

DOCUMENT RESUME

ED 097 508

CE 002 276

TITLE Complexion Care; Cosmetology 2: 9207.02.
INSTITUTION Dade County Public Schools, Miami, Fla.
PUB DATE Mar 73
NOTE 21p.; An Authorized Course of Instruction for the
Quinmester Program

EDRS PRICE MF-\$0.75 HC-\$1.50 PLUS POSTAGE
DESCRIPTORS Behavioral Objectives; *Cosmetology; Course Content;
Course Descriptions; *Curriculum Guides; Performance
Criteria; Post Secondary Education; Secondary Grades;
Skill Development; Trade and Industrial Education;
*Vocational Education

IDENTIFIERS Florida; *Quinmester Program

ABSTRACT

Requiring 135 hours of classroom-laboratory instruction, the course develops skill in giving facial treatments including all massage manipulations, along with knowing the purpose of facials and of the anatomy and physiology related to it. The application of make-up for all types of skin and facial features is an integral part of the program. The student will develop skill in arching and tinting eyebrows and eyelashes. Further development of these skills and all skills learned will be maintained as the student performs these skills in a shop-like atmosphere on other students and patrons. A bibliography listing basic and supplementary references and sample posttests complete the course description. (MW)

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AUTHORIZED COURSE OF INSTRUCTION FOR THE **QUINMESTER PROGRAM**



DADE COUNTY PUBLIC SCHOOLS

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Course Outline
COSMETOLOGY 2 - 9207
(Complexion Care)
Department 48 - Quin 9207.02

DIVISION OF INSTRUCTION • 1973

ED 097508

D A D E C O U N T Y P U B L I C S C H O O L S
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Course Outline

COSMETOLOGY 2 - 9207
(Complexion Care)

Department 48 - Quin 9207.02

county office of
VOCATIONAL AND ADULT EDUCATION

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Dr. E. L. Whigham, Superintendent of Schools
Dade County Public Schools
Miami, Florida 33132

March, 1973

Published by the School Board of Dade County

Course Description

<u>9207</u>	<u>48</u>	<u>9207.02</u>	<u>Complexion Care</u>
State Category	County Dent.	County Course	Course Title
Number	Number	Number	

The student will develop skills that were learned in the preceding quins by working on each other, mannequins or patrons in a shop atmosphere. The purpose of facial treatments and of the anatomy and physiology related to it, will be learned by developing skills in giving facial treatments, massage manipulations, tinting brows and lashes and applying facial make-up. The composition and function of all cosmetics will be included.

Prior to entry into this course, the vocational student will display mastery of the skills indicated in Care of the Nails. (9207.01)

PREFACE

The following pages contain a course outline entitled Complexion Care. This course material is presented to the student in 135 hours of classroom-laboratory instruction and is divided into 7 blocks of instruction which are further broken down into a number of units. Upon completion of this course, the student will develop skill in giving facial treatments including all massage manipulations, along with knowing the purpose of facials and of the anatomy and physiology related to it.

The application of make-up for all types of skin and facial features is an integral part of the program. The student will develop skill in arching and tinting eyebrows and eyelashes.

Further development of these skills and all skills learned will be maintained throughout each unit, as the student performs these skills in a shop like atmosphere on other students and patrons.

The instructor uses demonstrations and lectures which are supplemented by the performance of laboratory experiments and assignments by the students. A basic textbook and student laboratory manual are used throughout the course. The instruction is further augmented by the use of films, filmstrips, charts and other aids which make the lessons more meaningful.

The bibliography which makes up the last pages of the outline, lists the basic and supplementary reference text and films.

This outline was developed through the cooperative efforts of the instructional and supervisor personnel, the Quinmester Advisory Committee Service, The Vocational Curriculum Materials Service and has been approved by the Dade County Vocational Curriculum Committee.

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with Suggested Hourly Breakdown

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GOALS

The student cosmetologist will be able to:

1. Discuss the purpose of facial treatments and of the anatomy and physiology related to it.
2. List the materials and implements needed for facial treatments.
3. Demonstrate skill in giving facial treatments and facial massage manipulation.
4. Recognize the purposes of facial make-up and its effective use for different facial shapes.
5. Develop skill in the application of make-up.
6. Demonstrate the procedure of applying lash and brow tint.
7. Further develop the manipulative skills required in the practice of cosmetology.

