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| **Minor Award Name** | Cosmetic Studies |
| **Minor Award Code** | 5N5307 |
| **Level** | QQI Level 5 |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Facials and Skin Care in Essence | Book | This book is divided into 8 chapters; introduction to skincare, anatomy and physiology, skin diseases and disorders, client consultation and skin analysis, facial product knowledge, facial massage techniques and non-surgical methods of advanced skincare. Useful resource for facial therapy, also includes case studies and questions and answers. | Author: Helen McGuiness  Publisher: Hodder Arnold | <http://www.amazon.co.uk/dp/0340926937/ref=rdr_ext_tmb> |
| Anatomy and Physiology  Muscular System | Presentation | Muscles of the head, face, neck and shoulders. | Author: Clare Hargreaves-Norris  Slide share | <http://www.slideshare.net/hpinn/facial-muscles-40062776?related=2> |
| Anatomy and Physiology Circulatory and Lymphatic Systems | Online Presentation | Detailed online video and audio presentation covering the circulatory and lymphatic systems, tailored for the beauty industry. | Homespa Beauty | <https://www.youtube.com/watch?v=70YxttLKoa4> |
| Skincare  Eye Treatments | Document | Sample scheme of work from ITEC gives a very comprehensive list of essential learning for skincare and eye treatments and a breakdown of some of the cosmetic studies topics. | ITEC | <http://www.itecworld.co.uk/Syllabus/Unit%20Documents/Unit%209%20Scheme%20of%20Work%20Skin%20and%20Eye.pdf?v=3630973> |
| Skincare  Eye Treatments | Form | Sample client consultation form. | ITEC | <http://www.itecworld.co.uk/Syllabus/Beauty%20Specialist/Beauty%20Specialist%20Skincare%20Sample%20Evidence%20of%20Treatment%20Form%20v3.doc?v=4976143> |
| Skin Analysis | Article | A guide to Face Mapping by Dermalogica. A unique and alternative approach to skin analysis. | Dermalogica | <http://www.dermalogica.ie/ir/yourskin/30_article_face_mapping_skin_analysis.html> |
| Eyelash and Eyebrow Treatments | Document | Useful reference document outlining in great detail marking criteria and procedures for eyelash and eyebrow procedures. Includes; appearance, client care, hygiene and sterilisation, eyelash and eyebrow tinting, brow shape and homecare. Sample oral questions. | ITEC | <http://www.itecworld.co.uk/Syllabus/Unit%20Documents/Unit%20802%20Provide%20Eyelash%20and%20Eyebrow%20Treatments%20-%20Marking%20Criteria.pdf?v=2496620> |
| Professional Practice  Contraindications | Presentation | Detailed presentation outlining contraindications of the skin. | Author: Clare Hargreaves-Norris  Slide share | <http://www.slideshare.net/hpinn/contra-indications?related=1> |
| Skin Disorders | Website | Overview of common skin disorders and useful infographic of primary and secondary lesions. | The-Crankshaft Publishing | <http://what-when-how.com/nursing/skin-disorders-adult-care-nursing-part-2/> |
| Paraffin Wax Treatment | Online Article | Benefits of a paraffin wax treatment. | Author: Caryn Anderson | <http://www.livestrong.com/article/299987-what-are-the-benefits-of-paraffin-wax/> |
| Make-up Artistry for Professional Qualifications | Book  Available  e-book  (Google Books) | Great reference text covering all aspects of makeup. The chapter titled ‘professional studies’ covers the effect of lighting on make-up in an easy to understand format. | Author: Julia Conway | <https://books.google.ie/books?id=buCV40tP5V0C&lpg=PP1&dq=Make-Up%20Artistry%20%20By%20Julia%20Conway&pg=PP1#v=onepage&q=Make-Up%20Artistry%20%20By%20Julia%20Conway&f=false> |
| Bobbi Brown Makeup Manual: For Everyone from Beginner to Pro | Book | This book is divided into 12 comprehensive chapters covering all makeup topics; equipment, the skin, products, corrective makeup, eyebrow shape and definition, 10 step routine, 7 occasional makeup guides and advanced makeup application techniques and step by step instructions. Great reference for makeup. | Author: Bobbi Brown | <http://www.bobbibrowncosmetics.com/product/14435/8026/Makeup/Books/Makeup-Manual> |
