



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

**SPECIAL PROGRAM FOR TECHNICAL VOCATIONAL EDUCATION (SPTVE)  
COSMETOLOGY (BEAUTY CARE SERVICES) 8 Quarter 3 Week 4**

I. Topic: PERFORM HAND SPA / HAND SPA TREATMENT

- II. Objectives: 1. Check and analyse the condition of the hands and nails.  
2. Know the importance / effects of Hand Spa treatment in our hands.  
3. Apply the hand spa treatment in our hands following the proper procedure.

III. Brief Introduction of the Lesson

**PAMPERING HAND TREATMENT** – Individuals can experience a specialized hand spa treatment at a local day spa in their neighborhood. If you have never visited a spa, then expect pampering from the staff. The skin on hands is frequently rough and dry because of our work. Our skin on hand is exposed to dirt, sun, and pollutants.

**WARM STONE TREATMENT** – It is done by specialized and experienced aesthetician using warm stones combined with aromatic lotions that are massaged on the hands. Small warmed stones are placed on both hands to allow heat to relax and soothe sore muscles and tendons.

**PARAFFIN HAND TREATMENT** - This is a soothing anti aging moisturizing treatment. The warmed paraffin will seep into the pores of the skin to release toxins. The wax adds moisture to the skin and reduces wrinkles caused by aging. This relaxing treatment helps to create more youthful skin texture while eliminating dryness.

IV. Activities

Activity 1

Things you'll need

- 2 cups of hot water
- Moisturizing hand scrub
- Basin
- 1 cup of milk
- moisturizing lotion
- plastic cling wrap

**STEPS IN GIVING HAND SPA TREATMENT**

Procedure:

1. Prepare and use necessary tools and supplies/materials.
2. Wash client's hand with lukewarm water and soap, and towel-dry before and after scrubbing.
3. Apply appropriate lotion. (By applying lotion, the removal of the hardened paraffin becomes easier)
4. Determine the test appropriate temperature for client's tolerance. (Touch the edge of your palm to the melted paraffin to test that the Temperature is comfortable for you)
5. Soak hands for 4 seconds for 3 consecutive times in wax and wrap Plastic gloves and mittens.
6. Allow the paraffin to remain in Place for 10 to 15 minutes.
7. Remove wax from hands according to manufacturer's instructions.
8. Apply hand softening product and massage according to prescribed procedure.
9. Advise the clients after service on maintenance programs.





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10. Confirm and record client's desired service outcome.

**Activity 2**

Direction: Find the (10) words in the box, which are related to our lesson .

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

**Activity 3**

**Identification**

Direction: Arrange the following jumbled letters.

1. NFAFAPIR-
2. RETMTAETN
3. OTNIOL
4. LLEJY LTEMUDEPR
5. LETACECERA AHEGINL
6. ERAMETEPURT
7. SEGMASA
8. ITQEPMEUN
9. OCPTURD
10. LCTENI

**V. Assessment:**

Direction: Multiple choice: Read the statement carefully and circle the correct answer.

1. It is a beauty care services using natural oils, vitamins and minerals having curative effect to the body
 

A. Hand spa	C. Paraffin
B. Lotion	D. Wax





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2. What do you call a waxy substance used especially for making candles?  
A. Hand spa  
B. Lotion  
C. Paraffin  
D. Wax
3. It is a health and fitness facility offered by a salon  
A. Hand spa  
B. Lotion  
C. Paraffin  
D. Spa
4. Which of the following is not included if spa is applied in our hands  
A. Dull skin  
B. Blood circulation is stimulated  
C. Experienced relaxation  
D. Pain is relieved
5. The following statements are to be considered by the operator to the clients except;  
A. Ask the client courteously to get useful information  
B. Find what the clients wants  
C. Listen to what the client tells you  
D. Towel-dry and scrub the hand with appropriate lotion

VI. Reflection:

Direction: In at least more than 5 sentences, write what you have learned in this topic by completing the statement below.

“I have learned that...”

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V11. References

1. Fnal-Learning Module Beauty Care  
<https://www.scribd.com/document/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-12nail-care-learning-module>
3. Competency Based Learning Material (Year 2 Cosmetology)
4. Hand spa
5. Top 10 Benefits of Spa Treatments
6. Step-By-Step
7. What to Expect with Hand Spa Treatment

Key to Correction

Assessment
1.A
2.C
3.D
4.A
5 D

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