

JOB ROLE – BEAUTY THERAPIST

Sector – Beauty & Wellness

(Qualification Pack Code: BWS/Q 0102)

Class XI



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Unit 2: Skincare Services

Session 2: Types of Skin and Skincare

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Session Objectives

The students will be able to:

- ❑ Identify the skin types and perform skin analysis;
- ❑ Apply skincare techniques; and
- ❑ Describe the duties of a Skincare Therapist.

Introduction

A Beauty Therapist is a professionally trained individual, who specialises in beauty and wellness services, and offers services from head to toe in order to improve a person's overall appearance. He/she should be able to identify the skin and perform skin analysis to understand the type and condition of the skin, and suggest suitable treatment to a client. The analysis must be carried out keeping in mind the age and general health of the client.

Basic Skin Types

A Beauty Therapist needs to have knowledge about the basic skin types before suggesting a treatment to the client. There are four basic skin types

1. Normal
2. Dry
3. Oily
4. Combination skin

Many internal and external factors determine the condition of the skin, such as climate, pollution, medication, stress and hereditary factors.

Basic Skin Types

Normal Skin

- ❑ Normal skin is balanced. It is neither too dry nor too oily.
- ❑ The overall sebum and moisture content in such a skin is balanced but the T-zone (forehead, chin and nose) may be slightly oily.
- ❑ It is the rarest skin type. Therefore, it is important to take care of one's skin and keep oneself hydrated always.

Basic Skin Types

Identification of Normal Skin

- Normal skin is healthy, soft and has a translucent glow.
- It does not have any mark or blemish.
- It has fine pores.
- There is adequate blood circulation in such a skin.
- It is not prone to sensitivity.
- The pH of the skin is 5.5–5.8.

Basic Skin Types

Dry Skin

- ❑ Dry skin produces less sebum than normal skin. As a result, the skin lacks lipids required to retain moisture and builds a protective shield against external influences.
- ❑ There is lack of lubrication from the sebaceous glands.

Basic Skin Types

Identification of Dry Skin

- ❑ Dry skin can feel tight and rough, and looks dull.
- ❑ It has fine lines near the eyes and mouth. Elderly women having dry skin have prominent wrinkles and facial lines.
- ❑ It slowly loses elasticity with age.
- ❑ It is sensitive to irritation, rashes and infections.
- ❑ It is itchy, if not moisturised regularly.
- ❑ The soles of the feet of people having dry skin develop cracks.

Basic Skin Types

Oily Skin

- ❑ Oily skin is the result of clogging of sebaceous glands, causing sluggish blood circulation.
- ❑ Such a skin has increased sebum production, as compared to normal skin.

Basic Skin Types

Identification of Oily Skin

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Basic Skin Types

Combination Skin

- ❑ Combination skin varies in the T-zone and cheeks.
- ❑ An oily T-Zone and dry cheeks indicate combination skin.
- ❑ The skin has large pores in the T-zone.

Other Skin Types

Allergic and Sensitive Skin

Such skin is sensitive to cold, heat, wind and rain. It becomes allergic and sensitive because of broken capillaries, and results in rashes or irritation through strong perspiration.

Matured Skin

It is somewhat similar to dry skin in appearance. It appears parched, saggy and dehydrated. The skin has deep lines.

Skin Analysis

The following steps must be followed to perform skin analysis.

Step-1: Inform the client about the steps to be performed as part of skin analysis.

Step-2: Cover the client's eyes with cool and wet cotton pads.

Step-3: Now, look at the client's skin on the face and neck, using a magnifying glass in order to determine the skin type, skin conditions and the course of treatment.

Step-4: Slightly stretch small section of the skin using middle and index fingers.

Step-5: Cleanse the skin by following the recommended procedure.

Skincare Techniques

There are three important skincare techniques

1. Cleansing - It is done to remove impurities accumulated in the skin pores..

2. Application of Skin Toners and Fresheners - Toners are applied to refresh and cool the skin, and also remove traces of grease on the skin. Fresheners provide a soothing effect to the skin.

3. Moisturising - Moisturisers are used to keep the skin soft and supple.

Skincare Techniques

Cleansing

Cleansing is a common beauty treatment offered by most beauty salons. It is done to remove impurities accumulated in the skin pores.

Cleansing lotion, gel or milk can be used for deep cleansing. Cleansing cream is used for cleansing and removing make-up. The cream melts as soon as it comes in contact with the skin, thus, allowing it to penetrate into the pores for deep cleansing. The cream also prevents the occurrence of blackheads.



Cleansing

Skincare Techniques

Application of Toners and Skin Fresheners

Toners are applied to refresh and cool the skin, and also remove traces of grease on the skin.

Fresheners provide a soothing effect to the skin.

Toners and fresheners are used as finishing agents for cleansing. These also make the skin soft and healthy.



**Application of
toners and skin
fresheners**

Skincare Techniques

Moisturising

Moisturisers are used to keep the skin soft and supple. These are made up of Normalising Moisturising Factor (NMF) ingredients.

