

Objective

By the end of this lesson, you will have a basic understanding of cosmetology and be able to perform simple beauty treatments on yourself or others.

Materials and Prep

- Various beauty products such as makeup, nail polish, hair accessories, etc.
- A mirror
- Access to online tutorials or instructional videos
- A clean workspace

Activities

- Experiment with different makeup looks. Try creating a natural look, a bold look, and a glamorous evening look. Take pictures of each and compare the results.
- Practice applying nail polish. Start with a simple solid color, then try adding designs or patterns. Take note of any difficulties you encounter and try to find solutions.
- Style your hair in different ways. Try braiding, curling, or straightening. Take pictures and compare the different styles.
- Watch online tutorials on skincare routines and try creating your own personalized routine. Take note of the steps and products used.
- Create a mood board of your favorite beauty trends and inspirations. Cut out pictures from magazines or search online for images that represent your style.

Talking Points

- "Cosmetology is the study and application of beauty treatments. It involves various aspects such as makeup, skincare, hair styling, and nail care."
- "When experimenting with makeup, it's important to consider your skin tone, eye color, and personal preferences. Different looks can enhance your natural features or create a completely different appearance."
- "Nail polish application requires precision and patience. Start with thin coats and allow them to dry properly before applying additional layers or designs."
- "Hair styling techniques can transform your appearance. Braids, curls, and straightened hair can give you a completely new look. Remember to use heat protectant products when using hot styling tools."
- "Skincare routines involve cleansing, exfoliating, toning, and moisturizing. It's important to

choose products suitable for your skin type and to be consistent with your routine for best results."

- "Creating a mood board can help you explore your personal style and find inspiration for future beauty looks. It's a fun way to express your creativity and gather ideas."