



Getting Ahead – Pre-course Work

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Beauty Therapy

Welcome to **Beauty**. In preparation for the start of the course, please complete these tasks and have them with you to hand in during your first week of college in September.

These tasks should take you approximately four and a half hours to complete and are designed to give you an introduction to the subject, and the expectations we have for you to complete at least four and a half hours of independent study, per subject, per week.

Task One Understanding the Skin

Before starting Beauty, you are required to understand how the skin functions and why maintaining healthy skin is so important. This knowledge forms the foundation of many of the treatments you will learn during your course. Please complete the following activities:



The Skin is made up of three main layers; The Epidermis, The Dermis and The Subcutaneous. Research the three layers detailing the structures that you would find in those layers and the overall functions of the skin. Either draw or make a 3D model of the skin to help you learn.



Task Two Skin Care

As Beauty Experts we must understand and convey the importance of a good skin care regime to our clients.

To do this we must first understand what skin type we have.

View this link to help you learn the different skin type's people can have, record your findings;

<https://www.youtube.com/watch?v=mxRHA7aelY>



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Now take the skin type test to determine your personal skin type and record your findings;
https://www.youtube.com/watch?v=xkKH6_FsxAc

Task Three Role as a Therapist

Using the skills you have learnt we now need to consider the wider range of clients that we met during our role as a therapist. Use your communication skills to complete a minimum of four case studies on your family/ friends that you live with, to find out what skin type they have and what has led you to determine this. (Make sure they all take the skincare test you have just learnt so you can prove your findings!)

Task Four Make a Masque



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Research on YouTube and prepare 4 'homemade masques' to suit each of your case studies skin type (try to make 4 different masks for the 4 different skin types)- apply the mask to your volunteers, take a picture for us to discuss and explain any differences you noticed in their skin after your application? Try one on yourself, family and friends to practice! Remember to take photos to share.

Here are some ideas.....





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