



Dear applicant,

As part of the Induction process on to Beauty Therapy Level 3, you will be required to complete a range of tasks.

Skin ageing is a topic that we research in detail at Level 3. It links to the Facial Electrical treatments available, which can have a positive impact on the ageing process through regular applications.

**Task 1** - Your task is to complete a timeline on the history of anti-ageing treatments through the ages to the modern day.

**Task 2** - Please copy and paste (or type) the following link into your browser to watch a video on an anti-ageing facial massage on YouTube: <https://m.youtube.com/watch?v=jqKX-guFdXc>

Try this massage technique on yourself or a family member for a week. Write an evaluation on how the skin has changed from day one to day seven. Think about texture, colour, tone and appearance.

The following face chart is an example of how you can draw your hand movements used when giving a face massage. You can then give it to your client to encourage them to do it at home, along with a brief description of how to perform the hand movements.



**Task 3** - Think of five of your own hand movements to use during a face massage, and write a brief description on how to perform each one.

**Task 4** - Finally, write about an anti-ageing product or treatment of your choice. Include as a minimum:

- What the product or treatment is
- The benefits of the product or treatment
- The cost of the product or treatment
- The disadvantages of the product or treatment
- The quantity or amount of product or treatments required

Present your findings to include images. Please note there is no minimum amount of words required and it can be hand-written if preferred.

Please bring your completed work to College on the first day of term to be marked.

If you have any questions, please contact me on [antonia.clarke@sheffcol.ac.uk](mailto:antonia.clarke@sheffcol.ac.uk)

Kind regards,

Hair and Beauty at The Sheffield College