



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 6

I. **Topic:** Importance of Skin care treatment

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

1. determine the concept of Skin care treatment;
2. arrange the proper sequence of applying face mask treatment; and
3. appreciate the importance of skin care treatment to prevent the negative factors that can affect the appearance and condition of our skin.

III. Brief Introduction of the Lesson

The first and most important part of facial treatment is the correct diagnosis of the skin type. This is carried out at the beginning of each facial treatment. **A Facial Treatment** is a service for skin care treatments for the face by exfoliation, extraction, steam, massage or application of creams or astringent and facial masks. This is one of the best ways to keep your skin in good condition.

There are variety of factors which can affect the appearance and condition of the skin, most of which can lead to premature ageing. It is important that you make your clients aware of these factors and reinforce that "Prevention is better than cure".

THREATS TO THE SKIN (Internal)

1. **Alcohol** – Alcohol tends to dehydrate the body including the skin and deprives the body of its vitamin reserves, especially Vitamin B and C.
2. **Caffeine** - It can cause nervousness, interfere with digestion, block the absorption of vitamins and minerals, and spoil the appearance of the skin.
3. **SMOKING** - It interferes with cell respiration and slows down the circulation. This makes it harder for nutrients to reach the skin cells and for waste products to be eliminated.
4. **MEDICATION** - Certain medicines taken by mouth can cause skin dehydration.
5. **STRESS**- It is shown in the face as tension lines where the facial muscles are tight.
6. **UV rays**- Are in the atmosphere every day, not just when the sun is shining. It causes skin burning and ageing. It is important that you recommend all clients to use moisturizer with SPF every day.

A **Face masks** are the perfect skin care treatment to help you with your skin care concerns. You can use a face mask once a week, or you can use it more than that depending on your skin care concerns. **Face mask Treatment**- is a skin-cleansing preparation which may contain a variety of different ingredients selected for deep cleansing, toning and nourishing. This come in packs, gels, creams and lotions. They are applied to the skin, left to dry, and then peeled or washed off.

Types of masks

- A. **Moisturizing masks** - have herbal content and are cream-based. This is ideal for sensitive or dry skin.
- B. **Cleansing masks** are clay based, and are best for oily skin as they dry out the skin and help to draw out excess oil. Then dry to form a firm hard mask and should be removed with lukewarm water.
- C. **Exfoliating mask** are often gels or creams. When they dry, they are gently peeled or rubbed off with fingertips, and the top layer of the dead skin cells are removed at the same time.

Benefits of Face mask skin care treatment

1. **Relaxation**- Face masks don't just offer results that improve the overall appearance of your skin, they can also be quite therapeutic.
2. **Deep cleansing**- Masks are incredible at providing this deeper cleansing process, which leads to an improvement in the appearance of pores that you can see and feel.
3. **Unclog pores**- Regular face masks help to keep your skin surface clean and our pores unclogged.



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4. Glowing skin- Masks, especially those with tingly mint in the formulation, can help stimulate blood circulation.

Do's and Don'ts of Facial masks

DO'S: 1. Leave the mask on face for 10 to 20 minutes. This allows ingredients to penetrate your skin. One option: Apply before getting in the shower or tub.

2. Wash your face with water and a gentle cleanser before applying a mask. This helps the mask penetrate the skin better.

3. Apply a moisturizer after washing off the mask.

4. Choose an over-the-counter facial mask that's specific to your skin type. If you have oily or acne prone skin, choose an oil-free mask that won't clog pores.

5. Splash cold water on your face after removing the mask to close your pores.

DON'TS: 1. Don't use a mask if you experience skin irritation or an allergic reaction (redness, itching, or rash).

2. Don't apply a mask every night. Only apply once or twice a week.

3. Don't leave the mask on for too long, or else you could irritate your skin.

4. Don't scrub your skin when washing off the mask. This can cause irritation and redness.

Applying the mask

The mask is usually applied as the final facial treatment, because of its cleansing, refining and soothing effects upon the skin. The methods of preparation, application and removal are different for the various face-mask types, so the guideline show of effective treatment technique:

1. Determine the patron's treatments, select the appropriate mask ingredients. If you use a commercial mask, always read the manufacturer's instructions first.

2. Discuss the treatment procedure with the patron.

3. Prepare the mask ingredients for application.

4. Using the sterilized mask brush or spatula, begin to apply the mask. The usual sequence of mask application is neck, chin, cheeks, nose and forehead.

Note: *Keep the mask clear of the nostrils, the lips, the eyebrows and the hairline.*

5. To relax the patron, apply cotton wool eye pads dampened with clean water.

6. Leave the mask for the recommended time, and according to the effect required.

7. Wash your hands. When the mask is ready for removal, remove the eye pads.

Note: *Explain to the patron that you are going to remove the mask and briefly describe the process. Remove the mask.*

Mask sponges, if used, should be damp not wet, so that water doesn't run into the client's eyes, nose or mouth.

9. When the mask has been completely removed, apply the appropriate toning lotion using dampened cotton wool. Blot the skin dry with a facial tissue.

10. Apply an appropriate moisturizer to the skin.

11. Remove the headband, and tidy the patron's hair.

12. With a mirror, show the patron her skin.

13. Evaluate the treatment. Record the results on her record card.

IV. Activities.

Activity I. Directions: Match the Column A to Column B. Write the letter of the correct answer on the space provided below.

