



## 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 1

I. **Topic:** Introduction to Facial Treatment, welcoming the Client and consultation.

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

1. recognize the concept of facial treatment;
2. Identify the common skin problem; and
3. determine the characteristics of skin types.

#### III. Brief Introduction of the Lesson

You are about to begin an exciting journey as you develop knowledge and skills in Performing Facial Treatment. Treatment to the skin goes back a very long way in human history. In roughly 6,000 years ago, the first evidence of cosmetics is from ancient Egyptians, In terms of skin care, the ancient Egyptians used castor, sesame and moringa oils to fight wrinkles. Ancient Greeks used skincare treatments was mixing fresh berries with milk, and then applying the paste on the facial area.

Today many people visit beauty salons for Facial treatment, because Almost all women and men have suffered from annoying blemishes, blackheads and whiteheads at one time in their lives. Mostly, can be treated at home, with certain cleansing and care routines, but others may require the help and advice of a dermatologist. Aside from that, they want their skin to be smooth and lighten. Lastly, others want to relax and be pampered.

**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 can be performed by a licensed Estheticians/Beautician who has a special training in skin care.

#### How to make clients feel welcome in beauty salon/spa?

It is utmost important in salon/spa to create a positive impressions to welcome a Client prior to consultation. This are the following steps on how to welcome the client.

1. Greet clients by name, with a warm hello and smile at them before asking anything.
2. Once your client is seated, offer hospitality such as refreshments and magazines.
3. See to it that the personal belongings are attended to.
4. Consult your patron regarding his/her preferences about the treatment or Product to be used.
5. Always see to it that the comfort of the patron is provided.

#### Importance of Client Consultation

Checking and analyzing the skin condition of the client is the first step you take when you begin the treatments. Ask the client specific questions regarding his/her skin conditions. It is a vital importance to have a skin consultation with your clients to know what kind of treatment that's best for their needs and concerns.

**A. Determining your Skin Types.** It's important to know the skin type of your client before giving a facial treatment to give the best possible treatment that suited their skin condition.

Types of Skin	Characteristics
1. Dry skin	Feel tightness after washing, Invisible pores, and Fine wrinkles around the mouth and eye area. Rough skin.
2. Oily skin	Enlarge pores and shiny, blackheads, whiteheads and frequent pimples.
3. Combination skin	The T-zone (Forehead, nose, chin) is shiny and oily but the other parts, like the cheeks, eye area and throat are dry.
4. Sensitive skin	Skin feels itchy and turns red, has tendency for blotchiness. Easily irritated skin.
5. Dehydrated skin	Itchy, flaky, cracked and papery skin. The skin does not retain its natural moisture.



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**B. Common Skin problems**

<b>Problem</b>	<b>Cause</b>	<b>Treatment</b>
1. Acne	When tiny holes in the skin become blocked. The oil is an irritant which causes inflammation of the gland that become infected. Acne is not caused by diet.	Cleanse your face using antibacterial cleanser. Consult your dermatologist.
2. Blackheads	When sebum (oil) builds up in the pores. Oil rises to the surface of the skin, where it oxidizes and darkens.	Steam your face for a few minutes to open the pores then, squeeze the blackhead gently between the fingertips/use a blackhead remover. Regular use of an exfoliator helps prevent clogged pores.
3. Whiteheads (milia)	The sweat glands in areas where oil secretion is low. The oil become thick, hard and white.	Use a sterile needle to prick the skin over the whitehead, then very gently squeeze over the secretion. Cleanse the skin afterwards with antiseptic cream.
4. Broken Veins	It is inherited and cannot be prevented. Tiny capillaries that are close to the surface of the skin, usually around the cheeks and nose.	Can often be treated by electrodesiccation, a procedure that uses high frequency electrical current to destroy tissue. This must be done by a professional.
5. Moles	Due to heredity, They often appear as small, dark brown spots and are caused by clusters of pigmented cells.	Can sometimes be removed by cosmetic surgery.
6. Skin tags	Due to heredity. Small appendages of the skin found on the neck, shoulders and underarms.	Can be removed using electrodesiccation Tiny scabs form and the area usually heals within a week.
7. Spots	May be part of acne, may also appear in some women before their period due to higher hormone levels.	Unless pus is present, never squeeze or try to remove a Spot. Once pus has formed Expel it using clean fingertips.
8. Wrinkles	Caused by the breakdown of collagen, either with age or through exposure to the sun.	Cosmetic surgery, such as a face lift, can lighten the skin.

