



Unit 3

Skin analysis and Facial Treatments

Correct identification of the client's skin type is essential, both to enable the therapist to give correct treatment, and to recommend the most suitable products. There are three necessary steps to facial examination.

Questioning

Questioning is needed in order to identify the client's normal skin care routine and products used by her. It is also very important that the client understands that a skin condition may take several treatments to clear. Further the time scale and cost of a treatment plan should also be discussed, prior to the treatment takes place.

Visual Examination

Visual examination should be done in strong light, when the skin is properly clean and free of makeup. Problem areas like black heads and an oily T- zone can be recorded.

Manual Examination

Manual examination gives indications about the warmth and texture of the skin and its elasticity. Warmth of the skin shows how good the blood circulation is to the face. In the same way texture of the skin can be felt. If there are any lumps under the skin it will need further examination.

Tip:

In order to test skin tone, gently lift the skin at the cheeks between two fingers and let go. If the skin tone is good the skin will spring back to its original shape.

What to look for in a Facial Treatment

The following contra-indications are relevant to all facial treatments:

- Any sunburns
- Any cuts on the skin
- Severe eye infection
- Conjunctivitis
- Bruising
- Any known allergy reaction
- Scar tissue of less than six month old

The beauty therapist must look for contra-indications and must give no treatment if there are any. This is to safeguard the therapist, to client herself, and to other clients also, who would otherwise be at risk of cross infection. As there is a risk of spreading



infections if a treatment is given in the presence of any of the above mentioned conditions, so no treatment should be given.

The consultation

The consultation is the time when the beauty therapist explains to the client of what is involved with each treatment, how long it takes, the aftercare involved and any home care that is required. The beauty therapist must tell the client about the cost involved for the individual treatment- or the treatment programme, if needed. So that she can decide whether or not to undertake the financial commitment involved.

Remember the following points while giving consultation for a facial treatment:

- Record personal details of the client. Check that there are no contra-indications to facial treatment.
- If contra-indications present do not give any treatment.
- Find out about the client's present skin care routine and her general health, through questioning. Now completing the consultation explain what is involved, how long the treatment will take, after care required, and costs involved.
- Always give honest and professional advice.

Remember

The golden rule for the consultation is: when in doubt check it out!

Recognising the Skin Types

The beauty therapist must choose the correct skin care products and facial treatments for the client's skin type. This is possible after a complete assessment of the client's skin. This assessment is called skin analysis. The true skin type may not be very easy to diagnose at first sight, as all skins react to the environment, to products used and to different life styles.

There are four main skin types:

- Normal
- Dry
- Greasy
- Combination

Normal Skin

This skin type is also called balanced skin because it is neither too oily nor too dry. This skin has a good balance of moisture and oil to keep it soft. It is fine textured and smooth with no visible pores. It feels firm to the touch. The skin pigmentation is even coloured. The skin is usually free from blemishes.



Normal skin type has a tendency to go either slightly on the dry side or slightly on the greasy side. It should not be assumed that it is always normal. It should feel warm to the touch.

Question to ask from the clients at skin analysis

- Is your skin usually in this condition?
- Do you feel having any problem areas?
- Did you have problem areas in the past?
- What skin care routine and products you are currently using?

Dry Skin

This type of skin lacks oil and moisture. The pores are small and tight. The moisture content is poor. There is a tendency towards sensitivity. Premature ageing is common, resulting in the appearance of wrinkles.

Questions to ask

- Does your skin feel tight?
- Is your skin sensitive towards hot and cold weathers?
- Does your skin sometimes flake?

Tip

Tap water contains salts and chlorine, which can dry the skin. If your client has very dry skin advise her to avoid using tap water on her face.

Greasy Skin

Greasy skin is caused by an over production of sebum from sebaceous glands. This skin type is slightly thicker in appearance than the normal skin. Pores are enlarged. Moisture content is high. As a result of excess sebum production, dead cells become embedded in the sebum. The skin has sluggish blood and lymph circulation. The skin shines due to the excess of sebum production. When the skin becomes excessively greasy some sorts of skin disorders occur.

Questions to ask

- Is your skin prone to pimples and blackheads?
- Does your skin usually shine?
- Is it hard to keep make up on your skin?
-

Combination Skin

The combination skins are, partly oily and partly dry- a combination of two. The oily parts are generally the chin, forehead and nose, known as T-zone. Cheek area is usually normal or dry. The pores in the T-zone are enlarged, while in the cheek area



they are small or medium. The skin is sallow in the oily areas but thin in the dry areas. The skin tone is good in the oily areas but poor in the dry areas.

Questions to ask

- Is your often nose shiny?
- Is your skin prone to blackheads in the T-Zone area?
- Does your skin on the cheek area ever feel dry or tight?

Activity: 1

Have a close look at the some of your family members. What do you notice about their skins? Write down your observation.

Activity 2

In strong light take a good look at your own skin and decide what skin type you have.

Additional Characteristics

Sensitive skin condition is often associated with pale skins or dry skin that lacks the production of enough sebum. This type of skin has a highly flushed look, with a tendency to colour easily, and react to beauty products used in the salon. There are usually broken capillaries in the cheek area. The skin feels warm to the touch.

Questions to ask

- Does your skin show signs of being dry?
- Is it often red especially in the cheek area?
- Is your skin prone to allergic reactions?

