

MUHLE
GLOW BEAUTY



MASKS THERAPY

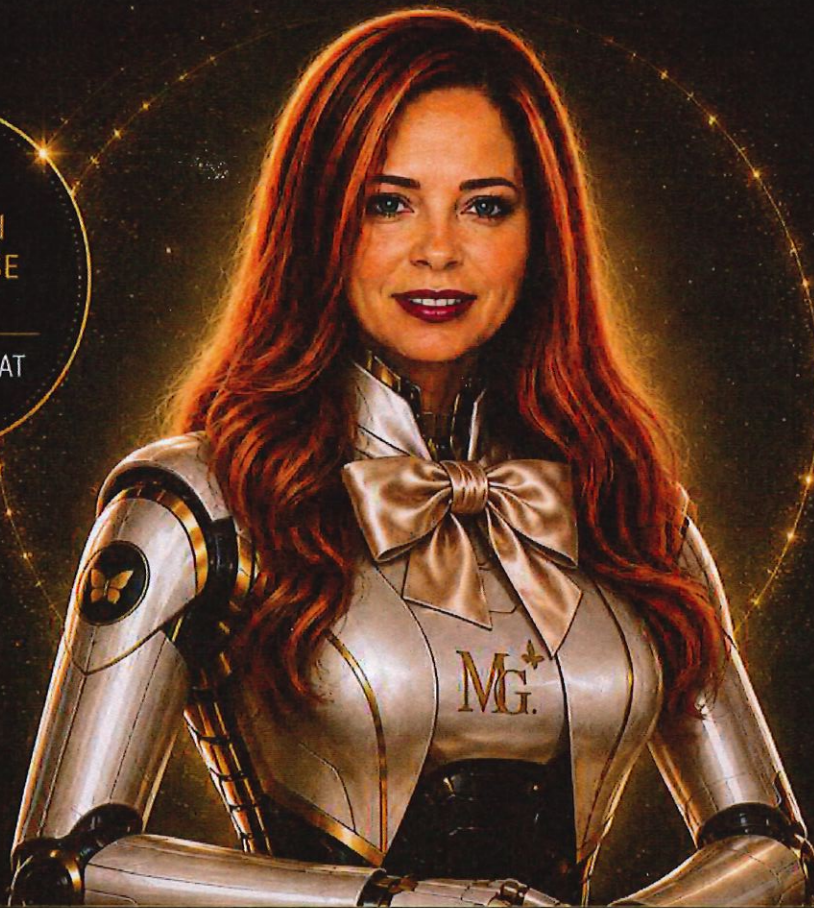
FULL PROFESSIONAL STUDY & PRACTICAL TRAINING MANUAL

MUHLE Glow Beauty Resource Library



NOURISH
REVITALISE
GLOW

RESULTS THAT
SPEAK



“

Every mask
tells a story.
Every result
builds confidence.

”

HEAL. NURTURE.
TRANSFORM. GLOW.

TRAINER: BEVERLY PENNELLS



SKIN ANALYSIS
& ASSESSMENT



MASK INGREDIENTS
& BENEFITS



MASK APPLICATION
TECHNIQUES



TREATMENT
PROTOCOLS



AFTERCARE
& HOMECARE



PRACTICAL GUIDANCE
& CERTIFICATION

KNOWLEDGE. TECHNIQUES. CONFIDENCE. RESULTS.

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PART I — FOUNDATIONS

1. PROFESSIONAL SCOPE OF MASK THERAPY

Mask therapy is a professional cosmetic service in which a prepared mask is applied to selected facial or, where appropriate, body areas to support a defined cosmetic objective. The therapist must understand the skin, product chemistry, application method, timing, removal and aftercare. A mask is not a substitute for medical diagnosis or treatment.

Learning outcomes	By the end of this unit, the student must be able to explain why masks are used, identify suitable mask categories, select a mask from consultation findings, prepare the treatment safely and document the service.
Professional standard	Use clean tools, correct product quantities, manufacturer instructions, appropriate timing, controlled application and professional client communication.
Scope limitation	Do not diagnose disease, prescribe medicines or make claims that a cosmetic mask cures a medical disorder. Refer appropriately when a concern falls outside beauty-therapy scope.

2. SKIN ANATOMY — WHAT THE THERAPIST MUST KNOW

The skin is the body's largest organ and is commonly described in three major layers: epidermis, dermis and subcutaneous tissue. Mask selection is mainly concerned with the condition of the surface barrier and the visible characteristics of the skin, while understanding deeper structures helps the therapist understand sensitivity, hydration and healing.

