



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 7

I. Topic: Application of facial Treatment and its type.

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

1. recognize the Different types of Facial treatment.
2. make a “Do it yourself “natural facial mask; and
3. perform facial treatment.

III. Brief Introduction of the Lesson

The beauty therapist must choose the correct skin-care products and facial treatments for the skin type. This assessment is called skin analysis.

Different types of Facial treatment and its benefit

1. Removing skin blockages - After the skin has been cleansed, you may wish to remove minor skin blemishes such as comedones (blackheads) and milia (whiteheads). It is preferable to warm the tissues first: this softens the skin and relaxes the openings of the skin which are blocked. **Note:** *Do not attempt to remove, larger skin blockages such as sebaceous cyst – they should be treated by a general practitioner.*

2. Warming the skin - Steam is the ideal means of producing the required warming effect on the skin to achieve both cleansing and stimulation. This is provided by an electric Vapor unit. The cells are softened and can be gently loosened with exfoliation treatment. **Note:** *Keep the vapor directed away from the patron’s face until a visible jet of steam can be seen. To avoid skin sensitization, consider carefully where to position the steam so as to ensure even heat distribution.* **Contra-indications:** Do not use steam if you discover that the client has any of the following: • respiratory problems, such as asthma or cold; • vascular skin disorders; • diabetes, unless the client’s doctor has given a permission. **Contra-actions:** • Over stimulation of the skin • Scalding (process of washing in warm water, etc.

3. Comedone Removal- Using the loop end of the extractor, apply gentle pressure around the comedone. When doing this, wrap a tissue around the pads of the index fingers. **Note:** *Never abstract the patron’s nostrils when removing a comedone from the nose area. Never apply pressure on the soft cartilage of the nose.*

Contra-actions: • Skin brushing could occur if too much pressure is applied • Capillary damage could result if too much force is used when squeezing the blackheads.

4. Mask Treatment- The face mask is a skin-cleansing preparation which may contain a variety of different ingredients selected for deep cleansing, toning and nourishing.

5. Diamond Facial Treatment- Popular with celebrities, this luxurious facial provides many benefits to the face. It can work wonders on dry and dull skin as it brightens skin and increases blood circulation. This treatment gently removes dead cells and toxins by using a special diamond-tipped tool filled with aluminum oxide crystals. **Tip:** *If you have broken or damaged skin, avoid diamond facial treatments as it comes with minor side effects such as redness.*

6. Laser skin resurfing-it removes the outer layer of the skin and stimulate the production of collagen & the production of new cells. It can also be used to reduce the appearance of wrinkles and lines on the face and neck.

With so many facial skin care treatments available, it can be overwhelming to try and choose one. Some facials, are actually considered medical procedures and should be performed by a dermatologist.

Facial Massage - the most relaxing therapeutic part of facial treatment, benefiting all clients, no matter what their skin type. Facial treatment will be effective if you combined with electrical procedure (hydraulic facial equipment). Care must be taken in performing the massage manipulations not to over stretch or over stimulate the tissues. Facial massage is an effective way to counter wrinkles.

The following precautions must be considered before massaging the face.

Massage is effective if the skin is clean. It should start from the neck upwards and end at the forehead or temple because all veins and tissues get blood circulation by this process. Do not press the skin around the eyes



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which is delicate. Massage for the minimum of 15-20 minutes as cream takes as much time to get absorbed. Wash hands with soap and water before massaging. Remove all traces of make-up before massage.

FACIAL MASSAGE

1. Warm the cream. Scattered - spread
2. Chin – lightly motion (slide 8x)
3. Sliding the middle finger to the center of the nose (rotate 6 -8 times)
4. Rotating the chin (2x – 6-8x)
5. Nose (rotating/slide) 6 – 8x
6. Small circular motion under the eyes (4x) then after, piano or raindrop
7. Circular motion in it's sides (eyes) 4x after piano
8. Tap (4x)
9. Sliding the chin (8x)
10. Neck sliding up
11. Massage the shoulder, press the chest, wipe it with water then dry.
12. Scalp massage.
13. Massage the ear.
14. Pulling the hair

After the facial massage, remove the massage medium thoroughly using clean damp cotton wool. Check thoroughly that product has been totally removed. You may then proceed with further skin treatments, such as a face mask, or simply apply an appropriate moisturizer to conclude the treatment.

PROCEDURE IN FACIAL CARE TREATMENT

1. Perform pre-skin analysis: Interview client on the following: Skin type, Skin condition, Previous experience in his/her skin treatment.
2. Prepare all the needed Sterilized or sanitized materials, tools and supplies.
3. Prepare your patron/model/client.
4. Wet the face using wet cotton or remove facial make up.
5. Apply the face with facial foam/soap (perform cleaning massage).
6. Perform facial relaxing massage using appropriate cleansing preparation
7. Remove the facial foam/soap using wet facial foam or face towel.
8. Apply facial scrub and exfoliate for 2 minutes.
9. Remove the facial scrub using wet facial foam or face towel.
10. Perform facial steaming for 5 – 10 minutes.
11. Dry the face using clean facial tissue.
12. Apply the face with facial skin toner and Dry the skin.
13. Perform application of appropriate facial mask depends on the required ingredients or any commercial products.
14. Remove the mask: spray a small amount of water.
15. Apply facial moisturizer.

