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- 1.3 Facial Massage Manipulations
- 1.4 Facial Treatments for Different Skin Types

Unit Overview & Description

This unit will provide the students information the benefits of skin care by learning to use different massage techniques and treatments for skin types.

Duration: Total Hours: 60 (Theory: 30 hrs & Practical 30 hrs)

Knowledge & Skill: The following knowledge must be assessed as part of this unit:

Facial

1. Structure of Skin
2. Analysis of the skin
3. Knowledge of products and implements
4. Advantages of using products as per skin type
5. Different types of facial treatments.
6. Different types of Face Packs and Masks

Resource materials

1. Beauty Therapy: The Foundation Level II, 2e by Lorraine Nordmann
2. Professional Beauty Therapy Level III, 2e by Lorraine Nordmann
3. Milady's Standard Cosmetology, ISBN:978-1-5625-3880-2
4. Reagents/ Prentice-Hall Textbook of Cosmetology by Mary Healy

Learning Outcomes: Skin Care

Unit	Topics	Outcomes
1.0	Structure of Skin	- Differentiate types of skin glands. - Identify the layer of skin list the advantages of skin
1.1	Types of skin	- Identify the types of skin like normal, dry, oily combination - Identify the types of skin like normal, dry, oily combination
1.2	Trolley settings	- Identify the raw material used for skin treatments as per skin type. - Identify the correct mask and pack as per skin type - Implements and equipment used for skin treatments.
1.3	Facial Massage manipulations	Identify scientific massage manipulations
1.4	Facial Treatments for Different Skin Types	- Types of facial for different types of skin - Differentiate between Oily skin facials and dry skin facial and ageing skin - List of facial masks and packs

Assessment Plan (For the Teachers)

Unit	Topic	Assessment Method	Time Plan	Remarks
1.0	Structure of Skin	Exercise: Question & Answer		
1.1	Types of skin	Exercise: Question & Answer		
1.2	Trolley Settings	Setting of the trolley for different types of facial treatments Exercise: Question & Answer		
1.3	Facial Massage Manipulations	Practical demonstration by the learner of various massage movements. Exercise: Question & Answer		
1.4	Facial Treatments for Different Skin types	Practical demonstration by the learner of various electrical equipment and use of various mask & packs for types of facial skin. Exercise: Question & Answer		

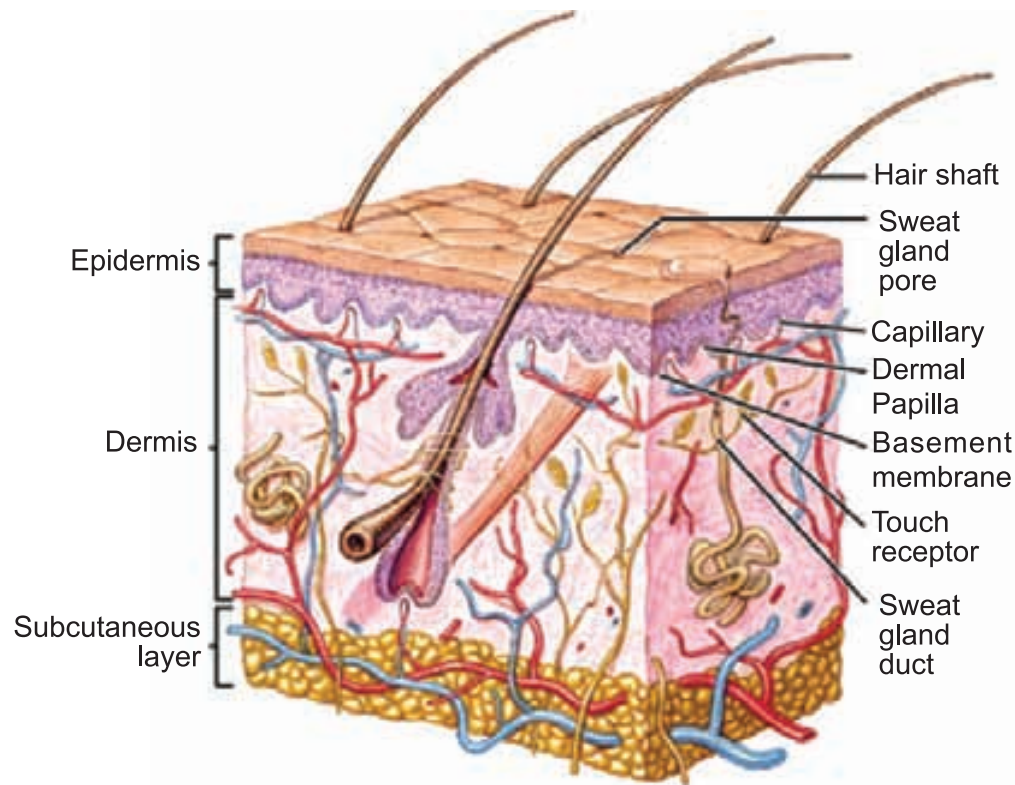
Skin Care

1.0 STRUCTURE OF SKIN:

An esthetician is a specialist in the cleansing, preservation of health, and beautification of the skin and body. The skin is the largest and one of the most important organs of the body. Healthy skin is slightly moist, soft, and flexible with a texture which is smooth and fine-grained. Healthy skin possesses a slightly acid reaction with good immunity responses to organisms. It's composed of two main layers.

1. The Epidermis
2. The Dermis

1. **The Epidermis** is the outermost layer of the skin. It is the thinnest layer of skin forms a protective covering for the body. It contains no blood vessels. The epidermis is made up of the following layers:-



Structure of skin and glands

- ❖ **The Stratum Corneum:-** The **Stratum Corneum** is known as horny layer, is the outer layer of the epidermis. Its scale-like cells are continually being shed and replaced. These cells are made up of **keratin**, a fiber protein that is component of hair and nails. The cells combine with a thin layer of oil to help make the stratum corneum a protective, waterproof layer.
- ❖ **The Stratum lucidum:-** The **Stratum lucidum** is the clear, transparent layer under the Stratum corneum; it consists of small cells through which light can pass.
- ❖ **The Stratum granulosum:-** The **Stratum granulosum** is a granular layer. Its cells are almost dead and are pushed to the surface to replace cells that are shed from the stratum corneum.

- ❖ **The Stratum germinativum:-** The **Stratum germinativum** also known as the Stratum mucosum is the deepest layer of the epidermis is responsible for the growth of the epidermis. It also contains a dark skin pigment, called melanin. These cells are called **melanocytes** produce melanin, which determines skin color.



