



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 8

I. Topic: Post facial treatment Activities

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

1. identify the Do's and don'ts after giving a facial treatment services;
2. list all the important things to do in preparing and organizing cubicle after used; and
3. know the importance of Post facial treatment Activities.

III. Brief Introduction of the Lesson

A Facial Treatment is an amazing way to give your skin a refreshed and rejuvenated look, its effect won't last if you will not give your skin the post-facial care it needs to maximize the benefits of the treatment. After the treatment, it's normal for an area of the skin to experience redness, breakouts and flaking due to squeezing, removing of blackheads and whiteheads, detoxify and light peel. It's also normal for the skin to feel tight and shiny after exfoliating.

What to Do after a Facial Treatment services?

1. **Stay hydrated-** Encourage patron to drink 6-8 glasses of water daily to detoxify themselves. It should help to plump up the skin, keeping it from looking tired and dull.
2. **Moisturize the skin-** Applying moisturizer creates a protective layer of moisture that boosts skin hydration, preventing flaking and dullness. It can also help anti-aging ingredients work better when applied properly.
3. **Cleanse gently** - Harsh scrubbing and cleansers can leave your skin feeling rather irritated, as it has already undergone deep exfoliation during facial.
4. **Maintain a Healthy Lifestyle-** With all the benefits you get from skin care treatments, maintaining a glowing Skin also requires treatment from the inside. Eat a balanced diet and exercise often.
5. **Consult a Skin Expert-** deliver a professional skin care that is proven safe and effective.

What Not to Do After a Facial Treatment Services?

1. **Apply Heavy Makeup** - Avoid putting on makeup at least for the first day after your facial treatment, because it can clog pores which might lead to further breakouts.
2. **Wax, Shave, or Undergo Hair Removal** – removing hair after the treatment will runs the risk of over-exfoliating and damaging your skin.
3. **Pick at Your Skin** - While tempting, picking on blackheads and whiteheads left behind after the treatment can potentially cause irritation and scarring. So, your best course of action is to leave them be and set a follow-up appointment with your doctor.
4. **Steaming your face-** your skin probably has already been exposed to steam and adding on could result in irritation or worse, broken capillaries.

Safety and Sanitary Measures

Cross-infection – the transmitting of disease from one person to another, this may result to unhygienic use of supplies & materials, tools and equipment. If you take sensible pre-cautions, the salon can be kept as clean as possible and the risk of cross-infection can be minimized.

- ❖ Use only towel and gowns for each customer.
- ❖ Use 70 % alcohol, or alcohol wipes, for cleaning tools.
- ❖ Keep floors and surfaces clear, tidy and clean.
- ❖ Maintain good personal and general hygiene.



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Hygiene - conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

Preparing and organizing the Cubicle after Used

It is necessary to clean, sanitize and/or disinfect the treatment room properly after used, because this is the best and easiest ways to show respect for clients and yourself. A sanitary maintenance area will help keep your products and consumables organized and easily within reach.

- Replace the disposable supplies you will need during the service, such as gloves, sheet cotton, gauze mask, sponges for cleansing and make up removal, disposable makeup applicators (mascara wands, lip brushes, other brushes), spatulas and tongue-depressor wax applicators, cotton swabs, facial tissue, and wax strips.
- Throw away any disposables used during the previous service.
- Clean and disinfect any used brushes or implements, such as mask brushes, comedone extractors, tweezers, etc.
- Supplies & Materials, equipment and tools must be sanitized and placed in a dust proof or airtight container or in a cabinet sanitizer.
- Disposable paper roll may be placed over the surface of the treatment couch if desired. This should be changed for each client.
- Each patron must have a fresh, clean towel and gown. These should be washed in hot soapy water to remove any soiling or staining, and to prevent the spread of infection by killing any bacteria.
- **HEALTH SAFETY:** Containers; Bottles and other containers should be clean and clearly labeled.
- Change the linens on the bed or treatment chair.
- Clean towels must be stored and sanitized in a closed cubicle.
- Wall mounted towel racks save storage space.
- Keep the cubicle area tidy and organized.

IV. Activities.

Activity I. Directions: Put a “/” check mark in the space to indicate whether you agree or disagree with the corresponding statement.

Agree	Disagree	Statements
		1. Avoid putting on makeup at least for the first day after your facial treatment, because it can clog pores which might lead to further breakouts.
		2. It's not normal for the skin to feel tight and shiny after exfoliating.
		3. Facial Treatment is an amazing way to give your skin a refreshed and rejuvenated look, its effect won't last if you will not give your skin the post-facial care it needs to maximize the benefits of the treatment.
		4. Encourage patron to drink 5-6 glasses of water daily to detoxify themselves. It should help to plump up the skin, keeping it from looking tired and dull.
		5. Applying moisturizer creates a protective layer of moisture that boosts skin hydration, preventing flaking and dullness.
		6. Harsh scrubbing and cleansers can leave your skin feeling rather irritated, as it has already undergone deep exfoliation during facial.
		7. Steaming the face after facial treatment is good for the skin.



