/k-to-12-nail-care-learning-module>
3. Competency Based Learning Material (Year 2 Cosmetology)
4. Nail disorders,nail diseases and differential diagnosis II Mis. Medicine

Assessment

- 1.B
2. A
3. D
- 4.C
- 5.D

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