Moisturisers delay wrinkle formation.

Aging of the Skin

Aging is a natural process, in which major body parts and systems get affected over time. Aging is of two types — internal and external.

Internal aging is caused by the genes one inherits, for example natural skin aging.

External aging is caused by environmental factors, such as pollution, smoking, alcohol consumption, sun exposure, etc., for example actual premature skin aging.



The early signs of aging start appearing around 28–30 years but they vary from person-to-person.

Skin Cells

The formation of skin cells takes place in the bottom of the epidermis. Gradually, the cells move to the surface, where they die. In this way, dead cells are continually shed away from the skin.

In old age, this process slows down and dead cells start forming a layer instead of shedding. This, in turn, slows down the process of skin regeneration.

Age Spots

Age Spots are caused by prolonged exposure to sunlight and can be brown, black or gray in colour.

Aging leads to increase in melanin, which causes skin pigmentation, leading to age spots.



An age spot on the skin

Bruising of the Skin

The skin consists of three layers epidermis, dermis and hypodermis or subcutis, which get thinner with age. The blood vessels, therefore, are prone to injury as they lose insulation and protection provided by the skin.

Formation of Wrinkles

Aging leads to decrease in the production of skin proteins—collagen and elastin, which are essential for younger and healthy skin.

Collagen provides firmness and strength, while elastin provides flexibility and resilience to the skin. The reduced production of proteins leads to sagging of the skin and wrinkle formation.

Beauty therapies, such as red light therapy, LED, high frequency, etc., help activate collagen and elastin production.

Dry Skin

The skin gets dryer with age. As the number of oil producing glands decreases, there is a loss of fat and moisture, resulting in thinning of the skin. Even the skin type changes from oily to normal to dry.

Soaps, hot or cold temperatures, and use of some beauty products may further make the skin dryer.

Shrinking of Muscles

Muscles also age and lose their tone with time. Facial skin and skin at the neck are attached to muscles.

The shrinking of muscles makes signs of aging more apparent and the entire face starts to sag with age.

Bone Loss

Our face is supported by various bones, such as brow bone, nose, jawline and chin. With age, the skins under the eyes, around the nose, mouth and cheeks sag, and the jawline becomes less distinct due to bone loss.

Face Masks

Face masks are beneficial in removing impurities, exfoliating, hydrating, soothing and toning the skin. There is an appropriate mask for every skin type.

Masks rejuvenate the skin by moisturising, detoxifying and replenishing it. It must always be chosen according to the client's skin type, such as hydrating masks for dry skin, soothing and calming mask for sensitive skin, cleansing mask for oily skin, natural mask to nourish dull skin, and so on.



Applying the face mask

Types of Masks

Clay Mask

The main ingredient of such a mask is natural clay, which has a deep cleansing effect on the skin.

The mask draws the impurities on the surface of the skin while drying. It unclogs the pores and tightens the skin.

It is best for people with normal to oily skin as it absorbs excess oil without stripping the skin of natural oils.



Clay mask

Types of Masks

Peel-off Mask

It comes in gel, plastic or paraffin subtypes. Such a mask does not absorb as much oil and dirt as clay mask. Peel-off mask is mainly used of tightening the skin and promoting blood circulation.

It works best for mature and dry skin as it hydrates and nourishes the skin.



Peel-off mask

Types of Masks

Cream Mask

Cream mask is ideal for people with normal to dry skin as it rejuvenates the skin by moisturising it.

It has emollient or softening properties that make the skin soft.



Cream Mask

Types of Masks

Thermal Mask

Thermal mask warms the surface tissue and opens the pores, thereby, allowing the skin to breathe.

It works best for those with enlarged and congested pores as it cleans the pores from deep within.



Thermal Mask

Types of Masks

Warm Oil Mask

It contains beneficial oils, such as almond oil, olive oil, vitamin oil, etc., in equal parts.

It is best for people having dry or mature skin as it makes the skin soft and supple, and imparts a healthy glow to it by promoting blood circulation.



Warm oil mask

Types of Masks

Natural Mask

Natural mask is based on the rejuvenating properties of plants, herbs and fruits like cucumber, papaya and oatmeal, and is good for every skin type.

It moisturises and revitalises normal to dry skin, and provides nourishment derived from natural ingredients to the skin.



Natural mask

Application of Face Mask

Cautions

- ❑ Do not apply face mask more than three times a week. Apply it on alternate days.
- ❑ Always cleanse the skin before applying the face mask as it is important to remove the impurities that might seep deeper into the skin, if not cleansed.
- ❑ The mask must not be left on the face for more than 20 minutes.
- ❑ Apply the mask evenly, with clean fingers or a mask brush.

Application of Face Mask

Cautions

- ❑ If the skin is inflamed or breaking out, applying mask in downward–outward motion will immediately reduce redness.
- ❑ For dull and dry skin, apply the mask in upward movement in order to increase blood circulation.
- ❑ Time the mask according to the manufacturer's instructions on the product's package.