Column A

- ___ 1. Certain medicines taken by mouth can cause skin dehydration.
- ___ 2. It causes skin burning and ageing.
- ___ 3. A service for skin care treatments for the face by exfoliation, extraction, steam, massage or application of creams or astringent and facial masks.

Column B

- A. Facial Mask Treatment
- B. Alcohol
- C. Medication



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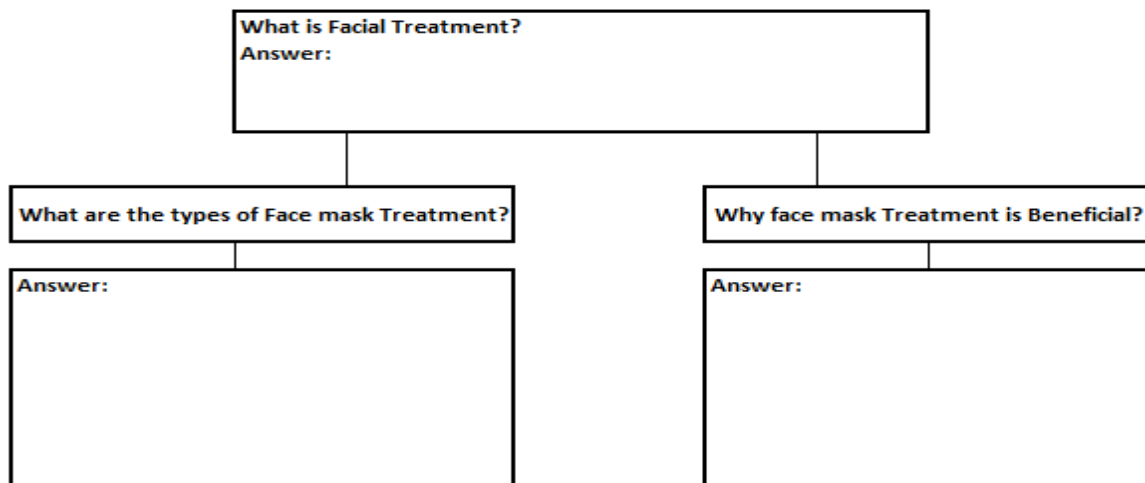
- ___ 4. Tends to dehydrate the body including the skin and deprives the body of its vitamin reserves, especially Vitamin B and C. D. UV rays
- ___ 5. A skin-cleansing preparation which may contain a variety of different ingredients. E. Facial Treatment

Activity II. Directions: Below are the Steps in Applying Face mask. Arrange in sequence the steps by writing the letters (A-M). Write the letter of the correct answer on the space provided below.

- ___ 1. Apply an appropriate moisturizer to the skin.
- ___ 2. To relax the patron, apply cotton wool eye pads dampened with clean water.
- ___ 3. Remove the headband, and tidy the patron's hair.
- ___ 4. Prepare the mask ingredients for application.
- ___ 5. Determine the patron's treatments, select the appropriate mask ingredients.
- ___ 6. Evaluate the treatment. Record the results on her record card.
- ___ 7. Leave the mask for the recommended time, and according to the effect required.
- ___ 8. Discuss the treatment procedure with the patron.
- ___ 9. Wash your hands. When the mask is ready for removal, remove the eye pads.
- ___ 10. Using the sterilized mask brush or spatula, begin to apply the mask. The usual sequence of mask application is neck, chin, cheeks, nose and forehead.
- ___ 11. With a mirror, show the patron her skin.
- ___ 12. When the mask has been completely removed, apply the appropriate toning lotion using dampened cotton wool. Blot the skin dry with a facial tissue.
- ___ 13. Prepare the mask ingredients for application.

Activity III.

Directions: Answer the given graphic organizer below. Fill in the boxes with necessary Information/concept about the topic. (12 points)



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

1. Why is it important to leave the Facial mask treatment on face for 10 to 20 minutes?
- A. To allows ingredients to penetrate your skin. C. To make the client pamper themselves.
- B. To allow ingredients to dry well. D. To make the skin in good condition.
2. Which types of Face mask treatment that are clay based, best for oily skin as they dry out the skin and help to draw out excess oil?
- A. Acne mask B. Cleansing mask C. Exfoliating mask D. Moisturizing masks



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3. This come in packs, gels, creams and lotions. They are applied to the skin, left to dry, and then peeled or washed off.
A. Cleansing Treatment B. Facial Treatment C. Face mask Treatment D. Skin care Treatment
4. Which types of Face mask treatment that have herbal content and are cream-based. They are very gentle and ideal for sensitive or dry skin?
A. Acne mask B. Cleansing mask C. Exfoliating mask D. Moisturizing masks
5. Why do you need to wash your face with water and a gentle cleanser before applying a mask?
A. This make the client feel comfortable. C. To make the client pamper themselves.
B. This helps the mask penetrate the skin better D. To make the skin in good condition.

VI. Reflection

Directions: A contra-action is when a reaction occurs either during or immediately after treatment. As Beautician, What should you do if contra-action occurs during and after applying Face mask Treatment? (5 points)

Key to corrections:				
Activity I				
1.C	2.E	7.F	12.I	Assessment:
2.D	3.K	8.B	13.C	1.a
3.E	4.C	9.G	2.b	
4.B	5.A	10.D	3.o	
5.A			4.d	
			5.b	
Activity II				
1.J	6.M	11.L	Answer may vary	
Activity III				
Reflection:				
Answer may vary				

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