SPECIFIC BLOCK OBJECTIVES

BLOCK I - FACIAL TREATMENTS

The student will be able to:

1. Determine through written tests the purpose of a patron receiving a facial treatment.
2. List through written tests all of the benefits that are derived from a facial.

BLOCK II - HISTOLOGY OF SKIN

The student will be able to:

1. List and explain the various layers of the skin.
2. Describe the characteristics of skin.
3. List through written tests the diseases of the sebaceous glands, along with the part the cosmetologist plays in treating these diseases.
4. Describe orally the conditions that occur with the various inflammations of the skin.
5. State the functions of the skin.

BLOCK III - FACIAL TREATMENTS

The student will be able to:

1. Demonstrate on a model the procedure used in giving a plain facial.
2. Perform on a model all of the facial treatments required for the special treatment of skin problems.
3. Demonstrate on a model the technique of removing superfluous hair by several methods.

BLOCK IV - FACIAL MAKE-UP

The student will be able to:

1. Apply make-up to a model using several facial patterns.
2. List through written test the chemical analysis of the cosmetics that are used in applying make-up to a patron.
3. Correct special facial problems on a model through make-up.

BLOCK V - EYEBROW AND EYELASH TREATMENT

The student will be able to:

1. Demonstrate on a model the correct technique of tweezing eyebrows.
2. Performing a lash and brow tint treatment on a patron.

BLOCK VI - DEVELOPMENT OF MANIPULATIVE SKILLS

The student will be able to:

1. Demonstrate the skills in the technique of giving color treatments to patrons.

- 2
2. Demonstrate on patrons the various types of permanent wave procedures given with the problem hair encountered in the salon.
 3. Demonstrate on patrons all of the style sets and style cuts required.
 4. Demonstrate all skills necessary to maintain the efficiency needed in the practice of cosmetology.

BLOCK VII - QUINMESTER POST TEST

The student will satisfactorily pass the quinmester post test.

Course Outline

COSMETOLOGY 2 - 9207 (Complexion Care)

Department 48 - Quin 9207.02

I. FACIAL TREATMENTS

A. Purpose of Facials

1. Preservative
 - a. Facial skin health
 - b. Blood circulation
 - c. Relaxation of nerves
 - d. Activate skin glands
2. Corrective
 - a. Dryness
 - b. Oiliness
 - c. Blackheads
 - d. Aging lines
 - e. Acne

B. Benefits of Facials

1. Cleanse skin
2. Increase circulation
3. Activate glandular activity
4. Relax nerves
5. Maintain muscle tone
6. Aid weak muscle tone
7. Correct disorders
8. Aid skin texture

II. HISTOLOGY OF SKIN

A. Layers of the Skin

1. Epidermis
 - a. Stratum corneum
 - b. Stratum lucidum
 - c. Stratum granulosum
 - d. Stratum germinativum
2. Dermis
 - a. Papillary
 - b. Reticular
3. Subcutaneous tissue

B. Nerves of the Skin

1. Motor
2. Sensory
3. Secretory

C. Characteristics of Skin

1. Elasticity
2. Color

3. Glands
 - a. Sudoriferous
 - b. Sebaceous

D. Diseases of the Sebaceous Glands

1. Comedone
2. Milia
3. Acne
4. Steatoma
5. Asteatosis
6. Seborrhea

E. Inflammations of the Skin

1. Dermatitis
2. Eczema
3. Psoriasis
4. Herpes simplex
5. Dematitis venenata

F. Function of Skin

1. Protection
2. Sensation
3. Heat regulator
4. Excretion
5. Secretion
6. Absorption

III. FACIAL TREATMENTS

A. Plain Facial

1. Purpose
2. Preparation
3. Safety precautions
4. Facial creams and lotions
 - a. Ingredients
 - b. Application
 - c. Uses
5. Procedure
 - a. Preparing patron
 - b. Analyzing skin
 - c. Cleansing skin
 - d. Steaming skin
 - e. Creaming face
 - f. Manipulating face
 - g. Applying make-up

B. Dry Skin Treatment

1. Purpose
2. Preparation
3. Safety precautions
4. Facial creams and lotions
5. Electrical equipment

- a. Uses
 - b. Care
 - c. Safety precautions
 - d. Sanitary requirements
- 6. Procedure
- 7. Hot oil mask

