



Republic of the Philippines

Department of Education

DepEd Complex, Meralco Avenue, Pasig City

STRENGTHENED SENIOR HIGH SCHOOL CURRICULUM

AESTHETIC SERVICES (BEAUTY CARE)

Grade 11/12

Course Description:

This course combines the concepts of Nail Care, Skin care and basic haircutting. This covers the principles in assessing clients' needs, acquiring skills and techniques in nail services, facial, and skin care processes. Through hands-on experience, learners will build confidence and proficiency in providing personalized beauty solutions and will join other beauty enthusiasts and professionals. After completing the course, learners may obtain National Certification Level II in Beauty Care (Nail Care Services), pursue higher education and careers relative to aesthetic industry.

Elective: Technical Professional

Prerequisite: None

Time Allotment: In Grade 11, 320 hours for two semesters, 8 hours per week/In Grade 12, 320 hours for one semester, 16 hours per week

Schedule: First/Second Semester

QUARTER 1

CONTENT STANDARD	The learners understand the principles of nail care services.
PERFORMANCE STANDARD	The learners perform nail care procedures.
LEARNING COMPETENCIES	CONTENT
1. Discuss principles of beauty care services	<p>Overview of Beauty Care Services</p> <ul style="list-style-type: none"> • Importance of personal care • Setting personal intentions for beauty care • Trends and innovations in beauty care • Career and business opportunities • <p>Legal and Ethical Bases of Beauty Care Services</p> <ul style="list-style-type: none"> • Republic Act No. 11058: Occupational Health and Safety Standards (OHS) • Republic Act No. 7877, Section 3 - Sexual Harassment: “Bawal Bastos Law”
2. Discuss beauty care services	<p>Introduction to Beauty Care Services</p> <ul style="list-style-type: none"> • Types of beauty care services <ul style="list-style-type: none"> ○ nail services ○ skin care services ○ hairstyling services • Client intake request form

<p>3. Explain the importance of understanding the nail anatomy</p>	<p>Introduction to Nail Care Services</p> <ul style="list-style-type: none"> • nail anatomy and structure • common nail problems and nail diseases • Personal Protective Clothing (PPC) • tools, equipment, implements, and materials
<p>4. Discuss the importance of safety and hygiene practices</p>	<p>Safety and Hygiene Practices for Nail Care Services</p>
<p>5. Perform spa and nail care procedures following industry standards</p>	<p>Nail Care Procedures</p> <ul style="list-style-type: none"> • Nail care routines • Hand and foot spa with basic massage • Hand and foot skin bleaching • Spa • Nail art and design <ul style="list-style-type: none"> ○ French manicure ○ elephant tusk ○ v-shape ○ half-moon with tip ○ flower ○ freehand Painting ○ stickers and decals ○ stamping ○ foils and transfers ○ 3D embellishments ○ marbling • Manicure <ul style="list-style-type: none"> ○ basic manicure ○ soft gel nail service ○ poly gel service ○ acrylic manicure ○ dip powder manicure ○ nail extension service ○ manicure with press-on nails • Pedicure <ul style="list-style-type: none"> ○ basic pedicure ○ spa pedicure ○ softgel nail service ○ gel service

	<ul style="list-style-type: none"> ○ pedicure ○ pedicure with press on nails • After care procedures
--	---

