

Core Skills Analysis

Health

- The student learned about the importance of taking care of their skin as a part of overall health and wellness.
- They grasped the concept of different skin types and how to identify their skin type for appropriate care.
- Understanding the significance of using sunscreen for skin protection was highlighted during the activity.
- Learning about basic skincare routines like cleansing, moisturizing, and exfoliating was a key takeaway from the activity.

Tips

To further develop their understanding of skincare, encourage the student to explore natural ingredients that are beneficial for the skin, such as honey, aloe vera, and oatmeal. They can also experiment with creating their homemade face masks or scrubs using these ingredients. Additionally, incorporating a healthy diet rich in fruits, vegetables, and water will contribute to glowing skin from within. Lastly, encourage them to research and understand the impact of lifestyle factors like stress, sleep, and exercise on skin health.

Book Recommendations

- [The Little Book of Skin Care: Korean Beauty Secrets for Healthy, Glowing Skin](#) by Charlotte Cho: This book introduces the renowned Korean beauty routine and the importance of caring for your skin. It provides practical tips and advice for achieving radiant skin.
- [Skin Cleanse: The Simple, All-Natural Program for Clear, Calm, Happy Skin](#) by Adina Grigore: Adina Grigore's book focuses on maintaining healthy skin through natural and gentle methods. It offers insights into understanding and nurturing your skin from the inside out.
- [The Skincare Bible: Your No-Nonsense Guide to Great Skin](#) by Anjali Mahto: Dr. Anjali Mahto's book provides evidence-based advice on skincare and dermatology. It covers a wide range of topics from acne to anti-aging, making it a comprehensive guide for skincare enthusiasts.