



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 5

I. Topic: Procedure of Skin Cleansing Treatment and its effect.

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

1. compare and contrast between the concept of Superficial and Deep Cleansing Treatment;
2. find and list down important word/s used in the lesson; and
3. write the importance of skin cleansing treatment.

III. Brief Introduction of the Lesson

One of the secret of being healthy and glowing skin is an excellent cleansing routine. Every day, you encounter different factors like make-up and pollution that can be too harsh on your skin. By the end of the day, a lot of impurities have built up on your skin, making it prone to breakouts. As a Beautician/Therapist, It's important to know about Skin Cleansing Treatment in order for you to have a thorough knowledge and skills prior to the service.

Skin Cleansing Treatment

After the consultation, the client will be welcomed and positioned in a therapy couch. Before the treatment routine, the therapist will remove any eye and lip make-up. Each part of the face requires a special technique in the application and removal of the cleansing product.

✚ **The face is cleansed in the following order:**

1. The eye tissue and lashes;
2. The lips;
3. The neck; chin; cheeks; and the forehead

✚ **There are two manual processes involved in the cleansing routine & its effect:**

1. Superficial cleanse

- A technique to remove all surface make up traces, pollutants and dirt from the client's skin.
- Uses lightweight cleansing preparations to emulsify surface make-up, dirt and grease.

2. Deep cleanse

- Involves massage technique to increase blood circulation, opens pores to aid absorption of cleanser into the skin and removes ingrained impurities.
- Blood circulation is increased to the area: this has a warming effect on the skin which relaxes the skin's natural openings, the hair follicles and pores.
- In which heavier cleansing cream is applied to the face.
- Deep cleansing facials are a multi-step skin treatment that can include exfoliation, face masks, cleansing, a facial massage, steam, and a variety of creams and lotions.

PROCEDURE OF SKIN CLEANSING TREATMENT

✚ **SEQUENCE FOR SUPERFICIAL CLEANSING**

1. Wash your hands.
2. Cleanse the eye area, using a suitable eye make-up remover. Each eye is cleansed separately.

Note: *If a water-base eye makeup remover is used, this is applied directly with a clean piece of cotton wool. Stroke down the length of the eyelashes, from base to points. Repeat, regularly changing the cotton wool until the eye area and the cotton wool show clean. Use damp cotton wool to remove the emulsified product. Repeat the cleansing process until the eye area is clean.*

HEALTH & SAFETY: Never use the reverse side of the cotton wool pad – this is unhygienic.

3. Cleanse the lips, with a cleansing milk or lotion (as this readily emulsifies the oils/waxes contained in lipstick).

TIP - When cleansing, be careful that cleanser does not enter the eyes or mouth.

4. Select a cleansing milk or lotion that suits your client's skin type.



Republic of the Philippines

National Capital Region Schools Division Office – Muntinlupa City

- a. Using 4 pumps of soothing cleanser warm in hands.
- b. Clasp the fingers together at the base of the neck, and unlink them as you move up the neck.
- c. Perform alternate thumb circles to the chin.
- d. Alternate light effleurage upwards and outwards to left cheek. Repeat the process to the right cheek.
- e. Using ring finger, perform small circles to the corner of the mouth and up to nostrils and over the nose.
- f. With the ring finger, circle upwards and outwards around the eye.
- g. Remove the cleanser with clean damp cotton wool, at the same time stroking over the skin surface, upward and outward in a rolling motion. Repeat this process as necessary using clean cotton wool each time.
- h. Cover the client's eyes with damp cotton wool pads and using the magnify lamp identify skin types and conditions. Discuss clients concerns and advise a treatment plan.
- i. Select the suitable cleanser for correct skin type and proceed with deep cleanse.

SEQUENCE FOR DEEP CLEANSING

There are various deep-cleansing sequences; all are acceptable if carried out correctly. Here is one sequence for deep cleansing.

1. Wash your hands using antibacterial soap.
2. Let your Patron lay down on their back with their head facing you.
3. Apply makeup remover to a cotton ball and remove any makeup from the eyes, lips, face and neck.
4. Select a cleansing cream to suit your patron's skin type, then apply the cleansing cream.
5. Remove the cleanser using cotton pad or damp wash cloth. Pat the skin dry with face towel.
6. Apply an exfoliating scrub. Stroke up either side of the neck, using your fingertips. At the chin, draw the fingers outwards to the angle of the jaw, and lightly stroke back down the neck to the starting position.
7. Apply small circular manipulations over the skin of the neck.
8. Apply small circular manipulations, commencing at the chin working up towards the nose, and finishing at the temples. Slide the fingers from the temples back to the chin, and repeat.
9. Position the ring finger of the right hand at the bridge of the nose. Perform a running movement, sliding the ring, middle and index fingers off the end of the nose. Repeat immediately with the left hand.
10. With the ring fingers, trace a circle around the eye orbits. Begin at the inner corner of the upper brow bone; slide to the outer corners of the brow bone, around and under the eyes, and return to the starting position.
11. Using both hands, apply small circular manipulations across the forehead.
12. Open the index and middle fingers of each hand and perform a crisscross stroking movement over the forehead.
13. Slide the index finger upwards slightly, lifting the inner eyebrow. Lift the centre of the eyebrow with the middle finger. Finally, lift the outer corner of the eyebrow with the ring finger. Slide the ring fingers around the outer corner and beneath the eye orbit.
14. Remove the scrub from the skin, using damp cotton wool.
15. With the pads of each hand, apply slight pressure at the temples. This indicates to the client that the cleansing sequence is complete.

