

# **Basic Esthetician**

## **Student Workbook**

**Objective Sheet**

**Information Sheet**

**Assignment Sheets**

**Job Sheets**

**Student Supplements**

Developed by the  
Curriculum and Instructional Materials Center  
for the Trade and Industrial Education Division  
Oklahoma Department of Career and Technology Education

Copyright 2007

Oklahoma Department of Career and Technology Education  
Curriculum and Instructional Materials Center

All rights reserved.

Printed in the United States of America by the  
Oklahoma Department of Career and Technology Education  
Stillwater, Oklahoma 74074-4364

This publication, or parts thereof, may not be reproduced in any form by photographic, electrostatic, mechanical, or any other methods for any use including information storage and retrieval, without written permission from the publisher.

Web site addresses were accurate and all content on referenced web sites was appropriate during development and production of this product. However, web sites sometimes change; the CIMC takes no responsibility for a site's content. The inclusion of a web site does not constitute an endorsement of that site's other pages, products, or owners. You are encouraged to verify all web sites prior to use.

The Oklahoma Department of Career and Technology Education does not discriminate on the basis of race, creed, color, national origin, sex, age, veteran status, or qualified handicap.



# *The Skin of the Face and Neck*

# 4

## OBJECTIVE SHEET

### INTRODUCTION

The skin is the largest organ of the body. To provide your clients with the best facial services possible, you need to know about the different types of skin, skin disorders, and diseases. This unit will provide that information.

### ***FOCUS ASSIGNMENT***

Read the label on one of each kind of mask — normal, dry, and oily — to determine the contents.

Prepare a chart contrasting the contents of the three masks. Write a brief paragraph stating the differences in contents and your conclusion regarding their differing effects.

### UNIT OBJECTIVE

After completing this unit, you will demonstrate the following competencies by mastering the activities on the Assignment Sheet and by scoring at least 85% on the Written Test.

### SPECIFIC OBJECTIVES

1. Identify skin types.
2. Analyze skin types. (Assignment Sheet)
3. Match skin disorders to their correct descriptions.

4. Match skin diseases to their correct descriptions.
5. Identify the steps in giving a facial to a client with normal skin.
6. Identify the steps used in treating dry skin.
7. Identify the steps used in treating oily skin.
8. Identify the steps used in treating combination skin.
9. Outline the differences in treating the four types of skin.



# The Skin of the Face and Neck

# 4

## INFORMATION SHEET

### OBJECTIVE 1

**Identify skin types.**

#### WORDS TO KNOW

**sebum** — a fatty substance secreted by sebaceous glands; also called oil

Correctly analyzing the skin is important for a facial service to be beneficial. Analyze the skin under a magnifying lamp with eye pads on the client.

#### Types of skin

- **Acne skin** — caused by an over-abundance of oils that cause blackheads and pimples on the face
- **Aging skin** — characterized by loose, lined, and wrinkled skin; this type of skin must be treated with care.

Go to [http://health.yahoo.com/topic/beauty/overview/article/islco/skin\\_and\\_beauty\\_isl\\_beauty\\_skin\\_types](http://health.yahoo.com/topic/beauty/overview/article/islco/skin_and_beauty_isl_beauty_skin_types) and read the information presented.



Do you agree with the "How to Take Care of It" information? Why or why not?

---

---

---

---

---

- **Combination skin** — oily skin in the T-zone area (across the forehead and down the nose and chin) and dry in the cheek area; excessive oil in the T-zone area makes the area shiny, and lack of oil in the cheeks makes that area look rough and scaly.
- **Couperose skin** — characterized by broken capillaries beneath the skin's surface; broken capillaries are most generally found around the nose area.

**NOTE:** Never massage an area that has broken capillaries.

- **Dry skin** — caused by under activity of the sebaceous glands; since the skin produces very little sebum, it appears rough and peeling or flaking.
- **Normal skin** — appears healthy, soft, moist, and free of any blemishes.
- **Oily skin** — caused by over activity of the sebaceous glands; the skin is shiny in appearance and the pores are usually large. Since the skin produces too much sebum, the skin usually has blemishes.

## OBJECTIVE 2

### **Analyze skin types.**

Complete the Assignment Sheet.

