



Skin Care And Personal Hygiene

Overview:

To make sure that your skin looks its best, you need to take good care of it. A healthy diet, regular exercise and lots of fresh air and sleep are essential. But the skin is exposed to dirt, pollution and weather so it is important to know how to keep it clean and moisturized.

Caring about your own health and paying attention to your personal hygiene is the best way to treat yourself. It's not just the clothes that you wear; there are other things which are much more important that create your image.

Looking good and smelling good is a sure shot way to boost your confidence, and thus get ahead of the race.

Objective:

- To learn about the various challenges we face in daily life in keeping ourselves clean
- Simple tricks to avoid embarrassment in office or at social gatherings
- World's best practices in personal hygiene

- To spread the benefits of better personal hygiene

Skin Care:

- Types of skins
- Do's and don't's of skin care
- The CTM routine
- Eye care, dark circles
- Age defying products
- Nourishment
- Sun protection
- Facials and their benefits
- How to use various products

Hands, Feet & Nails:

Maintenance and importance of grooming.

Oral Hygiene:

Tooth-Whitening Products, Proper Brushing and flossing, healthy diet, oral care and Halitosis (Bad breath) Unwanted Odors: Body, Mouth and Feet, Products and Perfumes-Honesty and Self-Monitoring.

Methodology:

- Practical
- Slide shows

Duration:

Two-hours

Ideal batch size:

20 Participants