



Lesson Plans

Sector: Skin Care	Occupation: Aesthetician (NOC 6482)
Theme: Using facial products	Occupational Task: Read and follow instructions for the correct use facial products

Essential Skills (ES) developed during the learning activities:

Reading Text

- Read the label for mixing instructions and special handling requirements of a new product. (ES 1)
- Follow simple written directions to use a skin care product. (ES 1)
- Read more complex texts to locate a single piece of information or reads simpler texts to locate multiple pieces of information. (ES 2)
- Chooses and integrates information from several parts of a single text. (ES3)

Speaking

- Follow and give instructions on how to use a skin care product. (ES 1 and 2)
- Obtain specific information on steps to take. (ES1)
- Interact with co-workers when discussing procedures. (ES 2)
- Gives clear instructions in a workplace situation related to moderately complex technical of using a facial product. (ES2)

Document use

- Read labels on skin care products. (ES 1)
- Limited search using key words to locate information. (ES 1)
- Read mixing charts and procedures when using a new product. (ES 2)
- Document is simple. Multiple pieces of information. (ES 2)

Listening

- Obtain specific information. (ES1)
- Reassure and comfort. (ES2)



Canadian Language Benchmarks (CLB) competencies developed during the learning activities:

Speaking

- Give a detailed description of a simple process. (CLB 6)
- Give spoken instructions, uses correct sequence of steps, clear reference, correct stress and intonation. (CLB 6)
- Give clear instructions in a workplace situation related to moderately complex technical tasks. (CLB 7)

Listening

- Understand a range of spoken everyday instructions on step-by-step procedures. (CLB 5)
- Understand a set of instructions not presented completely in point form. (CLB 6)
- Evaluate the factual accuracy of oral directions by completing the task. (CLB 7)

Reading

- Finds specific, detailed information in procedure instructions. (CLB5)
- Can get specific details from everyday routine texts, such as a set of instructions. (CLB 5)
- Follows main ideas, key words and important details in a one-page formatted and unformatted text in moderately demanding contexts of use. (CLB 6)
- Language of the text is mostly concrete and factual, with some abstract and technical vocabulary and may require low-level inference to comprehend it. (CLB 6)
- Locates and integrates several pieces of information in visually complex texts. (CLB 8)

Language and culture focus for the learning activities:

- Reading and following procedures, understanding formatted text, identifying key words

Grammar

- Review information questions.
- Prepositional phrases (*on the left, at the top, next to, in the middle, in the chart, at the bottom*)
- Imperative *Note to instructor: You will be modelling the imperative statements.

Vocabulary

- Lotion, Precious Oil, capsule, dehydrated, light circular movements, Hydro-mask, fingertips, eyelashes, Peel-off mask, spatula, sponges
 - **Culture**
 - It is important to be familiar with how to use a product before using it with a
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client.

- It is okay to ask another employee to help you understand the directions.
- Client may ask questions so you must be familiar with the ingredients and directions for use.

Suggested teacher resources and classroom materials needed:

- Product Instruction sheets (2) and task sheet attached below and obtained from www.towes.com
 - Measure Up
 - Choice of activities
 - Explore careers
 - Occupation name
 - Aesthetician
- Samples of skin care products (ask the beauticians at The Bay or Sears for some samples of masks, vitamin E capsules would suffice for Precious Oil and liquid hand soap in a small bottle is adequate for the cleanser), 2 dolls, water
- 2 sets of cards: the cards in one set will have the product names on them, the cards in the second set will have the procedures on them (**If you have more than 8 learners, you may have to duplicate the sets. Use Skin cleansing, Precious Oil, Hydro-mask and Peel-off Mask and their corresponding procedures to make the cards*).
- Product Instruction sheets and questions for each learner.

Estimated time for the learning activities: 1 lesson/90 minutes

Learner Profile:

Multi-level learners in a College preparation course for Aestheticians. They have had previous instruction on following procedures, working with people and numeracy.

Learning Objectives:

The learner will be able to read instructions for the application of a facial product and will demonstrate that they can follow the instructions.

Learning activities:

PART 1 (45 minutes)

Introductory activities:

- The students discuss the use of skin care products, including the products they use.
- Instructor asks if anyone has given a facial before.
- Show the learners the product instruction sheet and ask them if they have seen something like it before? Is it easy to follow? Why? Why not?

Give out Product Instructions Sheet with the technical instructions on it.

- Brainstorm vocabulary, list words and definitions on whiteboard, create a reference lexicon.