## OBJECTIVE 3

### **Match skin disorders to their correct descriptions.**

Before giving a facial, the esthetician must analyze the client's skin for any disorders or diseases. Lesions are unusual or harmful changes in tissue. There are two types of lesions: primary and secondary. Primary lesions appear first; and if they are not treated, they can become secondary lesions. For example, a pimple is a primary lesion; and, if it is not taken care of and a scab develops, it becomes a secondary lesion. Do not attempt to treat any severe disorders. Refer the client to a physician if a disorder persists.

## RECOGNIZING SKIN DISORDERS

### **Disorders of the sebaceous glands**

- **Acne** — inflammation of the sebaceous glands; it mostly occurs on the face, neck, and back and is associated with adolescence and diet.
- **Comedones** — (blackheads) formed when dirt and oil block the opening of a hair follicle

Go to <http://health.howstuffworks.com/how-to-treat-acne.htm>, read the information, and answer the following questions.



1. Approximately what percentage of people will have acne sometime in their lives?

\_\_\_\_\_

2. What are three of the risk factors for acne?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- **Bulla** — watery blisters that are larger than one centimeter and are raised from the skin

EXAMPLE: Blisters from a second degree burn

- **Carbuncles** — a combination of several infected hair follicles above and below the skin

- **Cysts** — lumps which may be fluid-filled or solid

EXAMPLE: Cyst of the sebaceous glands

- **Furuncles** — large hair-follicle infections that appear above the skin surface

- **Macules** — small, discolored, flat areas on the surface of the skin

EXAMPLE: Freckles

- **Milin** — (whiteheads) an accumulation of oil beneath the skin; usually found on dry, fine-textured skin

- **Nodules** — small tumor-like lesions above and below the skin surface

- **Papules** — solid, pimple-like lesions, sometimes containing pus, that are no bigger than one centimeter in size

EXAMPLE: Wart

- **Pustules** — raised areas of the skin, containing pus

EXAMPLE: Acne

- **Seborrhea** — over activity of the sebaceous glands; usually produces a shiny appearance on the nose and forehead
- **Steatosis** — dry, scaly skin associated with old age or disorders of the body; with steatosis there is a lack of sebum to the skin.
- **Tubercles** — raised, solid lumps that are larger than papules
- **Tumors** — large solid lesions that are located above and below the surface of the skin; tumors vary in size and color
- **Vesicles** — blistering lesions that contain clear fluid

EXAMPLES: Chicken pox and poison ivy

- **Wheals** — raised, irregularly shaped, often itchy, solid bumps

EXAMPLES: Hives and insect bites

### **Secondary lesions**

- **Crusts** — dried remains of oil, pus, and skin

EXAMPLE: Scab

- **Excoriations** — skin abrasions and scratches
- **Fissures** — cracks and breaks in the skin; found on hands, heels, and chapped lips
- **Scales** — layers of dead skin cells that shed off the skin

EXAMPLES: Dandruff and psoriasis

- **Scar** — formation developed when connective tissue replaces tissue that has been lost because of injury or disease
- **Stain** — discoloration of the skin after the disappearance of a lesion
- **Ulcer** — open sore that may be accompanied by pus

## OBJECTIVE 4

**Match skin diseases to their correct descriptions.**

Go to [www.skincare.com/index\\_dermatology\\_diseases.htm](http://www.skincare.com/index_dermatology_diseases.htm).



1. How many types of eczema are listed on the site? \_\_\_\_\_

2. Read the information on one type and list it here \_\_\_\_\_

3. What did you learn about this type of eczema?

---

---

---

Read the information about psoriasis.

4. What causes psoriasis? \_\_\_\_\_

---

5. What are the most common sites for psoriasis?

---

---

When analyzing the skin before a facial, the esthetician must be aware of skin diseases. If a skin disease is present **DO NOT** begin any services on the client. Refer the client to a physician. As an esthetician, you should recognize the following skin diseases:

- **Dermatitis** — an inflammation of the skin which comes in various forms such as vesicles or papules; characteristics of dermatitis are red, itchy patches on the skin.
- **Dermatitis venenata** — an abnormal condition of the skin caused by the contact of chemicals on the skin
- **Eczema** — an acute or chronic inflammation of the skin; characteristics of eczema are redness, itching, and the formation of scales or crusts on the skin.

