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| Title | **Perform basic and treatment facials** | | |
| Level | **2** | **Credits** | **9** |

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| Purpose | The trainees will study the theory of all facial treatments, contraindications and recognition of skin diseases and disorders all of which are an important part of the training as well as the underpinning knowledge and skills required to successfully perform the treatments. |

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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** |
| **E-1: Perform basic facial.**  This unit describes the skills and knowledge required to provide facial services to the clients. It also includes cleansing, preparing the face and applying skin care products and manual massage routines. | * 1. Examine the skin condition and assess type of skin: oily, dry, combination, sensitive and wrinkled.   2. Monitor infections or allergies and prepare report.   3. Cover the client appropriately for cleansing   4. Consult the client before cleansing.   5. Demonstrate cleansing process on face and neck. **P-6** Treat minor skin conditions according to the record card.   6. Explain action and reaction of chemical products used for cleansing face and neck.   7. Apply an appropriate massage medium according to record card and adapt application of massage movements to suit elasticity of skin, facial products and client's relaxation needs.   8. Apply Toner and use hand movement according to elasticity of skin.   9. Apply skin Polish/ bleach (herbal and chemical) as per standard specification and time line. | * 1. Explain the importance of consultation form.   2. Describe different skin diseases and infections.   3. Differentiate between infections and allergies. Explain the procedure of covering the clients using (facial band, gowns, aprons & towel).   4. Describe the procedure of cleansing on face and neck.   5. Describe the procedure of toning and movements of hand according to skin elasticity.   6. Differentiate between herbal and chemical bleach and polish.   7. Importance of product patch test.   8. Explain the roll of anti bacterial and antiseptic products.   9. Importance of skin soothing lotions.   10. Explain the procedure and importance of steaming the face. |

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|  | * 1. Apply small portion of bleach / skin polish as tester to check reaction   2. Identify types of bleaches (powder and cream).   3. Mix the bleach in proper ratio advised by manufacturer.   4. Apply anti bacterial and antiseptic as per requirement.   5. Soothe and steam the face.   6. Extract black/white heads.   7. Remove dead cell of skin by exfoliating and scrubbing.   8. Protect treated skin by applying sun block/day moisturizer.   9. Analyze Contraindication   10. Evaluate and record outcomes of facial procedure   11. Perform correct hygiene throughout the treatments.   12. Identify different types of product allergy and infections.   13. Demonstrate procedures to ensure any product allergy and infectious treated and covered with appropriate soothing products.   14. Execute the procedure of facial with scheduled formulate time duration according to industry standards. | * 1. Describe the procedure of removing black/ white heads.   2. Explain the procedure of exfoliation and scrubbing.   3. Importance of exfoliation.   4. Describe the procedure of applying and removing mask.   5. Explain the range of sun blocks and moisturizers available in market.   6. Describe different types of facials, (whitening facial, herbal facial)   7. Explain the procedures of different facials.   8. Describe the role of SPF level according to different types of skin.   9. Explain effect of facial treatment on skin. |

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| **E-2: Perform whitening facial.**  This unit describes the skills and knowledge required to provide whitening facial services to the clients. It also includes cleansing, preparing the face and applying skin care products and manual massage routines | * 1. Select facial products and whitening agents according to the record card, product ingredients and manufacturer instructions.   2. Assure that the whitening agents are added for procedure in the ratio that is safe for skin.   3. Inform the client about the facial procedures and time duration.   4. Prepare the work stations for facials.   5. Select and sequence massage routine according to client record card.   6. Treat minor skin conditions according to the record card.   7. Assure that the length of the massage routine is properly timed.   8. Apply and remove masks according to product manufacturer recommendation   9. Apply post-treatment skin care products   10. Apply antibacterial, antiseptic and Sun protection factor (SPF), as per requirement   11. Evaluate and note the outcomes of facial procedures.   12. Advise client of suitable home-care products, possible adversities and remedies. | * 1. Describe facial products and whitening agents.   2. Explain the procedure of mixing the chemicals.   3. Explain contraindications.   4. Describe the procedure of preparing the workstation.   5. Explain the procedure of massage.   6. Explain the procedure of cleansing.   7. Describe the procedure of whitening facial.   8. Importance of home care advice. |

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| **E-3: Perform facial for sensitive skin conditions.**  This unit describes the skills and knowledge required to assess clients’ skin and apply facial procedures using electrical equipment and specialized products for sensitive skin condition.  These involve applying a combination of manual massage as well as other treatment techniques and equipment. | * 1. Fill the consultation form.   2. Examine the sensitive skin condition.   3. Identify the factors causing skin problems like peeling, laser treatment or natural disposition.   4. Identify procedure and techniques used for sensitive skin.   5. Adapt application of massage movements to suit elasticity of skin, treatment products and client's relaxation needs.   6. Apply and remove soothing products according to manufacturer instructions and treatment plan   7. Use products reducing redness and irritation. | * 1. Importance of consultation form.   2. Describe sensitive skin.   3. Explain the factors causing skin sensitiveness.   4. Describe the procedures and techniques of sensitive skin treatment.   5. Explain products which are used for sensitive skin remedies. e.g., natural fruits, plant element, sea weeds derived extracts and hypoallergenic products. |
| **E-4: Perform Facial treatment for combination skin condition.**  This unit describes the skills and knowledge required to assess clients’ skin and apply facial procedures using electrical equipment and specialized products for combination skin conditions. | * 1. Examine the dry and oily area of skin.   2. Give treatment that reduce oil T zone (forehead, nose and chin).   3. Select and use products on the dry areas of the skin.   4. Identify contraindications   5. Apply and remove soothing products according to manufacturer instructions and treatment plan. | * 1. Explain combination skin.   2. Explain techniques used to reduce oil from combination skin.   3. Describe products used for dry and oily parts of the skin.   4. Describe procedure for skin absorbing masks and oil free masks for combination skin.   **K-6** Describe T zone. |