Dehydrated Skin, which has lost water from the skin tissues, is a condition of dehydration. Any skin can suffer from dehydration either through using products which are too harsh on the skin or through exposure to extreme temperatures or central heating. Fine superficial lines are apparent on this skin. Broken capillaries are also common in this skin type.

Questions to ask

- Do you consume sufficient liquid?
- Have you altered your diet recently? What is your skin care routine and which products are you using?

Tip:

The clients with dehydrated skin should be encouraged to drink 6-8 glasses of water a day to replenish the moisture in the body.



Mature Skin Wrinkles begin to form. The epidermis may become thinner, with a lack of springiness and loss of support from underlying muscles. This type of skin is dry, as the sebaceous and sudoriferous glands become less active.

Congested Skin Pores become block. Sweat and sebum can not flow on the skin surface, which can be seen and felt as lumpy and coarse. Black heads and white heads are usually seen on such type of skin. Poor removal of makeup, use of wrong products and excess sweat contribute to this skin condition.

Infected Skin_Virus bacteria or fungi can cause infection. Swelling and irritation are the obvious signs. The presence of pus is also one of the symptoms.

The best way of caring for the skin is;

- To avoid stress
- Good nutritional habits
- Use of correct skin products
- To avoid skin damage.

Reasons for Skin Damage	How to recognise the symptoms
Heat and steam	Over stretching of the skin causing damage.
Incorrect use of skin care Products	In correct use of skin care products can cause comedones to form or lead to an over - sensitive skin
Excessive Heat	Results in dehydrated skin and skin burns
Pollution from chemicals, traffic, and thinning of the protective ozone layer	This leads to clogged and blocked skin, dehydration and over-activity of the sebaceous glands, which results in more problems.
Excessive exposure to the Sun/ artificial light.	Excessive lines or wrinkles, pre-mature ageing causing a break down in collagen and elastin, which protects the skin. Uneven pigmentation can also occur.

Facial Products and their Functions

There are many products available on the market which can be used to improve the facial skin conditions:

- Cleansers
- Toners
- Moisturisers



- Exfoliates
- Masks
- Massage products

Tip:

When treating a sensitive skin, choose a product that does not contain common known allergens such as mineral oil, alcohol and lanolin. These products are referred to as hypoallergenic or dermatologically tested.

Cleansing Products

Various cleansing preparations are available to the beauty therapist with formulations designed to suit different skin types. They include:

- Cleansing milks;
- Cleansing creams;
- Cleansing lotions
- Facial foaming cleansers;
- Cleansing bars;
- Eye makeup removers

Whichever cleanser is chosen it should have the following qualities:

- It should remove all the dirt, make up and grease from the skin
- It should cleanse the skin properly
- Should feel pleasant
- Should be easy to remove from the skin
- Should be pH balanced

The pH scale is used to measure the acidity or alkalinity of a substance. Acids have a pH of less than 7; alkalis have a pH greater than 7. Substances with a pH of 7 are neutral. To avoid skin irritation it is preferable to use a product whose pH is 5.5-5.6. Alkalis strip the skin of its protective covering of sebum hence make it feel dry. A simple test can be carried out to discover whether a liquid product is acidic or alkaline. This is done using litmus paper which changes the colour according to pH:

- If an alkali is present the litmus paper turns blue.
- If an acid is present the litmus paper turns red

Cleansing Creams

Key ingredients

- An emulsion of oils
- Waxes
- Water
- emulsifiers



- Fragrance
- Preservatives

Emulsifiers prevent the ingredients separating i.e. oil and water Waxes give creamy texture and water cools the skin and provides slip for easier spreading.

Cleansing creams have emulsion thicker and richer than cleansing milks. The cream is therefore more effective in removing the grease and oil based make up from the skin. Cleansing creams are used for removing make up, for deep cleansing, and for treating very dry skin.

Cleansing Milks

Key Ingredients

- Emulsion of oils, usually mineral oils
- Detergent
- Emulsifiers
- A small portion of waxes than in a cleansing cream
- High portion of water

Cleansing milks are used for treating dry skin that is prone to sensitivity and also for sensitive skin. It is not suitable for very dry skin. Some cleansing milks are used to wash off the skin. It is ideal for people who like a lighter feel to their skins and also for younger and greasier skins.

Cleansing Lotions

Key ingredients:

- Detergent solution in water
- Anti- bacterial agents
- Emulsifiers
- Fragrance

Cleansing lotions usually do not contain oil, and therefore are not suitable for makeup removal. These are used for treating greasy skins. It is also used for the cleansing of normal skin. It is ideal for young skins, especially problem or blemished skins.

Facial washes / gels

Key ingredients:

- A mixture of cleansing and wetting agents
- Water and water soluble ingredients
- Conditioners and colours



Additional ingredients are selected for the treatment of different skin types. These cleansers are quick to use and provide a suitable alternative for the client who likes to wash her face with soap and water. Oil based make up should be removed with cleansing cream first before using this cleanser.

Cleansing bars

Soap is usually considered unsuitable for use on the skin. It has an alkaline pH which disturbs the skin's natural acidic pH balance. It leaves insoluble salts on the skin's surface. Cleansing bars are a milder alternative to soap. These are recommended for greasy to normal skins which are not sensitive.

Eye Makeup Removers

Eye makeup remover should be light, non greasy and easily used without dragging the skin. A good eye makeup remover dissolves make up immediately. Specialist oil based remover may be needed to remove water proof mascara.