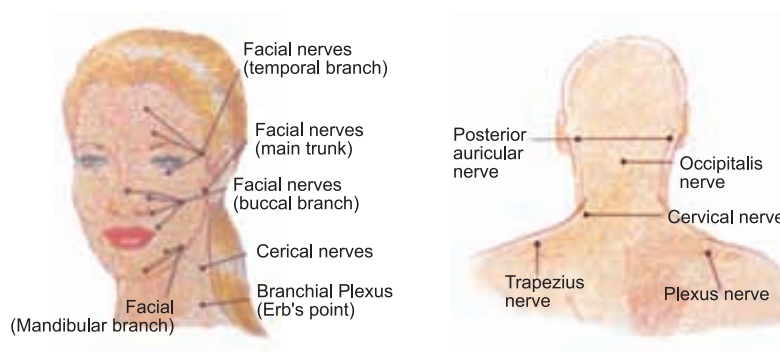
Study of skin

2. **The Dermis** is also called true skin, also known as Derma. This layer of connective tissue is about 25 times thicker than the epidermis. It is a highly sensitive layer, there are numerous blood vessels, lymph vessels, nerves, sweat glands, oil glands, and hair follicles, as well as arrector pili muscles. The dermis is made up of the following layers:-

- ❖ The Papillary Layer is directly beneath the epidermis where dermal papillae contain looped capillaries and other small structures called tactile corpuscles with nerve endings that are sensitive to touch and pressure.
- ❖ The Reticular Layer supplies the skin with oxygen and nutrients.
- ❖ The Subcutaneous Tissue is a fatty layer found below the dermis that some specialists regard as a continuation of the dermis. This tissue is also called adipose tissue and varies in thickness according to the age, sex and general health of the individual. It gives smoothness and contour to the body, contains fats for use as energy, and also acts as a protective cushion for the outer skin.

NOURISHMENT OF THE SKIN is based on blood and lymph, the clear fluids of the body that resemble blood plasma but contain only colorless corpuscles, supply nourishment to the skin. Blood and lymph contribute essential materials for growth, nourishment, and repair of the skin, hair and nails.

COLLAGEN is a fibrous protein that gives the skin form and strength. When collagen fibers are healthy, they allow the skin to stretch and contract as necessary. If collagen fibers become weakened, due to a lack of moisture in the skin, environmental damage, or frequent changes in weight, the skin will begin to lose its tone and suppleness. Wrinkles and sagging are often the result of collagen fibers losing their strength. Collagen fibers are interwoven with **elastin**, a protein that forms elastic tissue which gives the skin flexibility and elasticity.



Placement of various nerves (facial and back)

GLANDS OF THE SKIN

The skin contains two types of duct glands. **1) Sweat Glands 2) Sebaceous Glands**

Sweat glands regulate body temperature and help to eliminate waste products from the body. Their activity is greatly increased by heat, exercise, emotions, and certain drugs through sweat pore in the skin.

Sebaceous Glands or **Oil Glands** of the skin are connected to the hair follicles. They secrete **sebum**, a fatty or oily secretion that lubricates the skin and preserves the softness of the hair. However, when the sebum hardens and the duct becomes clogged, a blackhead is formed.

FUNCTIONS OF THE SKIN

The principle functions of the skin are protection, sensation, heat regulation, excretion, secretion, and absorption.

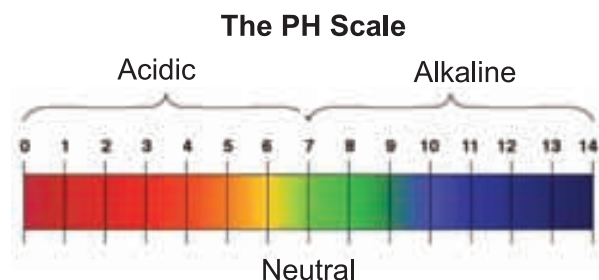
- ❖ **Protection.** The skin protects the body from injury and bacterial invasion. The outermost layer of the epidermis is covered with a thin layer of sebum, which renders it waterproof. This outermost layer is resistant to wide variations in temperature, minor injuries, chemically active substances, and many forms of bacteria.
- ❖ **Sensation.** By stimulating sensory nerve endings, the skin responds to heat, cold, touch, pressure, and pain. When the nerve endings are stimulated, a message is sent to the brain. You respond by saying “ouch” if you feel pain, by scratching an itch, or by pulling away when you touch something hot. Sensory nerve endings are located near hair follicles.
- ❖ **Heat regulation.** This means that the skin protects the body from the environment. A healthy body maintains a constant internal temperature of about 98.6° Fahrenheit. As changes occur in the outside temperature, the blood and sweat glands of the skin make necessary adjustments to allow the body to be cooled by the evaporation of sweat.
- ❖ **Excretion.** Perspiration from the sweat glands is excreted through the skin. Water lost through perspiration takes salt and other chemicals with it.
- ❖ **Secretion.** Sebum, or oil, is secreted by the sebaceous glands. This oil lubricates the skin, keeping it soft and pliable. Oil also keeps hair soft. Emotional stress can increase the flow of sebum.
- ❖ **Absorption.** Absorption is limited, but it does occur. Female hormones, when used as an ingredient of a face cream, can enter the body through the skin and influence it to a minor degree. Fatty materials, such as lanolin creams, are absorbed largely through hair follicles and sebaceous gland openings.

Review Questions:

- a. Name the expert of Skin care Treatment?
- b. Which is the largest organ of the body?
- c. How would you identify a healthy skin?
- d. What are the two main layers of the skin?

1.1 TYPES OF SKIN

- Normal
- Dry
- Oily
- Combination (Sensitive)



NORMAL SKIN

Few clients will have normal skin, as this skin type is very rare indeed. Normal skin has a good oil and water balance. The best example of normal skin is in children from birth until puberty. When questioned, the client will usually report that they have very few problems with their skin.



Study of the skin type



Use of tissue to judge the type of skin

DRY SKIN

A dry skin is so called because it is either lacking in sebum or moisture, or both. It develops as a result of under activity of the sebaceous glands. The skin's natural oil, sebum, lubricates the corneum layer and in the absence of this oily coating the dead cells start to curl up and flake. The sebum coating also helps to prevent moisture loss through evaporation, and for this reason dry skin has difficulty retaining inner moisture. Although dry skin is hereditary, it can also develop as a result of the ageing process. The client will usually report that their skin feels tight and dry. They may also complain of sensitivity and premature ageing.



Wide range of products for various types of skin

OILY SKIN

Oily skin is hereditary, and develops due to an overproduction of sebum from the sebaceous glands. There is always a tendency for clients to overtreat their skin if it is oily; however, this can compound the problem as excessive stimulation results in stripping and irritating the skin, making it become dry and unbalanced. The skin's natural protection mechanism will then respond by producing more oil. The client will usually report that their skin develops a 'shine' during the course of a day, their skin often feels thick and dirty, due to the accumulation of the sebum and dead cells clogging the surface and suffer with blemishes.

