

Candidates are required to research a range of facial skin care treatments for men to include:

Shaving

The benefits

There are two ways which men can shave. A wet shave and a dry shave. A dry shave uses an electric razor which is quick but doesn't give a man a clean and close shave. On the other hand, a wet shave is done with a razor and a shaving product. This process takes longer but results in a close and clean shave. There are 3 types of razor a man can use; a cut throat razor which is a long blade with a cover, a double face razor which is a double bladed razor and a disposable razor which come in lots of different designs and are thrown away after each shave. Shaving is the most affordable and painfree method of hair removal and leaves the client with no side effects.

Describe two factors that need to be considered when shaving

1. Before every treatment a skin analysis must be carried out. Doing this will help you identify any contraindications which could stop or restrict the treatment. The clients skin type will also be recognised. Finding the skin type is important because you need to use the correct products for your client. If not, you could impair the current skin condition or the client could suffer from an allergic reaction.
2. After care must also be taken into account. The skin may suffer in several ways after shaving. Use an after shave balm to cool and moisturise. Redness will also be reduced. Lack of after shave balm could result in irritation and a shaving rash.

State two products used when shaving

1. When carrying out a wet shave a shaving product must be used. Shaving products provide a slippery surface which enables the razor to effortlessly glide over the skin. The products used are gels, creams and foams. These are suitable for all skin types.
2. After shave balm is applied afterwards to reduce irritation and redness. It also provides the skin with essential moisture.

Describe the two methods of shaving

A wet shave uses a shaving product and a razor. A wet shave results in a close and clean shave. There are many products available for wet shaving. For dry skin, serums and oils are used because they lubricate the skin and are a good base for a close shave. But, all other skin types can use gels, creams and foams which are applied to lift the hair and provide a slippery surface for the razor to glide over. There are 3 types of razor available for wet shaving. A cut throat razor, a single, covered blade, a double face razor, double bladed razor and a disposable razor which are thrown away after each shave

A dry shave uses just an electric razor. Although it is a quick process, the result is poor because the razor doesn't give a close or clean finish. No products are used during but an after shave balm should be used to reduce any irritation that may occur.

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State the importance of positioning the therapist and the client correctly throughout the treatment.

The therapist should be sat on a beauty stool, behind the client, with an adjustable height. They should be sat with a straight back and shouldn't be leant forwards as this could cause damage to the back. To avoid damage the therapist must be sat at the correct height.

The client should be lying down on a couch which has a covering of couch roll. Make sure the couch is at the correct height for the therapist and also the correct height for the client so they can get on and off the bed easily.

State the importance of protecting the eye area when carrying out eyebrow treatments

Before carrying eyebrow treatments you should cleanse the eyebrow area with either a light cleansing lotion or an eye makeup remover. Then apply an antiseptic lotion such as witch hazel to minimize discomfort and clean deeper.

State the importance of recording procedures and products used during male facial treatments

Procedures and products used should be recorded at all times. They can be used for future reference and also if the client suffers an allergic reaction, you can read through your notes and identify the cause of the reaction.

State the importance of completing the treatment to the satisfaction of the client

If a client leaves your salon unsatisfied, they will probably not return and could make you lose out on lots of customers. This is because they are likely to tell their friends about their substandard treatment they received in the salon.

Eyebrow shaping

The benefits

Eyebrow shaping is the removal of stray or unwanted hairs located in the eyebrow area. The most popular way of eyebrow shaping is using manual tweezers. They are available with various ends, but slanted ends are considered the best for shaping eyebrows. Eyebrow shaping frames the face and accentuates the clients facial features it also opens up the eye area.

Describe two factors that need to be considered when shaping eyebrows

1. Before starting a treatment, you must consider the natural shape of the brow. Doing this ensures the finished brow will suit the client and makes deciding the final eyebrow shape easier.
2. The age of the client should also be taken into consideration. The eyebrows of older clients may consist of coarse and long white or grey hairs. These can be removed as normal as long as the brow line is not altered or a bald patch is left behind.

State two products used for eyebrow shaping

1. Witch hazel to cleanse the eyebrow area before shaping begins.
2. Toner for after the treatment to close the pores and cool the skin.

Describe the normal response of the skin to eyebrow shaping

The skin reacts by swelling and turning red in colour. This is because the hair is removed from the root and the pores are then opened.

State the importance of positioning the therapist and the client correctly throughout the treatment.

The therapist should be sat on a beauty stool, behind the client, with an adjustable height. They should be sat with a straight back and shouldn't be leant forwards as this could cause damage to the back, to avoid the therapist must be sat at the correct height.

The client should be lying down on a couch which has a covering of couch roll. Make sure the couch is the correct height for the therapist and also the correct height for the client so they can get on and off the bed easily.

State the importance of completing the treatment to the satisfaction of the client

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Facials

The benefits

Facials come with many different benefits. Not only are they relaxing but they result in better looking and healthier skin, they can improve confidence and also result in nice feeling skin.

Describe two factors that need to be considered when carrying out a facial

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1. The clients skin type which is identified during the skin analysis. You must consider the clients skin type because you need to use the correct products for their skin so you improve the skins condition and not impair it.
2. The age of the client. Older clients are more likely to have wrinkles and loose skin. You may have to vary your pressure when carrying out a facial on an older client.

State two products used for facials

1. Cleanser to remove make up and other dirt with has collected on the face.
2. Toner to close the pores and remove any excess cleanser or makeup.

State the importance of positioning the therapist and client correctly throughout the treatment

The therapist should be sat on a beauty stool, behind the client, with an adjustable height. They should be sat with a straight back and shouldn't be leant forwards as this could cause damage to the back, to avoid the therapist must be sat at the correct height.

The client should be lying down on a couch which has a covering of couch roll. Make sure the couch is the correct height for the therapist and also the correct height for the client so they can get on and off the bed easily.

State the importance of recording procedures and products used during facial treatments for men

Procedures and products used should be recorded at all times. They can be used for future reference and also if the client suffers an allergic reaction, you can read through your notes and identify the cause of the reaction.

State the importance of completing the treatment to the satisfaction of the client

If a client leaves your salon unsatisfied, they will probably not return and could make you lose out on lots of customers by telling them about their substandard treatment.

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