Eye Creams

Key Ingredients

- Oil in water emulsions
- Oils
- Vitamins
- Methyl cellulose
- Plant and herb extracts
- Collagen
- azulene

Eye creams should be used regularly to delay the formation of wrinkles. Ideally eye protection should begin prior to lines forming.

Toners/ Skin Fresheners

Key Ingredients

- Water and fragrance
- Astringents, such as witch- hazel
- Colour and perfume
- Plant extracts
- Humectant such as glycerine
- Alcohol

These are applied on the skin by using damp cotton wool, stroking in a firms but gentle rhythm all over the face. They remove the traces of grease from the face and prepare it to receive moisture.



Exfoliants

Key Ingredients

- Detergent
- Abrasive powders such as finely ground olive stones, nuts or beads
- Sodium lactate
- Added moisturisers/ vitamins
- Kaolin, or other clay based ingredients

Exfoliants remove the dead cells from the top layer of the epidermis. It improves the texture and colour of the skin and stimulates the circulation. They are used once a week. They may be of chemical and vegetable nature. There are different types of exfoliants.

Pore grains

These are most common exfoliants: a base of cream or liquid containing tiny spheres of polished plastic or crushed nuts. It is gently massaged over the skin's surface.

Clay exfoliants

Have clay base which is applied like a face mask. As it dries the clay absorbs dead skin cells and sebum. The mask is then gently removed with the pads of fingers.

Mechanical Exfoliation or facial brushing, softens the skin by removing dead skin cells

Moisturisers

Moisturising Creams

Key Ingredients

- An emulsion of oils and waxes
- Emulsifiers
- Humectants_such as glycerine

These contain up to 70- 85% water and 15-30% oil. Moisturising creams can be used for day and night, depending upon skin type and cream used. These are recommended for dry and mature skins. These should not be used near the eye area.



Moisturising Lotions

They contain up to 75- 85% water and 10- 15% oil. Having light liquid formulation they are ideal for using under make up. These are recommended for greasy, young combination skin, dehydrated skin and normal skin.

Remember
 Always follow the manufacturer’s instruction when using beauty products. The instructions should have information about: how to use the product safely? How long to leave it on the skin? And how to store it?

Procedure	Action on the skin	Products
Cleansing Am & pm	Removes dust, dirt, and make up from the skin	Cleansing lotions, creams, milks, cleansing bars, gels
Day cream or Moisturising	Keeps skin soft and supple restores oil to the skin	Moisturising creams milks
Toning lotion, Am & pm	Tightens the skin stimulates circulation	skin tonic, toning lotion, astringent
Exfoliation paste Once a week	Removes dead skin cells	Ready mixed granular paste Cleansing grains to make Paste by mixing in water
Face Mask once a week	Deep cleanses, smooth the skin	Clay masks, fruit masks, peel off masks, thermal masks, biological masks
Eye make up remover. PM	Very gentle make up remover	Lotions and creams. Wash up gels



Skin- Care Treatments

The Beauty Therapist cannot change the underlying skin type, which is determined genetically, but through her professional expertise and by the application of appropriate skin care treatments, she can help each client to improve the appearance and condition of her skin. Whatever treatment is to be given, she decides after proper consultation and skin analysis.

Preparing the Client for Facial Treatment

Ensure all the equipment, products and consumable required for the selected treatment are present in the treatment area.

Position the client on the couch according to the treatment to be given. Cover the client with the large bath towel. Drape another small towel across her shoulders, if required.

Now fasten the headband around the client's hairline. Cover the hair properly. Tuck either tissue or couch roll under the headband to keep it as clean as possible. After preparing the client wash your hands.

Carrying out a Facial

A facial consists of several stages- skin cleansing, exfoliation (removing surface dead skin cells), and manual massage using different techniques, muscle manipulation, pressure point or lymph drainage massage. The products used vary according to the client's skin type. Masks may be throughout the treatment for tightening, hydrating or firming purposes and finally the skin is hydrated and protected.

The facial treatments mentioned below can be given individually (each treatment separately) or all the treatments in a sequence as a facial.

- Preparation and consultation
- Make up removal
- Cleansing routine
- Tone and refresh
- Full skin inspection
- Exfoliation and massage
- The face mask
- Soften and smooth
- Follow up



Beauty Therapy





Tip
Throughout the facial, explain what you are doing and why because it is important to keep the client informed.

Cleansing Treatment

Skin cleansing is essential for a healthy complexion. Cleansing helps in improving skin condition and its appearance by exfoliating dead skin cells and exposing younger cells. It also removes make up, dirt and pollutants from the skin surface and therefore reduces the possibility of blemishes and skin irritation. It also removes excess sweat and sebum from the skin. It prepares the skin for further treatments.

There are two manual processes in cleansing:

1. Superficial cleansing and
2. Deep cleansing

A light weight cleansing preparations are used in superficial cleansing to remove surface dirt, make up and grease from the skin. Where as a heavier cleansing cream



is applied to the skin for deep cleansing. The high percentage of oils, present in the cream allows the cream to be massaged over the skin's surface, and by penetrating deeper into the pores it cleanses the skin properly.