COMBINATION SKIN

This is actually the most common skin type. As its name suggest, this skin is a bit of a mixture; typically the T-zone (central area of the face corresponding to the forehead, nose and chin) is oily and the cheeks and neck are dry / normal. Combination skin can therefore be both dry and oily at the same time. This kind of skin also known as sensitive skin which reacts easily to external stimuli by becoming red blotchy, and may feel uncomfortable when touched

SKIN ABNORMALITIES

- ❖ Abnormalities of the sebaceous gland (Comedones, Papules, Pustules).
- ❖ Abnormalities of the capillaries (Broken and Dilated).
- ❖ Abnormalities of the pigmentation (Freckles, Liver spots, Moles, Vitilgo).
- ❖ Abnormalities of the connective tissue (Skin tags, Scars).

Review Questions:

- a. Write different types of Skin?
- b. How would you analyze the skin for facial treatment?
- c. What causes the dryness of the facial skin?
- d. What do you understand by sebum?

1.2 TROLLEY SETTING

Materials:-

- Massage Creams (Contain emollient and active ingredients according to the types of skin).
- Ampoules (Contain single application of highly concentrated active ingredients according to the types of skin and problems).
- Serums (Contain vitamins lipids and antioxidants).
- Eye creams / Eye Gels (To prevent formation of lines and wrinkles around the eyes).
- Antiseptic lotion
- Astringent
- Cleansers
- Oils
- Moisturizers
- Hand sanitizer



Vapozone

Equipment: -

- Facial bed or chair
- Digital Galvanic Machine
- Magnifying glass
- Vapozone
- Infrared lamp
- Exfoliation Machine
- High Frequency Apparatus

Implements:-

- Sponge
- Clean sheet
- Cotton roll / Swabs / Pads
- Gauze
- Head band
- Towels
- Tissues
- Plastic Bowl
- Spatulas



Comedone Extractor

Review Questions:

- What do you understand by ampules?
- What is the role of magnifying glass in facial?
- Why facial bed is important for facial treatment?
- An expert should have the knowledge of various electrical gadgets. Justify?

1.3 FACIAL MASSAGE MANIPULATIONS

Massage involves the application of external manipulations to the face or any other part of the body. This is accomplished by means of the hands or with the aid of electrical appliances, such as vibrator. The beneficial effects produced by massage depend upon the type, intensity and extent of the manipulations employed. Massaging must be performed systematically. It should never be a casual or irregular process. Consideration must be given to the condition of the skin and the general physical condition of the patient.



Neck & chin movements

Basic Massage Manipulations

The primary rule in the application of massage manipulations is: “When massaging any part of the head, face or neck, all pressure should be applied in an upward direction.” This rule should be followed in all massaging services, whether they are intended to stimulate, relax or soothe the skin. When applying rotary manipulations, the same rule applies because the pressure should be applied on the upward swing of the movement.

The basic manipulations used in massage are as follows:

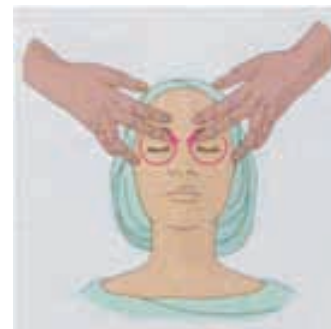
1. **Effleurage.** This is a light, continuous movement applied in a slow and rhythmic manner over the skin. No pressure is employed. Over large surfaces, the palm is used; while over small surfaces, the fingertips are employed. Effleurage is frequently applied to the forehead, face and scalp for its soothing and relaxing effects.
2. **Petrissage.** In this movement, the skin and flesh are grasped between the thumb and fingers. As the tissues are lifted from their underlying structures, they are squeezed. Rolled or pinched with a light, firm pressure. This movement exerts an invigorating effect on the part being treated.
3. **Friction.** This movement requires pressure on the skin while it is being moved over the underlying structures. The fingers or palms are employed in this movement. Friction has a marked influence on the circulation and glandular activity of the skin.
4. **Percussion or tapotement.** This form of massage is the most stimulating. It should be applied with care and discretion. Tapping movements are gentler than slapping movements. Percussion movements tone the muscles and impart a healthy glow to the part being massaged. In tapping, the fingertips are brought down against the skin in rapid succession, whereas in slapping, the whole palm is used to strike the skin. Hacking movement employs the outer ulnar borders of the hands which are struck against the skin in alternate succession. In facial massage, only light digital tapping is used.
5. **Vibrations.** The fingertips or vibrator are used to transmit a trembling movement to the skin and its underlying structures. To prevent over-stimulation, this movement should be used sparingly and should never exceed a few seconds duration on any one spot.

There are many different massage sequences which are to be followed for facial massage.

1. Spreading the cream on the shoulders.
2. Thumb kneading to the shoulders.
3. Finger kneading to the shoulders.
4. Vibration to the shoulders.
5. Circular massage on the neck.
6. Hand cupped on the neck.
7. Knuckling on the neck.
8. Circular on the mandible.
9. Flick-ups



Stroking movement on forehead



Circular movement around eyes

10. Lifting the eyebrows.
11. Inner and outer eye circles.
12. Circling on the chin, nose and temple.
13. Lifting the mandible.
14. Knuckling along the jawline
15. Upward tapping.
16. The scissor movement.



Circular movement on nose & upper cheeks

Benefits of Massage:-

- ❖ Dead cells are loosened and shed, improves the appearance of the skin.
- ❖ The muscles receive an improved supply of oxygenated blood, essential for cell growth. Muscles are toned up and improved.
- ❖ The increased blood circulation in the area warms the tissues.
- ❖ Blood capillaries are dilated and bring blood to the skin surface, this improves skin color.
- ❖ The increased temperature of the skin relaxes the pores and follicles; this helps absorption of the massage cream.
- ❖ Sensory nerves can be soothed or stimulated, this helps to maintain the skin natural oil and moisture balance (sebaceous glands increase the production of sebum and sweat).
- ❖ Fat cells are reduced.
- ❖ The skin and all its structures are nourished and soften lines and wrinkles.
- ❖ The skin is rendered soft and pliable.
- ❖ The lymphatic circulation and the venous blood circulation increases, helps to remove waste products and toxins.



Face lifting movements on cheeks



Circular movements on cheeks



Tapping movements



Stroking movements on neck



Circular movements on neck & shoulders

AYURVEDIC FACIAL MASSAGE

Ayurveda is recorded as the world's oldest Indian healing system. The word 'Ayurveda' comes from Sanskrit.