**C. Client Record Card.**

During consultation, it is necessary to use the client record card to gather important details of the client and keeping a record card up to date. This is a piece of card/file contains the personal details of the Client and it's confidential.

<b>SKIN CARE CLIENT CARD FOR BEAUTY TREATMENT</b>	
SURNAME: _____	SKIN ANALYSIS:
GIVEN NAME: _____	OILY _____ DARK _____
MI: _____	DRY _____ SENSITIVE _____
BIRTHDAY: _____ AGE: _____	ROUGH _____ SMOOTH _____
ADDRESS: _____	COMBINATION _____ FAIR _____
PHONE NO: _____	ALLERGIC REACTION TO ANY PREVIOUS TREATMENT: _____ YES _____ NO
E-MAIL AD: _____	RECENT SURGERY: _____ YES _____ NO
HEIGHT: _____ WEIGHT: _____	AILMENTS: _____ YES _____ NO
DETAILS OF TREATMENT:	NOTE:
COMMENTS:	



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IV. Activities

Activity I. Directions: Identify the Common Skin Problems using the clues below on the crossword puzzle.

**Across:**

- 2. Small appendages of the skin.
- 4. maybe part of the acne/ due to high hormone levels.
- 5. When sebum (oil) builds up in the pores.
- 8. Tiny capillaries that are close to the skin.
- 9. Caused by clusters of pigmented cells.
- 10. Caused by the breakdown of collagen.

**Down:**

- 1. Feel tightness after washing
- 3. Skin feels itchy and turns red
- 6. When tiny holes in the skin become blocked.
- 7. The sweat glands in areas where oil secretion is low.

Activity II.

Directions: Fill in column 2 the remedies of each skin type. Choose your answer from the box given below.

Avoid harsh skin care products. Use hydrating moisturizer.	Extra care must be given to this complexion.	Use gentle facial cleanser.	Requires moisturizers more often during cold weather.	Use Cleanser, toner and moisturizer twice every day.
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Column 1: Types of skin	Column 2: Remedies
1. Dry skin	
2. Oily skin	
3. Combination skin	
4. Sensitive skin	
5. Dehydrated skin	

V. Assessment:

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

1. Mary grace wants to make her face relaxing due to overwork, what do you think she should do?
  - A. Do exercise daily
  - C. Eat healthy food
  - B. Do Facial treatment
  - D. Maintain balance diet
2. They used skincare treatments such as mixing fresh berries with milk and then, applying the paste on the facial area.
  - A. Ancient China
  - B. Ancient Egyptians
  - C. Ancient Greeks
  - D. Ancient Japan
3. Correct diagnosis of the skin type and skin condition is important part of \_\_\_\_\_.
  - A. Beauty treatment
  - C. Face massage treatment



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- 4. As a beautician, what treatment will you recommend if the Client/Patron has Blackheads?
5. Which of the following piece of the card/file contains the personal details of the Client and its confidential?

VI. Reflection

Directions: Express your ideas by answering the questions below.

- 1. What is the importance of having consultation prior to give facial treatment services?
2. Did you experience any problem of the skin on face? What remedies did you make in order to resolve the skin problem?

Table with 3 columns: Key to corrections, Activity I, and Activity II. It lists skin conditions like wrinkles, moles, and acne, and provides remedial steps such as using gentle facial cleansers and moisturizers.

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Writer: Mrs. Juleit A. Ponteres
Validator/s: Ms. Maria Teresa C. Resos