

Introduction to Skin Care

Skin care is the process of maintaining healthy and glowing skin using proper techniques and products.

Types of Skin

Understanding skin type is very important before any treatment:

- Normal Skin - Balanced, soft
 - Dry Skin - Rough, flaky
 - Oily Skin - Sticky, acne-prone
 - Combination Skin - Oily + dry areas
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Basic Skin Care Routine

Cleansing

Removes dirt and oil from the skin

Scrubbing

Removes dead skin cells

Toning

Closes pores and refreshes skin

Moisturizing

Keeps skin soft and hydrated

Facial Treatment Steps

Step 1: Cleansing

Clean face using cleanser

Step 2: Scrubbing

Gently scrub for 2-3 minutes

Step 3: Steaming

Open pores using steam

Step 4: Blackhead Removal

Use tools carefully

Step 5: Massage

Improves blood circulation

Step 6: Face Pack

Apply according to skin type

Types of Facials

- **Fruit Facial**
 - **Gold Facial**
 - **Herbal Facial**
 - **Anti-Aging Facial**
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Tools & Products Used

- **Cleanser**
 - **Scrub**
 - **Face Pack**
 - **Steamer**
 - **Towels**
 - **Brushes**
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Hygiene & Safety Always

- **Wash hands before service**
- **Use separate towels for each client**
- **Maintain proper sanitation**
- **use clean tools**