- Ayur = life
- Veda = knowledge

The whole aim of Ayurveda is in prevention and promoting health, beauty and long life through physical, emotional and spiritual well-being. An Ayurvedic facial uses the ancient principles with specific facial products to suit the client's personal dosha. The massage in an Ayurvedic facial is a specialized marma point massage to the head, face and upper body in order to help balance a client's personal dosha, bringing them a renaissance of well-being and total rejuvenation. Marma points are the subtle pressure points, similar to acupressure points, that stimulate the life force or pranic flow. The marmas are anatomical places on the body, mostly composed of flesh and bones. There are a total of 107 marmas in the body, 37 of which are located in the head and neck. Marma points may be treated with pressure, circular massage, heat and oils. Small circular movements may be used to break up the tension from the point. In general clockwise movements stimulate or energise a marma point and a counterclockwise movement dispels and liberates blocked energy.

Benefits

- Releases muscles and connective tissue over the scalp and face.
- Relaxes and restores the areas around the forehead, eyes, nose and mouth.
- Eases neck and shoulder tension.
- Relaxes and uplifts the facial muscles.
- Imparts a healthy, youthful glow to the skin.

Review Questions:

Fill in the blanks

- The primary rule in the application of cream is _____.
- All Pressure should be applied in a _____ direction.
- _____ is light continuous rhythmic movement.
- The skin flesh grasped between the thumb and fingers is known as _____ movement.

PLAIN FACIAL

PREPARATION OF CLIENT:-

Before the preparation of the client the preparation of treatment area is integral part of the facial services to provide a professional image and service, the environment should be clean, comfortable, well equipped and relaxing.



Facial bed



Facial trolley

Following factors are important:-

- ❖ The room should be warm and comfortable, with blankets provided for additional warmth and comfort.
- ❖ Lighting should ideally be subdued to create a feeling of relaxation.
- ❖ The room should be free of noise with peaceful atmosphere may be added by relaxing music.

After greeting a client warmly make her comfortable when lying on the facial bed or chair, jewellery should be removed and placed safely with the client's belongings. If the client is wearing contact lenses should be advised to remove them prior to treatment to avoid any discomfort. Clothing of the upper body should be removed and large towel or toweling wrap, secured under the arms and around the front of the chest. After these preparations, settle the client on the bed wrapping her in a blanket, secure client's hair away from the face with the help of head band or wrap.

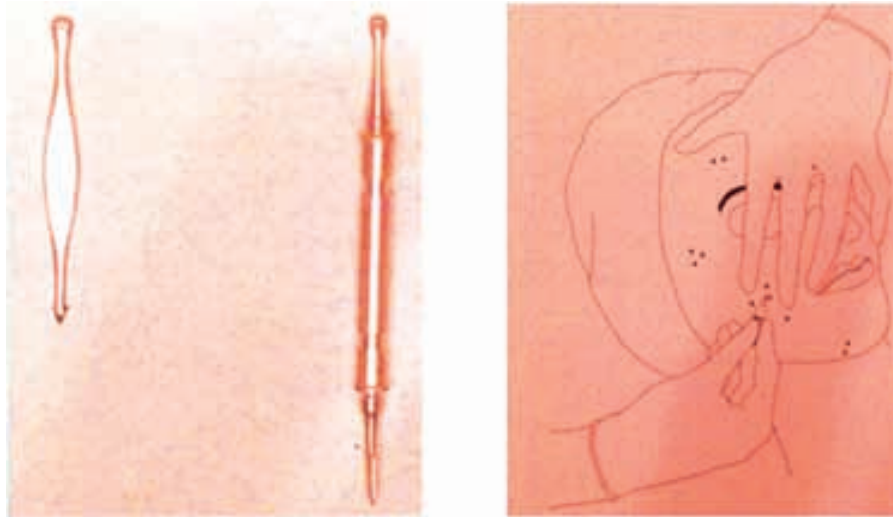
PROCEDURE OF PLAIN FACIAL:-

- ❖ **Facial cleansing procedure:** -Cleansing is designed to remove all traces of make-up, surface secretions, dirt and other pollutants, and dead skin cells from the surface of the skin so the therapist can accurately assess the client's skin prior to devising the treatment plan. If permitted to build up, these materials could lead to the formation of comedones, pustules and other skin blemishes.

Whichever cleanser is chosen, it should have the following qualities:-

- ❖ It should cleanse the skin effectively, without causing irritation.
- ❖ It should remove all traces of make-up and grease.
- ❖ It should feel pleasant to use.
- ❖ It should be easy to remove from the skin.
- ❖ It should be pH-balanced (The pH scale is used to measure the acidity or alkalinity of a substance. Using a numbered scale of 1-14, acids have a pH less than 7; alkalis have a pH greater than 7. Substances with a pH of 7 are neutral.)
- ❖ Always remove eye and lip make-up first to avoid spreading these highly tinted and fine textured cosmetics to the rest of the face. After cleansing the eyes and lips, begin the superficial cleanse to the face.

- ❖ Superficial cleansing just removes surface make-up, stale secretions and dirt. This is carried out whether a client is wearing make-up or not.
- ❖ **Apply a cleansing product** to your hand and warm before applying to the skin.
- ❖ Starting at the neck with a sweeping movement, use both hands to spread the cleanser upward on the chin, jaws, cheeks, and the base of the nose to the temples and along the sides and the bridge of the nose. Make small circular movements with your fingertips around the nostrils and sides of the nose. Continue the upward sweeping movements between the brow and across the forehead to the temples.



Comedon extractors

Use of comedon extractor for removing blackheads

- ❖ **Remove the cleanser** with facial sponges, tissues, moist cotton pads, or warm, moist towels. Start at the forehead and follow the contours of the face. Remove all the cleanser from one area of the face before proceeding to the next. Finish with the neck, chest, and back.
- ❖ **Steam the face** mildly with warm, moist towels or with a facial steamer to open the pores so they can be cleansed of oil and comedones. Cover the client's eyes with cotton pads moistened with distilled water. Steam helps to soften superficial layer and increases blood circulation to the surface of the skin. Use comedone extractor, if required.
- ❖ **Massage with cream / gel** using the same procedure as for the cleanser. Massage the face, using the facial manipulations.
- ❖ Remove massage cream with tissues, warm, moist towels, moist cleansing pads, or sponges. Follow the same procedure as for removing cleanser.
- ❖ Apply a treatment **mask** formulated for the client's skin condition with the help of natural bristle brush, starting at the neck. Use long slow strokes from the center outward and proceed to the jawline and apply the mask on a face from the center outward on one-half of the face, then the other.
- ❖ Allow it to remain on the face for five to ten minutes. Remove the mask with a wet cotton pledgets or sponges.
- ❖ Apply toner / astringent and finally moisturizer or sunscreen.