WHY FACIAL TREATMENT IS BENEFICIAL?

- ✓ Cleansing the skin
- ✓ Increasing blood circulation
- ✓ Activating glandular activity
- ✓ Relaxation of nerves
- ✓ Maintaining muscle tone
- ✓ Strengthening weak muscle tissue
- ✓ Correcting skin disorder
- ✓ Helps prevent lines and wrinkles on the face
- ✓ Softening and improving skin texture and complexion
- ✓ Giving a youthful feeling

**Facial wash > Facial Scrub > Facial massage>
Steaming > Toner > Remove the mask >
Apply moisturizer.**

IV. Activities.

Activity I. Directions: Make a “DIY” or DO IT YOURSELF homemade facial mask. Choose any of this ingredients from the table below or you can make your own natural facial mask treatment. Store in an airtight container, such as a mason jar and enjoy it yourself or apply it to your Client. Kindly take pictures or video, if possible.

(10 Points)

Natural Facial mask:	Ingredients:	Instructions:
Acne Face mask	1-2 Egg whites Lemon juice	1. Separate egg whites from the yolk, and place the egg whites in a bowl. 2. Add tsp. of lemon
Clogged pores mask	2 tsp. oatmeal 1 tsp. baking soda	1. Combine the oatmeal and baking soda in a bowl. Slowly add a few drops of water to create a paste.
Oily skin mask	1 banana 10 drops lemon juice olive oil/coconut oil	1. Mash the banana in a bowl. 2. Add the lemon juice and olive oil to create a liquid paste.
Dry skin mask	half a cucumber 2 tbsp. aloe vera gel	1. Blend the cucumber and combine with the aloe vera gel.



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Activity II. Directions: Perform Facial Cleansing & treatment at home by yourself using your DIY Facial mask.

Follow the procedure given below;

What you need: Facial headband, Comedone Extractor, Facial bowl, Facial Brush, Facial tissues, Face towel, and Facial Cleanser/foam/soap, facial scrub, Facial mask, Toner, cotton, facial moisturizer and Water.

What to do:

- A. Observe safety at all times.
- B. Prepare the needed tools, materials & supplies; and equipment.
- C. Follow the steps below:
 1. Wash your hands and pull your hair back from your face using Headband/ hair clip.
 2. Wash the face or remove facial make up.
 3. Apply the face with facial foam/soap (perform cleaning circular massage upward).
 4. Perform facial relaxing massage using appropriate cleansing preparation.
 5. Remove the facial foam/cleanser/soap using wet facial foam or face towel.
 6. Apply facial scrub and exfoliate for 2 minutes.
 7. Remove the facial scrub using wet facial foam or face towel.
 8. Perform facial steaming for 5 – 10 minutes using face towel/in bowl with boiling water.(Be careful)
 9. Dry the face using clean facial tissue.
 10. Perform application of appropriate facial mask for 10-20 minutes depends on the required ingredients or any commercial products. (Read the instructions).
 11. Using warm water to remove all traces of Facial mask.
 12. Apply the face with facial skin toner and Dry the skin.
 13. Apply facial moisturizer.
- D. Clean the area and return the tools, equipment and materials to their designated places.
- E. If possible, Take short video or photos of your activity then send it through messenger or attach photo in the module.

Below is the rubric for scoring your activity.

Name: _____ **Score:** _____

CRITERIA	Highly skilled 5	Skilled 4	Moderately skilled 3	Unskilled 2	No Attempt 1
A. Use of tools, materials & equipment.					
B. Application of procedure					
C. Safety and work Habits					
D. Speed or time					

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

1. Why should you do a steam treatment as the first step to purifying your pores?
 - A. Because the steam shrinks your pores
 - B. Because the steam removes dirt from your pores
 - C. Because the steam opens your pores up.
 - D. Because the steam gives you healthy skin
2. What does toner do to our skin?
 - A. Brightens your skin
 - B. Remove oil from your skin
 - C. Stops your skin from drying out
 - D. To make your skin glowing
3. Which is most relaxing therapeutic part of facial treatment, benefiting all clients, no matter what their skin type?



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- A. Facial Cleansing B. Facial mask C. Facial massage D. Facial treatment
4. Facial massage should start from the _____ upwards and end at the forehead or temple.
Cheeks B. Face C. Neck D. Nose
5. Which of the following skin types preferable to warm the tissues first to softens the skin and relaxes the openings of the skin that are blocked?
- A. Comedone Removal C. Removing skin blockages
B. Diamond Facial Treatment D. Warming the skin

VI. Reflection

Directions: Reflect what have you learned from the activities. Use the phrases given as a guide. Write your answer on the space provided.(10 points)

In this lesson I have learned that

While doing the activities, I have realized that

I Learned from applying the facial treatment that

5. c	Key to corrections
4. c	Activity I & II
3. c	Answer may vary
2. a	Reflection
1. b	Answer may vary
Assessment	

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