QUARTER 2

CONTENT STANDARD	The learners demonstrate an understanding of skincare services.
PERFORMANCE STANDARD	The learners perform skincare services.
LEARNING COMPETENCIES	CONTENT
1. Discuss skincare concepts and safety considerations for skincare services	<p>Introduction to Skincare Services</p> <ul style="list-style-type: none"> • The science of skin types and conditions • Skin care routines • Skin diseases and treatments • Natural vs. commercial skin treated • Benefits of professional treatments • Safety considerations for skincare services
2. Discuss tools, equipment, and products used in skincare services	<p>Skincare Tools, Equipment, and Products Used</p> <ul style="list-style-type: none"> • Tools • Equipment • Cosmetic products • Types of consumables used in skincare treatment
3. Explain the different skincare procedures	<p>Skincare Procedures</p> <ul style="list-style-type: none"> • Cleansing and exfoliating • Hydrating and nourishing • Preventive and corrective skincare maintenance • Anti-aging • Acne and blemish • Pigmentation and lightening
4. Perform basic skincare procedures by following safety industry standards	<p>Skincare Services</p> <ul style="list-style-type: none"> • Facial services <ul style="list-style-type: none"> ○ facial cleansing ○ facial scrub ○ facial with mask • Body scrub

	<ul style="list-style-type: none"> ○ coffee scrubs ○ herbal scrubs ○ salt scrubs ○ coconut scrubs ○ honey sugar scrub • Facial and body hair removal services <ul style="list-style-type: none"> ○ cold or hot waxing ○ cream ○ shaving ○ epilators ○ Plucking (eyebrows only)
--	--

QUARTER 3

CONTENT STANDARD	The learners demonstrate an understanding of the basic concepts in makeup services.	
PERFORMANCE STANDARD	The learners perform simple makeup and special occasion makeup following safety guidelines in makeup services.	
LEARNING COMPETENCIES	CONTENT	
1. Discuss key concepts of makeup services	Introduction to Makeup Services <ul style="list-style-type: none"> • Overview of the makeup industry • Importance of makeup in enhancing beauty and self-expression • Trends and innovations • Career opportunity • Safety guidelines 	
2. Discuss the functions of makeup products, tools, and equipment	Makeup Tools, Equipment, Cosmetic Products, and Consumables <ul style="list-style-type: none"> • Tools • Equipment • Makeup products according to specification for: <ul style="list-style-type: none"> ○ face (primer, moisturizer, foundation, contour, bronzer, and highlights) ○ eye (liner, mascara, shadow, eyebrows, eyelash, and extensions) ○ lips (moisturizer, balm, lipstick, and lip gloss) 	

<p>3. Demonstrate makeup application techniques following safety guidelines in makeup services</p>	<p>Types of Makeup and Services</p> <ul style="list-style-type: none"> • Types of makeup <ul style="list-style-type: none"> ○ everyday makeup ○ day makeup ○ night makeup • Special occasion makeup <ul style="list-style-type: none"> ○ bridal ○ 18th birthday ○ fantasy ○ parties ○ photoshoots ○ holidays ○ proms ○ cosplay ○ theatrical and special effects makeup <p>Makeup Application Techniques</p> <ul style="list-style-type: none"> • Skin preparation • Foundation application • Eye makeup techniques • Lip makeup • Finishing touches • Eyelash extension
--	--

QUARTER 4

CONTENT STANDARD	The learners demonstrate an understanding of the principles, knowledge, skills, and attitude in hairstyling.
PERFORMANCE STANDARD	The learners perform hairstyling following safety guidelines in hairstyling services.
LEARNING COMPETENCIES	CONTENT
1. Discuss the of basic hairstyling	<p>Introduction to Basic Hairstyling</p> <ul style="list-style-type: none"> • Principles • Trends • Safety and ethical consideration • Hair anatomy and structure • Hair types