CLEANUP AND SANITATION:-

- Remove the head covering and show the client to the dressing room, offering assistance if needed.
- Discard all disposable supplies and materials.
- Close product containers tightly, clean them, and put them away in their proper places. Return unused cosmetics and other items to the dispensary.

- Place used towels, coverlets, head covers, and other linens in hamper.
- Sanitize your workstation, including the facial bed.
- Wash your hands with soap and warm water.



During facial client should be in comfortable position



Face mask applications.

PRECAUTIONS & REMINDERS:-

- There are numbers of special problems that must be considered when you are performing a facial. These include dry skin, oily skin, and blackheads, and acne.
- Dry skin is caused by an insufficient flow of sebum (oil) from the sebaceous glands. The facial for dry skin helps correct this condition.
- Wash hand before and after treatment.
- Using clean towels and linen for each client.
- Checking that the client has no infectious conditions.
- Using a spatula to remove products from jars.
- Replacing tops on bottles and jars immediately after use to avoid contamination.
- Sterilizing all implements before use.
- Special care is to be taken while treating acne skin because it contain infectious matter, wear protective gloves and use disposable materials such as cotton, cleansing pads.
- Keep checking the client's skin reaction during treatment.
- While using vapor zone use distilled water to prevent calcium and mineral deposits building up in the machine.
- Keep the steam outlet directed away from the client and any other equipment / materials while the water is heating.
- Turn the steam outlet away from the client before turning the machine off and move it to a safe place immediately after treatment.
- Always follow the manufacturer's instructions regarding preparation, application and removal.
- It is important to ensure that the mask is set before removal.
- Apply soothing eye pads once the mask application is complete.
- Remove masks with damp warm sponges or cotton pads using an upward motion. Repeat until all traces of the mask have been removed and finally apply a light application of toner before proceeding to the last stages of the facial.
- Review with the client any concerns they had at the initial consultation stage; this will provide a basis for discussing your own findings.
- Make suggestions about future courses of treatment and the results that can be expected.

Review Questions:

- What kind of preparation should be made before giving a plain facial?
- Briefly outline the procedure of plain facial?
- Sterilization is important before starting a plain facial. Justify?
- What are the benefits of plain facial?

1.4 FACIAL TREATMENTS FOR DIFFERENT SKIN TYPE

Facial Treatments for Dry Skin

Dry skin is dry not due to lack of water, but rather it lacks the ability to prevent water loss, or to keep the correct amount of water in its cells. Disturbance of the intercellular matrix impairs the health of the skin's cells and its layers become dry, torn and flaky. If the skin is dry facial should be given using electrotherapy like infrared rays, vapozone, or high-frequency current. Equipment and implements and materials same as for plain facial treatment.



Dry skin lacks ability to absorb water.



Gauze mask for dry skin.

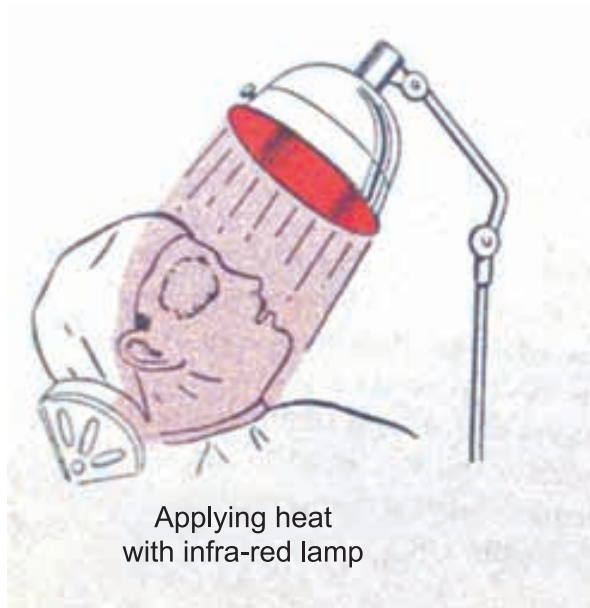
STEAM FACIAL

Procedure:-

- ❖ Prepare the client for facial treatment.
- ❖ Cleanse the face and neck with a suitable product.
- ❖ Analyze the condition of skin.
- ❖ Turn the steamer / vapozone 'ON' so that it makes a fine mist over the face. Keep away from the face 12 to 20 inches so that client should not feel discomfort. Clients should feel a fine warm mist soothing at the same time.
- ❖ Apply massage cream / natural oils that can be absorbed by the skin
- ❖ Continue the massage movements; turn the vapozone 'OFF' and remove excess massage cream.
- ❖ Select a treatment mask for dry skin. Cover the eyes with cool eye pads. Apply the mask and leave for 20 minutes.
- ❖ Clean the face, apply non- alcohol freshener and finish the facial by applying moisturizer

GAUZE FACIAL

- ❖ Prepare the client
- ❖ Cleanse the face and neck.
- ❖ Wash hands
- ❖ To prepare gauze, cut a piece large enough to cover the entire face and neck. Cut out spaces for the eyes, nose and mouth. Ensure the client is comfortable.



- ❖ Cover the eyes with eye pads.
- ❖ Dip the gauze mask in pre warmed olive oil. Set the mask on face
- ❖ Use infra-red rays for 5 to 7 minutes from the distance of about 12 inches.
- ❖ Let the gauze remain on face for 10 minutes.
- ❖ Remove the gauze and discard.
- ❖ Proceed with all the facial manipulations.
- ❖ Clean the face with moisten cotton or towel.
- ❖ Apply suitable face mask for dry skin leave for 20 minutes, wash off and apply moisturizer.

Note: Gauze is a thin, open-meshed fabric of loosely woven cotton. It can be used to hold in place certain mask ingredients that tend to run, such as sliced or crushed fruits or vegetables. Cheesecloth is sometimes used as well. These ingredients can be applied over a layer of gauze. The gauze holds the mask on the face but allows the ingredients to seep through to benefit the skin. Wet strip of gauze in warm oil and can be placed it over the face and neck instead of fruit or vegetables.

PARAFFIN-WAX MASK

The paraffin-wax mask is stimulating in its action. The paraffin wax is blended with petroleum jelly or acetyl alcohol which improves its spreading properties. The wax is heated to approximately 37 °C and is then applied to the skin as a liquid. It sets on contact, so speed is essential if the mask is to be effective. The wax mask is loosened at the sides and removed in one piece after 15-20 minutes. It is suitable for dry skin because of its stimulating action.

