The background of the entire page is a warm, soft-focus photograph of a spa setting. It features several lit white candles in various sizes, some in metal holders, and several smooth, dark grey or black stones. In the foreground, two stones are stacked on top of each other. The lighting is warm and ambient, creating a relaxing atmosphere.

# ENGLISH PROJECT

PEPA FERRIZ SANCHEZ  
VERÓNICA LÓPEZ AMORÓS  
2º GRADO MEDIO ESTÉTICA Y BELLEZA

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# BUSINES IDEA

- FREYJA : Norse mythological goddess of love, beauty, fertility, war and magic. Life is not perfect, but your image can be.

In this project we describe the creation of an aesthetic center in which we offer the services of hair removal with hot and warm wax, hand and foot care, facial treatments, make-up, massages with natural cosmetics (organic, not tested on animals). In addition to personalized attention, advice and services to be performed, monitoring its effectiveness. And also cover a sector for those people who feel identified with the use of natural products and want to stay away from all kinds of chemicals.

The company takes care of the wellness and aesthetic needs of its clientele, with services related to skin care, hands and feet through its wide variety of services. Thus, customers cover their needs to have a well shaved skin all over the body, a facial skin clean of impurities and moisturized, perfect hands and feet and make-up done in an excellent way. In short, the coverage of aesthetic and wellness needs provided by the company is very broad.



# BUSINES IDEA

On the other hand, another key aspect for the success of the business is information on new trends. In this regard, it should be noted that the sector's professional associations have training material available, in addition to organizing creative workshops and courses for professionals. Our company will attend the fairs of the sector such as Beauty forum Valencia, Cosmobeauty in Barcelona to be able to make demonstrations by some of the main suppliers or cosmetic houses. This will provide us exclusivity as a company because we will have a commitment to purchase the product.

The main difference that this company offers with respect to others of the competition is the wide range of services performed, as we have detailed above. In addition, it tries to remain at the forefront of the latest market trends, as with the introduction of eyelash extensions or permanent enamel, acrylic nails, gel, decorations. Another aspect to take into account will be the attention to the clientele, which will be very personalized, advising them by offering a friendly and respectful treatment at all times. In addition, the work team of the company will be formed by professionals of the sector with specific training and experience, thus transmitting to the clientele the peace of mind of receiving an excellent service.



# TECHNICAL DATA

## ANTI-AGING CREAM WITH COENZYME Q10

### INFORMATION

Armonia's natural revitalizing cream with the combination of trace elements, vitamins, vegetable oils and butters together with soy isoflavones and coenzyme Q10 is a highly regenerating and nourishing anti-aging formula. It prevents skin aging and prevents oxidation and increases the skin's defenses against external agents.

With coenzyme Q10 that stimulates cellular functions, soy isoflavones that protect skin cells and Rosehip that stimulates cellular functions. Coenzyme Q10 prevents skin aging, improves the elasticity of the dermis, promotes cell regeneration, prevents and delays the appearance of wrinkles.

### INSTRUCTIONS FOR USE

Apply morning and evening to cleansed face, neck and décolleté after cleansing and removing make-up, massaging gently until completely absorbed. Avoid contact with eyes.



### ACTIVE INGREDIENTS

**Soy isoflavones: protects skin cells.**

**Coenzyme Q10: stimulates cellular functions.**

**Rosehip: an extraordinary regenerating or moisturizing power.**

### INGREDIENTS

AQUA (WATER), CAPRYLIC/CAPRIC TRIGLYCERIDE, DECYL OLEATE, C12-20 ACID PEG-8 ESTER, GLYCERIN, PROPANEDIOL, CETEARYL ETHYLHEXANOATE, BUTYROSPERMUM PARKII (SHEA) BUTTER, GLYCERYL STEARATE, ROSA CANINA FRUIT OIL (ROSE HIP OIL), GLYCINE SOJA (SOYBEAN) SEED EXTRACT, UBIQUINONE (COENZYME Q10), BIOTIN, INOSITOL, PANTHENOL, RIBOFLAVIN, NIACINAMIDE, ALLANTOIN, SACCHAROMYCES/IRON FERMENT,

TREATMENT

+ 97%

NATURAL INGREDIENTS



COMMITME TO SUSTAINABILITY

98%

PLASTIC-FREE PACKAGING

# CUSTOMER RECEPTION



V- Good morning! My name is Veronica, What is your name?

