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| Title | **Maintain skin and beauty care** | | |
| Level | **3** | **Credits** | **8** |

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| Purpose | This module introduces students the knowledge and understanding required to carry out basic beauty care skills and routines such as skin care, basic massage, exfoliation and facial methods etc. Students also learn to select appropriate beauty products and equipment. |

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| Classification ISCED | 1012 Hair and beauty services |

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| Available grade | Competent / Not yet competent |

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| Modification history | N/A |

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| **Competency Unit** | **Performance Criteria** | **Knowledge and Understanding** |
| **C-1: Perform Skin Analysis.**  This unit describes the skills and knowledge required to perform skin analysis. | * 1. Demonstrate the use of magnifying lamp.   2. Cleanse the skin before analysis.   3. Identify skin discoloration & diseases, and recognize both.   4. Identify types and condition of skin according to industry standard classification – normal, dry, oily, and combination / dehydrated, sensitive & mature.   5. Identify common skin problems- Ageing, Acne, pigmentation and dry/damaging.   6. Analyze dry skin with burns, pigmentation and sensitivity.   7. Identify acne, black and white heads on oily skin.   8. Identify a range of skin care products suitable for each of the skin types.   9. Select products according to different skin types and conditions.   10. Conduct product patch test for any skin irritation and allergies. | * 1. Importance of magnifying lamp   2. Role of skin cleansing before skin analysis.   3. Explain skin discoloration and skin diseases.   4. Describe different types of skins- normal, dry, oily etc.   5. Describe different skin problems, aging, and acne, pigmentation, dry and damaged.   6. Explain dry skin with burns, pigmentation and sensitivity.   7. Differentiate between Acne, black and white heads on oily skin.   8. Describe range of skin care products that are available in local shops e.g. pharmacies, supermarkets, department stores and beauty salons.   9. Importance and procedure of product patch test. |

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| **C-2: Perform Skin Cleansing**  This unit describes the skills and knowledge required to perform skin cleansing process. | * 1. Select materials and products for the client’s skin type/characteristics, needed to cleanse tone and moisturize the face.   2. Identify the client’s skin condition/texture.   3. Prepare a client for cleansing.   4. Demonstrate the appropriate cleansing routine ensuring all makeup and product is removed.   5. Demonstrate scrubbing on face, hands and body. | * 1. Explain different products for cleansing e.g. lotions, cleansing milk, foaming cream cleansers for following skin types: white, black, mixed, dry, oily, combination, mature and young.   2. Explain different skin conditions (Sensitive, dehydrated, lack of elasticity, open pores, pigmentation, in growing hairs, scarring, thin skin, small moles)   3. Explain the procedure of prepare the client   4. Explain the procedure of cleansing   5. Importance of cleansing before any face treatment/makeup.   6. Explain difference between hand and foot scrub.   7. Explain precautions when steamer or hot towels used. |
| **C-3: Apply Bleach**  The unit describes the skills and knowledge required to provide skin bleaching services to the clients. | * 1. Recognize the benefits of bleaching facial hairs   2. Prepare client and trolley for bleaching.   3. Conduct the patch test for bleaching.   4. Prepare bleach pack.   5. Demonstrate cleansing the face prior to bleaching.   6. Apply bleach pack according to the sensitivity of face parts. | * 1. Explain the benefits of bleaching facial hairs.   2. Explain the procedure of preparing the client for bleaching.   3. Importance and procedure of patch test.   4. Explain the ratio of chemical mixing.   5. Importance of face cleansing before bleaching.   6. Describe the procedure of application of bleach pack. |

