



Republic of the Philippines

National Capital Region
Schools Division Office – Muntinlupa City

SPECIAL PROGRAM FOR TECHNICAL VOCATIONAL EDUCATION (SPTVE) BEAUTY CARE 9 Quarter 3 Week 4

I. **Topic:** Facial Cleansing

II. **Objectives:** At the end of this module, the Learners should be able to:

1. explain the concept of Facial Cleansing;
2. distinguish the different types of facial cleanser; and
3. tell the different uses of cleanser for facial cleansing.

III. Brief Introduction of the Lesson

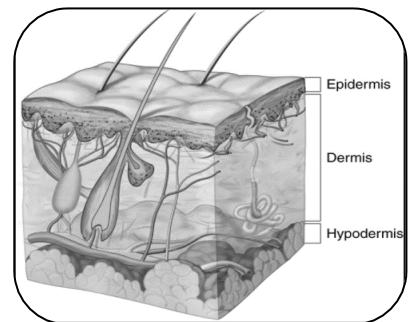
Have you ever wondered why you can't use body soap on your face? Or even your regular liquid body wash? Why does the cosmetic industry manufacture separate products specifically for the face and body? Because the skin on your face is very different from the skin on the rest of your body. You need to have deep knowledge of your skin to develop a thorough skin care routine.

In this lesson, we will discuss about Facial Cleansing. But before we proceed, you must be aware first the anatomy of skin.

The Anatomy of Skin

Your skin is comprised of three layers:

- **The Epidermis:** This is the topmost layer of your skin (which you can see). It acts as a protective layer, a waterproof barrier and is also responsible for your skin tone.
- **The Dermis:** This layer lies just underneath the epidermis. It contains the connective tissues, the sweat glands, and the hair follicles.
- **The Hypodermis:** The innermost layer of your skin and a storehouse of the fat cells that protect your body from heat and cold.



The skin on your face and your body have their own needs. It is wrong to assume that a product that works on one area will be equally effective on other areas. The products meant for your body are not going to work for your face. Facial skin is much thinner than your body skin, and that's why it needs a gentler skin care routine compared to the rest of the body.

The skin on your face;

- is always exposed and takes on environmental stress, pollution, and the UV rays. Hence, it is sensitive and ages faster than the rest of your body.
- is susceptible to blemishes, hyperpigmentation, and related skin issues. Compared to the skin on the rest of the body, it needs specific skin care products to address all these issues and promote cell regeneration.
- is delicate, especially the area around your eyes, which is why it needs special attention and gentle care.

Facial Cleansing

It is essential because:

- ✓ It gently exfoliates dead skin cells from the stratum corneum, exposing younger cells and improving the skin's appearance;
- ✓ It removes make-up, dirt and pollutants from the skin's surface, reducing the possibility of blemishes and skin irritation; and
- ✓ It prepares the skin for further treatments.

What is Facial Cleanser?

A Cleanser is a facial care product that is used to remove make-up, dead skin cells, oil, dirt, and other types of pollutants from the skin of the face.



Republic of the Philippines

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✚ Whichever cleanser is chosen, it should have the following qualities:

- It should cleanse the skin effectively, without causing irritation.
- It should remove all traces of make-up and grease.
- It should feel pleasant to use.
- It should be easy to remove from the skin.
- Ideally, it should be pH-balanced.