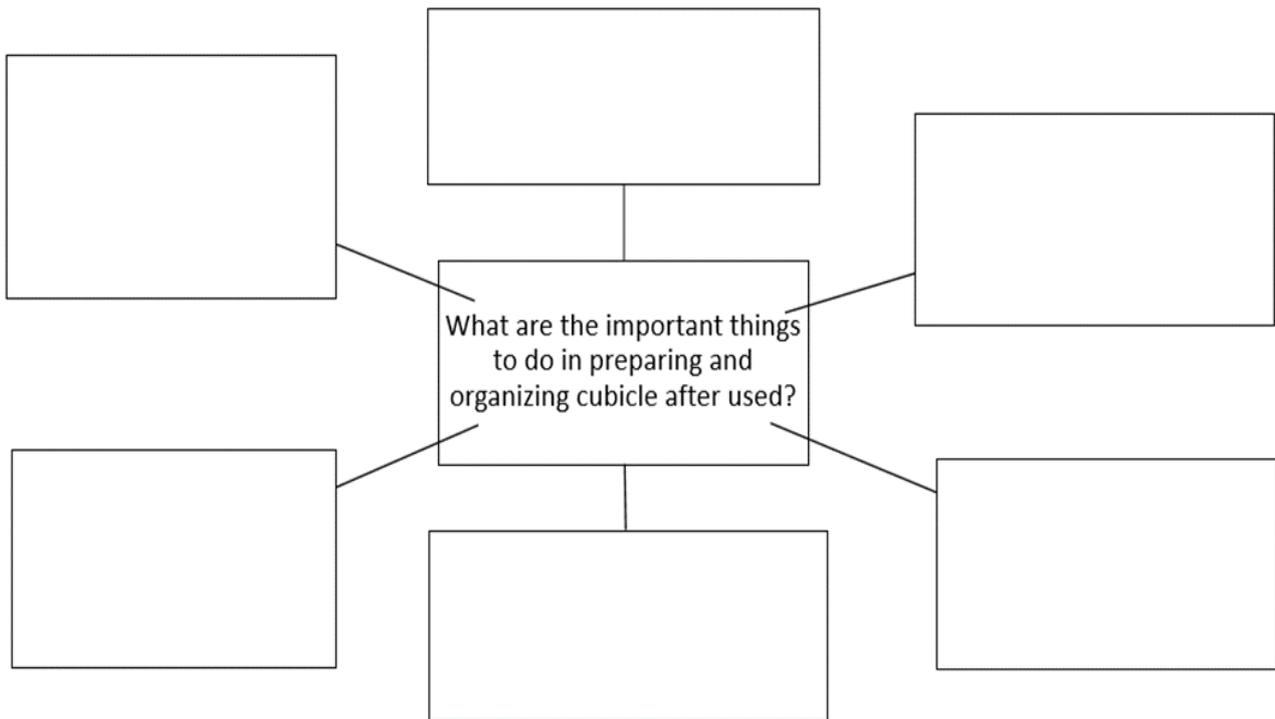
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		8. A sanitary maintenance area will help keep your products and consumables organized and easily within reach.
		9. Removing hair after the treatment will not runs the risk of over-exfoliating and damaging your skin.
		10. Soiled towels, gauze mask or other used materials must be removed from tops of working stations immediately after use.

Activity II.

Directions: List all the important things to do in preparing and organizing cubicle after used. Write your answer inside the box.



V. Assessment:

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

- How are you going to prevent the cross-infection in the treatment area?
 - All tools and materials must be placed in a dust area after used.
 - Keep floors and surfaces clear, untidy and clean.
 - Take sensible pre-cautions, the salon can be kept as clean as possible.
 - Wash hands using antibacterial soap only if necessary.
- Why is it important to maintain standards of hygiene in a beauty salon?
 - To attract more customer.
 - To make the beautician competent.
 - To make the salon workers comfortable while giving the service.
 - To prevent the risks of cross contamination.
- How do you keep your skin glowing after facial treatment?
 - Do exercise daily
 - Follow the Do's & Don'ts after facial treatment.
 - Take vitamin every day.
 - Wash the face right after facial.
- Which of the following is not good for the skin after a Facial Treatment Services?



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- A. Cleanse the skin gently
B. Keep your self-hydrated
C. Moisturize the skin
D. Steaming your face
5. What conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.
- A. Cleanliness
B. Hygiene
C. Sanitation
D. Sterilization

VI. Reflection

Directions: Answer the following questions. Write your answer on the space provided.

1. What is the importance of having post facial treatment services?

2. As Beautician, Why do you need to know the safety and sanitary measures in giving Facial Treatment services?

Assessment	1.C	1	/	10
	2.D	2	/	9
	3.B	3	/	8
	4.D	4	/	7
	5.B	5	/	6
		6	/	5
		7	/	4
		8	/	3
		9	/	2
		10	/	1
	agree	disagree	Activity 1	
			Key to corrections:	

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