Superficial Cleansing

The face is cleansed in the following order:

- The eyes tissue and lashes
- The lips
- The neck ,chin, and forehead
- Procedure
- Wash your hands before starting the procedure.
- Cleanse the eye area using suitable eye makeup remover. Apply eye remover onto some cotton wool. Now stroke down the length of eyelashes (starting from the base and finishing at the point).Then cleanse the eye tissue in a circle, outwards across the upper eyelid and, circling beneath the lower lashes towards the nose. Keep repeating the procedure until the eye area and cotton wool show clean.
- Take some lotion or cleansing milk and apply across the upper lip in small circular movements (from right to left).
- Support the corner of the mouth and wipe across the lips by using damp piece of cotton wool.
- Select a cleansing milk or lotion which matches to your client's skin type. Pour some on your hands- sufficient to cover the face and neck. Now starting from the base of the neck, clasp your fingers together at the base and unlinked them as you move up the neck.
- Clasp the fingers together again while working at the chin. Then draw the fingers outwards to the angle of the jawbone.
- Now by using your finger tips stroke up the face, onwards the forehead. The position of your fingers should be downwards and palms in contact with the skin.
- Now massage the product across by starting from the base of the neck and finishing at the forehead.
- Remove the cleanser gently with a damp cotton wool, using upwards and outward strokes.

Tip

If the client is wearing facial make up perform the superficial cleanse twice.

Remember:

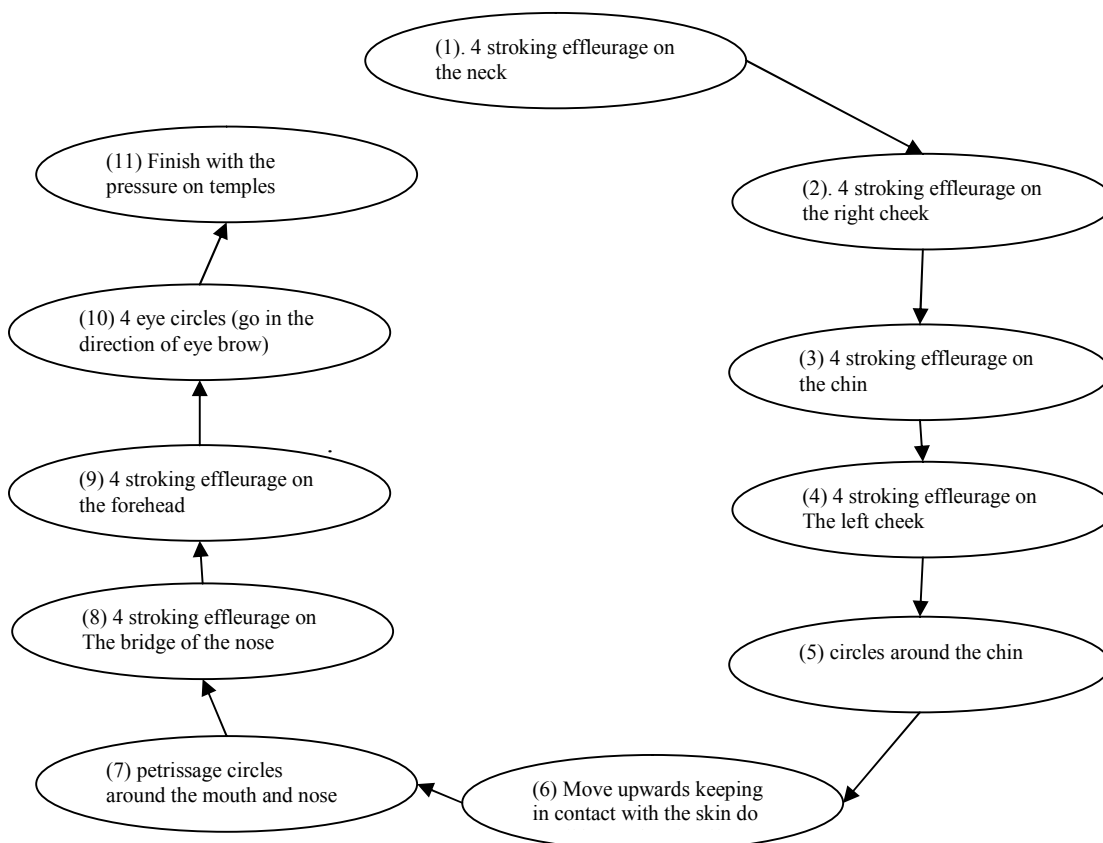
Never use the reverse side of the pad. This is unhygienic.

Deep Cleansing

Select the cleansing cream which is most appropriate for your client's skin type. The procedure for application is same as that for the superficial cleanse.



- Working from the neck to upwards, use upward movements towards the jaw line.
- Apply small circular manipulations over the skin of the neck.
- Work from the jaw line, using alternate hand movements to cover the entire cheek area. (repeat this for another 4 times)
- Using the index finger , work on to the nose area in circular motion, without blocking the nostrils.(Repeat this for a further 5 times)
- Now place ring finger of your right hand at the bridge of the nose. Perform a running movement, sliding the ring, middle and index fingers off the end of the nose. Repeat with the left hand.
- (Repeat this step for another 5 times)
- Using your ring fingers work around the eyes in a circle. Start at the inner corner of the upper brow bone; slide to the outer corners of the brow bone, around and under the eyes, and return to the starting position.(repeat 5 times)
- Apply circular manipulations using both hands.(repeat 5 times)
- Now open the index and middle fingers of each hand and perform criss- cross stroking movements over the forehead.
- Slide the index finger upwards slightly, lifting the inner eyebrow. Lift the centre of the eyebrow with the middle finger. Finally lift the outer corner of the eyebrow, using ring finger. Slide the ring fingers around the outer corner and beneath the eye orbit. (repeat 5 time)
- Apply slight pressure at the temples with the pads of each hand. Now remove the cream from the skin using damp cotton





Remember:

Never apply pressure over the eyeball when cleansing the eye area.