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|  | * 1. Apply bleach according to standard specifications and time lines.   2. Demonstrate the removal of bleach pack.   3. Apply antibacterial, antiseptic and SPF, as per requirement   4. Evaluate and note outcomes of bleaching.   5. Respond to contra-indications and adverse effect   6. Identify various types of Bleaches. (Powder and Cream).   7. Analyze skin sensitivity.   8. Advise client of suitable home-care products, possible adversities and remedies. | * 1. Explain different types of bleach, chemical and herbal.   2. Explain the reasons of skin sensitivity.   3. Importance of aftercare procedures of bleach.   4. Explain the effect of light and sun rays on skin. |
| **C-4: Apply Face Polishing.**  This unit describes the skills and knowledge required to provide skin polishing services to the clients. | * 1. Select appropriate required products according to the record card, product ingredients and manufacturer instructions.   2. Assure that the face polish is applied in the portion that is safe for skin.   3. Inform the client about the risks involved in the skin polishing procedure and time duration.   4. Prepare the work stations for service.   5. Apply cleansing and toning process.   6. Apply face polish according to standard specifications and time lines.   7. Apply antibacterial, antiseptic and SPF, as per | 1. **1**Describe face polishing products, their effects and benefits.    1. Describe possible contraindications, skin reactions and allergies.    2. Explain the procedure of face soaking.    3. Explain the procedure of cleansing.    4. Describe the method of proper mixing of face polish creams.    5. Explain the procedure of removal of face polish.    6. Describe face polishing products. |

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|  | requirement,   * 1. Evaluate and note outcomes of bleaching.   2. Advise client of suitable home-care products, possible adversities and remedies   3. Identify various types of face polish creams. (Herbal and chemical). | **K-8** Importance of antibacterial, antiseptic and SPF. |
| **C-5: Perform Exfoliation.**  This unit describes the skills and knowledge required to perform exfoliation services to the clients. | * 1. Select product according to the skin type.   2. Demonstrate cleansing of the face/body prior the exfoliation.   3. Recognize different methods that can be used to exfoliate the body.   4. Demonstrate the procedure of exfoliation. | * 1. Describe different types of exfoliating products according to skin types.   2. Explain the procedure of cleansing.   3. Describe different method of exfoliation.   4. Explain the procedure of exfoliation.   5. Explain the benefits and effects of exfoliation on skin. |
| **C-6: Perform Threading for Hair Removal.**  This unit describes the skills and knowledge required to perform threading for hair removal. It is used to remove unwanted hair from eyebrows, face and body. | * 1. Identify the clients’ requirements and apply correct technique of threading with the objective of keeping the clients at ease as well as obtaining best results.   2. Assess the skin type and condition. In case of dry or sensitive skin take appropriate caution.   3. Prepare the client for threading by providing protective clothing and covering hair with head band.   4. Identify and select different types of thread, powder and antiseptic lotions used for threading.   5. Apply powder to absorb oil from the skin. | * 1. Explain different skin types and conditions.   2. Explain the procedure of preparing the client for threading.   3. Explain the procedure of application of soothing lotions and antiseptic wipes when ever needed.   4. Describe the procedure of threading the different parts of face.   5. Explain contraindications. |

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|  | * 1. Manipulate thread properly and effectively.   2. Apply care during threading, to ensure comfort of clients and avoid cuts, bruises and transmission of germs from operator to client when thread is manipulated through the mouth.   3. Apply soothing lotions and antiseptic wipes on a needs basis.   4. Rebook the clients (if applicable). |  |
| **C-7: Apply Wax for Hair Removal.**  This unit describes the skills and knowledge required to apply waxing for hair removal. It is used to remove unwanted hair from eyebrows, face and body. | * 1. Perform appropriate skin test.   2. Communicate with clients and inform about standard procedures, products details, adversities etc.   3. Identify the clients’ requirements, skin type and skin condition, and assess hair growth pattern.   4. Select products, tools and equipment that is appropriate to the skin type, clients’ requirements.   5. Prepare the client for waxing and provide a gown.   6. Assure that the service area is adequately private for the clients’ comfort.   7. Apply cold wax.   8. Apply and remove wax for the prescribed time according to hair thickness and according to manufacturers’ instructions and standard procedures.   9. Wash off with lukewarm water and dry the area.   10. Apply soothing and antiseptic lotions.   11. Apply hot wax. | * 1. Explain the procedure of patch test.   2. Importance of use of wax for hair removal.   3. Describe hair growth cycle.   4. Explain contraindications and other adversities.   5. Describe different types of wax.   6. Describe types of emollient cream and antiseptic lotions.   7. Explain the procedure of preparing the client.   8. Explain the methods of sterilization and infection control procedures.   9. Describe time duration of procedure and in case of hot wax, temperature management.   10. Explain the procedure of application of soothing lotions and antiseptic wipes when ever needed. |