Structure	Study points
Epidermis	Outer layer; includes the stratum corneum, which forms a major protective barrier. Surface cells, lip
Dermis	Contains collagen and elastin fibres, blood vessels, nerves, glands and hair structures. It supports :
Subcutaneous tissue	Deeper fatty connective tissue that cushions, insulates and anchors skin structures.
Barrier	The stratum corneum and its lipid matrix help reduce water loss and protect against environmental

3. SKIN PHYSIOLOGY & MASK RESPONSE

Hydration	Hydrated skin generally feels more comfortable and flexible. Humectant, emollient and occlusive ingredients can support different aspects of skin hydration.
Sebum	Sebum contributes to the skin surface's lipid environment. Oil-control masks should not be used so aggressively that they cause unnecessary dryness or discomfort.
Desquamation	The skin naturally sheds surface cells. Exfoliating masks may increase surface shedding and therefore require careful timing and suitability assessment.
Inflammatory response	Redness, heat, swelling, burning or persistent discomfort may signal irritation. The therapist must monitor the client rather than assuming stronger sensation means better results.
Barrier function	A compromised barrier may be more reactive. Choose gentle protocols and avoid unnecessary active combinations.

4. SKIN TYPES

Type	Typical characteristics	Mask direction
Normal/balanced	Generally comfortable with relatively balanced moisture levels; no special considerations.	Maintain moisture, rebalance according to current condition.
Dry	May feel tight, rough or flaky; often benefits from hydration and emollientation.	Hydrating and emollientation formats when suitable.
Oily	May show shine and increased sebum; may be prone to congestion.	Balancing, purifying or congestor purifying formats when appropriate.
Combination	Different zones show different characteristics, Zone-based selection of mask and masking.	Zone-based selection of mask and masking.
Sensitive/reactive	May show discomfort, flushing or increased reactivity.	Gentle, soothing products with careful ingredient and timing.

5. SKIN CONDITIONS & MASK SELECTION

Students must distinguish **skin type** from **skin condition**. Conditions can change even when the underlying type remains similar.

Dehydrated	Lacks water; can occur across skin types. Select hydration-supporting care where suitable.
Congested	Visible comedones or blocked pores may be present. Avoid aggressive extraction or over-stripping; refer when outside scope.
Dull	May be associated with surface buildup, dehydration or environmental factors. Choose suitable brightening/hydrating/exfoliating protocols.
Mature/photo-aged	May show lines, reduced elasticity or uneven tone. Choose supportive hydration and carefully selected actives.
Compromised	Redness, burning, scaling, open areas or active irritation may require postponement and referral.
Hyperpigmented appearance	Choose cosmetic brightening care only when suitable and avoid promising correction of medical pigmentation disorders.

6. CLIENT CONSULTATION & SKIN ANALYSIS

A professional consultation establishes the client's objectives, identifies risks and creates a treatment plan. Record relevant information before applying product.

History	Current skincare, recent treatments, known allergies/sensitivities, relevant medication information volunteered by the client, previous reactions and treatment goals.
Observation	Skin type, visible condition, hydration appearance, oiliness, congestion, redness, texture and areas requiring different treatment.
Questions	What is your main concern? What products are you using? Have you had recent peels, waxing, needling or other intensive treatments? Have you reacted to cosmetics before?
Consent	Explain treatment steps, expected sensations, timing, possible temporary effects and aftercare. Obtain informed consent according to academy policy.
Record	Date, products, batch/lot information where required, mask type, timing, response and aftercare.

7. CONTRAINDICATIONS & WHEN TO POSTPONE

Concern	Professional response
Open wound, broken skin or active Dermatitis	Do not treat the affected area; postpone or refer according to severity and salon policy.
Severe irritation, active flare or signs of Postponing	Postpone and avoid aggravating products; refer if needed.
Known allergy to an ingredient	Do not use the product. Check ingredients before treatment.
Recent aggressive exfoliation/peel or other intensive treatment	Obtain treatment history and follow appropriate recovery intervals and professional guidance.
Unexplained lesions or suspicious Damages	Diagnose; refer to an appropriate healthcare professional.
Eye-area risk	Avoid unsuitable products and prevent product entering the eyes.
Pregnancy/medical considerations	Follow product-specific safety information and the client's healthcare advice where relevant.

8. HYGIENE, INFECTION PREVENTION & SAFETY

Students must understand the difference between cleaning, disinfection and safe single-use practice. Follow local salon requirements, manufacturer instructions and applicable South African health and safety requirements.

Before client	Disinfect work surfaces; prepare clean linen and tools; wash/sanitise hands according to protocol; organise waste.
During treatment	Prevent double-dipping; use clean spatulas; keep containers closed; avoid touching clean tools with contaminated hands.
After treatment	Discard single-use items; clean and disinfect reusable equipment; launder linen appropriately; clean the treatment area.
PPE	Use gloves or other PPE when required by the product, procedure or hygiene protocol.
Chemical safety	Read labels and safety information; store products correctly; avoid mixing products unless the manufacturer specifically permits it.
Emergency readiness	Know the salon's procedure for spills, eye exposure, suspected allergic reaction and other adverse events.