Toning

Toning lotions remove all traces of cleanser and grease from the skin and gives skin a cooling effect. It also creates a tightening effect on the skin because of the chemical present in the toner called astringent. This helps the pores to close hence to reduce the flow of sebum and sweat on the skin's surface.

There are several ways to apply toning lotions on to the skin. The most popular is to apply the toner directly on two pieces of damp cotton wool, wipe the skin gently upwards and outwards over the neck and face. Toner can also be applied as a fine spray. This produces a fine mist of the toning lotion over the skin. If using this method must protect the eye tissue with cotton wool pads. For more stimulating effects apply toning lotion on a damp cotton wool, tap it gently over the skin. Then immediately blot the skin with a soft facial tissue. This will prevent the toner evaporating from the skin.

Tip: The toning lotions containing more than 20% alcohol can cause irritation on dry skin. The excessive use of astringent on greasy skin disturbs the sebum production.

Moisturising

Moisturising helps to return the lost moisture to the surface layers of the skin. The basic formulation of moisturiser is oil and water. The water content helps to return lost moisture to the surface layers of the skin; the oil content prevents moisture loss from the surface of the skin. It benefits the skin in the following ways:

- It softens and relieves the skin.
- It provides a barrier between the skin and cosmetics.
- It improves the condition of the skin.
- It minimises the appearance of fine lines.
- It may contain ultraviolet filters, which protects the skin against sunlight.

Moisturiser is applied to the skin after the application of toning lotion. When applying moisturiser before make up use very little.

Facial Massage

Manual massage improves the condition of the skin. It also promotes a sensation of stimulation or relaxation. The areas treated in the facial massage are the face, neck, and upper chest. A good massage has continuity, rhythm and the correct depth, according to the needs of the client and the areas being treated.



It benefits the skin in the following ways:

- Dead surface cells are loosened and shed. It improves the condition of the skin by exposing fresh and younger cells.
- The muscles receive more oxygenated blood and therefore feel relaxed. The tone and strength of the muscles is also improved which results in a firmer facial appearance.
- As the blood circulation is improved the face area is warmed which is relaxing for the tense muscles.
- An increase lymphatic drainage to the face produces an increase in cellular activity and removal of toxins. Also this helps in increasing the production of sebum which keeps the skin protected and supple.
- The increased temperature of the skin relaxes the pores and also helps in the absorption of the massage product.
- Sensory nerves can be soothed or stimulated. It is so relaxing that some clients drift off into sleep.

Facial massage is carried out once after usually 4-6 weeks. Before giving the facial massage the skin is cleansed thoroughly and afterwards face mask is applied which absorbs any excess grease from the skin. The facial massage itself should take about 20 minutes. The skin may become slightly red in appearance after the treatment; this is due to the increase in blood circulation to the area. Sometimes small blemishes appear on the skin after facial massage; this is due to its cleansing action. If the client is preparing for any special occasion, such as her wedding, make her appointment for at least 5 days in advance.

Remember:

Giving a massage should be like a little meditation for the therapist. It should be quiet and soothing time both for you and your client.

Facial Massage Movements

The facial massage consists of a series of classic movements which are performed over the neck, shoulders, chest and facial areas. There are basically four groups of facial movements:

- Effluerage
- Petrissage
- Percussion
- Vibration

The speed of application and depth of pressure for these movements can be changed according to the needs of the client.



Effluerage

This is stroking movement used to begin the massage. It is of two types: Superficial effluerage and deep effluerage

Superficial effleurage

This is a light flowing pressure used at the beginning and end of most treatments.

Procedure

Keeping the fingers together, use the entire surface of the hands. The thumbs can either be kept closed into the sides of the hands or open and out of the way. Pressure should be light and even, with good contact with the skin, with the hands warm and relaxed. It is not a deep movement and also it does not normally affect the circulation, it can be performed in any direction. It helps in relaxing the muscles, in stimulation of nerve endings, introduction of massage medium to the skin, and for soothing and calming effect.

Deep Effluerage

This is the same type of movement as superficial but with more pressure- not too much to feel uncomfortable but enough to encourage muscular relaxation and for you to feel the tension knots.

Petrissage

Petrissage are a series of movements in which the tissues are lifted away from their underlying structures and compressed. Petrissage always follows effluerage. There are four different categories:

1. Kneading
2. Wringing (mostly used on body)
3. Rolling (mostly used on body)
4. Picking up

Petrissage should be performed rhythmically not in a hurried way. The pressure should be light yet firm. It relaxes the aching muscles and helps in eliminating the muscle fatigue by the removal of lactic acid. It also helps in the removal of waste products and lymphatic acid.

Percussion

This is also known as tapotement, and is performed in a brisk stimulating manner. This is achieved by tapping. The tips of the fingers are used to create very light tapping movements. Which stimulates the skin. It increases the blood supply which



nourishes the tissues; it also increases the nervous response due to stimulation. The treatment is used to treat the loose crepey skin around the jaw or eyes.

