



Unit 4

How to Improve and Maintain the Condition of Facial Skin

Learning Objectives

On successful completion of this unit the candidate will be able to:

- Plan the skin care treatment.
- Prepare the client for the skin care treatment.
- Explore the necessary procedure for administering a facial.
- Explore toning, moisturising and removing skin blockages through skin warming procedures.

Skin-Care Treatments

An individual's underlying skin condition cannot be improved by a beauty therapist, since it is determined by genetic elements. However, through the application of professional expertise and suitable skin treatments, the beauty therapist can help every client in improving the condition and appearance of their skin. A beauty therapist selects the appropriate treatment after proper skin analysis and consultation.

Preparing a Client for Facial Treatment

Make sure that all products, equipment and consumables needed for the chosen treatment are available in the treatment section.

Have the client positioned on the couch according to what treatment is to be provided. Use a large towel to cover the client and, if required, drape another smaller towel across the shoulders.

While fastening the headband on the client's head, place it on the hairline in a way that it covers the hair suitably. Tucking a couch roll or tissue under the headband will help to keep it as clean as possible. Once the client has been prepared for the treatment, you must wash your hands.

Carrying out a Facial

A facial includes many stages such as skin cleansing, removing surface dead skin cells (or exfoliation), manual massage with various techniques, manipulation of muscles and lymph drainage or pressure point massage. Based on the client's skin type, various products are used. Masks are used throughout the treatment for hydrating, firming or tightening purposes, until the skin is finally hydrated and protected.

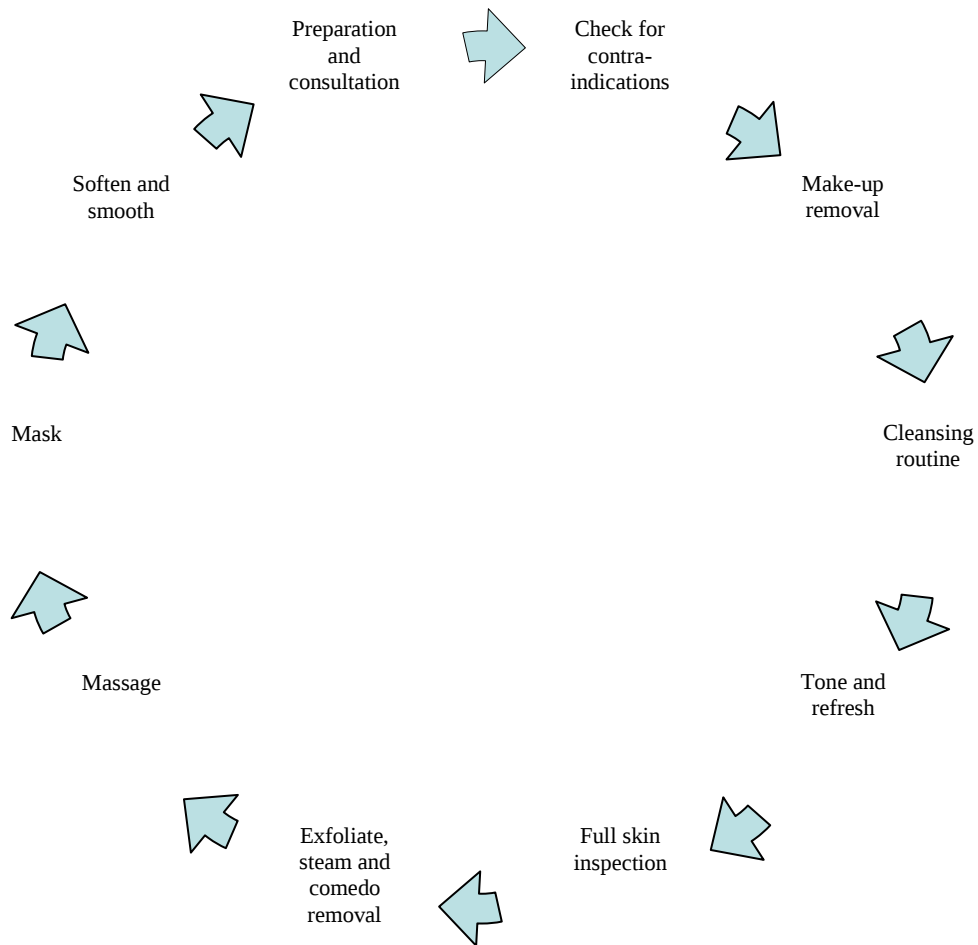
Each of the facial treatments listed below can be given separately or together as a facial in a sequence:

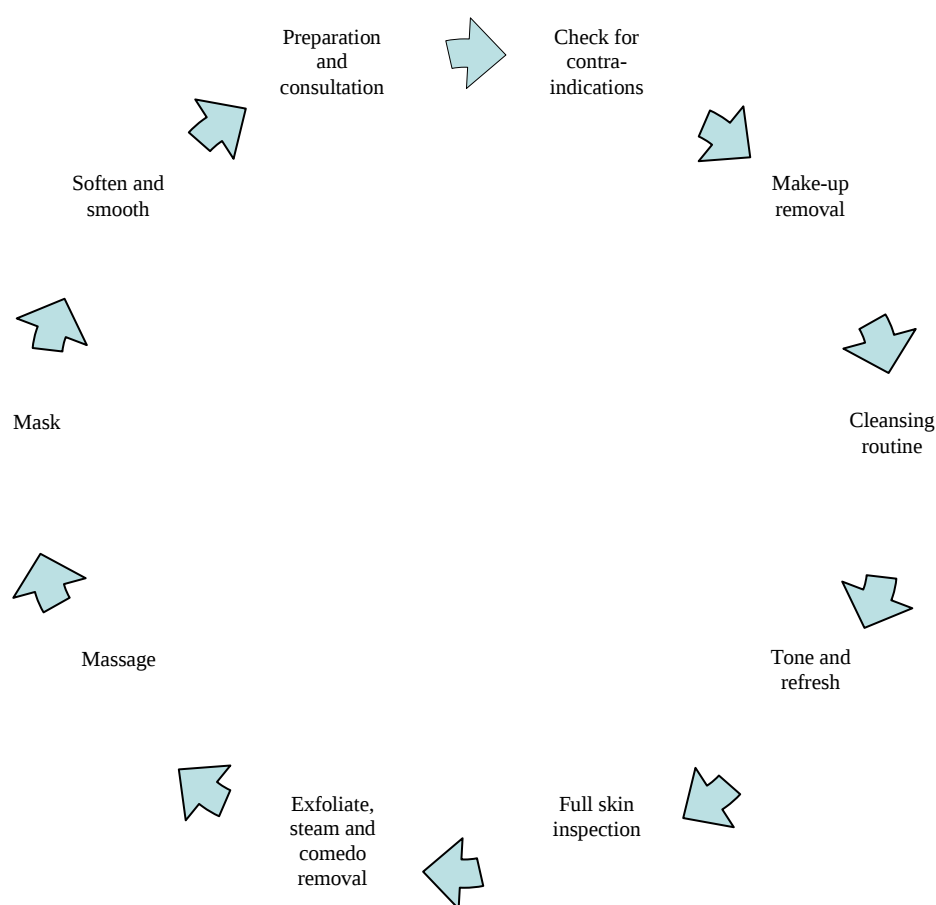


Beauty Therapy



- Consultation and preparation
- Removal of makeup
- Cleansing routine
- Refresh and tone
- Inspection of full skin
- Massage and exfoliation
- The face mask
- Smooth and soften
- Follow-up





Tip:

All through the facial treatment, discuss all that you are doing and why you are doing it, as it is important that the client remains informed.

Cleansing Treatment

Skin cleansing is very important to maintain a healthy complexion. The skin condition and appearance improves with cleansing as dead skin cells are exfoliated and younger cells are exposed. Cleansing also removes dirt, pollutants and makeup from the surface of the skin and thus reduces the probability of skin irritation and blemishes. Skin becomes prepared for additional skin treatments when excess sebum and sweat are removed from the skin.