| Makeup: The Ultimate Guide | Book | Well-illustrated informative more advanced makeup reference text. Easy to follow steps make it easy to recreate the makeup looks illustrated in the book. Also covers essential tools, guide to false eyelashes and colour chart. | Author: Rae Morris | <http://raemorris.com/products/makeup-the-ultimate-guide-signed-copy> |
| Makeup Consultation | Form | Sample client consultation form. | ITEC | <http://www.itecworld.co.uk/Syllabus/Beauty%20Specialist/Beauty%20Specialists%20Make%20Up%20Sample%20Evidence%20of%20Treatment%20Form%20v3.doc?v=4976144> |
| Makeup Tools | Website | Makeup brush infographic and an illustrated guide to choosing and using the correct make-up brush. | Jagabeauty Makeup & Style | <http://jagabeautystudio.com/2014/03/28/the-art-of-makeup-the-must-have-makeup-brushes-2/> |
| Hygiene & Client Care | Online Article | Importance of decanting products, using disposables and sterilisation. | Author: Rebekah Foxe | <http://makeupbyrebekah.com.au/hygiene/> |
| Massage | Document | Workbook with sample answers covering the 5 classical massage movements. | HandsOn Therapy Schools | <http://handsonlineeducation.com/Workbook/Chapter%2010.pdf> |
| Massage | Video | YouTube video covering facial massage, includes 5 classical massage movements. | Homespa Beauty | <https://www.youtube.com/watch?v=Q8Fubw9LSzI> |
| Manicure Pedicure Consultation | Form | Sample client consultation form. | ITEC | <http://www.itecworld.co.uk/Syllabus/Beauty%20Specialist/Beauty%20Specialist%20ManPed%20Sample%20Evidence%20of%20Treatment%20Form%20v3.doc?v=4976140> |
| Pedicure | Presentation | Pedicure, foot and nail analysis. | Author: Clare Hargreaves-Norris  Slide share | <http://www.slideshare.net/melissamoriarty1983/pedicure-nail-and-skin-analysis> |
| Manicure  Pedicure  Theory | Document | Sample multiple choice questions covering manicure and pedicure. | ITEC | <http://www.itecworld.co.uk/Syllabus/Unit%20Documents/Manicure%20and%20Pedicure%20Sample%20Questions.pdf?v=509363> |
| A Complete Guide to Manicure & Pedicure | Book | A practical and visual guide to manicure and pedicure. This book is easy read, by a beauty and fashion editor, a basic non-theory reference. | Author: Leigh Toselli  Publisher: New Holland Publishers, UK | <http://www.barnesandnoble.com/w/a-complete-guide-to-manicure-and-pedicure-leigh-toselli/1007555268> |
| Illustrated Beauty Therapy Dictionary | Dictionary | This dictionary is designed for students studying beauty therapy. Simple definitions and explanations for industry and scientific terms, pronunciation guide, illustrated and easy to use. | Author: Susan Cressy  Publisher: Heinemann | <http://www.easons.com/p-466648-illustrated-beauty-therapy-dictionary.aspx?gclid=CMC27-fU_MgCFSOL2wodtjMJ9A> |
| The Pocket Guide to Key Terms for Beauty Therapy Level 1, 2 and 3 | Dictionary | A pocket guide detailing key terms for beauty therapy, fully endorsed by HABIA. | Authors: Lorraine Nordmann and Marian Newman  Cengage Learning | <http://www.kennys.ie/the-pocket-guide-to-key-terms-for-beauty-therapy-level-1-2-and-3.html> |
| Client Care  Salon Environment | Video | The video follows a young trainee at a hair and beauty salon in London as she goes about her daily duties and tasks. It highlights the importance of functional skills in client care and efficiency in the salon. (Video follows a trainee hairdresser, however, principles are the same) | Teachers TV  TES Global Ltd. | <https://www.tes.com/teaching-resource/teachers-tv-hair-and-beauty-diploma-functional-skill-6044204> |
| Health and Safety at Work | Website | This page gives a concise overview of current health and safety legislation; Safety, Health and Welfare at Work Acts 2005 and 2010. Also, details employee and employer responsibilities under the law. | Citizens Information Board | <http://www.citizensinformation.ie/en/employment/employment_rights_and_conditions/health_and_safety/health_safety_work.html> |