- C. Oily Skin Treatments
 - 1. Purpose
 - 2. Preparation
 - 3. Safety precautions
 - 4. Facial creams and lotions
 - 5. Procedure

- D. Treatment for Acne
 - 1. Cause
 - 2. Analysis of skin
 - 3. Preparation
 - 4. Safety precautions
 - 5. Creams and lotions
 - a. Analysis
 - b. Uses
 - 6. Electrical equipment
 - 7. Diet
 - 8. Skin care

- E. Special Facial Treatments
 - 1. Packs for normal or oily skin
 - a. Purpose
 - b. Uses
 - c. Implements and supplies
 - d. Safety precautions
 - e. Procedure
 - 2. Masks for dry skin
 - a. Purpose
 - b. Uses
 - c. Implements and supplies
 - d. Safety precautions
 - e. Procedure

- F. Temporary Removal of Superfluous Hair Removal
 - 1. Shaving
 - 2. Tweezing
 - 3. Depilatories
 - 4. Wax

- G. Theory of Massage
 - 1. Definition
 - 2. Function
 - 3. Types
 - a. Effleurage
 - b. Petrissage
 - c. Friction
 - d. Percussion
 - e. Vibration

IV. FACIAL MAKE-UP

A. Cosmetics Used in Facial Make-Up

1. Purpose
2. Ingredients
3. Types
4. Application
5. Sanitary precautions
6. Preparation of Model
7. Make-up for facial types
 - a. Oval-shaped
 - b. Round-shaped
 - c. Square-shaped
 - d. Heart-shaped
 - e. Triangular-shaped
 - f. Pear-shaped
 - g. Diamond-shaped
 - h. Oblong-shaped

B. Corrective Make-Up

1. Purpose
2. Highlighting
3. Shadowing or shading
4. Forehead correction
5. Nose and chin correction
6. Jawline and chin correction
7. Eye correction
8. Mouth correction

V. EYEBROW AND EYELASH TREATMENT

A. Eyebrow Arching

1. Purpose
2. Methods
3. Safety and sanitary precautions
4. Implements and supplies
5. Procedure

B. Corrective Eyebrow Shaping

1. Fashion Effects
2. Use of eyebrow pencil

C. Lash and Brow Tint

1. Purpose
2. Safety and sanitary precautions
3. Choice of color
4. Preparation of patron
5. Procedure

VI. DEVELOPMENT OF MANIPULATIVE SKILLS

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A P P E N D I X

Quinmester Post Test Samples

Quinmester Post Test

Name _____ Date _____ Score _____

Complexion Care

Multiple Choice

Select the correct answer to the following statements and mark the appropriate answer sheet.

1. When giving a plain facial, the first cream used is:
 - a. foundation cream
 - b. cleansing cream
 - c. emollient cream
 - d. astringent cream

2. Superfluous hair may be temporarily removed by the use of:
 - a. an ointment
 - b. a solution
 - c. a depilatory
 - d. a vanishing cream

3. One of the principle causes of dry skin may be:
 - a. over-active thyroid glands
 - b. under-active sebaceous glands
 - c. under-active sudoriferous glands
 - d. using an acid balanced cleansing cream

4. An important requisite for the patron's greatest benefit in giving a facial is:
 - a. lubricate the skin
 - b. stimulate the nerves
 - c. relaxation
 - d. speed

5. In giving a plain facial the first cream to be used is:
 - a. astringent cream
 - b. cleansing cream
 - c. foundation cream
 - d. an antiseptic cream

6. The proper way to remove superfluous hair in the eyebrows by tweezing is to pull out hair:
 - a. in the same direction as it grows
 - b. with an upward movement toward the top of the head
 - c. in the opposite direction to which it grows
 - d. straight out and very slowly