PART II – EQUIPMENT & PRODUCTS

9. PROFESSIONAL TREATMENT ROOM SET-UP

Station	Required preparation
Facial bed	Clean, stable, correctly positioned; clean linen and client draping ready.
Trolley	Organised so clean products/tools are separated from used items.
Lighting	Good working light; magnifying lamp where required for analysis.
Waste	Correct container available for ordinary and contaminated/single-use waste as applicable.
Client comfort	Headband, towel, pillow support and temperature appropriate to the client.

10. EQUIPMENT & TOOLS – IDENTIFICATION STUDY

Equipment	Use
Mask bowl	Holds product during preparation; use a clean bowl per product where required.
Mask brush	Provides controlled, even application.
Spatula	Hygienic dispensing and product handling; never return used product to the container.
Measuring spoon	Accurate powder/liquid measurement for products requiring a ratio.
Timer	Controls processing time accurately.
Facial sponges/gauze	Controlled removal of suitable masks.
Headband	Protects hair from treatment products.
Towels/draping	Client comfort, protection and controlled removal.
Magnifying lamp	Detailed visual assessment where appropriate.
Skin analyser	May assist observation when suitable; not a medical diagnostic device.
Gloves/PPE	Protection where indicated.
Disinfectant	For appropriate surfaces/equipment according to product instructions.

11. MASK INGREDIENTS – EXAMINATION KNOWLEDGE

Ingredient group	Function / examples
Humectants	Attract water; examples include glycerin and hyaluronic acid.
Emollients	Help soften and smooth the skin surface; examples include selected oils, esters and fatty compounds.
Occlusives	Help reduce water loss by forming a protective layer; examples include petrolatum and certain waxes.
Clays	Mineral materials commonly used for oil absorption and cleansing-support protocols.
Alginate	Seaweed-derived material commonly used in setting masks; forms a flexible removable layer when set.

Ingredient group	Function / examples
Enzymes	Protein-digesting cosmetic exfoliating agents such as papain or bromelain; require careful product
Acids	AHA/BHA/PHA and other acids can exfoliate or modify surface chemistry; professional concentrations
Antioxidants	Ingredients such as vitamin C derivatives, vitamin E and botanical antioxidants may support cosmetic
Soothing agents	Examples include aloe, panthenol, allantoin and selected botanical ingredients, depending on formulation
Charcoal	Porous carbon material used in cosmetic purifying/oil-control products.
Collagen	Topical collagen is primarily a cosmetic conditioning/film-forming ingredient; do not claim it replaces

12. FORMULATION, MIXING & PRODUCT CONTROL

The student must be able to read a label and distinguish ready-to-use masks from products that require mixing. Powder masks must be mixed at the manufacturer's specified ratio. Do not guess ratios, add essential oils, acids or other actives unless the product protocol specifically permits it.

Ready-to-use	Use clean application tools; dispense only the quantity required.
Powder + liquid	Measure accurately; mix to the specified consistency and use within the stated working time.
Setting masks	Work efficiently because setting begins after mixing.
Contamination control	Do not return unused mixed product to the original container.
Storage	Respect temperature, light, moisture and expiry instructions.

13. PRODUCT SELECTION DECISION MAP

Client finding	Potential direction	Key caution
Dry/dehydrated	Cream, gel, hydrogel or hydrating mask	Avoid unnecessary stripping.
Oily	Clay/mineral or suitable purifying mask	Avoid over-drying.
Combination	Multi-mask by zone	Assess each zone separately.
Dull/uneven appearance	Hydrating, brightening or carefully selected exfoliating mask	Check ingredients; minimise actives and sensitivity.
Sensitive/reactive	Gentle soothing/hydrating mask	Check ingredients; minimise actives and friction.
Congested	Purifying/clay/charcoal where suitable	Do not force extraction; refer if concerning.

PART III — ALL MAJOR PROFESSIONAL MASK TYPES

The following chapters teach purpose, benefits, suitable skin profiles, equipment, application, timing principles, removal and aftercare. **Exact processing times, concentrations and neutralisation steps must always follow the manufacturer's professional protocol.**

14. CREAM MASKS

What it is: Cream masks are emulsion-based preparations used for moisturising, nourishing and comfort-focused treatments.

Benefits: Hydration support; softness; comfort; improved cosmetic feel.

Suitable for: Dry, dehydrated, mature or comfort-seeking skin where suitable.

Equipment: Bowl, brush/spatula, timer, sponges, finishing products.

Professional method: Cleanse → assess → apply even layer → process according to label → remove gently → finish.

Contraindications/cautions: Avoid unsuitable ingredients or heavily fragranced formulas on reactive skin.