PROCEDURE:-

- ❖ Prepare the client for facial treatment.
- ❖ Cleanse the face and neck.
- ❖ Wash hands
- ❖ Give facial massage manipulation with any rich emollient cream with natural oils.
- ❖ Mix petroleum jelly or cetylate alcohol with paraffin wax and heat this mixture on double boiler till 37 °C.
- ❖ Use gauze mask to cover face and neck. Keep eye pads on client's eyes soaked in rose water.
- ❖ To apply paraffin wax use thick bristle brush. This brush has a thick & coarse bristles so that it can tolerate the heat of paraffin wax. With this brush paraffin wax is applied on face above the gauze mask.
- ❖ When this mask comes in contact with the skin it opens the pores due to which skin activates and get cleansed. Within 10 to 15 minutes this mask gets hardened.
- ❖ Remove the mask when it completely cools down with help of gauze mask. While removing keep one hand in constant contact with client's face.
- ❖ As the mask is made up of melted wax, should be applied quickly otherwise mask would not give equal heat to the entire face.

HI-FREQUENCY FACIAL

- ❖ Prepare the client for facial treatment.
- ❖ Clean the face with cleansing cream or lotion.
- ❖ Apply massage cream with natural oils.
- ❖ Proceed with facial manipulations.
- ❖ Clean the face with wet cotton or towel.
- ❖ Use Hi-frequency current (violet rays) on face for 5 to 7 minutes. It helps in blood circulation and improves tissue nutrition.
- ❖ Clean the face with moistened towel.
- ❖ Apply suitable face pack for dry skin. Clean the face after 20 minutes and apply moisturizer.

**PRECAUTIONS:-**

- The use of gentle exfoliants such as enzyme peels and gentle AHAs can help to exfoliate the dead skin cells and help restore the intercellular matrix.
- Use a nourishing cream or a more penetrating serum in the facial massage.
- Use a non-setting(ideally cream or gel) mask.
- Use emollient moisturizers with lipids and natural moisturizing factors (such as hyaluronic acid and ceramides).
- Advise clients with dry skin to avoid immersing their skin in water for prolonged periods of time

Review Questions:

- a. What is the purpose of a dry skin facial?
- b. What are the reasons of dry skin?
- c. What do you understand by gauge and how it is used?
- d. What is added in paraffin wax facial?

Facial Treatments for Oily Skin

The primary consideration with oily skin is to focus on deep cleansing the skin. The materials are- nonalcoholic liquids /astringent, blue light **exfoliants**. Follow the same procedure as for the plain facial.



A facial brushing machine



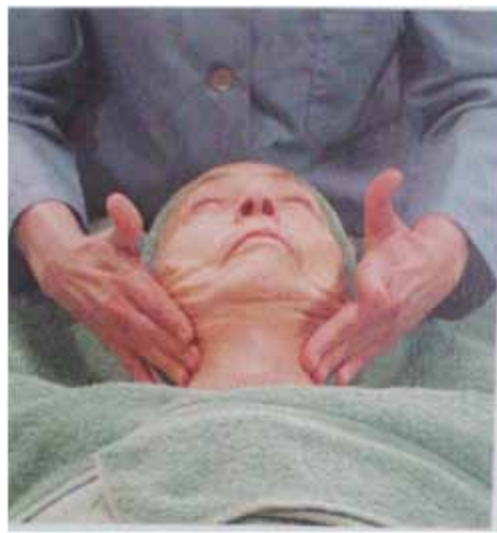
Use of brushing machine on patron with steam

EXFOLIATION is referred to the peeling and shredding on the dead layer of the skin. An exfoliant is an ingredient that assists in this process. Many different types of peeling and exfoliation treatments are available, ranging from brushing treatments and light enzyme peels to the strong surgical peels (in the supervision of dermatologists). There are two types of exfoliant 1.) Mechanical 2.) Chemical

- 1.) **MECHANICAL:-** A mechanical exfoliation physical contact is used to literally scrape bump cells off the skin in these brushing machine is used to remove dry dead surface cells which helps to appears skin much smoother, makes the extraction of clogged pores easier and improves the skin moisture content. Mechanical exfoliation is also known as **microdermabrasion**.
- 2.) **CHEMICAL:-** A chemical exfoliation is a kind of **intercellular “glue”** (dead skin cells) that holds them together is dissolved by chemical agents such as alpha-hydroxy acids and enzymes. Superficial chemical exfoliants are very gentle. You might consider using them when mechanical exfoliation is not appropriate. This exfoliating procedure, called enzyme peels, which help speed up the breakdown of keratin, the protein. The popular enzyme is being used in keratolytic is papain which is derived from juice of the papaya.



Microdermabrasion



Vegetable peelings

Another group of chemical exfoliants are those that use **alpha hydroxy acids** (natural source sugarcane juice) these enzyme can cause discomfort, redness and irritation afterwards, cooling treatment should be given after giving this treatment.

PROCEDURE:-

- Apply cleanser and remove it with a warm moist towel or facial sponges.
- Analyze the skin under a magnifying lamp.
- Use abrasive exfoliator, such as a scrub, will help to keep the follicles clean and prevent sebum and cells from building up.
- Steam the face with warm towel or use astringent to remove excess oil.
- Gently press out comedones with a help of comedon extractor.
- Sponge the face with astringent and blue-light to be given for three to five minutes.
- Apply a massage gel which is suitable for the skin and give facial manipulations.
- Remove the massage gel and repeat same procedure as for plain facial.

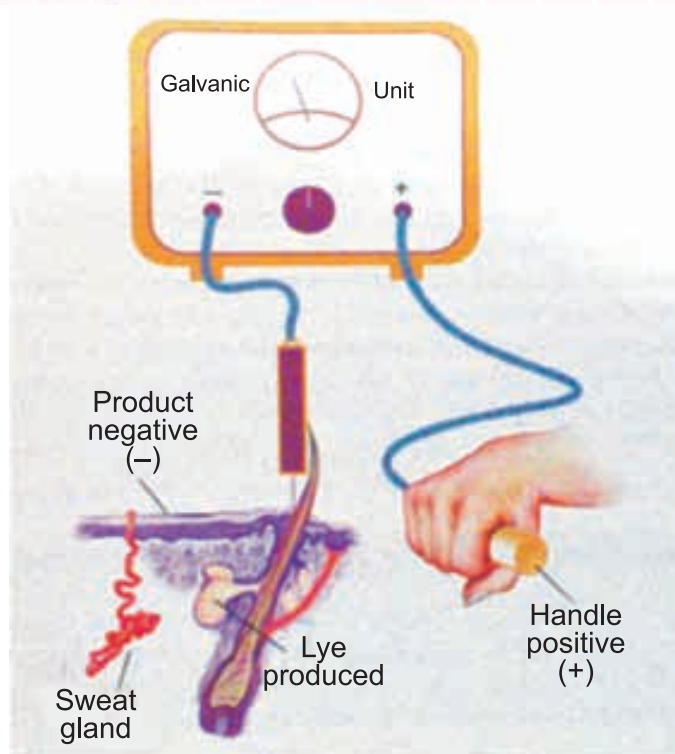
GALVANIC TREATMENT

The galvanic current machine significant chemical changes are produced when this current is used. Depending on which electrode is used on the area treated- negative or positive. Galvanic current will produce two different chemical reactions. The patient will experience the effects of the galvanic current as the current passes through the body from one electrode to the other and completes a circuit. Both the positive and negative poles must be functioning to complete the circuit. All electrodes must be firmly wrapped with a moistened cotton pads. There are always two electrodes, one to conduct the current to the person and the other to return it to the generator.