P- Hello Veronica, my name is Pepa, nice to meet you.

V- What do you want?

P- I want a manicure.

V- what day could you come?

P- I will can the next weekend on monday.

V- In that schedule?

P- I could come from 4 in the afternoon

V- ok pepa we'll to see on monday. I will send a whatsapp for remember to day.

P- ok. thank you very much



## MANICURE DATA SHEET

<b>PROFESIONAL</b>	Date
--------------------	------

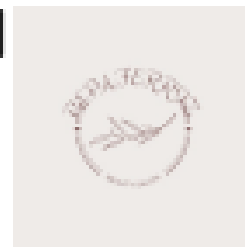
Personal information:

Adrees:

email: City:

date of birth:

profession: Telephone:



SERVICE DEMANDA AND PERFORMER	
<ul style="list-style-type: none"> <li>- NORMAL MANICURE</li> <li>- RUSSIAN MANICURE</li> <li>- MANICURE WITH</li> <li>- SEMI POLISH</li> <li>- ACRYLIC NAILS</li> <li>- GEL NAILS</li> <li>- MAINTENANCE OR REFILL</li> </ul>	<ul style="list-style-type: none"> <li>- NORMAL ENAMEL</li> <li>- SEMI-PERMANENT ENAMEL</li> <li>- ENAMEL WITH STAMPING</li> <li>- FANTASY GLAZE</li> <li>- OTHERS</li> </ul>
REMARKS	

NAIL AND HAND DISORDERS		
<ul style="list-style-type: none"> <li>- COILONIQUIA</li> <li>- ONYCOPHAGIA</li> <li>- TRACHYONYCHIA</li> <li>- ONYCLISIS</li> <li>- ONICOMYCOSIS</li> <li>- PARIONYKIA</li> </ul>	<ul style="list-style-type: none"> <li>- ONICOCCLASIA</li> <li>- ONYCDNICOSIS</li> <li>- PADRASTRASITS</li> <li>- OTHERS</li> </ul>	<ul style="list-style-type: none"> <li>-PSORIASIS NAIL</li> <li>- PSORIASIS HANDS</li> <li>- ALLERGIES</li> <li>- INTOLERANCES</li> <li>- OTHERS</li> </ul>
REMARKS		

## MANICURE DATA SHEET

MORPHOLOGY OF THE HAND		
<b>HANDS</b> STRAIGHT SQUARE CONICAL WIDE	<b>FINGERS</b> LONG SHORT THICK SLENDER	<b>NAILS</b> OVAL WIDE RECTANGULAR SPATULA ROUND SMALL
REMARKS		



ADDITIONAL SERVICES	
<b>ENAMEL</b>  <b>OTHERS</b>	<b>PRODUCTS USED IN NAILS:</b> COLOR NO.
<b>PRODUCTS USED ON HANDS:</b>	

# The Manicure Table



Palm rest



Foot lamp, P



Nail polish remover



Disinfectant



Towel



Cellulose wiper



Container



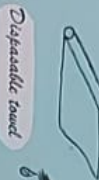
Manicure



Transparent file



Protective plastic



Disposable band



Glue



Decorations



Manicure



Gauge



Scissors



Manicure



Foot bath



Foot bath



Pliers



Cuticle oil



Brush



Orange stick



Gloves

Alcohol



Primer



Cuticle remover



Brush decoration



Cleaner



Padding pad



Gloves



Manicure



Semi-permanent



Gloves



Glue



Acrylic



# GEL APPLICATION TECHNIQUE

- They are made with acrylic products that are already prepared in the form of a viscous liquid or geloid.
- The most commonly used need to be activated by UV or LED light for hardening.
- The appearance of self-leveling gels makes their use even easier reducing the



It is applied by taking a small amount of product with a brush, depositing it and spreading it forming small spirals from the base to the free edge without touching edges or cuticle.