Aftercare: Moisturiser and SPF; gentle home care.

15. CLAY / MINERAL MASKS

What it is: Mineral/clay masks can absorb surface oil and support a clean, balanced cosmetic feel.

Benefits: Oil absorption; purifying feel; temporary mattifying effect.

Suitable for: Oily or congested-looking areas where suitable.

Equipment: Clay mask, bowl, brush, water/approved mixing liquid, timer, sponges.

Professional method: Prepare correctly → apply to selected zones → monitor before excessive drying → remove gently → hydrate.

Contraindications/cautions: Avoid over-drying and compromised skin.

Aftercare: Hydrate and protect; avoid harsh scrubbing.

16. GEL MASKS

What it is: Water-rich gel masks are commonly selected for refreshing, cooling and soothing protocols.

Benefits: Cooling feel; hydration support; comfort.

Suitable for: Dehydrated, warm-feeling or sensitive-leaning skin when formula is suitable.

Equipment: Gel mask, brush/spatula, timer, sponges, serum/moisturiser.

Professional method: Cleanse → apply → process as directed → remove → finish.

Contraindications/cautions: Check ingredients; stop if burning or significant irritation occurs.

Aftercare: Gentle moisturiser and SPF.

17. HYDROGEL MASKS

What it is: Hydrogel masks are gel matrices designed to maintain close contact with the skin.

Benefits: Hydration support; cooling feel; improved treatment experience.

Suitable for: Dry/dehydrated or comfort-focused treatments depending on formulation.

Equipment: Hydrogel mask, timer, cleanser, finishing products.

Professional method: Prepare skin → fit mask → smooth contact → process as directed → remove → finish.

Contraindications/cautions: Check eye/mouth fit and ingredient suitability.

Aftercare: Moisturise and protect.

18. SHEET MASKS

What it is: A pre-formed sheet carries a cosmetic essence and conforms to facial contours.

Benefits: Convenient hydration/conditioning; cooling treatment experience.

Suitable for: Many skin types depending on serum formula.

Equipment: Sheet mask, cleanser, timer, moisturiser/SPF.

Professional method: Cleanse → unfold hygienically → position → smooth → process per label → remove → follow product directions.

Contraindications/cautions: Do not exceed label timing; avoid eyes/airway.

Aftercare: Follow formulation instructions; finish if required.

19. BIO-CELLULOSE MASKS

What it is: Fine cellulose sheets can closely conform to the face and carry serum-based formulations.

Benefits: Close contact; hydration; cooling/soothing cosmetic experience.

Suitable for: Suitable formula-dependent treatments, including sensitive-leaning protocols.

Equipment: Bio-cellulose mask, timer, cleanser, finishing products.

Professional method: Cleanse → remove protective layers → place correctly → smooth → process → remove gently → finish.

Contraindications/cautions: Check formula and avoid compromised areas.

Aftercare: Gentle moisturiser and SPF.

20. ALGINATE / SETTING MASKS

What it is: Alginate powder is mixed with liquid to form a setting mask that can be lifted away as a flexible layer.

Benefits: Occlusive treatment feel; hydration support; cooling sensation; premium treatment experience.

Suitable for: Suitable for many skin types depending on formula.

Equipment: Alginate powder, measuring tools, liquid, bowl, spatula, timer, barrier products if specified.

Professional method: Measure → mix rapidly → apply promptly → leave to set per protocol → loosen edges → remove as one layer where possible → cleanse residue → finish.

Contraindications/cautions: Correct ratio and working time are essential; protect unsuitable areas.

Aftercare: Finish with suitable serum/moisturiser/SPF.

21. RUBBER / PLASTER-STYLE SETTING MASKS

What it is: Professional setting masks form a flexible or firm layer over the skin.

Benefits: Occlusive feel; treatment comfort; product-contact enhancement depending on formulation.

Suitable for: Formula-dependent; follow manufacturer suitability.

Equipment: Setting mask, bowl, spatula, timer, towels, finishing products.

Professional method: Prepare → mix accurately → apply promptly → monitor → set for instructed time → remove carefully.

Contraindications/cautions: Avoid eyes, nostrils and unsuitable areas; never force removal.

Aftercare: Gentle finishing care.

22. PEEL-OFF MASKS

What it is: Film-forming masks dry or set and are removed as a film.

Benefits: Surface cleansing feel; smoothness; cosmetic refinement.

Suitable for: Suitable, intact skin depending on formulation.

Equipment: Peel-off mask, brush, timer, sponges, moisturiser.

Professional method: Apply even layer → avoid hair/eyes → allow to set → loosen edge → peel gently → remove residue → finish.

Contraindications/cautions: Do not force adhered film or use over compromised skin.

Aftercare: Avoid unnecessary exfoliation immediately afterward.