7. The concealing of blemishes in the application of a facial make-up is through the use of:
- a. dry cake rouge
 - b. a protein filler
 - c. a good grade of face powder
 - d. aa base make-up
8. The color of the skin is due to the amount of blood and:
- a. fat
 - b. melanin
 - c. keratin
 - d. lanolin
9. The skin is naturally lubricated by an oily substance known as:
- a. lanolin
 - b. protein
 - c. sebum
 - d. melanin
10. Emollient cream causes the skin to:
- a. wrinkle
 - b. roughen
 - c. cleanse
 - d. soften
11. An oily condition of the skin can be corrected by the use of:
- a. astringent
 - b. alcohol and sulfonated compound
 - c. lanolin
 - d. zinc oxide cream
12. A cream commonly used to cleanse, protect and lubricate the skin is a:
- a. cold cream
 - b. hormone cream
 - c. vanishing cream
 - d. bleaching cream
13. To widen the distance between the eyebrows when giving an eyebrow arch would tend to:
- a. make the face appear smaller
 - b. extend the time before the next arch
 - c. minimize wide-set eyes
 - d. minimize close-set eyes
14. An illusion of facial beauty is created by the proper use of:
- a. facial make-up
 - b. using lipstick
 - c. eye liners and mascara
 - d. an astringent lotion

15. Oily skin and blackheads are the results of over-active:
- thyroid glands
 - pituitary glands
 - sebaceous glands
 - sudoriferous glands
16. When giving a facial massage, too much pressure is not good because:
- it can break down tissues
 - it can build up tissues
 - it can encourage acne
 - it can stimulate the parotid
17. The massage movement that is soothing is:
- Petrissage
 - Friction
 - Tapotement
 - Effleurage
18. The slapping movement is:
- Effleurage
 - Friction
 - Petrissage
 - Tapotement
19. The technical name for a blackhead is:
- milia
 - comedone
 - scars
 - asteatosis
20. Melanin, a skin pigment is found in the stratum mucosum and:
- stratum corneum
 - adipose tissue
 - papillary layer
 - reticular layer

Quinnester Post Test

Name _____ Date _____ Score _____

Complexion Care

Facial Cosmetics

MATCHING: Put the correct letter from Column II by the correct number in Column I.

COLUMN I

COLUMN II

- | | |
|---|--|
| 1. _____ Cold cream | a. borax, witch hazel, small amount of alcohol. Cleanse and correct dry skin |
| 2. _____ Cleansing lotion (oily skin) | b. soap, water, stearates used as powder base |
| 3. _____ Cleansing lotion (dry skin) | c. alum, alcohol, rose water, witch hazel to skin pores, correct dry skin |
| 4. _____ Hormone cream | d. alcohol, orange flower water to cool and freshen skin |
| 5. _____ Vanishing cream (foundation cream) | e. mineral oil, wax cleanses oily skin |
| 6. _____ Eye lotion | f. alcohol, water, glycerine correct oily skin |
| 7. _____ Cleansing cream (oily cream) | g. lanolin, wax oil and water lubricates skin during facial massage |
| 8. _____ Astringent lotion (dry skin) | h. beeswax, borax, oil water, perfume cleanses, protects lubricates skin |
| 9. _____ Astringent lotion (oily skin) | i. sulphur, zinc oxide, boric acid to clear the skin of minor blemishes |
| 10. _____ Skin freshener | j. vegetable or mineral oil-soften and lubricates skin in facial massage |
| 11. _____ Emollient cream (tissue, lubrication) | k. alcohol and sulfurated compound cleanses and correct oily skin |
| 12. _____ Bleaching cream | l. boric acid and water to cleanse eye |
| 13. _____ Acne cream | m. lanolin, wax, oil, water, hormone |
| 14. _____ Muscle oil | n. vegetable or mineral oil-to soften and smooth skin |
| 15. _____ Hot oil mask | o. cream, peroxide, citric acid to lighten skin |

Quinmester Post Test Answer Sheet

Complexion Care

Multiple Choice

- | | |
|-------|-------|
| 1. B | 4. M |
| 2. C | 5. B |
| 3. B | 6. L |
| 4. C | 7. E |
| 5. B | 8. C |
| 6. A | 9. F |
| 7. D | 10. D |
| 8. B | 11. G |
| 9. C | 12. O |
| 10. D | 13. I |
| 11. B | 14. J |
| 12. A | 15. N |
| 13. D | |
| 14. A | |
| 15. C | |
| 16. A | |
| 17. D | |
| 18. D | |
| 19. B | |
| 20. C | |

Facial Cosmetics

1. H
2. K
3. A