Cleansing involves two manual processes:

1. Deep cleansing
2. Superficial cleansing

Light-weight cleansing preparations are applied in superficial cleansing for removing surface dirt, grease and makeup from the skin. Heavier cleansing creams are used for deep cleansing of the skin. The presence of a higher proportion of oils in the cream



allows it to be massaged onto the skin's surface, to penetrate deep into the pores and to cleanse the skin thoroughly.

Superficial Cleansing

The following order is used to cleanse the skin:

- The lashes and eye tissue
- The lips
- The chin, neck and forehead

Procedure

- Before you start the procedure, wash your hands.
- The eye area will be cleansed with an appropriate eye makeup remover. After applying the eye makeup remover to some cotton wool, stroke the length of the eyelashes in downward strokes, beginning from the base and finishing at the tips. The eye tissue must then be cleansed in a circle, with outward strokes going across the upper eyelids and in circular motions below the lower lashes, in the direction of the nose. The procedure should be repeated until the cotton wool and the eye area look clean.
- Take some cleansing milk or lotion and apply it across the upper lip section in small circular movements going from right to left.
- While supporting the corners of the mouth, wipe across lips with a piece of damp cotton wool.
- Choose a lotion or cleansing milk that matches the client's skin type. Pour a sufficient quantity of it onto your hands to cover the neck and face. Clasp the fingers together and start at the base of the neck, unlinking them as your hands move upwards on the neck.
- The fingers should be clasped together again as you work on the chin. Draw your fingers outwards in the angle of the client's jawbone.
- Use fingertips to stroke upwards on the face and onto the forehead. The fingers should be positioned downwards as the palms remain in contact with the skin.
- Use the product to massage by beginning at the base of the neck and finish at the forehead.
- The cleanser can now be removed with damp cotton wool very gently, with upward and outward strokes.

Tip:

For clients wearing makeup, the superficial cleansing must be performed twice.

Remember:

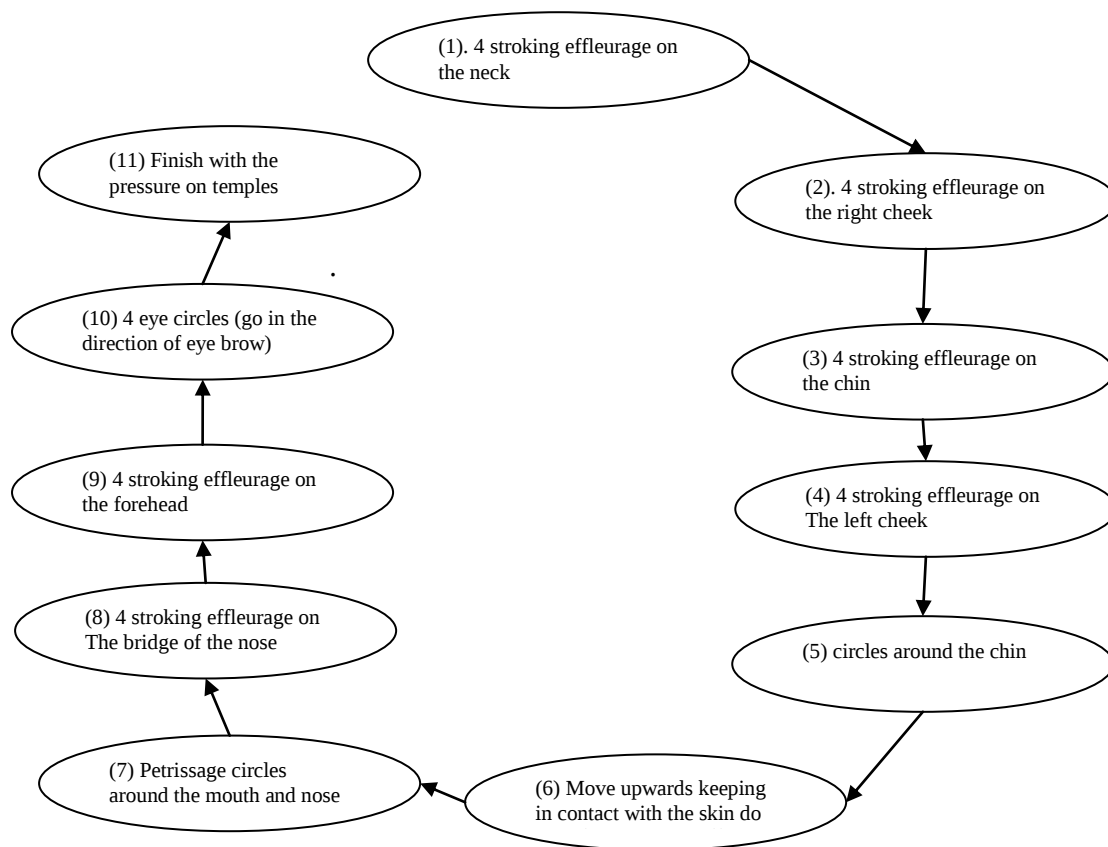
The reverse side of a pad should never be used as it is unhygienic.