23. CHARCOAL MASKS

What it is: Charcoal is used in cosmetic formulas designed to support purifying and oil-control routines.

Benefits: Purifying feel; oil absorption; clean surface feel.

Suitable for: Oily/congested-looking skin when suitable.

Equipment: Charcoal mask, bowl, brush, timer, sponges.

Professional method: Cleanse → apply to selected zones → process as directed → remove → hydrate.

Contraindications/cautions: Avoid over-stripping and irritated skin.

Aftercare: Balance with hydration and SPF.

24. MUD / MINERAL MASKS

What it is: Mud and mineral masks may contain mineral-rich materials selected for cleansing, conditioning or oil-control protocols.

Benefits: Cleansing feel; mineral conditioning; oil balance depending on formula.

Suitable for: Oily, combination or normal skin according to formulation.

Equipment: Mask, bowl, brush, timer, sponges.

Professional method: Apply after cleansing → process → remove before excessive drying → finish.

Contraindications/cautions: Check mineral/ingredient sensitivity and avoid compromised skin.

Aftercare: Moisturise and protect.

25. ENZYME MASKS

What it is: Enzyme masks use cosmetic enzymes to support controlled surface exfoliation.

Benefits: Surface refinement; smoother appearance; brighter cosmetic finish.

Suitable for: Dull or uneven-texture skin only when suitable.

Equipment: Professional enzyme product, timer, application tools, specified removal/neutralisation materials, SPF.

Professional method: Consult carefully → cleanse → apply thinly → monitor continuously → remove/neutralise exactly as directed → soothe → protect.

Contraindications/cautions: Recent peels, retinoid irritation, compromised barrier or active sensitivity may require postponement. Never improvise timing.

Aftercare: Gentle care and diligent SPF; follow product-specific restrictions.

26. ACID / ACTIVE EXFOLIATING MASKS

What it is: Professional acid masks may contain AHA, BHA, PHA or other exfoliating actives. These require advanced training and strict product protocol.

Benefits: Controlled exfoliation; smoother texture; cosmetic brightening.

Suitable for: Only when the product and therapist training permit it.

Equipment: Professional product, PPE as indicated, timer, correct neutraliser/remover if specified, fan/cool compress only if protocol allows, SPF.

Professional method: Consult → check recent actives → cleanse → protect specified areas → apply exact amount → time precisely → monitor → neutralise/remove as directed → soothe → protect.

Contraindications/cautions: Do not improvise concentration, pH, layering or contact time. Follow legal/product requirements.

Aftercare: Avoid unnecessary actives; strict sun protection and product-specific restrictions.

27. PARAFFIN FACIAL MASKS

What it is: Warm paraffin creates an occlusive layer and is used in some professional facial protocols.

Benefits: Warmth; occlusive hydration feel; softening effect.

Suitable for: Suitable intact skin when professional product and equipment are approved.

Equipment: Facial paraffin heater, professional paraffin, brush/applicator, barrier gauze if specified, timer, PPE.

Professional method: Check temperature → cleanse → apply suitable protective layer if protocol requires → apply warm paraffin safely → monitor → remove after set → finish.

Contraindications/cautions: Avoid heat-sensitive clients, impaired sensation, open skin and contraindicated conditions; verify product temperature.

Aftercare: Cool/soothe as appropriate; moisturise and protect.

28. THERMAL / WARM MASKS

What it is: Thermal masks generate or retain warmth according to formulation.

Benefits: Comfort; softening feel; premium treatment experience.

Suitable for: Suitable intact skin according to formulation.

Equipment: Thermal mask, brush/spatula, timer, thermometer if required.

Professional method: Assess → apply → monitor heat continuously → remove at instructed time → finish.

Contraindications/cautions: Avoid if heat is contraindicated or client reports burning.

Aftercare: Cool/soothe if appropriate and protect.

29. COOLING MASKS

What it is: Cooling masks provide a refreshing cosmetic sensation.

Benefits: Comfort; cooling feel; temporary soothing experience.

Suitable for: Warm-feeling, tired or dehydrated skin when suitable.

Equipment: Cooling gel/mask, timer, sponges, moisturiser.

Professional method: Cleanse → apply → monitor sensation → remove → finish.

Contraindications/cautions: Cooling should never cause pain, numbness or burning.

Aftercare: Hydration and SPF.

30. OXYGEN MASKS

What it is: Some cosmetic oxygen-related masks foam or create a bubbling effect; exact chemistry varies.

Benefits: Refreshing treatment experience; cleansing feel depending on formulation.

Suitable for: Formula-dependent.

Equipment: Oxygen mask, bowl/brush if required, timer, sponges, eye protection if indicated.

Professional method: Apply according to label → monitor bubbling/sensation → remove at exact time → finish.

Contraindications/cautions: Check ingredients and do not confuse cosmetic oxygen masks with medical oxygen therapy.