Vibration

These are produced by a rapid contraction and relaxation of the therapist's arm, resulting in a fine trembling movement. It stimulates the nerves and also the skin. There are two types of vibration movements. Static vibrations and running vibrations. In static vibrations, the therapists' finger pads are placed on the nerve, and the vibratory effect is created by the therapist's arms and hands in one position. Whereas in running vibrations the vibratory effect is applied along a nerve path.

The Treatment

Step by step facial massage routine

Each movement should be done six times and this should last for about 20 minutes.

1. Start with the effluage movements with both hands together, start at chin, and move down either side of neck towards shoulders.(repeat for 5 times)
2. Apply pressure over the chest and go over the shoulders, working along the upper back towards the spine.
3. When your hands reach the back of your neck (the spine), work upwards and gently stretch the neck.
4. Now begin from under the chin with the heel of your hands resting slightly on the chin.
5. Work upwards, over the cheeks, lifting quite firmly.
6. Finish on the forehead with a firm lifting movement.
7. Slide both of your hands down from the forehead towards the jaw line.
8. Start from the chin and move down either side of the neck towards the shoulders performing petrissage movements.
9. Now work in small circular motions across the chest area.
10. Move up the sides of the neck doing circular massage.
11. Make a loose fist; rotate the knuckles up and down the neck area.
12. Finish the movement at the jaw line ready to begin alternate triangular sweeping.
13. Support the jaw line with your left hand; stroke down your right hand to the shoulder. Then stroke cross the chest to the other shoulder.
14. Now stroke your left hand across the chest to meet the right hand at the right shoulder.
15. While your left hand is at the shoulder, bring your right hand up to the jaw.
16. Move the left hand up at the jaw.
17. Move right hand back at the shoulder
18. Turn and twist off your fingers from the index to the middle and lift the cheeks.
19. Tap along the jaw line.
20. Place the thumbs on the centre of the chin, and the index fingers under the mandible. Slide the thumbs firmly over the chin. Bring the index finger onto the



chin, and place the middle finger under the mandible forming a V shape. Slide along the jaw line to the ear.

21. Knuckle over chin and cheeks.
22. Hands upside down, finger pointing down wards, work along each side of the face- lift and join hands together over the forehead, then divide off.
23. Lift up the eyebrows to the hair line- using both of your hands.
24. Turn hands sideways and gently pull the forehead from the centre, smoothing out the temples.
25. Finish with a slight pressure at the temples using your fingers.
26. Slide your hands down to the jaw and pinch the jaw line using your thumbs and forefingers.
27. Apply friction using index fingers, around nostrils.
28. Work up nose with your index fingers. Using index fingers and middle fingers move gently across and down the forehead.
29. Do small pinching movements along the length of the eyebrows.
30. Using the pads of your fingers, tap gently around the eye area.
31. Perform inner and outer eye circling movement. Using ring finger gently draw three outer circles and three inner circles; finish with a slight pressure at the temples.
32. Perform superficial effluage over shoulder area, gently slowing down as you finish the massage.

Remember

The use of enough massage medium on the skin is essential. If it is too little, the hands become sticky and the movements don't flow, if too much it can run down the client's face.

After the Massage

Once you have finished the facial massage, remove the massage medium thoroughly using damp cotton wool. To make the skin grease free and to remove the traces of oil from the skin apply toner. You can then proceed with further facial treatments like a face mask, or simply apply moisturiser to finish the treatment.

After care/ Home advice

Show your client some of the facial movements/ exercises which she can perform at home. These should be performed at least four times a week.

Advice on improving skin condition

Advise the client about skincare products and skin care routine to maintain and improve skin conditions.

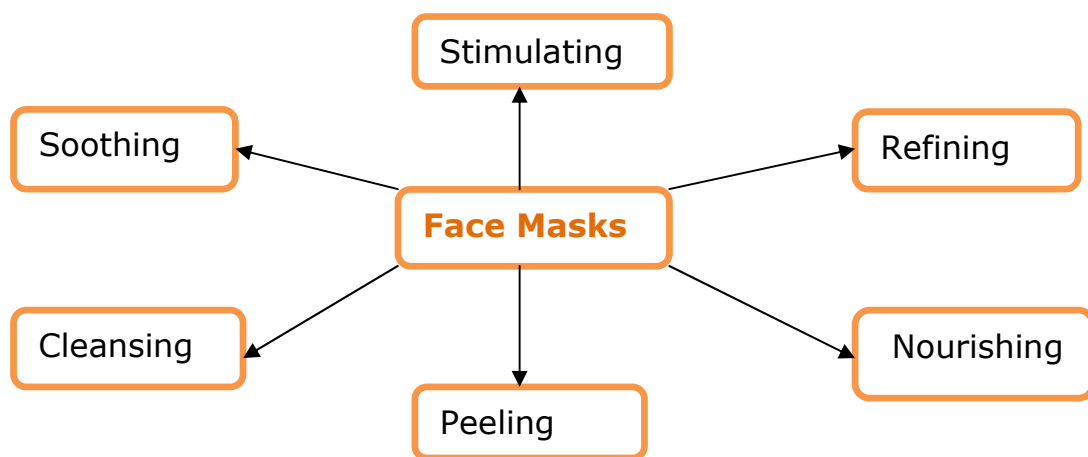
- Eye area should be cleansed with suitable eye make up remover only. Each eye should be cleansed separately, while supporting the eye tissue.
- During cleansing procedure the application should be upwards and outwards.
- Apply exfoliants once a week for all skin types and twice a week for greasy skin.