✚ Different Types of Facial Cleansers

Types of Facial Cleanser	Characteristics and Uses	Skin type
1. Gel cleanser	Clear like jelly, hydrating and moisturizing, remove excess oil and clean out acne. Great for make-up remover	Normal skin, oily skin, combination skin and acne-prone skin.
2. Clay Cleanser	Made of clay, detoxifying, remove dirt and oil, and impurities from your pores.	Oily skin, acne-prone skin and combination skin.
3. Cream Cleanser	Rich in textures and packed with moisturizing properties. Remove facial cosmetics. Treat by deep cleansing massage.	Dry skin and sensitive skin.
4. Foam Cleanser	Cream or gel form, clear out pores, remove dirt and also remove makeup.	Oily skin and combination skin.
5. Bar Soap Cleanser	Facial soap bars contain more moisturizing ingredients that nourish the skin and balances the pH levels.	Oily skin and combination skin.
6. Powder Cleanser	Turn a bit creamy or foamy when they come in contact with water. Provide exfoliation	Oily skin, combination skin and sensitive skin.
7. Cleansing Oil	Gentle on the skin and super effective in removing makeup. Not so suitable for deep cleansing. Act as pre-cleansers.	Dry skin, normal skin and combination skin.
8. Micellar Cleansing Water	Lightest forms of facial cleanser. Remove dirt. Removes makeup, cleanses and tones your skin.	Dry skin, oily skin, normal skin and sensitive skin.
9. No-Rinse Cleanser	Come in many forms like foams, creams and lotions and many of them are soap-free. Great for removing makeup and freshening up the skin quickly.	Dry skin, sensitive skin and acne-prone skin.
10. Cleansing milks	Treat dry skin that is prone to sensitivity. Light and creamy formulations that cleanse oily skin effectively.	Sensitive skin Oily skin
11. Cleansing lotions	Treat most skin types except the very dry or sensitive skin. Like foam and gel face washes, cleanse the skin but is gentler.	normal skin Dry skin
12. Eye make-up remover	Treat clients with sensitive skin around the eyes; Treat clients who wear contact lenses; Treat clients who wear individual false eyelashes	sensitive skin

Note: You should bear in mind that, there is no such thing as one cleanser for all. Different cleansers cater to different skin types and needs. So, find out what your skin type first and then get into finding the best cleanser for your skin type.



Republic of the Philippines

National Capital Region Schools Division Office – Muntinlupa City

IV. Activities.

Activity I. Directions: Look at the picture below and explain 5 possible causes of Pimples. Write your answer on the space provided.

1. _____
2. _____
3. _____
4. _____
5. _____



https://www.123rf.com/photo_70740623_stock-vector-unhappy-girl-with-pimples-on-her-face.html

Activity II. Directions: Fill up the boxes with appropriate words, concept/Ideas about the topic. Write your answer on the space provided.

I. FACIAL CLEANSING MEANS; _____ _____ _____	
II. FACIAL CLEANSER _____ _____ _____	III. QUALITIES OF FACIAL CLEANSER _____ _____ _____
IV. TYPES OF FACIAL CLEANSER	
TYPES	CHARACTERISTICS/USES
1.	
2.	
3.	
4.	
5.	

V. Assessment:

Multiple choice. Directions: Read the question carefully. Encircle the letter of the best answer.

1. Bea wants to exfoliate dead skin cells in her face, what do you think she should do in order to have a younger looking skin?
A. Clay Cleanser B. Facial Cleansing C. Facial Cleanser D. Gel Cleanser
2. Which is the main reason of having an Acne on face?
A. When the face exposed to the sun.
B. When your face is over exfoliation.
C. When you are lack of sleep.
D. When the pores of your skin become blocked with oil, dead skin cells or bacteria.



Republic of the Philippines

National Capital Region Schools Division Office – Muntinlupa City

3. What do you call a cleanser that has lightest forms of facial cleanser that best for removing make-up, cleanses and tones your skin?
- A. Cleansing milks B. Cleansing Oil C. Foam Cleanser D. Micellar Cleansing Water
4. What is the essential of Facial Cleansing?
- A. To avoid skin extra sensitive to the treatment.
B. It exfoliate our body skin.
C. It removes make-up, dirt and pollutants from the skin's surface, reducing the possibility of blemishes and skin irritation.
D. In order for the skin to be glowing and youthful.
5. How are you going to prevent Pimples?
- A. Know your skin type prior to use facial cleanser. C. Use make-up to protect the face from the sun.
B. Moisturize your skin if needed. D. Wash your face once a day.

VI. Reflection

Directions: Explain how can you avoid and eliminate the Pimples on your face. Write your answer on the space provided. (5 points)

Key to correction:	Answer may vary
Activity 1	Answer may vary
Activity 2	Answer may vary
Reflection	Answer may vary
Assessment:	
1. B	
2. D	
3. D	
4. C	
5. A	

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<https://courses.lumenlearning.com/cuny-csi-ap-1/chapter/integumentary-structures-and-functions/>
Figure in activity 1. Size 1300 x 1300
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