Aftercare: Gentle finishing care.

31. COLLAGEN MASKS

What it is: Topical collagen masks are cosmetic conditioning treatments; topical collagen should not be presented as replacing dermal collagen.

Benefits: Hydration; conditioning; smoothing cosmetic feel.

Suitable for: Dry/dehydrated or mature skin depending on formula.

Equipment: Collagen mask, brush/spatula or sheet, timer, finishing products.

Professional method: Prepare → apply → process → remove → finish.

Contraindications/cautions: Check ingredients and avoid exaggerated claims.

Aftercare: Hydrate and protect.

32. GOLD / LUXURY MASKS

What it is: Luxury masks may combine cosmetic conditioning ingredients with gold-coloured or gold-containing components.

Benefits: Premium treatment experience; hydration/conditioning depending on formulation.

Suitable for: Suitable skin according to formula.

Equipment: Luxury mask, application tools, timer, finishing products.

Professional method: Consult → cleanse → apply → process → remove → finish.

Contraindications/cautions: Luxury positioning does not remove contraindications; assess ingredients normally.

Aftercare: Appropriate moisturiser and SPF.

33. BRIGHTENING MASKS

What it is: Brightening masks are cosmetic treatments aimed at improving the appearance of dull or uneven-looking skin.

Benefits: Radiance; more even cosmetic appearance; hydration depending on formula.

Suitable for: Dull/uneven appearance when skin is intact and suitable.

Equipment: Brightening mask, timer, application tools, SPF.

Professional method: Consult → assess actives → cleanse → apply → monitor → remove/neutralise as directed → soothe → SPF.

Contraindications/cautions: Avoid stacking multiple strong actives without a validated protocol.

Aftercare: Daily SPF and gentle routine.

34. HYDRATING MASKS

What it is: Hydrating masks support water content and surface comfort.

Benefits: Plumper-looking surface; softness; reduced tight-feeling sensation.

Suitable for: Dehydrated/dry or suitable combination skin.

Equipment: Hydrating mask, brush/spatula, timer, finishing products.

Professional method: Cleanse → apply → process → remove → seal with suitable moisturiser.

Contraindications/cautions: Check fragrance/actives for sensitive clients.

Aftercare: Hydration, moisturiser and SPF.

35. ANTI-AGEING / FIRMING MASKS

What it is: These masks target the cosmetic appearance of lines, dryness and loss of radiance.

Benefits: Hydration; smoothing appearance; conditioning; temporary plumping effect.

Suitable for: Mature or dry skin according to formula.

Equipment: Mask, brush/spatula, timer, serum/moisturiser/SPF.

Professional method: Prepare → apply → process → remove → finish with compatible anti-ageing skincare.

Contraindications/cautions: Do not claim to reverse ageing or replace medical procedures.

Aftercare: SPF and appropriate home-care routine.

36. PURIFYING / ACNE-SUPPORT MASKS

What it is: Cosmetic masks may support cleansing and oil management but do not cure acne.

Benefits: Oil-control; clean feel; cosmetic support for congestion.

Suitable for: Oily/congested skin when intact and suitable.

Equipment: Clay/charcoal/purifying mask, brush, timer, sponges.

Professional method: Assess → cleanse → apply to suitable zones → process → remove → hydrate.

Contraindications/cautions: Do not treat severe/inflamed acne medically; refer when appropriate.

Aftercare: Gentle non-comedogenic routine where appropriate and SPF.

37. SENSITIVE-SKIN MASKS

What it is: Designed to minimise unnecessary irritation and support comfort.

Benefits: Soothing feel; hydration; comfort.

Suitable for: Sensitive/reactive skin only with a suitable formulation.

Equipment: Gentle mask, clean tools, timer, soft sponges.

Professional method: Consult carefully → cleanse gently → apply → monitor continuously → remove gently → finish.

Contraindications/cautions: Avoid known allergens, strong fragrance and unnecessary actives; follow product guidance.

Aftercare: Simple gentle home care and SPF.

38. MULTI-MASKING

What it is: Different masks are placed on different facial zones according to assessment.

Benefits: Customised treatment; addresses differing zone needs.

Suitable for: Combination or mixed-condition skin when products are compatible.

Equipment: Separate bowls/tools, masks, timer, brushes, sponges.

Professional method: Map zones → select compatible products → apply separately → monitor each zone → remove correctly → finish by zone.

Contraindications/cautions: Avoid ingredient conflicts and cross-contamination; timing must be controlled.

Aftercare: Explain zones and give a simple home-care plan.

