**Getting ready for college**

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| --- | --- |
| Subject | Beauty |
| Level | 1 |
| Qualification |  |
| Exam board / awarding body |  |

**Getting ready to study**

**Learning outcomes:**

* Be able to understand what contact dermatitis is.
* Be able to describe the four skin types.
* Be able to explain the benefits of the different elemis moisturises.
* Be able to recommend appropriate elemis products to suit the different skin types.

**Read:**

* **Skin types-** <https://www.eucerin.co.uk/about-skin/basic-skin-knowledge/skin-types>
* **How to find the perfect moisturiser for a skin type-** [typehttps://www.elemis.com/inside-elemis/product-guides/2015/05/how-to-choose-a-moisturiser/](https://www.elemis.com/inside-elemis/product-guides/2015/05/how-to-choose-a-moisturiser/)
* <https://www.elemis.com/skincare/moisturisers>
* **Dermatitis-** <https://www.bad.org.uk/for-the-public/patient-information-leaflets/contact-dermatitis>

**Watch:**

* <https://www.youtube.com/watch?v=_f-6KdKfZOg>
* <https://www.youtube.com/watch?v=nplwQWCw6Ns>
* <https://www.youtube.com/watch?v=yB5IRdJS6NI>
* <https://www.youtube.com/watch?v=qfBwqFNoNAc>

**Industry sector research:**

Research in readiness for possible exam and create an information leaflet outlining the following points:

1. What is contact dermatitis?
2. How is contact dermatitis caused?
3. What are the two types of contact dermatitis?
4. What are the symptoms?
5. What does contact dermatitis look like?
6. Can contact dermatitis be cured? If so, how can it be treated?
7. Where can you get more information on contact dermatitis?

**Key word definitions:**

Research the following skin types and provide a definition for each one:

* **Normal Skin**
* **Dry Skin**
* **Combination Skin**
* **Oily Skin**

**Beauty research and Tasks:**

* Poster task- you must describe the four skin types in your own words and include pictures.
* Research the different ‘Elemis’ moisturisers below and create a presentation as if you are selling these products to a salon/clients. Record yourself delivering the presentation. For each moisturiser you must outline: what it is? Why use it? (The benefits and explain what each moisturiser aims to target) and who is it for? You must understand why a specific moisturiser is used and recommended by the therapist to the client for your own knowledge. Watch the videos and complete the reading in the links attached to develop your knowledge on the different elemis mositurisers available. This research task will help you complete the next task.

Elemis moisturisers:

**Pro-Collagen Marine Cream**

**Superfood Cica Calm Hydration Juice**

**Superfood Day cream**

**Peptide4 Adaptive Day Cream**

**Dynamic Resurfacing Day Cream SPF 30**

**Hydra-Boost Day Cream**

**BIOTEC Skin Energising Day Cream**

**S.O.S Emergency Cream**

**Hydra Balance Day Cream**

* After completing the research task complete the elemis table on the next page.

**Additional Research-** Structure and Function of the Skin, Bones of the Hand/Head/Feet and Structure and Function of the Hair.

* After you have completed the tasks above, read the relevant links and watched the videos complete the elemis skin type table below.



Touch facials are hands-on therapies which solely use the highly effective ELEMIS Touch for product application. Combining ancient and modern massage techniques from around the world, the expertly trained hands of ELEMIS therapists massage the face, neck and shoulders, and scalp.

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| **Skin types:** | **Recommend a suitable Elemis moisturiser for each skin type:** | **Benefits of the product:** | **Recommended frequency:** |
| **Normal** |  |  |  |
| **Dry** |  |  |  |
| **Oily** |  |  |  |
| **Combination** |  |  |  |