- Apply face mask once or twice a week according to your skin type.
- While doing massage movements never stretch the skin unnecessarily.
- Apply toning lotion to a damp cotton wool and wipe the skin gently with upwards and outward strokes.
- Apply moisturiser in small dots to the neck, chin, cheeks, nose and forehead. Then spread evenly using light upward and outward movements.
- Perform regular facial exercises, at least four times a week to keep the facial muscles well toned.

Mask Therapy

Face mask have a deep cleansing, toning, nourishing or refining effect on the skin. Masks can have different actions on the skin depending upon their formulation. The choice of proper mask requires a good knowledge of the effects of basic ingredients and accurate skin analysis. Some masks come already mix and some need mixing. The basic ingredients can be purchased in bulk but it requires a good knowledge about the ingredients and the portions to be mixed.



Actions of a face mask

Materials required for a Face Mask Treatment

1. Bowls
2. Couch rolls
3. Spatulas
4. Skin tonic
5. Scissors
6. Headband
7. Tissues
8. Damp cotton wool
9. Mask brush

Masks can be divided into two categories- setting masks and non setting masks



Setting Masks		Non setting Masks	
Thermal masks		Natural Masks	
Paraffin wax masks		Warm oil masks	
Peel off masks		Cream Masks	
Clay masks			
Skin type	Clay powder	Effects on skin	Mixed with

Setting Masks

These masks are applied in a thin layer over the skin and are then allowed to dry.

Clay Masks

Clay masks are very good at drawing out impurities from the skin and for deep cleansing. They are therefore good for improving the circulation and therefore can be quite stimulating. The clay masks need to be mixed with active ingredients to turn the powder into a liquid paste. The liquids are selected to complement the skin type and mask being used.

- Rose water (for dry, normal and mature skins)
- Orange flower water (gives stimulating tonic effect)
- Citrus dulic (for normal and mature skins)
- Witch hazel (for greasy and combination skins)
- Almond oil (to improve the condition of the skin)
- Distilled water (this is ordinary water that has had the chemicals, such as magnesium bicarbonate or calcium carbonate, removed from it)
- Calamine lotion (This contains zinc carbonate to soothe and heal the skin)

Types of Face Mask

Normal skin	Magnesium carbonate Or calamine	Refines the skin	Mixed with Rose water Or orange Flower water
Greasy skin	Fuller's earth or Sulphur (yellow powder)	Deep cleanses	Distilled water
Dry skin	Calamine Magnesium carbonate	Soothes the skin Refines And soothes	Rose water, Orange flower, few drops of Vegetable oil or Almond oil
Combinat ion skin	Follow the dry/ normal for cheek area and greasy skin for T Zone area.		



Peel off Masks

These can be made from gel, latex or paraffin wax. The mask is applied to the skin; on contact with the skin it begins to dry. It can be peeled off as a whole facial mould. Gel masks can be used to treat all skin types. Whereas latex mask tightens the skin temporarily. This is suitable for mature skin. Paraffin wax mask is suitable for dry skin. It is not suitable for greasy and highly sensitive skins because of its stimulating effect.

Thermal Masks

Thermal masks contain different minerals. The mask warms on contact with the skin. It causes the pores to enlarge, thereby cleansing the skin. When the mask cools, it sets and pores constrict slightly. This is suitable for greasy skin.

Non-setting Masks

Natural Masks

These are made from natural ingredients. These are rich in vitamins and minerals.

Fruit extracts

Usually fruit is crushed in to a pulp and placed between layers of gauze which are laid over the face. e.g. avocado- mashed to a smooth paste. It helps in maintaining balanced skin pH and acid mantle. Bananas soften the skin, and are used for sensitive skins.

Herbal and vegetable

Cucumber slices are placed over the skin. It is very calming and refreshing.

Biological

- Natural yogurt is applied over the skin. It removes dirt from the skin and also helps against infection.
- Egg: use with almond oil for dry skin or lemon for oily skin.
- Honey: Use on dehydrated or mature skin. It is used to achieve a softening effect.

Warm oil masks

Olive or almond oil is warmed and is then applied to the skin. This is done with well soaked gauze. Eye pads are placed over the eyes. The gauze is then placed over the face and neck. It is usually left in place for about 10-20 minutes. Warm oils are recommended for mature dry or dehydrated skins.



Cream Masks

These are pre- prepared masks. They leave moisturising and softening effect on the skin.

Contra- indications

- Allergies: if your client knows that she has allergies, check and don't use known allergens.
- Claustrophobia: do not use a setting mask on a particularly nervous client.
- Sensitive skins: do not use stimulating masks on clients with highly sensitive skins.

