

# **CPD Facial Treatments (Stages 1 & 2) Course Specification**

## **Course Overview**

Facial treatments are among the most popular beauty therapies, designed to improve skin health, enhance the complexion and promote relaxation. This course provides comprehensive training in professional facial treatments, covering essential skincare techniques including cleansing, exfoliation, steaming, massage, extraction and mask application.

Suitable for complete beginners as well as experienced beauty professionals wishing to expand their treatment portfolio, this course combines theory with extensive practical training to prepare learners to confidently perform professional facial treatments while maintaining high standards of client care, hygiene and professionalism.

## **Course Content**

During this course, learners will cover:

- Introduction to Professional Facial Treatments
- History and Development of Facial Treatments
- Benefits of Facial Treatments
- Anatomy and Physiology Relevant to Facial Treatments
- Anatomy of the Skin
- Skin Types and Skin Conditions
- Skin Analysis and Consultation Procedures
- Patch Testing Requirements (where applicable)
- Health, Safety and Hygiene
- Infection Prevention and Control
- Contraindications and Contra-actions
- Relevant Legislation and Industry Standards
- Product Knowledge and Product Selection



- Cleansing Techniques
- Toning Techniques
- Exfoliation Methods
- Steam Therapy
- Extraction Techniques
- Facial Massage Techniques
- Facial Mask Application
- Complete Facial Treatment Procedure
- Professional Client Care
- Aftercare Advice and Homecare Recommendations

## Course Structure

This course is delivered through a balanced combination of theory and practical training.

- **Theory:** 50%
- **Practical:** 50%

Learners will first develop the underpinning knowledge required to perform the treatment safely before progressing to practical application.

The practical element includes:

- Tutor-led demonstrations
- Supervised hands-on practice on fellow learners and/or live models
- Individual tutor feedback and guidance to develop confidence, accuracy and professional technique

## Entry Requirements

This course is suitable for complete beginners and no previous hair or beauty qualifications are required.

It is ideal for:

- Individuals starting a career in the beauty industry.
- Beauty professionals wishing to expand their treatment portfolio.
- Therapists looking to refresh or update their existing skills.

## Learning Outcomes

By the end of this course, learners will be able to:

- Explain the principles and benefits of professional facial treatments.
- Understand the anatomy and physiology of the skin relevant to facial therapy.
- Conduct professional client consultations and perform accurate skin analysis.
- Identify skin types, skin conditions, contraindications and contra-actions.
- Apply effective health, safety hygiene and infection prevention procedures throughout the treatment.
- Select and use professional skincare products appropriate to individual client needs.
- Select and use professional cleansing, toning, exfoliation, steaming, extraction, massage and mask application techniques.
- Perform a complete professional facial treatment safely and effectively.
- Provide clients with appropriate aftercare and homecare advice to maintain healthy skin.
- Work professionally while complying with current legislation and recognised industry standards.