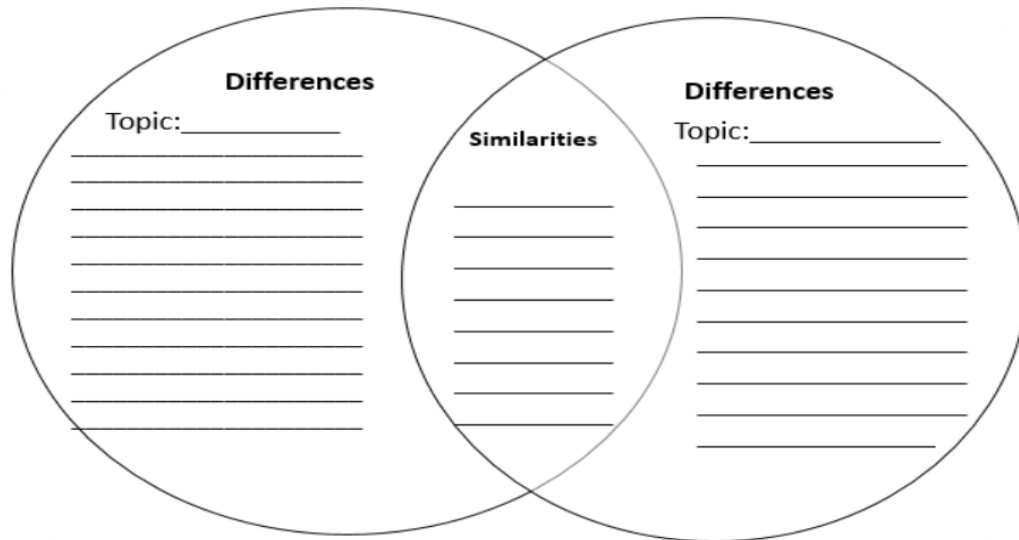
IV. Activities.

Activity I. Directions: Compare and contrast about the Superficial Cleansing and Deep Cleansing. Write down the similarities and differences between the two using the graphic organizer below.



Republic of the Philippines

National Capital Region
Schools Division Office – Muntinlupa City



Activity II. Directions: Find and Encircle (10) important words in the box, which are related to our lesson. Write the terms on the box below. (10 points)

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

V. Assessment: Directions: Read the question carefully. Encircle the letter of the best answer.

- Which Skin Cleansing treatment involves a series of massage manipulations that reinforce the cleansing achieved with the cleansing product?
A. Cleansing Treatment B. Deep Cleanse C. Skin care D. Superficial Cleanse
- It uses lightweight cleansing preparations to emulsify surface make-up, dirt and grease.
A. Cleansing Treatment B. Deep Cleanse C. Skin care D. Superficial Cleanse
- The reason why you should be getting a deep cleansing facial regularly is;
A. To make you look professionally. C. To make you Healthy.
B. To Promote Youthfulness and Skin Health. D. To build a Self-confidence.



Republic of the Philippines

National Capital Region Schools Division Office – Muntinlupa City

4. As a Beautician/Therapist, It's important to know about Skin Cleansing Treatment in order for you to have a thorough _____ prior to the service.
- A. Ability B. Competent C. Excellence service D. knowledge and skills
5. It is a multi-step skin treatment that can include exfoliation, face masks, cleansing, a facial massage, steam, and a variety of creams and lotions.
- A. Cleansing Treatment B. Deep Cleanse C. Skin care D. Superficial Cleanse

VI. Reflection

Directions: Explain how often should you wash your face a day? What are your ways to cleanse your face? What happens if you forget to wash your face at night? Write your answer on the space provided. (10 points)

Key to corrections:	Activity I
Answer may vary	1. face
Assessment	2. skin cleansing
1. B	3. superficial cleanse
2. D	4. deep cleanse
3. B	5. exfoliation
4. D	6. treatment
5. B	7. skin
Reflection	8. steam
Answer may vary	9. procedure
	10. effleurage
	Activity II

References:

Public Technical-vocational high school-Competency Based Learning material
Nordmann, Lorraine, Health Therapy, the Foundations, Singapore:
Thomas Learning Asia, 2001.
Stoppard Miriam, Health and Beauty Book, London: Dorling Kindersely
Limited, 1988
Dermacare (2020, August 13). 5 Reasons to Get a Deep Cleansing Facial.
<https://dermacarehr.com/learning-center/5-reasons-to-get-a-deep-cleansing-facial/>

Most of the content of this module is lifted from CBLM COSMETOLOGY Y3, copyright, Department of Education. Graphics were added to enhance students' understanding of concepts. Likewise relevant activities were added to make the module appropriate for distance modular learning. Borrowed materials included in these module are owned by their respective copyright owners. The publisher does not claim ownership over them.

Prepared by Juleit A. Ponteres

Writer: **Mrs. Juleit A. Ponteres**

Validator/s: **Ms. Maria Teresa C. Resos**