- **Herpes simplex** — fever blister or cold sores found on the lips or nostrils; caused by a virus; characteristics of herpes simplex are red, swollen, raised, vesicles and are usually itchy; the blisters form yellowish crusts when they dry up.
- **Psoriasis** — red, elevated patches or lesions or sores covered with silver, crusty scales; the cause is unknown.
- **Verruca** — warts; caused by a virus; may be contagious

## OBJECTIVE 5

### *Identify the steps in giving a facial to a client with normal skin.*

Normal skin is characterized by a soft, moist, healthy appearance. Proper maintenance of the skin will keep it looking good and will prevent problems later on.

#### **Treating normal skin**

1. Prepare the client for a facial service.
2. Clean the client's face and neck completely with cleansing cream.
3. Analyze the client's skin under a magnifying lamp or Wood's light. The pores on normal skin are average in size and are slightly larger on the nose.
4. Apply warm, wet towels to the face to open pores and to soften dead skin cells remaining on the surface. You may also use a facial steamer for 10 minutes.
5. Apply emollient cream to face and neck and begin the massage manipulations.

**NOTE:** Do not apply cream to the eyelids.

6. Remove the emollient cream with wet cotton pads.
7. Apply astringent to the face and neck to remove all traces of cream.
8. Apply a treatment cream to the client's face and neck. Place the client under an infra red lamp for three to five minutes. The galvanic current or high-frequency current may be used at this time.

**NOTE:** Protect the client's eyes from the infra red lamp by placing cotton pads soaked in witch hazel over the eyes.

9. Remove the cotton pads and wipe excess cream off face and neck.
10. Apply a facial mask formulated for normal skin and leave it on for 10 minutes.
11. Remove the mask by placing warm, wet towels on the client's face for a few minutes and then gently wiping the mask from the face.
12. Apply astringent lightly to the face and neck with a cotton pad.
13. Apply moisturizing cream to the face and neck while they are still damp to seal in the moisture.

## OBJECTIVE 6

### ***Identify the steps used in treating dry skin.***

Dry skin can be caused by too much exposure to wind, sun, harsh soaps, medication, or not taking enough fluid into the body. Dry skin can be separated into two types: lack of natural oil or lack of moisture. The lack of natural oil occurs when the sebaceous glands do not produce enough oil to lubricate the skin. The lack of moisture is usually caused by poor diet or medication.

### **Treating dry skin**

1. Prepare the client for a facial service.
2. Clean the client's face and neck completely with cleansing cream.
3. Analyze the client's skin under a magnifying lamp or Wood's light. Dry skin appears rough and flaky with small pores.
4. Apply warm, wet towels to the face to open pores and to soften dead skin cells remaining on the surface. You may also use a facial steamer for 10 minutes.
5. Apply emollient cream or facial massage cream to the face and neck and begin the massage manipulations.
6. Remove the emollient cream with wet cotton pads.
7. Apply astringent to the face and neck to remove all traces of cream.
8. Apply a treatment cream or moisturizing cream to the client's face and neck.

**NOTE:** Place cotton pads over client's eyes for protection.

10. Place the client under an infra red lamp for three to five minutes. The galvanic or high-frequency current may be used at this time.
11. Remove the compresses and wipe excess cream off face and neck.
10. Apply a facial mask formulated for dry skin and leave it on for 10 minutes.
12. Remove the mask by placing warm, wet towels on the client's face for a few minutes and then gently wiping the mask from the face.
13. Apply astringent lightly to the face and neck with a cotton pad.
14. Apply moisturizing cream to the face and neck while they are still damp to seal in the moisture.

## OBJECTIVE 7

### ***Identify the steps used in treating oily skin.***

Oily skin is characterized by large pores and over activity of the sebaceous glands. Oily skin is more likely to develop pimples and blackheads and is less likely to develop wrinkles.

### **Treating oily skin**

1. Prepare the client for a facial service.
2. Clean the client's face and neck completely with cleansing cream.
3. Analyze the client's skin under a magnifying lamp or Wood's light. Oily skin appears shiny and has enlarged pores which may contain dirt and oil.
4. Apply warm, wet towels to the face to open pores and to soften dead skin cells remaining on the surface. You may also use a facial steamer for 10 minutes.
5. Apply emollient cream to face and neck and begin the massage manipulations.
6. Remove the emollient cream with wet cotton pads.
7. Apply astringent to the face and neck to remove all traces of cream.
8. Apply cotton compresses of decrustation solution (one tablespoon baking soda to one pint of distilled water) to the face. Place the client under the infra red lamp for 10 minutes.
9. Remove the compresses from the face.