| Treatment Videos | YouTube Channel | This YouTube channel hosts relevant videos to support practical cosmetic studies tasks. Some of the topics include; facial cleanse routine, makeup cleanse routine, facial mask application routine, hand and arm massage routine and facial massage routine. | Beauty School Norwich | <https://www.youtube.com/channel/UCK3t8Xm3sADS6YiEVBhlRaw> |
| The Beauty Therapy Fact File  *All topics* | Book | Excellent reference text covering all topics; and elements of professional practice, including; client consultation, contraindications, health and safety. Details the skin structure and function, skin analysis, facial treatments and hand and foot treatments. Also, anatomy and physiology for all systems. Easy read, illustrated, colourful and photographs throughout. | Author: Susan Cressy  Publisher: Heinemann | <http://www.easons.com/p-465874-beauty-therapy-fact-file.aspx> |
| The Art and Science of Beauty Therapy: A Complete Guide for Beauty Specialists  *All topics* | Book | Comprehensive reference text covering theory for all cosmetic studies topics. Informative, illustrated, colourful, easy to understand text with step by step guides to aesthetic treatments. | Author: Jane Foulston | <http://www.easons.com/p-23081-the-art-and-science-of-beauty-therapy.aspx> |
| Beauty Therapy, The Official Guide to Level 2  *All topics* | Book | Essential text book for tutor and student reference. Encompasses all cosmetic studies topics in a user-friendly and well-illustrated format with comprehensive and engaging theory and assessments for learning. Step by step sequences using photographs for client treatments.  Online tutor and student resources included with purchase of the book (code required). | Author: Lorraine Nordmann  Cengage Learning EMEA | <http://edu.cengage.co.uk/catalogue/product.aspx?isbn=1408071126> |
| Principles and Techniques for the Beauty Specialist 3rd Edition  *Major topics* | Book  Available  e-book  (Google Books) | Essential text book for tutor reference. Covers all theoretical aspects of cosmetic studies in a traditional, practical and easy to understand format. Excellent illustrated routines and instructions for client treatments which are easy to follow. Comprehensive guide to high quality professional practice, salon procedures and client care. | Authors: Ann Gallant, Kathy Gillott and Jackie Howard  Publisher: Nelson Thornes  Available on Google Books | <https://books.google.ie/books?id=UnzCkfbPXjAC&lpg=PP1&ots=9qgdCCdzlV&dq=Principles%20and%20Techniques%20for%20the%20Beauty%20Specialist%203rd%20Edition&pg=PP1#v=onepage&q=Principles%20and%20Techniques%20for%20the%20Beauty%20Specialist%203rd%20Edition&f=false> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Beauty Professional Magazine | <http://beautyprofessional.ie/home/> |
| Associated Irish Therapists (AIT) | <http://www.aitireland.com/> |
| Irish Beauty (Organiser of Annual Beauty Exhibition & Magazine Publisher) | <http://www.irishbeauty.ie/> |
| National Council for Curriculum and Assessment (NCCA) | [www.ncca.ie](http://www.ncca.ie) |
| Quality and Qualifications Ireland (QQI) | <http://www.qqi.ie/> |
| International Therapy Examination Council (ITEC) | <http://www.itecworld.co.uk/> |
| Confederation of International Beauty Therapy & Cosmetology (CIBTAC) | <http://www.cibtac.com/> |
| Comité International d’Esthétique et de Cosmétologie (CIDESCO) | <http://www.cidesco.com/> |
| Further Education Support Service (FESS) | [www.fess.ie](http://www.fess.ie) |
| International Dermal Institute | <http://www.dermalinstitute.com/ir/> |
| Sally Salon Services | <http://www.sallyexpress.com/ie/> |
| Health and Safety Authority (HSA) | <http://hsa.ie/eng/> |
| Irish Red Cross | <https://www.redcross.ie/> |
| World Skills | <https://www.worldskills.org/what/career/skills-explained/social-and-personal-services/beauty-therapy/> |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |
| 4 Free, online courses in basic first aid;  Basic first aid, Advanced first aid, Pediatric first aid, AEDCPR | <http://www.firstaidforfree.com/> |