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|  | **P-12** Perform skin test to check for reactions if any. **P-13** Position the clients and hot wax to minimize possibility of accidents.   * 1. Warm the wax according to standard procedures and apply on small area to check the effects.   2. Regulate wax heat.   3. Spread wax evenly over the surface and allow it time to harden.   4. Pull off the applied wax quickly against the direction of hair growth.   5. Apply wax removing solution on the surface to ensure no excess wax is left on the skin.   6. Apply emollient cream or antiseptic lotion. | * 1. Explain the effect of hot and cold wax on body and face.   2. Explain the procedure of hot wax application and removal.   3. Explain the procedure of application and removal of cold wax.   4. Describe hygienic ways during wax application.   5. Importance of completing the treatment to the satisfaction of the client   6. Importance of completing treatment records. **K-17** Explain aftercare advice that should be provided. |
| **C-8: Apply Face Mask.**  This unit describes the skills and knowledge required to apply mask on clients face and body, if required. | * 1. Identify the range of face masks available for different skin types.   2. Select and mix the ingredients accurately to minimizing wastage.   3. Prepare the client for mask application.   4. Demonstrate application of masks evenly and neatly and cover the area to be treated.   5. Demonstrate removal of masks thoroughly after treatment time.   6. Provide suitable aftercare advice. | * 1. Explain different types of face masks.   2. Explain the procedure of mixing and applying of different herbal/clay masks according to the manufacturer’s instructions.   3. Explain the procedure of preparing the client (The whole area should be covered including the neck and damp eye pads over the eyes.   4. Explain the procedure of application of mask.   5. Explain the procedure of mask removal (Remove with warm water and sponges, tone, blot with tissue, and apply moisturizer). |

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|  | **P-7** Complete the work within time limit acceptable to the industry. | * 1. Importance of aftercare advice.   2. Explain time durations for different types of mask application.   3. Benefits of different types of masks (Clay mask, Peel off mask, herbal mask, cream mask and homemade masks) |
| **C-9: Select suitable products according to the skin type of client.**  This unit describes the skills and knowledge required to understand different cosmetics and their use and effect on different types of skins. | 1. **1**Recognize common information found on retail beauty product labels.    1. Identify factors that should be considered when purchasing beauty products.    2. Select a range of homemade beauty recipes that can be used as an alternative to purchasing readymade products.    3. Select products for different beauty treatments, according to face, body, hairs etc.    4. Recognize main masks ingredients.    5. Recognize the effect of natural ingredients    6. Explain the term ‘sun protection factor’ (SPF).    7. Identify the range of products available to protect the skin from the sun rays.    8. Explain the importance of sun protection for children.    9. Explain the first aid treatment that should follow over exposure to the sun. | * 1. Explain the terms Hypoallergenic, pH- balanced, fragrance free not tested on animals.   2. Describe categories of cosmetics.   3. Describe different homemade beauty recipes.   4. Describe different products and their use.   5. Distinguish between: cleansing milk/creams, facial washes, Lotions, day cream, Night cream, Eye cream, neck cream, Toners, jells, lip balms, serums etc.   6. Describe main ingredients used in masks.   7. Explain the effects of different natural ingredients (Banana, apple, pear, strawberry, egg white, egg yolk, natural yogurt, honey, cucumber, milk, lemon juice etc)   Describe range of sunscreen products available locally.   * 1. Explain first aid treatment that should follow over exposure to the sun. |