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- Explain the format of the sheet (e.g. where the product names are – on the left with numbered bullets, where the procedures are - on the right, beside the product names, extra product information - in the middle of the page, frequency of treatments - in the chart at the bottom of the page etc.) Point out the use of numbered bullets and charts, columns and rows, explaining that this is done to help you follow the directions. (*You could use an overhead projector for this explanation.*)
 - Ask students to find instructions for Skin Cleansing. Elicit information from students on described method of skin cleansing.
 - Ask students to find instructions for Christalline Cream. Elicit information from students on use.

PART II (30 minutes)

- Give out Product Instruction Sheet (attached) with questions on it.
- In pairs, students answer questions on the sheet using their knowledge of how the sheet is formatted.
- Class discusses answers.

PART III (15 minutes)

- Give out cards with product names and product instructions, one card to each student. Each student then finds the person who has the matching card.
- Divide the class into two groups keeping the pairs together. Each group has one doll and some product samples. Each pair takes a turn: one student reads the directions and the other student mixes and applies the product on the doll. The rest of the group evaluates if the students are reading and following the instructions properly.

Additional and/or extension learning activities:

Ask an Aesthetician to come in and demonstrate a facial using one of the learners as the model.

- Ask the Aesthetician to send you a copy of the instructions ahead of time if possible.
- Ask learners to review the vocabulary before the class.
- Have learners prepare questions to ask the Aesthetician.

Evaluation:

1. Instructor evaluates answers to the question sheet.
2. Learners give a demonstration to the group. Instructor evaluates comprehension of instructions, ability to carry out the procedure and interaction with group.

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Canadian Language
Benchmarks/
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Niveaux de compétence
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Product Instructions NOC 6482 Estheticians, Electrologists and Related Occupations

Hydroptimale® I.T.

HYDROPTIMALE : 2-PHASES HYDRATING* INSTITUTE TREATMENT

Procedure

PREPARATION OF THE SKIN

- 1 - **Skin cleansing :** Cleanse the face, neck and upper bust with appropriate SOTHYS Beauty Milk and Lotion for client's type of skin
- 2 - **Gommage exfoliant or Desquacrem :** Apply according to skin requirements
- 3 - **Precious Oil :** Apply the contents of the capsule locally to the dehydrated parts of the skin using light circular movements. Make a series of relaxing pressures (**Sothys Digital-Relaxation technique**) for 3 to 4 minutes. (See diagram opposite)
ACTION : Minimizes water evaporation thanks to the ceramides.
- 4 - **Cristalline Cream :** Massage with the cream (10 to 15 minutes)
Note > on oily skin . use a moderate amount of cream
> on very dry skin . use a mixture of Cristalline Cream + a few drops of Nourishing Serum
ACTION : improved hydration* thanks to liquid crystals
- 5 - **Precious Serum :** Penetrate carefully using effleurage until complete absorption. Make a series of relaxing pressures once again (**Sothys Digital relaxation technique**) for 3 to 4 minutes (See diagram opposite).
ACTION : Hydro-retention thanks to Melhydran®
- 6 - **Hydro-mask :** Apply a thick layer of Hydro-mask on the face and neck with fingertips using light circular movements for about 1 or 2 minutes to achieve light penetration. Protect the edge of eye-lashes with damp cotton wool strips.
ACTION : Suppleness of superficial layers of the epidermis (shea butter) and minimization of water evaporation (ceramides)
- 7 - **Peel-off Mask :** Prepare the mask as follows
On top of the Hydro-mask, apply a thick and uniform layer of the Peel-off Mask using the spatula
Leave on for 15 to 20 minutes
Take the mask off in one single movement starting from the neck. Dry the face and neck gently with damp sponges, then dry
ACTION : Clear complexion and expansion of skin tissues due to self-hydration* (clay and seaweed extracts)
- 8 - **Protection :** Apply Hydroptimale Cream or Gel or another cream from the range according to the skin's needs
Notes If the eye contour is fragile, avoid application of the products on this area

Five products act in synergy to guarantee the efficiency of the HYDROPTIMALE I.T. :

• **Precious Duo (1,2) :**

1 - **Precious Oil : ceramides** It consists of a concentrate of pure ceramides. Ceramides are amongst the most numerous intercellular lipids. They reinforce the cohesion of the corneus layer cells, thus reducing at its lowest level excessive water evaporation. Therefore, they play a key-role in the maintenance of skin's normal hydration*.

