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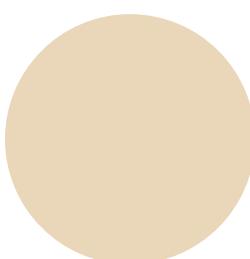
**WELCOME TO OUR  
TLE CLASS!**



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# PRAYER





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# CLASSROOM RULES



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RESPECT





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# WEEK 1

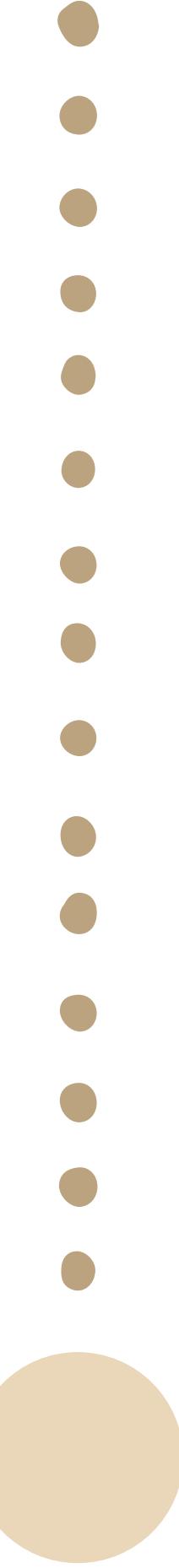
# DAY 1



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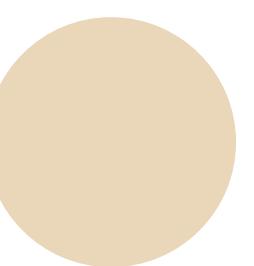
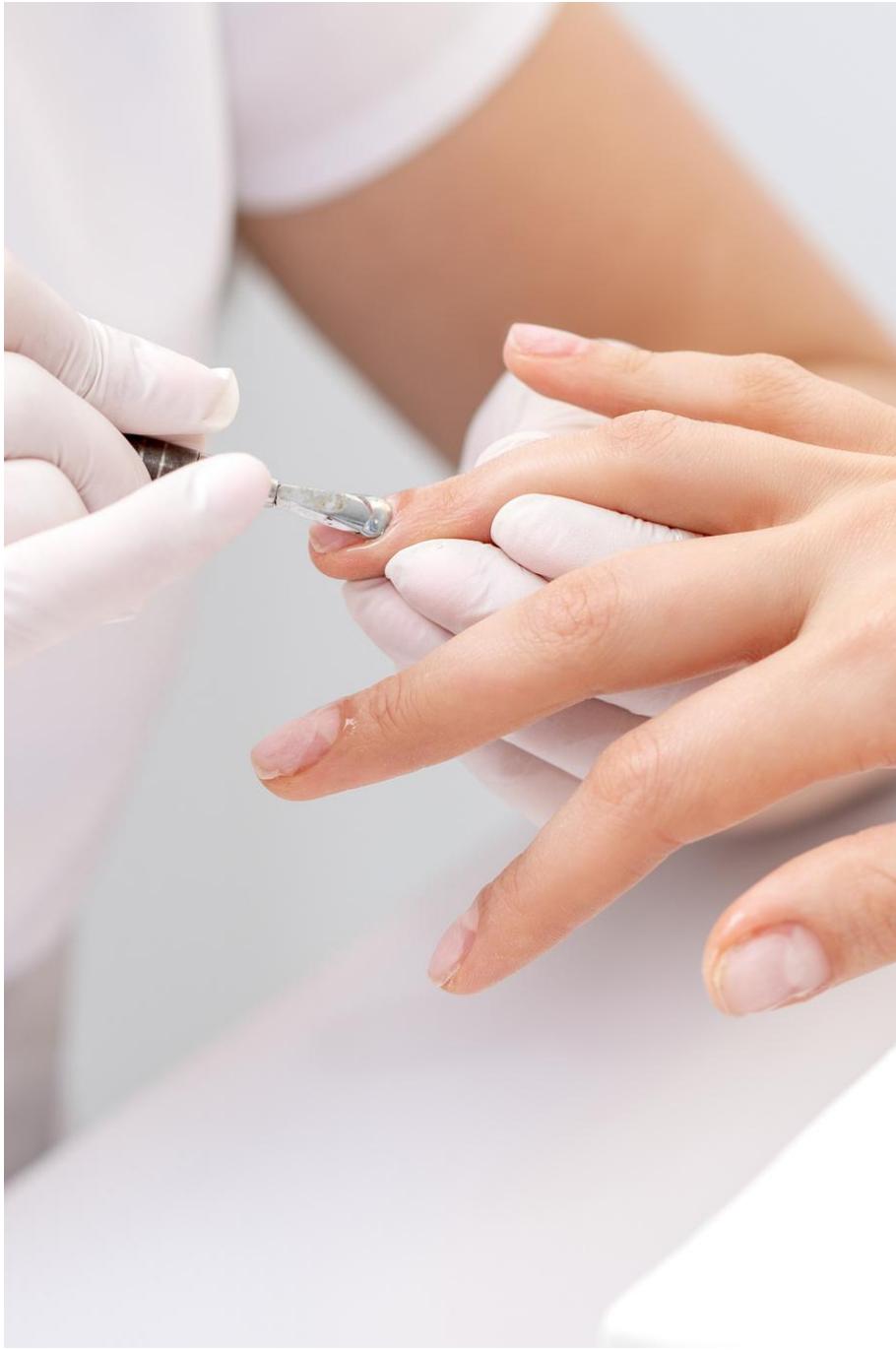
# FAMILY AND CONSUMER SCIENCE (FCS)





