



## Facial For Dry Skin

### Objective

To learn to give facials to handle specific problems of skin.

### Materials

Cleansing cream	Skin lotion or astringent	Body drape
Massage cream	Spatula	Head drape
Tissues	Safety pins	Booties for feet
Cotton wool	Two steam towels	Neck strips
Skin lotion	Paper facial towels	Facial lounge
Masks (Nourishing)	Linen facial towels	Operator's stool
		Facial trolley

### Procedure

Follow same procedure of cleaning and massage of plain facial. This is followed by the application of face mask.

### Procedure for Applying a Face Mask

1. Wash hands.
2. Drape the patron as for a facial.
3. Analyse the skin type.
4. Follow the procedure for giving a facial:
  - a. Cleanse the skin

Notes ....

- b. Remove cleansing cream
- c. Apply skin lotion and blot dry
- 5. Proceed with facial manipulations if so requested by the patron.
- 6. Moisten eye pads with boric acid solution and place them over the eyes.
- 7. Spread the mask carefully over the face and neck.
- 8. Let the mask dry thoroughly. Drying will take 20 to 5 minutes.
- 9. With the fingers, loosen a corner of the mask. Hold the skin taut with one hand and gently peel off the mask.
- 10. Blot the face with a towel dampened with lukewarm water.
- 11. Apply skin lotion and blot dry.

**Giving a Facial For Dry Skin**

Follow procedure of plain facial.

A warm-oil mask is used on very dry skin. Facial manipulations are given after the mask is removed.

**Materials**

- |                                      |                                |
|--------------------------------------|--------------------------------|
| All materials needed for a facial    | 2 ounces of warm vegetable oil |
| scissors                             | Towels                         |
| Two 9-inch sections of two-ply gauze |                                |

**Procedure**

- 1. Wash hands
- 2. Prepare gauze for mask. With the scissors. Cut holes for the eyes, nose, and mouth in one piece of gauze.
- 3. Drape the patron as for a facial.
- 4. Follow the procedure for giving a facial:
  - a. Cleanse the skin.
  - b. Remove cleansing cream

- c. Apply skin lotion and blot dry.
5. Wet the uncut gauze with warm oil and place it on the patron's neck.
6. Wet the facial gauze with the warm oil and place it over the face.
7. Leave the mask on for 10 minutes.
8. Remove the gauze and discard.
9. Proceed with facial manipulations.
10. Remove oil with tissues or moistened towel.
11. Apply skin lotion and blot dry.