2 - **Precious Serum :** It is composed of 3 substances whose actions are complementary and thus maintain skin's optimum hydration* :

- **Melhydran®** (honey and flower nectar) : thanks to its composition which is close to NMF, this complex acts on the epidermic layers as an hydro-regulator
- **sodium hyaluronate** : hydrophilous molecules that form light and silky veil on the skin's surface, enabling skin to retain hydrating* elements
- **Fucogel®** (polysaccharide rich in fucose) : makes Precious Serum easy to spread. It is non-greasy with a good penetration. It also reinforces its hydrating* power

• **Cristalline modelling cream (3) :**

3 - **Cristalline Cream : Filagrinol®, avocado, oil, shea butter** : Its liquid crystal structure gives it a perfect affinity with the skin and allows the therapist to perform massage movements in the best conditions possible. The plant extracts favour skin's hydration* and suppleness.

• **Double mask (4,5) :**

4 - **Hydro-mask : ceramides, plant oils (avocado oil, corn), shea butter** : A genuine bath of freshness and softness, it softens skin's superficial layers and brings relaxation and well-being.

5 - **Peel-off mask : carragenate (sea algae), soft clay** : Thanks to its excellent filmogenic property, it enables the tissues to expand due to self-hydration* , to smooth skin's surface and to clear complexion.

How to prepare the Peel-off Mask :

- a) empty the contents of one bag into a plastic bowl
 - b) add 90 ml of fresh water with the help of the dispenser enclosed
 - c) mix rapidly with the spatula to obtain a uniform paste. Then apply.
- The preparation and application of the mask should be done in 4 minutes because of its quick hold.

FREQUENCY OF THE TREATMENTS AT THE INSTITUTE AND RECOMMENDATIONS OF TREATMENTS AT HOME

	PREVENTING TREATMENT	CURATIVE TREATMENT
<i>Skin characteristics</i>	• All skin types that endure climatic aggressions (sun, cold weather, wind)	• Strias due to dehydration, feeling of stinging, rough skin. Small lines. Dry and non-supple skin. Desquamations
<i>Frequency of the treatments in the Beauty Salon</i>	• 2 to 3 sessions of HYDROPTIMALE IT (once a week). Renew according to needs	• 4 to 5 sessions of IT HYDROPTIMALE (once or twice a week). Renew according to needs
<i>Recommendations of treatments at home</i>	• Liposomes Hydrogel, morning or evening	• Liposomes Hydrogel, morning and evening

*Hydration of superficial layers of the epidermis

Made in France - Produits de Beauté SOTHYS - 128, Fg St-Honoré - PARIS

Courtesy SOTHYS.



Examples for Task

Examples 1

What is the procedure for the application of the Precious Oil?

Answer apply to the dehydrated parts of the skin using light circular movements and relaxing pressures, for 3 to 4 minutes

Steps

1. Scan for key words, Precious Oil or Application or Procedure.
2. Locate the row, Precious Oil in a list of products.
3. Locate the column, procedure. Read the instructions for the application of the oils.

Examples 2

How much water is used to prepare the Peel-off Mask?

Answer 90 ml

Steps

1. Scan for key words: Peel-off Mask, instructions and prepare. Because Peel-off Mask appears in several places, you will need to locate several key words.
2. Locate the heading: How to prepare the Peel-off Mask.
Read: add 90 ml of fresh water.

Examples 3

What product is recommended for treatments at home?

Answer Liposomes Hydrogel

Steps

1. Scan for key words: recommended, home treatments, or words with similar meanings.
2. Locate table at the bottom of the page: FREQUENCY OF THE TREATMENTS AT THE INSTITUTE AND RECOMMENDATIONS OF TREATMENTS AT HOME.
3. Locate the row: Recommendations for the treatments at home.
4. Read: Liposomes Hydrogel, morning and evening and determine that Liposomes Hydrogel is a product.



Task Sheet

Underline the key words and answer the following questions.

1. What is the procedure for the application of the Hydro-mask?
2. How long is the Peel-off mask left on?
3. How many substances are in the Precious Serum?
4. What is the maximum time for the preparation and application of the mask?
5. How many sessions once or twice a week are recommended for stinging, rough skin?



Task Answer Sheet

Underline the key words and answer the following questions.

1. What is the procedure for the application of the Hydro-mask?

Apply a thick layer of Hydro-mask on the face and neck with fingertips using light circular movements for about 1 or 2 minutes.

2. How long is the Peel-off mask left on?

15 to 20 minutes

3. How many substances are in the Precious Serum?

3 substances

4. What is the maximum time for the preparation and application of the Peel-off mask?

4 minutes

5. How many sessions once or twice a week are recommended for stinging, rough skin?

4 to 5 sessions