Effect of positive pole		Effect of negative pole
1	Acidic reaction	Alkaline reaction
2	Constriction of blood vessels (vasoconstrictor)	Dilation of blood vessels (vasodilator).
3	Contraction of ostia and glands	Dilatation of ostia and glands.
4	Attracts oxygen	Attracts hydrogen
5	Sedative effects	Stimulant effect

DISINCRUSTATION

The active electrode is the electrode used on the area to be treated. The negative pole is the active electrode when negative reactions are desired on the face, such as forcing negative ions into the skin, opening follicles, or liquefying sebum. Plug the black cord into the metal roller or flathead stick. This is the electrode to be used on the patient's face. The passive electrode actually is not passive at all as it is not being used on client's face.



PROCEDURE:

- Remove all her jewellery and drape her properly.
- Switch on the galvanic apparatus if it is on the OFF position.
- Connect the active electrode to the negative pole (-) of the apparatus. Cover the electrode with a layer of cotton wad soaked in tap water containing mineral salts or distilled water
- Place the active electrode (-) on the client face and hold it there.
- Connect the silent electrode (+) and wrap in cotton wool dipped in water. Ask the client to hold the silent electrode through out the treatment.
- Gradually, increase the intensity of the current while checking the milliammeter on an average. The tolerance of the skin is in the range of 0.5 mA to 2.0 mA
- The duration of the treatment must not exceed to 10 -15 minutes.
- In the end, reduce the intensity of the current and bring it to 0 and slowly lift the electrode off the client's skin.



During galvanic treatment cover eyes with cotton pads

PRECAUTIONS:-

- Use water-based products and avoid any heavy products that may have a tendency to clog the pores.
- Although oily skin can usually tolerate more stimulation and harsher products, care needs to be taken to avoid overdoing the stimulation or the skin may become dry.
- A slightly more abrasive exfoliator, such as a scrub, will help to keep the follicles clean and prevent sebum and cells from building up.
- Absorbent face masks are better suited to help absorb excess oil.
- Advise clients with an oily skin to use a moisturizer only in the dry areas of their face.

IONIZATION

The purpose of ionization is to facilitate the penetration of certain active products into the skin. When a product is ionized by an electric current, it can penetrate in the form of disassociated ions.



Into being rollers used for giving galvanic current

PROCEDURE:-

- ❖ After thorough cleansing selected products is applied to the client's face.
- ❖ If the ionizable product is positive the active electrode is attached to the positive pole of the apparatus and the silent electrode to the negative pole of the apparatus.

Note:- Use the same procedure as for disincrustation and observe the same precautions.

PRECAUTIONS:-

- ❖ Make sure that there are no abrasion, cut, pimples and so forth.
- ❖ If there are such lesion, isolate them with a bit of cream and gauze.
- ❖ Disincrustation is a treatment only for occasional use and should be reserved for greasy, oily skin with multiple comedons.
- ❖ The technique should never be used on sensitive or delicate skin.
- ❖ Never use galvanic current on pregnant women.
- ❖ If client is using braces or anykind of rod galvanic treatment should not be given.

Review Questions:

- a. How many types of exfoliants are there in facial?
- b. What is the purpose of galvanic treatment?
- c. Write the precautions to be taken while giving galvanic treatment?
- d. Why do we use water based products and avoid heavy products on oily skin?

Facial Treatment for Ageing Skin

Ageing is a natural process occurring in all living beings and cannot be prevented or reversed. However, it is possible to slow down the process. After the age of 30, the body metabolism slows down and around the age of 40, one can notice the age lines and wrinkles, crowfeet at the corners of the eyes and laughing lines at the sides of the mouth. These lines and wrinkles increases with age.

Factors that affect the skin are:

- a. Environment
- b. Alcohol and Tobacco
- c. Drugs
- d. Food Habits
- e. Frequent gain and loss of weight
- f. Excessive and heavy massage
- g. Tension or stress
- h. Overuse of wrong cosmetic products
- i. Hereditary

If these lines or wrinkles have a negative psychological effect, advice the client to see plastic surgeon for permanent face lift, botox, fillers etc. In a salon, as the cosmetologist advice or perform Thermoherb mask treatment for ageing skin.

Thermoherb masks contains various minerals are mixed and applied to the face and neck, avoiding the mouth and eye-tissues. The mask warms on contact with the skin this causes the pores to enlarge, thereby cleansing the skin. As the masks cools it sets, and the pores constrict slightly. The mask is removed from the face is one piece. It has stimulating, cleansing and tightening action, suitable for a normal skin or for a congested, greasy skin with open pores. It is very beneficial for ageing skin.

Procedure:

- a. Prepare the client for facial treatment
- b. Clean the face and neck thoroughly
- c. Give massage manipulations using rich emollient cream
- d. Clean the face with damp cotton wool
- e. Apply half inch thick layer of cream rich in natural oils
(Note: if applying Thermoherb mask for first time, use moist gauge over the cream before applying the Thermoherb mask)
- f. Cover the eyes with rose water dipped cotton pads
- g. Mix sufficient quantity of Thermoherb mask with water in a thick consistency and apply it quickly as it solidifies and sets in quickly like plaster of paris.
- h. After about 40 minutes, mask gets completely hardened, remove slowly in single piece.

Precautions

- The mask should be applied keeping away from eye area and lips.
- The mask should be prepared after the pre preparation of application of mask
- The client should not talk or smile during the entire process of drying of mask.
- If the client feels uncomfortable or suffocated then remove the mask immediately.

Review Questions:

- List the factors affecting the skin conditions?
- Other than Thermoherb mask, what other treatments are used for ageing skin?
- List the precautions while using Thermoherb mask?

FACE MASKS AND PACKS



Clay pack



Gauze mask

MASKS & PACKS: - Face masks contain a variety of different ingredients to have a deep cleansing, toning or nourishing effect on the skin. To achieve astringent effect, the pores and the skin will tighten. On dry skin emollient ingredients will soften and nourish the skin. Soothing ingredients reduce skin irritation.

Masks & Packs are special cosmetic preparations applied to the face to benefit and beautify the skin. They require a short application time and allow a practitioner to treat different skin conditions on the same face at the same time.



