

Skin Analysis

Skin Analysis will determine

- 1 The choice of cream to use in massage.
- 2 The amount of pressure to use in massage movements.
- 3 The areas that need extra attention.
- 4 If special lubricating oil is needed around the eyes and/or throat.
- 5 The type of astringent to use.

Tools / Equipments / Product Knowledge

- Disinfectant/ Sanitizer
- Bowls
- Spatulas
- Pack Brush
- Hand Towels
- Clean linens
- Head band
- Cotton pads.
- Tissue
- Gloves
- Cleanser
- Exfoliant
- Masks / Face packs
- Massage lotion
- Toner
- Moisturizer
- Sunscreen
- Optional : Serums, eyecream, lip balm.

Basic / Deep Cleansing

- 1 Apply the cleansing lotion over the face in dots. Blend the lotion with both hands. Start at the chin spread lotion over the face.

Remove lipstick and eye make up very carefully.

- 2 Take additional cleansing lotion and blend. Smooth down the neck, chest and back with long, even strokes.

- 3 After blending the lotion, remove cream with wet cleansing tissue or wet cotton pads. Start at the forehead and follow the checks of the face. Remove all the cream from one area before proceeding to the next. Finish with the neck, chest and back.

Procedure of Facial:

- 1 Setup the room.
- 2 Prepare the bed, equipments, and work station.
- 3 Help the client prepare for the facial.
- 4 Cleanse your hands first.
- 5 Cleansing the face before starting the facial.
- 6 Steam the face mildly with warm, moist, towels, or with a facial steamer.
- 7 Apply massage cream according to the client's skin type. Apply it in the same manner as the cleansing cream to face, neck, shoulders, and chest.
- 8 Give facial manipulations.
- 9 Remove massage cream with tissues or warm, moist towels in the same manner as followed for removing cleansing lotion.
- 10 Apply face pack & Mask. Choose the mask according to the client skin, then apply the mask with the brush starting at the neck. Use long & slow strokes from the center of the face, moving outward to sides.
- 11 Allow the mask to remain on the face for 7 to 10 minutes.
- 12 After 10 mins remove the mask with wet cotton pads or sponges.
- 13 Cleanup and Sanitation
 - Discard all disposable supplies and materials.
 - Close the product containers tightly, clean them and put them away in their proper place.
 - Disinfect your workstation, including the facial table.
 - Wash your hands with soap and warm water.

Contra action

Contra action is an adverse reaction following a treatment. such as rash, erythema, swelling, itching, etc.

1. Adverse skin reactions

Remove products with cold water and cotton wool. Apply a cold compress. Recommend visiting the doctor if reaction continues.

2 Watery eyes

Remove products and blot with tissue. Reapply when possible.

Contra Indication

The following are conditions / Situations where giving a facial should be avoided.

Impetigo, Boils, Ringworm, Coldsore, Chicken pox, sunburn, scabies, Eczema, Severe Acne, Any Infection in eyes, very sensitive skin, cuts/abrasions/ bruises.

PRECAUTIONS WHILE DOING MASSAGE:

Massage should not be given if the person has one of the following conditions:

- 1 Advanced Heart disease
- 2 Hypertension (High Blood pressure)
- 3 Pregnancy
- 4 Blood clot
- 5 High fever
- 6 Diabetes
- 7 Infected skin

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