LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Introduction to Skin Types & Facial Care Basics

Workshop Level

LAPT — London Academy of Professional Training

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Reference BE-SCT-W • Beauty Centres (old)

UKPRN 10067351 • Registered in England and Wales, company 4984798

6	18	72	445	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

REFERENCE	**BE-SCT-W**
AWARD	**Certificate**
ASSESSMENT	**445 marks — 267 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1 Welcome to the Skin Care Industry

3 chapters · 12 classes · 90 marks

- **1 The World of Skin Care** — 4 classes
  - 1.1 Salons, Spas and Clinics Explained
  - 1.2 What a Skin Care Assistant Does
  - 1.3 Skin Care Trends and Client Needs
  - 1.4 Qualities of a Good Skin Care Professional
- **2 Careers and Job Roles** — 4 classes
  - 2.1 Entry Level Roles in Beauty Centres
  - 2.2 Growing into a Skin Therapist
  - 2.3 Working in Spa and Wellness Settings
  - 2.4 Self Employment and Mobile Skin Care
- **3 The LAPT Pathway** — 4 classes
  - 3.1 How LAPT Certificates Are Structured
  - 3.2 Levels of LAPT Certification
  - 3.3 Setting Study Habits for Success
  - 3.4 Your Goals and First Steps

2 Know Your Skin Type

3 chapters · 12 classes · 65 marks

- **1 How Skin Is Built** — 4 classes
  - 1.1 Layers of the Skin
  - 1.2 What the Skin Does for Us
  - 1.3 Skin Colour and Texture Basics
  - 1.4 Healthy Skin Versus Tired Skin
- **2 The Four Main Skin Types** — 4 classes
  - 2.1 Dry Skin and Its Signs
  - 2.2 Oily Skin and Its Signs
  - 2.3 Combination Skin Explained
  - 2.4 Sensitive and Normal Skin
- **3 Looking at the Skin Carefully** — 4 classes
  - 3.1 Looking and Touching Skin Carefully
  - 3.2 Asking Clients About Their Skin
  - 3.3 Filling a Simple Skin Analysis Card
  - 3.4 Common Skin Concerns to Notice

3 Simple Cleanse, Tone and Moisturise Routine

3 chapters · 12 classes · 65 marks

- **1 Cleansing the Skin** — 4 classes
  - 1.1 Why Cleansing Matters
  - 1.2 Choosing a Cleanser for Each Skin Type
  - 1.3 Cleansing Steps with Cotton and Hands
  - 1.4 Removing Make-Up Gently
- **2 Toning and Moisturising** — 4 classes
  - 2.1 What Toner Does for the Skin
  - 2.2 Applying Toner Correctly
  - 2.3 Moisturiser Choice and Amount
  - 2.4 Neck and Eye Area Care
- **3 Building a Daily Routine** — 4 classes
  - 3.1 Morning Routine Step by Step
  - 3.2 Evening Routine Step by Step
  - 3.3 Weekly Extras for Healthy Skin
  - 3.4 Creating a Routine for a Client

4 Skin Care Products for Beginners

3 chapters · 12 classes · 45 marks

- **1 Cleansers and Masks** — 4 classes
  - 1.1 Types of Cleansers
  - 1.2 Clay, Cream and Gel Masks
  - 1.3 Reading Product Labels
  - 1.4 Patch Testing Basics
- **2 Serums and Treatment Products** — 4 classes
  - 2.1 What a Serum Does
  - 2.2 Hydrating and Brightening Serums
  - 2.3 Gentle Exfoliants for Beginners
  - 2.4 Eye Creams and Lip Care
- **3 Sun Protection and Product Choice** — 4 classes
  - 3.1 Why Sun Protection Matters
  - 3.2 Understanding SPF
  - 3.3 Matching Products to Skin Type
  - 3.4 Storing and Using Products Safely

5 Hygiene, Setting Up and Client Comfort

3 chapters · 12 classes · 90 marks

- **1 Hygiene in the Treatment Space** — 4 classes
  - 1.1 Handwashing and Personal Cleanliness
  - 1.2 Cleaning Tools and Equipment
  - 1.3 Safe Handling of Products
  - 1.4 Managing Towels and Waste
- **2 Setting Up for a Treatment** — 4 classes
  - 2.1 Arranging the Treatment Room
  - 2.2 Setting Up the Facial Trolley
  - 2.3 Lighting, Music and Temperature
  - 2.4 Preparing the Couch and Linen
- **3 Welcoming a Client** — 4 classes
  - 3.1 Greeting and First Impressions
  - 3.2 Consultation Form Basics
  - 3.3 Privacy and Respect for Clients
  - 3.4 Giving Simple Aftercare Advice

6 Taster Facial Practice and Next Steps

3 chapters · 12 classes · 90 marks

- **1 Preparing for the Mini Facial** — 4 classes
  - 1.1 Planning the Mini Facial
  - 1.2 Preparing Your Model
  - 1.3 Gathering Products and Tools
  - 1.4 Safety Checks Before Starting
- **2 Mini Facial Practice** — 4 classes
  - 2.1 Cleansing and Toning the Face
  - 2.2 Gentle Massage Movements
  - 2.3 Applying and Removing a Mask
  - 2.4 Finishing with Moisturiser
- **3 Review and Next Steps** — 4 classes
  - 3.1 Gathering Feedback from Your Model
  - 3.2 Reflecting on Your Practice
  - 3.3 Foundation Certificate Overview
  - 3.4 Planning Your Skin Care Journey