

1. Title	Mix dressing ingredients for beauty and health
2. Code	BEZZHC318A
3. Range	Understand the therapeutic effects and application properties of popular dressing ingredients for beauty and health, and mix suitable dressing ingredients for beauty and health correctly at beauty-related workplaces according to the skin types, conditions and contraindications of customers, so as to achieve the effect of preserving health and beauty in a natural way.
4. Level	3
5. Credit	6 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Understand the concept of dressing ingredients for beauty and health</p> <ul style="list-style-type: none"> <li>◆ Understand different skin types and relevant contraindications</li> <li>◆ Understand the types and effects of popular dressing ingredients for beauty and health <ul style="list-style-type: none"> <li>• Vegetables and fruits</li> <li>• Other ingredients such as: <ul style="list-style-type: none"> <li>▸ Egg white</li> <li>▸ Honey</li> <li>▸ Milk</li> <li>▸ Yogurt</li> </ul> </li> </ul> </li> <li>◆ Understand the mix-and-match of popular dressing ingredients for beauty and health and their effects such as: <ul style="list-style-type: none"> <li>• Yogurt with honey</li> <li>• Lemon juice with honey</li> <li>• Plain flour with olive oil</li> <li>• Milk with oats</li> </ul> </li> <li>◆ Understand the applications and contraindications of all kinds of ingredients for dressing</li> <li>◆ Understand the factors of consideration for mixing dressing ingredients <ul style="list-style-type: none"> <li>• Whether they match the skin type or not</li> <li>• Relevant contraindications</li> <li>• Mixing tools and the whole process and environment for mixing should meet the hygienic standard</li> </ul> </li> <li>◆ Understand the applying method, such as: <ul style="list-style-type: none"> <li>• Thickness of application</li> <li>• Application technique</li> <li>• Duration for application</li> <li>• Frequency of application</li> </ul> </li> </ul>

	<p>6.2 Mix dressing ingredients for beauty and health</p> <ul style="list-style-type: none"> <li>◆ Master the properties, applications, matching, suitability and contraindications of various types of popular dressing ingredients for beauty and health; mix dressing ingredients in a correct way and appropriate quantity according to the skin type and condition of the customers</li> <li>◆ Master the applying method and clearly explain to the customers before mixing the ingredients all the procedures and possible reactions</li> <li>◆ Master the methods of applying various dressing ingredients and explain relevant information to the customers</li> <li>◆ Master the cautions for mixing dressing ingredients and ensure that they are mixed in a clean and hygienic environment</li> <li>◆ Record clearly the information about the ingredient types, their effects of mixing, using methods, suitability and contraindications; keep the record properly for future reference</li> </ul>
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <ul style="list-style-type: none"> <li>(i) Capable to understand the properties, applications, matching, suitability and contraindications of various types of popular dressing ingredients for beauty and health; mix dressing ingredients in a correct way and appropriate quantity according to the skin type and condition of the customers;</li> <li>(ii) Capable to ensure that the process of mixing dressing ingredients is carried out in a clean and hygienic environment; and</li> <li>(iii) Capable to record clearly the information about the ingredient types, their effects of mixing, using methods, suitability and contraindications; keep the record properly for future reference.</li> </ul>
8. Remarks	