

Objective

By the end of this lesson, you will have a basic understanding of beauty therapy techniques and skills.

Materials and Prep

Materials Needed:

- Makeup kit with foundation, eyeshadow, mascara, and lipstick
- Skincare products like cleanser, moisturizer, and face masks
- Hair styling tools such as a hairdryer, straightener, and curling iron

Prep:

- Set up a well-lit area with a mirror for practicing
- Read about basic beauty therapy techniques online or in books

Activities

- **Makeup Practice:** Experiment with different makeup looks using the makeup kit.
- **Skincare Routine:** Create a skincare routine using the skincare products and practice proper application techniques.
- **Hair Styling:** Try out different hairstyles using the hair styling tools and learn basic styling tips.

Talking Points

- *"Beauty therapy is all about enhancing your natural features and expressing your creativity through makeup, skincare, and hair styling."*
- *"Understanding your skin type is essential for choosing the right skincare products that work best for you."*
- *"Practice makes perfect! Don't be afraid to experiment with different looks and styles to find what suits you best."*
- *"Remember, beauty comes from within, so take care of yourself both inside and out."*