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*WEEK 1 DAY 1*

# **Concepts of Beauty Care and Wellness Service**



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## ***LEARNING OBJECTIVES:***

- a. define beauty care and wellness and give examples;**
- b. complete a beauty care and wellness assessment tool accurately and;**
- c. recognize and value ways to stay healthy and beautiful.**



***Cosmetology, also known as Beauty Care, is all about the enhancement of appearance. It includes nail care, skincare and hair care.***



***Wellness*** means achieving good health through a well-balanced condition of body and mind which enables the person to perform all his/her life's role and functions normally.



***“Wellness, or being well*** must be more than just staying alive, instead we must live every moment of our lives fully by looking and feeling great by applying sensory awareness within ourselves to measure our capacity to live.”

-Judith Jackson, in her book entitled “The Magic of Well-Being



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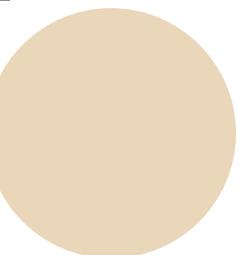
*“Beauty is in the eye of the beholder.”*

**-Molly Bawn**



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# How to Stay Beautiful?



- 1. Know yourself by looking at the mirror and appreciate the true tone of your skin, your hair texture, the shape of your face and your body figure.**
  
- 2. Embrace the transforming possibilities you can make on your hair and face.**



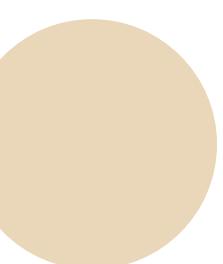
- 3. Think and feel that you are beautiful, sexy and healthy.**
- 4. Have self-confidence because being beautiful comes from within.**
- 5. Keep your hair shiny and smooth.**



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- 6. Have glowing skin.**
  
- 7. Keep a smile on your face.**

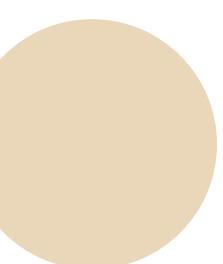




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# How to Keep Oneself Well and Healthy?





1. Eat nutritious, lighter, and healthier meals following the Recommended Dietary Allowance (RDA) each day considering age, height, weight and health status.



2. Have regular exercise. Like: walking, simple stretching, and jogging.
  
3. Have enough rest and sleep (at least 8 hours).



4. Have some relaxation once in a while.

# 5. Practice personal hygiene.

6. Keep your hair clean, manageable, soft, shiny, and attractive.



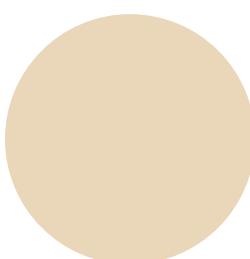
- 7. Drink at least 2-3 liters of water.**
- 8. Consult your doctor and dentist at least every six (6) months.**
- 9. Have a positive outlook in life.**