Applying the Mask

- If the mask application follows a facial massage, make sure that the entire massage medium has been removed completely and the skin is free from grease. Now select the appropriate mask for your client's skin type.
- The mask is usually applied as a final facial treatment.
- Select the appropriate mask ingredients, if using chemical mask always read the manufacturers' instructions first.
- Discuss the treatment procedure with the client. How long will it be left on the skin? How the client will feel like. Usually the mask is left on the skin for 10-20 minutes.
- Prepare the mask ingredients or use the prepared ones.
- Now start applying by using the sterilised spatula. The sequence for applying mask is neck, chin, cheeks and forehead. Keep mask clear from the nostrils, the eyebrows and the hairline.
- Leave the mask for the recommended time. Take account of the sensitivity of the skin and the clients comfort.
- Wash your hands.
- Remove eye pads first. Make sure that mask sponges are damp not wet.
- Apply appropriate toning lotion to the skin. Blot the skin dry with a facial tissue.
- Apply appropriate moisturiser to the skin.
- Offer your client a mirror so that she can check her complexion, her skin and its appearance.

Remember

It is very important to check that every trace of the mask is removed from the face. Check behind the ears and under the chin.

Follow up/ Advice on home use

It is important to give your client a follow up advice, so that she can have long term benefits of the treatment.



Follow up Advice	Reason for that advice
Leave the skin for 12 hrs. Do not cleanse the skin that night.	Allow time for the skin to relax.
Do not apply make up for 12 hrs	Make up could clog the skin
Avoid touching the skin	It can make skin dirty
Advice the client to have monthly facial	Skin takes a month to renew its Layers
Advice client to cleanse tone and moisturise the skin both morning and evening.	To keep skin pores clean/ soft
Wear a good moisturiser under make up	Protect the skin from getting Clogged.
Drink plenty of water, eat healthy food With fresh fruit and vegetables.	To improve condition of the skin.
Try not touch or squeeze black heads and spots	It can damage your skin.
Protect skin in the sun.	The sun can dry out the skin.

Application

Take some moisturiser from the jar on a disposable spatula. Then apply the moisturiser in small dots to the neck, chin, cheeks, nose and forehead. Spread it over the face gently, using upward and outward movements. Blot excess moisturiser from the skin using a facial tissue.

Removing Skin Blockages (black heads/ white heads)

In order to remove the minor skin blemishes such as comedo (black heads and milia (white heads), you will have to warm the skin tissues first. Steam is the ideal method for producing required warmth. During the facial treatment it follows the manual cleansing. This also gives warmth to the skin to some extent.

Steaming

Steam is produced by using an electric vapour unit, in which distilled water is heated electrically. As the steam settles upon the skin it is absorbed by the surface epidermal cells. These cells are softened and are then gently loosened with exfoliation treatment. It benefits the skin in the following ways:

- Opens the pores
- Stimulates the blood circulation and lymphatic circulation.
- Softens the surface cells of the epidermis.
- Improves the skin colour.

Contra-indications

Do not give steam if you discover that the client has any of the following problems:

- Respiratory problems, such as asthma



- Skin with reduced sensitivity or
- Diabetes, unless the doctor has given permission.

Application

Before applying steam, protect the client's eyes with damp cotton wool and also cover the areas with sensitivity by using a barrier cream. After applying steam blot the skin dry with a soft facial tissue. Then proceed to remove blockages from the skin.

Duration for the application and distance differs with different skin types. Greasy skin can tolerate the application from shorter distance and for longer time. For sensitive skin increase the distance and reduce the time. Also during the application check the skin's reaction and see if the client is comfortable.

Towel steaming

This is alternative to the steaming given by an electrical vapour. Several clean small towels are needed for this. These are heated in a bowl of clean hot water and then applied to the face.

Application

Seat the client in a semi- reclined position. Now fold a small clean towel immersed it in very warm water. While standing at the back of your client, transfer this towel to your client's face. Place it over the half of the face. Cover the lower face leaving the mouth and nostrils. Then unfold it and cover the upper face. Press it against the face for two minutes. When you feel that it has cooled down replace it with another heated towel. Continue with heating and replacing procedure for 10 minutes.

Comedy removal (black heads removal)

Wrap a tissue around the pads of your index fingers. Now apply gentle pressure at the sides of the comedy, using loop end of the extractor. The comedy will leave the skin.





Milium Extraction

Pierce the epidermis by holding the point of the extractor parallel with the skin's surface. Wrap a tissue around the pads of index fingers and apply gentle pressure. Use mild antiseptic lotion when you finish.

Exfoliation

Exfoliation is a technique used for removing dead cells from the top layer of the epidermis. It improves the texture and colour of the skin and stimulates the circulation. It is normally carried out after the skin has been cleansed and toned, and before further facial treatments. Different types of exfoliants are available in the market.i.e. Pore grains exfoliants, clay exfoliants, and skin peeling creams. In the salon either cleansing grains are used that make a paste when mixed with water or ready mixed granular paste is used. Application varies with the product being used. Follow the manufacturer's instructions.

Exfoliation has the following benefits:

- Grease and dead skin cells are removed from the skin.
- Fresh new cells are exposed, giving fresh look to the skin.
- Blood circulation is improved.

The clients can be advised to use exfoliants at home as a specialised treatment. It should be applied once a week for all skin types but for greasy skin it can be used twice a week. The product is applied over the skin using finger pads in upward and outward movements. While getting this treatment at home the client can be advised to use face mask after this or can apply a nourishing skin moisturiser.



Beauty Therapy

Remember:

Exfoliation gets rid of dead skin which can block the outside of the hair follicles. These follicles become partly blocked with dead skin and sebum, resulting in black heads and possibly more serious spots if left untreated.