<p>2. Explain the function and use of hairstyling tools equipment, accessories, and consumables</p>	<p>Tools, Equipment Accessories, and Consumables in Hairstyling</p> <ul style="list-style-type: none"> • Tools <ul style="list-style-type: none"> - blow dryer - curling iron - straightening iron • Accessories <ul style="list-style-type: none"> - hairpin - headbands - hair clip barrettes - hair claw - scrunchies - beads • Hair styling products consumables <ul style="list-style-type: none"> - hair leave-on shampoo or moisturizer - volumizers and thickening cream - hair spray - hair gel - hair pomade - hair oils - creams - hair mist - hair mousse - hair mask
<p>3. Discuss the preparation techniques for hairstyling services</p>	<p>Hair Preparation Techniques</p> <ul style="list-style-type: none"> - Draping the client before hairstyling - Hair cleansing and drying <p>Types of Hair shampoo and Conditioning Hair blacking</p>
<p>4. Perform hairstyling techniques</p>	<p>Hairstyling Techniques</p> <ul style="list-style-type: none"> - Thermal hairstyling - Non-thermal hairstyling
<p>5. Discuss the different hairstyling services according to client needs.</p>	<p>Hairstyling Services</p> <ul style="list-style-type: none"> - Event/setting

GLOSSARY

beauty care - an overall beauty treatment intended to change or improve a person's appearance

body scrub - this is a process of removing dead skin cells and exfoliating the top layer of the skin

cuticle - overlapping skin surrounding the nail. It protects the matrix from invading bacteria and physical damage

cosmetics - these are substances used to enhance the appearance or odor of the human body

cosmetologist - one who is skilled in the art of improving/enhancing a person's appearance

eyelashes extensions - these are single strands of synthetic eyelashes that are curved to replicate natural eyelashes

facial - care for the face that usually involves cleansing and massage and the application of cosmetic creams

facial makeup - used to enhance the beautiful part of the face and hide defects

fancy manicure - the art of applying nail polish in a decorative fashion

foundation - a cosmetic usually used as a base for make-up. It can be in liquid, cream, gel, solid creams, sticks, and cakes

hand massage - replenishes moisture, alleviates pain and helps you relax.; an effective way of removing dead cells

makeup - is a sub-set of cosmetics that refers primarily to colored products intended to alter the user's appearance

manicure - it came from the Latin words "manus" (hand) and "cura" (care) which means the care of the hands and nails

mascara - a cosmetic for covering the eyelashes

massage - involves the external manipulation of the body by rubbing, pinching, kneading, and stroking with the use of hands or instruments

nail - an important structure made of keratin that has 2 purposes –fingernails act as protective plates and enhance the sensation of fingertips

nail structure - composed of the free edge, nail plate, nail walls, lunula, cuticle, hyponychium, nail groove, nail bed, matrix and mantle

pedicure - the professional or artful care of the feet and toenails

plucking - means the process of removing hair by mechanically pulling the hair from owner's body

shaving - is the removal of hair, by using a razor or any kind of bladed implement, to slice it down to the level of the skin

spa - places devoted to overall well-being through a variety of professional services that encourage the renewal of mind, body, and spirit

tattoo - is a marking made by inserting indelible ink into the dermis layer of the skin to change the pigment for decorative or other reason

waxing - this is the best temporary method of hair removal

REFERENCES

American Academy of Dermatology. (2023, October). *Common skin treatments*. <https://www.aad.org/public/diseases/skin-conditions/treatments>

Johnson, E. (2019). *The art of makeup: Techniques and trends*. University Press.

National Institutes of Health. (2023, October). *Hair removal procedures: What you need to know*. <https://www.nih.gov/news-events/news-releases/hair-removal-procedures-what-you-need-know>

(Note: Corrected organization name and article title for clarity and consistency with APA style.)

McDaniel, C. (2020). *The complete guide to skincare*. HarperCollins.

Smith, R. (2021). Understanding facials and their benefits. *Beauty Journal*, 12(4), 45–50.