39. MULTI-MASKING FACIAL MAP — STUDY DIAGRAM

ZONE	POSSIBLE COSMETIC NEED	EXAMPLE MASK DIRECTION
FOREHEAD	Oil/texture	Clay or balancing if suitable
NOSE	Oil/congestion	Purifying/clay if suitable
CHIN	Oil/congestion or dehydration	Zone-specific selection
CHEEKS	Dry/dehydrated/comfortable feel	Cream, gel, hydrogel or hydrating
UNDER-EYE	Very delicate area	Only eye-area approved products; avoid ordinary facial ma
NECK	Product-specific treatment area	Only if product is approved for neck use

PART IV — PROFESSIONAL PRACTICE

40. COMPLETE PROFESSIONAL MASK FACIAL — STEP-BY-STEP

Stage 1 — Prepare: disinfect workstation, prepare equipment, check products and expiry, wash hands, prepare client draping.

Stage 2 — Consultation: record goals, skin history, recent treatments, sensitivities and contraindications; obtain consent.

Stage 3 — Analyse: determine skin type, visible condition and treatment zones.

Stage 4 — Cleanse: cleanse using suitable product and remove completely.

Stage 5 — Prepare: exfoliate only when indicated and safe for the selected mask.

Stage 6 — Select: choose mask type and check ingredients, timing and removal method.

Stage 7 — Apply: use correct brush/spatula technique; avoid eyes, lips and unsuitable areas.

Stage 8 — Process: set timer; monitor comfort, redness, heat, burning or other changes.

Stage 9 — Remove: follow product-specific removal/neutralisation method.

Stage 10 — Finish: appropriate serum/moisturiser and broad-spectrum SPF where suitable.

Stage 11 — Aftercare: explain home care, what to avoid and when to contact the salon.

Stage 12 — Record: document product, time, response and recommendations.

41. APPLICATION TECHNIQUES

Technique	Description	Key point
Brush application	Use controlled strokes to distribute an even layer.	Avoid repeated brushing over the same area.
Spatula application	Place and spread product hygienically.	Do not return used product to container.
Sheet placement	Align facial openings and smooth from centre outwards.	Prevent folds and air pockets.
Alginate application	Work quickly and evenly after mixing.	Correct ratio and timing are essential.
Peel-off	Apply consistent film thickness.	Avoid hair-bearing areas unless product is speci
Multi-masking	Apply separate products to mapped zones.	Use separate tools or prevent cross-contaminati

42. PROCESSING TIME & MONITORING

Processing time is not a suggestion. Students must learn to use the manufacturer's stated time and to monitor the client throughout. A timer should be used. If the client experiences significant burning, pain, swelling, breathing difficulty or another concerning response, stop the service and follow the salon's adverse-reaction/emergency procedure.

Timer	Start when the product protocol says timing begins.
Observation	Monitor colour, drying, heat, bubbling and client comfort.
Communication	Ask the client about unusual sensations rather than assuming discomfort is normal.
Never improvise	Do not extend active-mask times to make the treatment 'stronger'.
Documentation	Record actual processing time and any modification.

43. REMOVAL METHODS

Mask	Removal principle
Cream/gel	Soften and remove with damp sponges/gauze as appropriate.
Clay	Rehydrate/soften before removal if needed; avoid scrubbing.
Sheet	Lift gently; follow serum directions.
Alginate	Loosen edges and lift carefully as a flexible layer.
Peel-off	Loosen an edge and peel gently; never force.
Enzyme/acid	Remove or neutralise exactly according to professional product protocol.
Paraffin	Allow appropriate setting and remove carefully without pulling skin.
Thermal	Remove according to product instructions after monitoring temperature.

44. CLIENT MONITORING & ADVERSE RESPONSE

The therapist is responsible for observing the client during the entire service. Mild expected sensations must be distinguished from adverse responses. Burning, escalating pain, significant swelling, breathing difficulty or widespread reaction requires immediate attention and escalation according to salon protocol.

Professional response sequence: stop/assess → remove product when appropriate → provide first aid within training/scope → document → seek medical assistance/referral when indicated → review product and protocol before future use.

45. TROUBLESHOOTING

Problem	Possible cause	Professional correction
Mask dries too fast	Thin application, room temperature, product overlayer thickness	Review layer thickness and product instructions; do not overlayer
Uneven application	Inconsistent brush pressure or insufficient product	Use controlled strokes and work systematically.
Difficulty removing	Product has set strongly or wrong removal technique	Stop and use correct removal method; never force.
Client reports burning	Irritation or unsuitable product.	Stop and assess; remove according to protocol.
Excessive tightness	Mask drying or unsuitable formulation.	Remove when appropriate and review selection.
Cross-contamination risk	Used tool returned to product.	Discard contaminated product where necessary and clean tool

46. AFTERCARE

Aftercare should be specific to the mask used. In general, advise gentle cleansing, appropriate moisturisation, avoidance of unnecessary friction or aggressive exfoliation immediately after active treatments, and appropriate broad-spectrum SPF. Follow all product-specific restrictions, especially after exfoliating or active masks.