At the same time it is leveled with the brush, until it reaches the desired shape.

desired shape and then the drying reaction is activated by means of a UV or LED lamp.

UV or LED lamp.



# GEL NAIL DRYING TECHNIQUE

**Make sure that the light covers the entire upper and lateral area.**

**In the case of opaque or very thick gels, we will turn the hand and with the palm upwards we will initiate a new drying.**

**Follow the manufacturer's guidelines regarding the use of gel and time.**



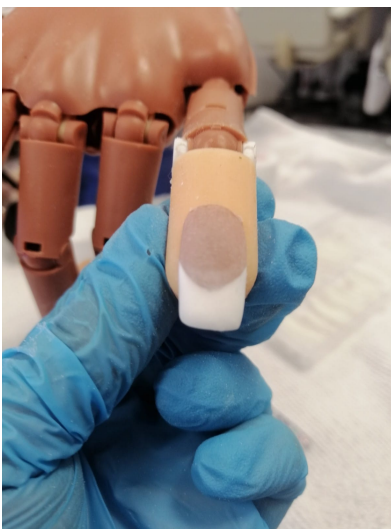
**When drying or curing fingers individually and not all five at once.**

**The times should be reduced proportionally, in order not to overexpose the first fingers, so that**

**that we will act as follows:**

- The first finger little time.**
- The second a little longer**
- The third a little longer**
- The fourth a little longer**
- And the fifth complete the sum of all of them.**

**The phases of the process should be alternated in both hands, so that when you are drying one of them in the lamp, you are working on the other.**





# WARM WAX

The warm wax is a product that can be used in roll-on or with a spatula.

The wax is spread with a wooden depressor or metal spatula.

Before applying it we must check that the area is clean and disinfected.



# DEPILATION

The strips must be thin and uniform and will be removed with cellulose strips quickly and parallel to the skin.

To finish we will apply post depilation oil



# ESSENTIAL OILS BENEFITS AND USES CHART



Aromatherapy is an alternative technique that uses essential oils from plants, barks, herbs and flowers to promote both physical and psychological well-being. Let's talk about the five most used oils, their benefits and properties.

Tea tree essential oil is antibacterial, fungicidal and healing. Therefore, it is very effective in treating different problems such as acne, lice and insect bites, among others.

Lavender oil is one of the most widely used oils, due to its wide range of properties, among which are:

It is attributed with relaxing and calming properties and is a good ally when it comes to relax and sleep better. It also has antibacterial and antifungal properties. It is used to heal wounds and burns and also to treat insect bites, dermatitis, dandruff, fungus and warts.



## Properties and benefits

Undoubtedly, peppermint oil is one of the products used in the world in the area of cosmetics, pharmacology and medicine and cleaning products thanks to all that it can bring us. Among its properties are that it is decongestant, anti-inflammatory, analgesic, refreshing, tonic and stimulant.

And among its many benefits we can mention that it helps to fall asleep, muscle relaxant and improves the health of the respiratory tract.

## PEPPERMINT OIL



## ROSEMARY & CINNAMON



Another of the oils is rosemary, among its properties is the fight against aging widely used in the era in which we live, nourish and moisturize the skin, and antibacterial so its benefits are antiseptic, analgesic and healing.

Cinnamon oil contains cleansing properties that can help clean household surfaces. When taken internally, it benefits the body by supporting metabolic wellness while protecting us from environmental threats.

Because it is rich in vitamin C, B1 and potassium, cinnamon removes impurities that cause your skin to look dry or stiff, restoring radiance.



