

Session	Topic	Learning Objective(s)	Lesson Activities	Resources
Week 1, Session 1 (75 minutes)	Introduction to facials: purpose, benefits and treatment overview	Identify the main purposes of a facial and explain why facials are used within salon or spa practice. Recognise the overall structure of a facial treatment and the expected duration.	Teacher-led introduction using questioning to activate prior learning. Explain facial purpose, benefits and typical treatment length. Tutor models a simple facial flow chart from consultation to aftercare. Learners create a concise mind map in pairs, then feed back to the group. Plenary quiz checks understanding of core benefits and professional expectations. Assessment method: verbal questioning and short exit ticket.	Whiteboard, projector, PowerPoint, handouts, flipchart paper, pens, exit tickets.
Week 2, Session 2 (75 minutes)	Contra-indications and contra-actions in facial treatments	Identify facial contra-indications that require medical referral and those that restrict treatment. Explain appropriate professional responses, including referral, record keeping and reassurance. Distinguish contra-indications from contra-actions.	Tutor presentation of medical referral and restricting contra-indications, supported by images and case examples. Learners sort cards into categories: referral, restrict, or contra-action. Discussion of safe professional practice, including not diagnosing, advising medical support and making record card notes. Learners complete a written response to two scenario questions. Assessment method: card-sort observation, questioning and scenario worksheet.	Case-study cards, images, record-card template, worksheets, pens, projector, handouts.
Week 3, Session 3 (75 minutes)	Preparation of the work area, client and therapist posture	Describe the correct preparation of the treatment area and client. Demonstrate safe and professional preparation procedures and explain how posture protects the therapist from strain.	Tutor demonstration of trolley set-up, hygiene, ventilation, lighting, ambience and equipment layout. Learners work in small groups to prepare a mock facial station using a checklist. Tutor demonstrates correct therapist seated and standing posture, then learners practise and peer assess. Discuss client comfort, privacy, draping and appropriate client preparation. Assessment method: practical observation using a preparation checklist.	Facial couch or bed, trolley, towels, blanket, headband, tissues, cotton wool, record cards, checklist, seating, lighting examples.
Week 4, Session 4 (75 minutes)	Skin analysis, skin types, conditions and consultation	Carry out a basic facial consultation and explain how to analyse the skin by look, touch and question. Recognise the main skin types and key skin conditions and relate	Tutor models consultation questioning and skin analysis techniques using a magnifying light. Learners practise consultation questions in pairs, then identify skin type and condition from visual case studies. Teacher emphasises professional communication, accurate	Magnifying light, consultation pro-forma, case-study images, skin analysis grid, mirror, pens, sample record cards.