TOOLS, MATERIALS, AND EQUIPMENT

TOOLS		EQUIPMENT		MATERIALS	
QTY		QTY		QTY	
	Manicure/Pedicure			3 pcs.	Alcohol
	Cuticle Nail Pusher*				Assorted colored nail polish*
	Cuticle Nipper*				Base Coat*
	Cuticle Scissor*	25 pcs.	Chairs	3 Btls	Benzalconium Chloride
	Finger or Manicure Bowl*	10 pcs.	manicurists' chair/ stool	3 rolls	Cotton 500gms
12 pcs	Foot Spa Basin, Rectangle (Plastic)	10 pcs.	Manicure Table		Cuticle Oil*
10 pcs	Manicure Tray	1 Unit	Sterilizer	.	Cuticle Remover*
	Manicure Nail Brush*	2 Units	Timer		Hand Towel*
					Emeryboard*
	Nail Buffer*				Lotion*
	Nail cutter:			10 pcs.	Manicure Pillow
	- Foot Nail Cutter*			.	Nail Hardener*
	- Hand Nail Cutter*				Nail Polish Remover (acetone)*
	Nail File*				Quick dry *
	Orange Wood Stick *				Solvent*
5 pcs	Plastic Container for Cotton				Toe nail separator*
	Pedicure Nail Brush*				Top Coat*
6 pcs	Supply Tray				Emeryboard*
6 pcs	Trolleys				
	Cleaning tools				
1 pc.	Mop			1 kilo	Cleaning cloths
1 pc.	Pail / bucket			3 Btls	Disinfectant

TOOLS		EQUIPMENT		MATERIALS	
QTY		QTY		QTY	
				1 set	First Aid Kit
				6 pcs.	Garbage bins/bags
				3 Btls	Wet Sanitizer
Hand/Foot Spa				Foot Scrub	
	Callous Remover*	6 units	Foot spa machine	3 Btls	Antiseptic Solutions
	Foot file*	3 Units	and Spa Machine	.	Apron*
	Foot Spa Brush for Mixing*	10 pcs.	Foot Spa Stool		Bleaching Soap*
	Foot Spa Tray with* Handle			3rolls	Cling Wrap
13 pcs.	Foot Massager Gadgets				Foot Blush*
	Mixing Bowl*				Foot Lotion*
12 pcs.	Plastic Basin (Small)				Foot Soak*
	Pumice Stone*				Foot Scrub*
					Foot Towel(assorted)
				12 pairs	Mittens *
				3 Btls	Moisturizing Lotion*
				10 pcs.	Paraffin Wax
				12 pairs	Rough Gloves*
				12 pairs	Slippers
					Towel (Assorted)*
					Whitening Powder*
					White Towel*

TOOLS			EQUIPMENT			MATERIALS		
Quantity	Unit	Description/ Specification	Quantity	Unit	Description/ Specification	Quantity	Unit	Description/ Specification
5	pieces	Handheld mirror 6" tall	2	units	Facial machine which include (<i>Iontophoresis, Sonophoresis, High frequency, Rotary brush, Vacuum, Spray, Galvanic skin tightening</i>)			
5	pieces	Trolley 45x33x3cm.	5	units	Facial bed 76.5"Lx2.5W	20	pieces	Bib (as bib) adult size white
5	pieces	Stainless basin	1	unit	U.V Sterilizer 15"x9"x9"	8	boxes	Tissue 2 ply (100 pulls)
5	pieces	Waste basket plastic	5	units	LED Magnifying lamp with steamer floor standing, lens 1. Cm. in diameter	20	pieces	Facial mask
			5	Pcs.	Stool 16"x23"	20	pieces	Cotton ball (pack of 20 pieces)
						20	pieces	Headband
						20	pairs	Eye pads
						20	bottles	Make up remover
						20	pairs	Face sponges (3 inch diameter)
						125	pieces	Gauze (4x4 inches) pack of 2
						5	liters	jars Distilled water
						5	Boxes (1box 50 pairs)	Gloves, vinyl disposable
						20	Bottle.	Moisturizing cream/Facial cleanser
								Facial Cleanser
								Facial lotion
								Skin toner
						20	Bottles	Make-up remover (50 ml)
						20	bottles	Serum 30 ml.
						20	jars	Moisturizer (50 grams)
						20	tubes	Unblock/Sunscreen(50 grams)