

ASSESSMENT # 4

Total Marks: 30

1. Multiple choice Questions: (05)

- i. A beauty therapist through her professional expertise and appropriate skincare treatments...:
 - a. can change the client's skin type
 - b. can help changing the condition of the skin
 - c. cannot change the condition of the skin

- ii. The eyelashes are cleansed by stroking the cotton wool in:
 - a. circular motion
 - b. from the points to the base
 - c. from the base to the points

- iii. Lips are cleansed:
 - a. In small circular movements
 - b. in outward strokes
 - c. in downward strokes

- iv. The basic formulation of moisturiser is:
 - a. wax and water
 - b. oil and water
 - c. cleansing agents and oil

- v. Which of the following is not achieved by steaming;
 - a. Skin condition is improved
 - b. Pores are opened
 - c. Skin is tightened

- vi. Before applying steam, protect the client's eyes using which of the following:
 - a. tissues
 - b. damp cotton wool
 - c. moisturising cream

- vii. For towel steaming, continue heating and replacing towels for:
 - a. 5 minutes
 - b. 10 minutes
 - c. 20 minutes

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- viii. Exfoliation is a technique used for removing;
 - a. dead cells from the skin
 - b. blemishes from the skin
 - c. discolouration of the skin
- ix. Which of the following is performed as a last step in deep cleansing?
 - a. slight pressure at the temples
 - b. slight pressure at the forehead
 - c. slight pressure over the cheeks
- x. Moisturiser provides a barrier between which of the following:
 - a. the skin and moisture
 - b. the skin and sebum
 - c. skin and the cosmetics.

2. Subjective Questions:

(21)

All questions carry equal marks.

- i. How long would you take to complete a facial?
- ii. Design a facial treatment, lasting for one hour, for a client with oily skin type. Describe all of the following:
 - The aim of the facial treatment
 - The facial treatment products you are going to use
 - When and how you will apply them
 - How long each stage will last?
 - Aftercare advice which should be given to maintain the skin condition.
- iii. How would you select and apply skin care products for a client with an allergic skin type?
- iv. What is the purpose of the following skin care products:
 - Face mask
 - Exfoliant
 - Cleanser
- v. How often would you recommend a full facial treatment?
- vi. List at least three contra-indications under which you should not give steaming treatment to your client.
- vii. How does the natural ageing process affect the skin?

3. Why is the client's lifestyle important to consider when analysing the condition of her skin? (4)