Application of Face Mask

Cautions

- ❑ If the mask does not have exfoliating properties, scrub the skin gently before applying the mask. This allows the mask to penetrate into the skin.
- ❑ Some masks are removed by rinsing with water, while others are removed by wiping gently with a damp and warm cotton pad.
- ❑ After the mask is removed, moisturise the skin while it is still damp to lock in the hydration.

Application of Face Mask

Procedure

The general guidelines that need to be followed while applying face mask are as follows.

- ❑ Make the client wear a head band to prevent hair coming in the way. Tuck a facial tissue under the edge to prevent the hair from getting soiled.
- ❑ Prepare mask as per the manufacturer's instructions on its package.
- ❑ Cleanse the skin to remove all impurities, excess oil and make-up.

Application of Face Mask

Procedure

- ❑ Apply the mask methodically with a brush, covering the face and neck evenly.
- ❑ Ensure that the mask is applied up to the hairline to the base of the neck.
- ❑ Avoid the area around the eyes and mouth.
- ❑ Apply wet and cool eye pads over the eyes.
- ❑ Time the mask from this point and leave it to rest for 10 to 20 minutes.

Application of Face Mask

Procedure

- ❑ After the time is over, discard the eye pads and use a clean and damp sponge to soften the dried mask.
- ❑ Wipe the mask with firm upward finger movements.
- ❑ After it is removed, tone and blot the skin, and apply a moisturiser.

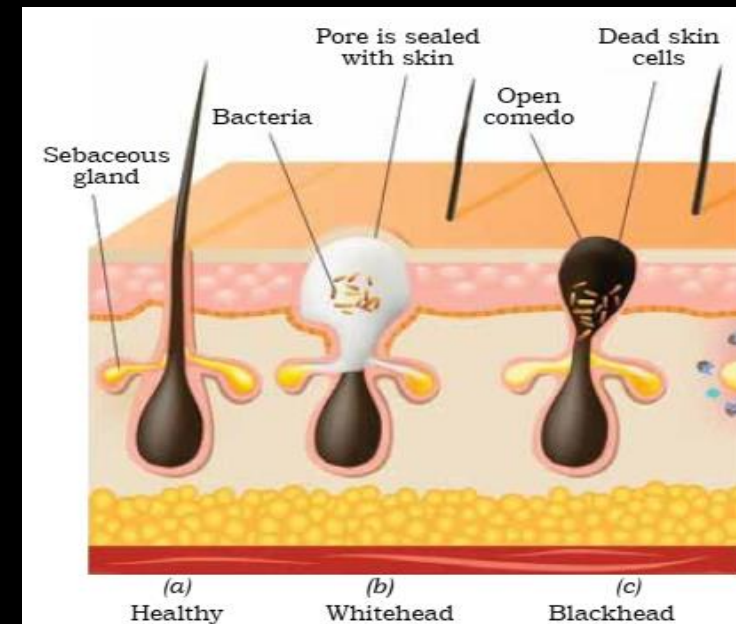


Removal of face mask

Blackhead and Whitehead Removal

Blackheads are a type of mild acne, which get clogged with dirt, oil and sebum.

The melanin further oxidises with these impurities, causing the surface to appear dark or even black. They can appear on the face, neck, shoulders or even back.



Blackhead and Whitehead Removal

Whiteheads develop when dead skin cells, sebum and dirt clog the skin pores.

These are locked within the pores due to the presence of a thin layer of skin. They have closed ends, so these are difficult to be removed.



Blackhead and Whitehead Removal

Material Used

Round loop extractor: It is a metal loop, which slides in the pores and sweeps out the dirt without damaging or irritating the pores.

Blackhead suction remover: It is a mini vacuum that sucks impurities out of the pores using air pressure.

Scrub: Oatmeal scrub is beneficial in case of whiteheads. Gentle circular motions help clean the clogged pores.



Round loop extractor

Blackhead and Whitehead Removal

Material used

Face steamer: The steam helps unclog the pores, thereby, helping in the extraction of blackheads and whiteheads. Face steamers is used for applying the steam. After the steaming is over, apply toner near the clean pores.



Duties of a Skincare Therapist

A Skincare Therapist cleanses and beautifies the face and body to enhance a person's overall appearance. Some of the duties performed by the therapist are as follows:

- ❑ Perform facial clean-up and full-body massage.
- ❑ Analyse the client's skin type and condition.
- ❑ Discuss the available treatments with the client and decide the product that will help improve the person's skin quality.

Duties of a Skincare Therapist

- ❑ Recommend skincare products like cleansers, lotions, creams, face masks, etc., to the client.
- ❑ Teach the client to apply make-up and take care of the skin.
- ❑ Refer the client to a dermatologist for serious skin problems, if any

Summary

In this session, you have learnt to identify the skin type and skin analysis. You have learnt about the steps for conducting a skin analysis and skincare techniques, including application of face masks, removal of black and white heads, etc. You have also learnt about the duties of a Skincare Therapist.

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