# ESSENTIAL OILS BENEFITS AND USES CHART

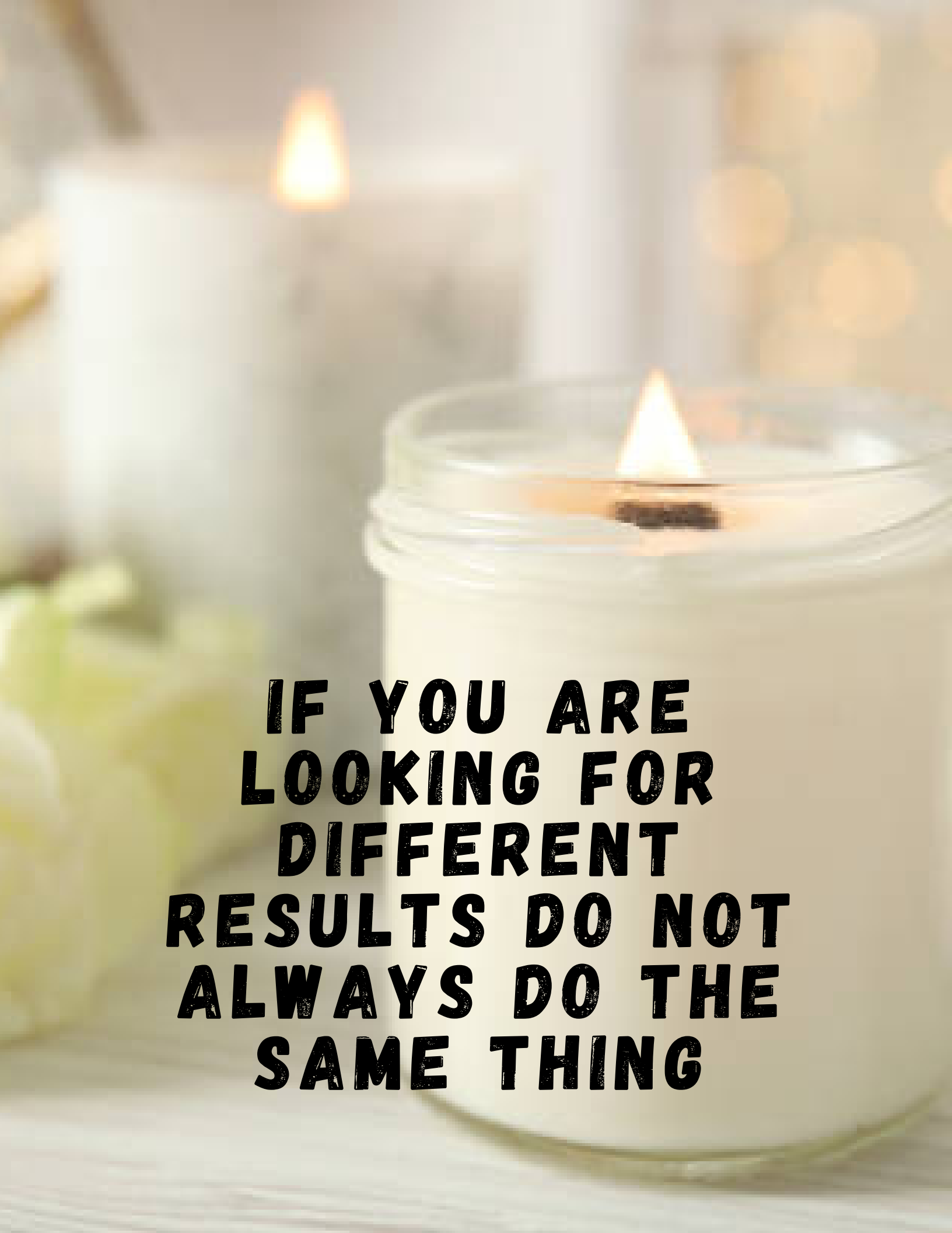
These oils can be used in our cosmetics such as shower gels, creams ... caution must be taken in their dosage because essential oils affect our nervous system, we should not apply directly on our skin, because it can cause irritative or allergic reactions.

More caution should be taken by pregnant women, babies and the elderly, in these cases should be supervised by a specialist in aromatherapy.

After seeing all these properties and benefits that essential oils provide us, it is not surprising that ancient techniques have come to us to stay, we just have to learn how to use them and make the most of what nature offers us.





A lit candle in a glass jar is the central focus, with a warm, yellow flame. The background is softly blurred, showing other lit candles and warm bokeh lights, creating a cozy and serene atmosphere. The text is overlaid on the lower half of the image.

**IF YOU ARE  
LOOKING FOR  
DIFFERENT  
RESULTS DO NOT  
ALWAYS DO THE  
SAME THING**