

Objective

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

Materials and Prep

Materials needed: facial cleanser, moisturizer, makeup products, brushes, and a mirror. No prior knowledge required.

Activities

- **Skincare Routine:** Learn and practice a basic skincare routine including cleansing, toning, and moisturizing.
- **Makeup Application:** Experiment with applying makeup following online tutorials or your own creativity.
- **Nail Care:** Try different nail care techniques like filing, buffing, and painting nails.
- **Hairstyling:** Practice simple hairstyling techniques like braiding or creating loose curls.

Talking Points

- **Skincare:** "Taking care of your skin is important for a healthy glow. Cleansing removes dirt and makeup, while moisturizing keeps your skin hydrated."
- **Makeup:** "Makeup is a fun way to enhance your features. Remember, less is more when starting out. Start with light foundation and mascara."
- **Nail Care:** "Nails are like a canvas for creativity. Keep them clean and shaped. Experiment with different nail polish colors and designs."
- **Hairstyling:** "Your hair is your crowning glory. Try simple hairstyles first, like a basic braid or a loose bun. Practice makes perfect!"