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| **E-5: Perform pigmentation treatment.**  This unit describes the skills and knowledge required to assess clients’ skin and apply facial procedures using electrical equipment and specialized products for pigmented skin condition. | * 1. Identify factors causing pigmentation (sun, pregnancy, soaps or face wash).   2. Treat pigmentation (progressive rather than aggressive).   3. Demonstrate micro derma brasion facial for pigmentation.   4. Evaluate results of pigmentation.   5. Reduce skin blemishes.   6. Apply and remove soothing products according to manufacturer instructions and treatment plan   7. Use vacuum to improve elasticity and muscle tone and stimulated production.   8. Recognize different types of moisturizer with SPF. **P-9** Demonstrate deeper exfoliation for pigmented skin. **P-10** Identify contraindications | * 1. Describe factors causing pigmentation   2. Describe the procedure of pigmentation treatment.   3. Describe importance of micro derma brasion   4. Explain precautions of handling the micro derma brasion   5. Describe procedure for maintenance of micro derma brasion   6. Describe duration and time of treatment   7. Describe remedies for skin blemishes.   8. Explain role of vacuum for improving the elasticity of skin.   9. Describe techniques for exfoliation.   10. Describe different range of SPF available in market. |
| **E-6: Perform acne treatment.**  This unit describes the skills and knowledge required to assess clients’ skin and apply facial procedures using electrical equipment and specialized products for acne skin condition. | * 1. Explain the factors causing acne and types thereof.   2. Recognize types of acne.   3. Perform acne treatment   4. Use and operate high frequency and vacuum machinery for acne/ oily skin.   5. Use suitable tool for face and T-Zone area | * 1. Describe factors causing acne.   2. Describe the procedure of treatment of acne   3. Describe products used for acne.   4. Explain effect of removing or extracting the pimples.   5. Describe precautions regarding picking, popping or squeezing the pimples. |

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|  | * 1. Select the products used for acne (oil free and water based products).   2. Remove or extract pimples by picking, popping or squeezing the pimples.   3. Apply remedies.   4. Use the sun screen products.   5. Demonstrate Use of vacuum tool.   6. Perform high frequency for acne. | **K-6** Explain hygienic condition of salon. **K-7** Describe duration of the treatment. **K-8** Describe remedies   * 1. Explain sun screen.   2. Explain vacuum tool.   3. Describe techniques of high frequency and vacuum machine. |
| **E-7: Perform aging / wrinkled skin treatment.**  This unit describes the skills and knowledge required to perform wrinkled skin treatment. | **P-1** Recognize problematic area of skin **P-2** Perform treatment for anti aging skin. **P-3** Infuse vitamins capsules on skin.   * 1. Perform micro derma brasion procedure.   2. Perform exfoliation for wrinkled skin   3. Perform collagen facial   4. Perform glycolic acid treatment for anti aging treatment   5. Monitor skin reactions after different facial treatments   6. Apply remedies   7. Monitor the duration of time for each step in facial   **P-11**Operate micro derma bras ion and different machineries used for anti aging facial | * 1. Describe the role of skin structure in facial treatment   2. Describe the role of layers of skin in facial treatment.   3. Describe facial muscles   4. Describe anti aging facials   5. Describe factors that causes wrinkles   6. Describe micro derma brasion   7. Explain preventive, protective and corrective use of micro derma brasion   8. Describe exfoliation   9. Explain effects of exfoliation   10. Describe procedure of collagen facial   11. Describe products used for anti aging facial |

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|  | * 1. Distinguish between micro derma brasion, collagen facial and glycolic facial   2. Select suitable products for acne facials | * 1. Describe quantity of the products required for different types of facial   2. Describe merits and demerits of anti aging facials   3. Describe time duration for the different types of facials |
| **E-8: Treat sun burned tanned skin.**  This unit describes the skills and knowledge required to assess clients’ skin and apply facial procedures using electrical equipment and specialized products for sun burned tanned skin condition. | * 1. Recognize sun burned skin.   2. Perform techniques for the treatment of sun burned skin.   3. Apply the suitable products.   4. Apply remedies for the treatment of sun burned skin.   5. Explain the Use of sun blocks.   6. Identify UVA and UVB ultra violet light on skin.   7. Apply suitable creams containing ingredients such as menthol and alovera.   8. Check the proper Storage of products. | * 1. Describe reasons of sun burned skin.   2. Explain procedures of the treatment of sun burned skin   3. Describe products required for the sun burned skin.   4. Describe importance of sun block for sun burned skin.   5. Describe effects of UVA and UVB ultra violet light on skin.   6. Describe factors causing sun burned.   7. Explain precautions of sun burned.   8. Describe methods for safe storage of products. |