Deep Cleansing

Choose a cleansing cream that is most suitable for a client's skin type. Application procedures for deep cleansing are the same as those for superficial cleansing.

- Use upward strokes and work upwards from the neck—towards the jawline.
- Use small circular manipulations on the skin of the neck region.
- Start at the jawline and use alternate hand movements that cover all of the cheek area, repeating it four more times.
- Use your index finger and work on the nose area in round motions. Be careful not to block the nostrils, repeating the process another five times.
- Place the right hand ring finger at the bridge of the nose and perform a running action—sliding the middle, ring and index fingers off the edge of the nose—repeating it with your left hand.
- Repeat the step another five times.
- Use both ring fingers to work all around the eyes in circular movements. Starting at the inner corner of the client's upper brow bone, slide towards the outer corner of the brow's bone, under and around the eyes and then go back to the beginning position. Repeat the process five times.
- Use both hands and apply manipulations in circles, repeating them five times.
- Opening the middle and index fingers of each hand, perform strokes in criss-cross movements on the forehead.
- Sliding the index finger slightly upwards, lift the inner area of the eyebrow. Use the middle finger to raise the centre of the eyebrow. Finally, raise the eyebrow from the outer corner with the ring finger. The ring finger will now be used to slide around the outer corner and under the eye orbit. The process has to be repeated five times.
- The application of a slight pressure on the temples will be done using the pads of each hand. The cream must now be removed from the skin with damp cotton.



Remember:

You must remember to never apply pressure on the eyeball while cleansing the eye area.

Toning

All traces of grease and cleanser can be removed with a toning lotion, giving the skin a very cool effect. This also provides a tightening effect on facial skin due to the presence of a chemical in the toner known as astringent. The use of a toner helps in closing pores, thus reducing the flow of sweat and sebum on the skin's surface.

Toning lotion can be applied to the skin in several ways. A good technique is applying the toner directly to two pieces of damp cotton wool, wiping the skin softly outwards and upwards over the face and neck. Another technique is applying the toner in the form of a fine spray, which produces a fine misty layer of the toning lotion on the skin. While using this method, it is important to protect the eyes with cotton wool pads. The most stimulating effect can be gained by applying the toning lotion to damp cotton wool and tapping it over the skin gently. Blot the skin immediately with soft facial tissues to prevent the toner from evaporating from the skin.

Tip:

Toning lotions that contain greater than 20% alcohol may be a cause of irritation on dry skin. Sebum production can be disturbed with excessive use of astringent on greasy skin.



Moisturising

Moisturising will help return lost moisture to the skin's surface layers. A moisturiser's basic formulation is water and oil. The water content enables lost moisture to be returned to the skin, while the oil content prevents the loss of moisture from the skin's surface. Moisturising provides the following benefits to the skin:

- The skin becomes softer and gets relieved
- Moisturiser provides a barrier between cosmetics and the skin
- The skin's condition improves
- The appearance of fine lines gets minimised
- Ultraviolet filters present in some moisturisers protect the skin from sunlight

Application of moisturiser takes place after the toning lotion. While applying it before makeup, very little quantity must be used.

Application

Using a disposable spatula, take some moisturiser from the container. Apply it in the form of small dots on the chin, neck, forehead and nose. While spreading it on the face, use gentle outward and upward movements. Excess moisturiser can be blotted from the skin with facial tissues.