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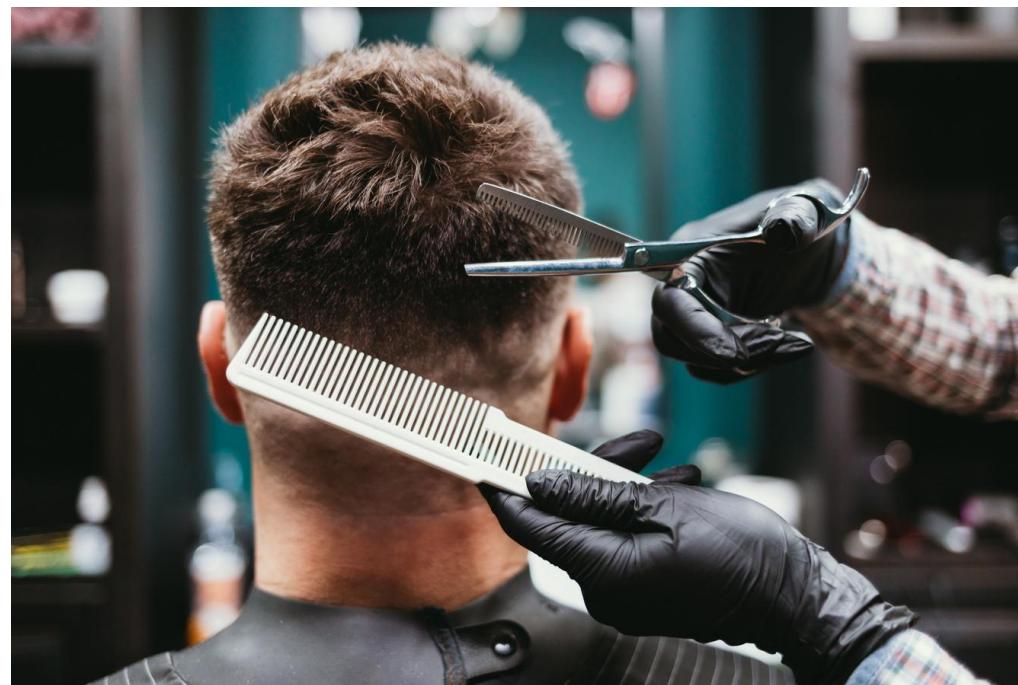
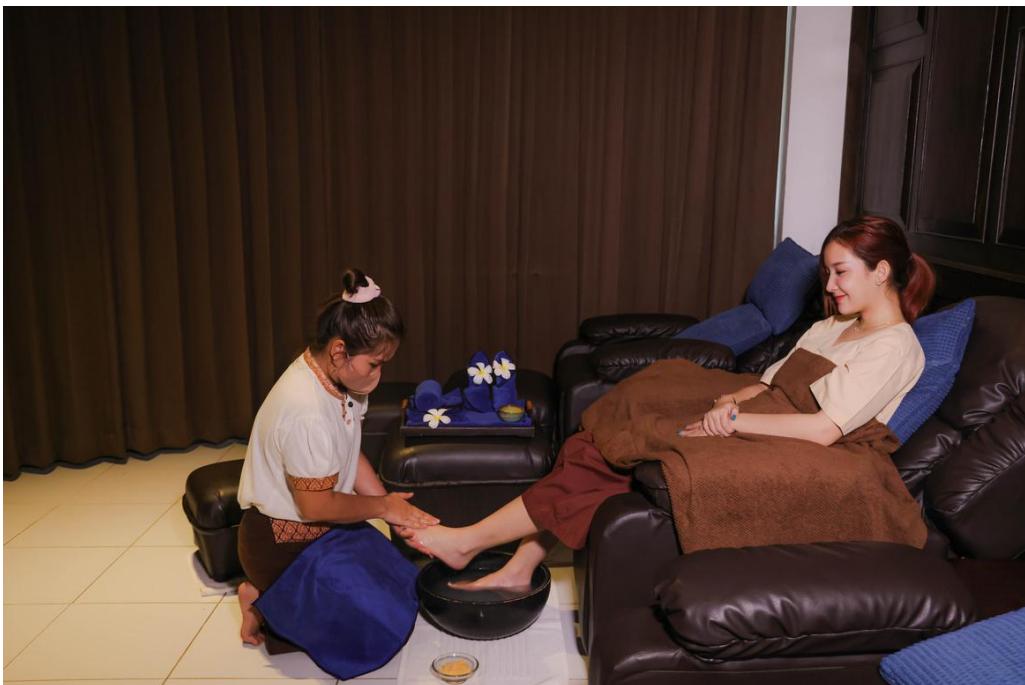
What beauty care  
services can we avail  
of in a beauty salon?