10. Apply a treatment cream to the skin and place the client under an ultra violet lamp. You may use the galvanic current or high-frequency current at this time.

**NOTE:** Protect the client's eyes with cotton pads soaked in witch hazel.

11. Apply a facial mask made for oily skin and leave it on the face for 10 minutes.
12. Remove the mask by placing warm, wet towels on the client's face for a few minutes and then gently wiping the mask from the face.
13. Apply astringent lightly to the face and neck with a cotton pad.
14. Apply moisturizing cream to the face and neck while they are still damp to seal in the moisture. Even though the client's skin may be oily, a light moisturizer should be used to protect the skin from drying out.

## OBJECTIVE 8

### ***Identify the steps in treating combination skin.***

Combination skin is characterized by oily skin in the forehead, nose, and chin area—the T-zone—and by dry or normal skin on the cheeks. As an esthetician, you must treat each type of skin differently.

### **Treating combination skin**

1. Prepare the client for a facial service.
2. Clean the client's face and neck completely with cleansing cream.
3. Analyze the client's skin under a magnifying lamp or Wood's light. Combination skin appears shiny and has large pores in the T-zone and rough or healthy skin in the cheek area.
4. Apply warm, wet towels to the face to open pores and to soften dead skin cells remaining on the surface. You may also use a facial steamer for ten minutes.
5. Apply emollient cream to face and neck and begin the massage manipulations.
6. Remove the emollient cream with wet cotton pads.
7. Apply astringent to the face and neck to remove all traces of cream.
8. Apply cotton compresses of decrustation solution to the face.

9. Remove compresses and apply moisturizing cream to the dry or normal areas. Place the client under an infra red lamp for 10 minutes.

**NOTE:** Cover client's eyes with cotton pads.

10. Remove the cotton pads and wipe excess cream off face and neck.

11. Apply a treatment cream and use the galvanic current or the high-frequency current.

12. Apply facial masks formulated for each type of skin and leave them on for 10 minutes.

13. Remove the masks by placing warm, wet towels on the client's face for a few minutes and then gently wiping the masks from the face.

14. Apply astringent lightly to the face and neck with a cotton pad.

15. Apply a light moisturizing cream to the oily areas of the face and neck and a heavier one to the dry areas while they are still damp to seal in the moisture.

## OBJECTIVE 9

***Outline the differences in treating the four types of skin.***

### **Appearance of skin**

- Normal skin has average-sized pores with larger ones in the nose area.
- Dry skin appears rough and flaky with small pores.
- Oily skin is shiny and has enlarged pores.
- Combination skin has two types of skin, usually dry and oily.

### **Moisturizers and oils**

- Heavier moisturizers, creams, and oils can be used on dry skin rather than on other skin types. Oily areas should never be treated with oil.

### **Time under infra red lamp**

- Recommended treatment under an infra red lamp for oily skin is ten minutes.
- Recommended treatment under an infra red lamp for dry and normal skin is three to five minutes.

## **Types of masks**

- Masks are formulated by skin types. The appropriate mask should be used to be most effective.

## **Application of decrustation solution**

- Oily areas are treated with decrustation solution.
- Dry and normal areas are not treated with decrustation solution.





# The Skin of the Face and Neck

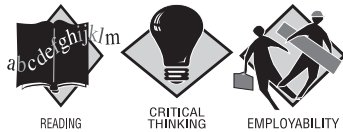
# 4

## ASSIGNMENT SHEET

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### OBJECTIVE 2

**Analyze skin types.**



**Equipment & Supplies**

Pen or pencil

### INSTRUCTIONS

Write in the proper skin type for each example.

1. Mrs. Smith's skin appears rough, dry, and scaly due to an under activity of the sebaceous glands. What skin type does she have?

\_\_\_\_\_

2. Lisa is 12 years old, and her skin is oily with blackheads and milia present. What type of skin does she have?

\_\_\_\_\_

3. John has skin that appears soft, moist, and healthy with very few if any blemishes. What skin type does John have?

\_\_\_\_\_

4. Mary's skin is oily across the forehead, on the nose, and on the chin, but it is dry in the cheek area. What type of skin does Mary have?

---

5. Mrs. Jones is an elderly woman with broken capillaries lying just beneath the skin surface around her nose and on her cheeks. What skin type does she have?

---

6. Mikhail's skin is characterized by large pores and a shiny appearance caused by an over activity of the sebaceous glands. What type of skin does he have?

---