Removing Skin Blockages (White Heads/Black Heads)

Before removing minor skin blemishes like milia or comedo, commonly known as white heads and black heads, respectively, the skin tissues will have to be warmed first. The ideal method to produce the required warmth is steam. In a facial treatment, steaming follows the manual cleansing. To some extent, it also provides warmth to the skin.

Steaming

An electric vapour unit is used to produce steam by heating distilled water electrically. The steam settles down on the skin and gets absorbed by surface epidermal cells. Exfoliation treatments are then used to gently loosen these softened cells.

Steaming provides benefits to the skin in several ways, such as:

- It opens pores
- Lymphatic circulation and blood circulation get stimulated
- Surface cells of the epidermis get stimulated
- Skin colour gets improved

Contra-indications

Steam should not be given to a client if they have any of the following issues:

- Asthma or other respiratory issues
- Reduced sensitivity in skin
- Diabetes, except with the doctor's permission



Application

The client's eyes must be protected with damp cotton wool before applying steam. A barrier cream should be used to cover sensitive areas. Apply the steam and then blot the skin with soft facial tissues to dry it. The blockages can then be removed.

The time duration for the applications and the distance of the steam application differs based on different skin types. If the client's skin is greasy, it can tolerate steam application for a longer duration and from a shorter distance. If the skin is sensitive, increase the distance and decrease the time. Monitor the skin's reaction during the application and ensure that the client is comfortable.

Towel Steaming

Towel steaming is an alternative method to steaming by electrical vapour. This treatment requires several small clean towels. These towels are heated in a bowl of hot, clean water and then applied to the face.

Application

The client is seated in a semi-reclining position. A small towel is folded and immersed in hot water. The beauty therapist stands behind the client and transfers the towel to the client's face, placed over half the face. The lower face is covered while the nostrils and mouth are left uncovered. The warm towel has to be pressed down against the face for approximately two minutes. Once the towel has cooled down, it will be replaced with another hot one. The heating and replacing procedure will be continued for ten minutes.

Comedo Removal (Removal of Black Heads)

The beauty therapist will wrap a tissue around the index finger's tip. Gentle pressure must be applied at the sides of a comedo with the loop end of an extractor, until the comedo leaves the skin.





Milium Extraction

The extractor's point will be used to pierce the epidermis, while holding it against the skin's surface. Wrapping a tissue around the index fingers' pads, gentle pressure will be applied. A mild antiseptic should be used once this procedure is completed.

Exfoliation

This technique is used to remove dead cells present on the top layer of the epidermis. Exfoliation improves the colour and texture of the skin, while stimulating blood circulation simultaneously. This procedure is carried out once the skin has been toned and cleansed and before any further treatments are carried out. Various kinds of exfoliants can be used, such as clay exfoliants, skin cleaning creams and pore grain exfoliants. Salons usually use ready-mixed granular pastes or cleansing grains that are used to make a paste by mixing in water. The application process varies based on the product being used.

The manufacturer's instructions must be followed.

Benefits of exfoliation include the following:

- Dead skin cells and grains present on the skin are removed
- As fresh skin cells get exposed, the skin gets a fresh look
- Improvement in blood circulation

Clients may be advised to continue using exfoliants at home as specialised treatment. Exfoliants must be applied at least once a week for any skin type, but twice a week for greasy skins. The product has to be applied to the skin with finger pads in outward and upward movements. When clients perform this treatment at home, they should be advised to use a face mask afterwards or apply an appropriate nourishing skin moisturiser.

Remember:

The exfoliation procedure gets rid of dead skin that can block the pores outside the hair follicles. Sebum and dead skin can partly block these follicles, resulting in serious spots and black heads if left untreated.

Suggested Further Reading:

- ✓ *Health and Beauty Therapy: A Practical Approach for NVQ(2004), By Dawn Mernagh-Ward, Jennifer Cartwright*
- ✓ *Professional Beauty Therapy :Australian and New Zealand Edition PDF, (2007), By Andrea Day, Lorraine Nordmann*