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# ACTIVITY 1

**Beauty Care and Wellness  
Practices Assessment Tool**

**Beauty Care and Wellness Practices Assessment Tool:**

<b>Beauty Care Practices</b>	<b>Yes</b>	<b>No</b>
1. I take a bath and cleanse my skin twice daily to remove impurities and excess oil.		
2. I apply sunscreen daily, regardless of the weather, to protect my skin from skin barrier.		
3. I put a roll on my underarm after taking a bath.		
4. I use a hair conditioner or mask at least once a week to nourish and strengthen my hair.		
5. I trim my hair ends regularly to prevent split ends and encourage healthy hair growth.		
6. I comb my hair using a clean comb.		
7. I keep my nails trimmed, clean, and moisturize my cuticles to promote strong and healthy nails.		
8. I drink at least eight glasses of water daily to hydrate my skin and flush toxins from my body.		
9. I eat a balanced diet of fruits, vegetables, and proteins to support my skin, hair and nail health.		
10. I practice positive outlook and perception in everyday life.		
11. I take vitamins at least once a day.		
12. I get at least 7-8 hours of sleep per night to allow my body to repair and rejuvenate.		
13. I visit my physician every 6 months for health consultation.		
14. I visit my dentist every 6 months to have dental check-up and cleaning.		
15. I engage in regular physical activity to improve blood circulation, which benefits my skin health and overall wellness.		
<b>Overall total Yes Answer</b>		



Formula: Number of **Yes** responses / 15 multiply by 100

Ex.  $14/15 \times 100 = 93.333$

Rating Interpretation:

100: **Excellent** - You are fully committed to your beauty care and wellness routine and consistently apply all the recommended practices. Continue this great work to maintain your optimal health and well-being.

90: **Very good**- You consistently apply the most recommended beauty care and wellness practices. Continue to maintain these habits and consider integrating any missing elements to enhance your routine further.

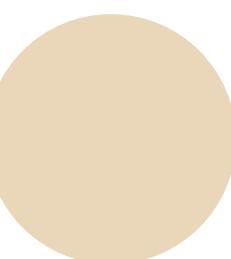
80: **Good** - You follow several beauty care and wellness practices, but some areas still need more attention. Review your routine to identify which additional practices could improve your overall well-being.

Below 80: **Needs Improvement** - Reflect on the beauty care and wellness practices you must consistently apply and consider making any necessary improvements.|



**What emotions did you feel while doing the activity?**

**How do your personal habits in skin, hair, and nail care affect your overall health and self-confidence?**

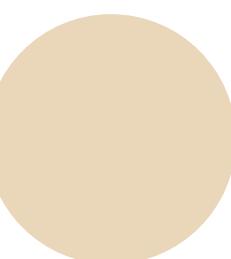
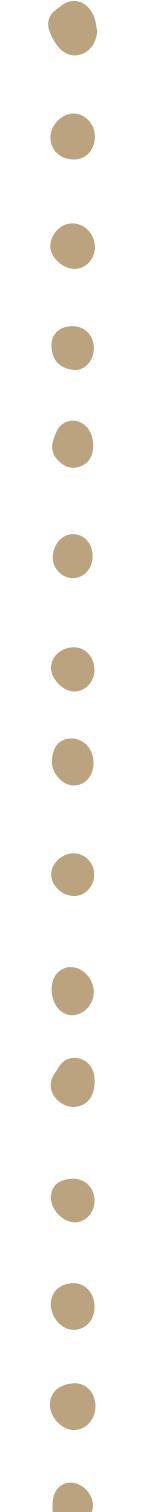




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What realizations did you  
have after you finished  
your task?

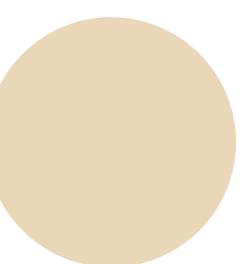




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# ASSIGNMENT

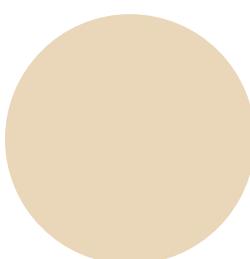




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**THANK YOU FOR  
LISTENING!**





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# PRAYER