Gommage mask

A **mask** is usually a setting product, which means that it dries after application and provides a complete closure to the environment on top of the skin. Ingredients such as alginate, paraffin wax, and gypsum generally account for this effect. Masks may also use such special ingredients as clay, kaolin, and silica for their tightening and sebum-absorbing effects.

- ❖ **Clay masks** are clay preparations used to stimulate circulation and temporarily contract the pores of the skin. They contain clay, kaolin, or silica and absorb sebum good for oily skin and combination skin. Clay masks are applied with a mask brush and are allowed to set for about 10 minutes.



Application of clay mask

Clay masks contain **calamine**, a light pink powder which soothes surface blood capillaries. Uses in treatment: for sensitive or delicate skin. **Magnesium carbonates** a very light, white powder which creates a temporary astringent and toning effect. For open pores on dry and normal skin. **Fuller's earth** a green, heavy clay powder has stimulating effect and produces whitening and brightening effect, suitable for sensitive skin.

Rose water and orange-flower water for mixing the pack and / masks are very popular have stimulating and toning effect. **Witchhazel** has a soothing effect on blemishes and suitable for greasy skin. Masks should be kept on the skin for 10 to 15 minutes.

- ❖ **Paraffin wax masks** these are also known as **peel-off masks** may be made from gel, latex or paraffin wax. These masks insulate the skin causing an increase in temperature. Paraffin wax melted at a little more than body temperature before application because of its quickly cooling nature and hardens to a candle-like consistency. Eye pads and gauze are also used in a paraffin mask application, as facial hair could stick to the wax if not covered and the mask would be difficult and painful to remove. The gel mask is a suspension of biological ingredients, such as starches, gums or gelatin, the mask is applied over the skin when dried and is peeled off the face in one piece. It might cause discomfort if client has excessive facial hair. Avoid use a lubricant under the masks.

The **Latex mask** is an emulsion of latex and water, when applied to the skin, the water evaporates to leave a rubber film over the face. This produces a rise in temperature, thereby stimulating the skin. **Sulfur masks** contain sulfur is a common chemical, beneficial effect on reducing the production of sebum.



Paraffin wax mask / peel-off mask

- ❖ **The thermal masks** contains various minerals mixed and applied to the face and neck, avoiding the mouth and eye-tissues. The masks warm on contact with the skin this causes the pores to enlarge, thereby cleansing the skin. As the masks cools it sets, and the pores constrict slightly. The mask is removed from the face in one piece. It has stimulating, cleansing and tightening action, suitable for a normal skin or for a congested, greasy skin with open pores. It is very beneficial for ageing skin.



Preparation & placement of gauze mask & thermo herbal mask

- ❖ **The gauze mask** is cut to cover the face and neck, with holes for the eyes, nostrils and lips. This is then soaked in warm oil. A dampened cottonwool eye pad is placed over each eye. The gauze is then placed over the face and neck. It is usually left in place for 10 - 20 minutes. Usually recommended for mature skin (ageing skin) and dry or dehydrated skin. **Natural masks** are made from natural ingredients rich in vitamins and minerals. Fresh fruit and vegetables have a mildly astringent and stimulating effect. Usually the fruit is crushed to a pulp and placed between layers of gauze which are laid over the face. **Honey** is used for toning, tightening and properties and hydrating effect. **Egg white** has a tightening effect; bananas soften skin good for sensitive skin. **Aloe vera** a humectant, providing moisture replacement, healing and soothing. **Spirulina extract** is a blue algae extract added to anti-ageing products as it is said to have a hydrating effect on the surface layers of the skin. It improves the appearance of prematurely aged skin and lines and wrinkles. **Ginseng extract** is rejuvenating extract for the revitalization of the epidermal cells.
- ❖ **Ampules** are small, sealed glass vials containing a single application of a highly concentrated extract in a water or oil base. These extracts are applied under a night cream or fluid or a massage cream. They are available for a wide variety of skin types and problems. After cleansing and exfoliation, the extract is applied to the client's face with light massage movements until it has been completely absorbed.

APPLYING THE MASKS

The mask is usually applied as the final facial treatment, because of its cleansing, refining and soothing effects upon the skin. The methods of preparation, application and removal are different for the various face-mask types.



Use of ampule during facial



Application of mask

- ❖ Having determined the client's treatment requirements, select the appropriate mask ingredients.
- ❖ Discuss the treatment procedure with the client.
- ❖ Prepare the mask ingredients for application.
- ❖ Using the sterilized mask brush or spatula, begin to apply the mask. The usual sequence of mask application is neck, chin, cheeks, nose, and forehead.
- ❖ Apply the mask quickly and evenly so that it has maximum effect on the whole face. Don't apply it too thickly; as well as making mask removal difficult, this is wasteful as only the part that is in contact with the skin has any effect. Keep the mask clear of the nostrils, the lips, the eyebrows and the hairline.
- ❖ To relax the client, apply cottonwool eye pads dampened with clean water.
- ❖ Leave the mask for the recommended time or according to the effect required. Take account also of the sensitivity of the skin and your client's comfort.
- ❖ Remove the mask and eye pads, apply the appropriate toning lotion using dampened cottonwool. Blot the skin dry with a facial tissue.
- ❖ Remove the handband, and tidy the client's hair. Record the results on her record card.

CONTRA-INDICATIONS

The contra-indications to general skin care apply also to face mask application, observe the following points:-

- **Allergies** Check whether your client knows that she has allergies. If so, avoid all contact with known allergens.
- **Claustrophobia** Do not use a setting mask on a particularly nervous client. Some clients feel claustrophobic under its tightening effect.
- **Sensitive skins:** Do not use stimulating masks on clients with highly sensitive skin.

Review Questions:

- a. Explain functions of masks and packs?
- b. Name the types of masks for dry skin?
- c. Name the types of masks for oily skin?
- d. How does clay pack helps in toning the skin?
- e. What are latex masks?

SUMMARY

Study of skin is important to understand the care required by skin. Various types of facials and massages such as gauze, paraffin wax etc. can be carried out to maintain a healthy and glowing skin.

EXERCISE QUESTIONS

Theory Questions

1. Explain structure of skin with the help of illustration?
2. Explain functions of skin?
3. Differentiate between face packs and masks?
4. Explain the importance of the client consultation before facial treatment?

Practical Questions

1. Demonstrate the analysis of skin using tissue method?
2. Demonstrate the use of paraffin wax mask for dry skin?
3. Demonstrate the use of guage mask for dry skin?
4. Demonstrate galvanic facial for excessively oily skin condition?
5. Demonstrate the use of brushing unit for exfoliation treatment?
6. Demonstrate thermo herb mask for ageing skin?