Client education: Explain what temporary effects may be normal, what symptoms are not normal, which home products to avoid, when normal skincare may resume and when to contact the salon or seek professional care.

47. TREATMENT PLANNING

Client objective	Treatment plan example
Hydration	Gentle cleanse → optional suitable preparation → hydrating/gel/cream mask → moisturiser →
Oil balance	Cleanse → suitable preparation → clay/purifying mask to selected zones → hydration → SPF.
Combination	Cleanse → zone analysis → multi-mask → controlled removal → zone-specific finishing care.
Dull appearance	Consult carefully → suitable preparation → hydrating/brightening or approved exfoliating mask
Sensitive	Gentle cleanse → avoid unnecessary exfoliation → soothing/hydrating mask → gentle finish –

48. PROFESSIONAL RECORD SHEET

Date	Client / ID	Skin type/condition	Mask(s)	Time	Response / aftercare
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PART V — STUDENT EXAMINATION PREPARATION

THEORY EXAMINATION — SHORT ANSWER

1. Define professional mask therapy.
2. Name the three principal layers of the skin.
3. Explain the role of the stratum corneum.
4. Differentiate skin type from skin condition.
5. Name five common skin types/characteristics.
6. List six consultation questions relevant to mask therapy.
7. Give five contraindications or reasons to postpone treatment.
8. Explain why manufacturer processing time must be followed.
9. Name ten items of professional mask-therapy equipment.
10. Explain the difference between a humectant, emollient and occlusive.
11. What is the purpose of a clay mask?
12. Explain two benefits of hydrating masks.
13. What is multi-masking and when is it useful?
14. Describe the professional sequence for a complete mask facial.
15. Why should active exfoliating masks be timed precisely?
16. What should the therapist do if significant burning occurs?
17. Explain safe removal of a peel-off mask.
18. Why is SPF important after many facial treatments?
19. Give four hygiene practices that prevent contamination.
20. Why must the therapist avoid making medical claims?

EXAMINATION — MULTIPLE CHOICE

21. Which tool controls processing time?

- A. Spatula B. Timer C. Headband D. Towel

22. Which mask category commonly absorbs surface oil?

- A. Clay B. Sheet C. Hydrogel D. Collagen

23. What is the safest approach to an unexplained lesion?

- A. Treat strongly B. Diagnose it C. Refer appropriately D. Scrub it

24. What should happen before product application?

- A. Consultation and analysis B. SPF only C. Massage only D. Peel

25. Which statement is correct?

- A. Longer active-mask time is always better B. Timing should follow professional product instructions C. Burning proves efficacy D. Patch testing is never relevant

26. What is multi-masking?

- A. Mixing all masks together B. Using several masks on mapped zones C. Applying one mask three times D. Using no consultation

27. Which is a single-use hygiene practice?

- A. Reusing contaminated cotton B. Returning used product to jar C. Disposing of used gauze appropriately D. Sharing applicators

28. Which ingredient group attracts water?

- A. Humectants B. Occlusives C. Pigments D. Abrasives

29. What is the correct response to escalating burning?

- A. Add more product B. Extend time C. Stop/assess and follow adverse-response protocol D. Ignore it

30. What should aftercare usually include after active facial treatments?

- A. Aggressive scrubbing B. Appropriate gentle care and sun protection C. Immediate strong peel D. No advice

CASE STUDIES

Case 1: A client has combination skin with an oily T-zone and dry cheeks. Design a mask plan, explain why each zone receives its mask and describe removal and finishing.

Case 2: A client reports recent professional exfoliation and presents with sensitivity. Decide whether to proceed, modify or postpone. Explain your reasoning.

Case 3: During an active mask treatment, the client reports escalating burning. Explain your immediate professional response, documentation and referral considerations.

Case 4: A client wants a 'medical cure' for acne using a charcoal mask. Explain what the therapist can and cannot claim and when referral is appropriate.

PRACTICAL CERTIFICATION ASSESSMENT

Competency	Achieved	Not Yet	Trainer Notes
Treatment room preparation	■	■	
Hygiene and hand hygiene	■	■	
Consultation and consent	■	■	
Skin analysis	■	■	
Contraindication screening	■	■	
Product/ingredient selection	■	■	
Equipment identification	■	■	
Correct product preparation	■	■	
Correct application	■	■	
Zone mapping/multi-masking	■	■	
Timing and monitoring	■	■	
Safe removal	■	■	
Finishing products	■	■	
Aftercare explanation	■	■	
Record keeping	■	■	
Professional communication	■	■	
Client comfort	■	■	
Safe waste disposal	■	■	

PRACTICAL MARKING RUBRIC

Area	Suggested standard
Knowledge	Student explains purpose, benefits, suitability, contraindications and aftercare.
Safety	Correct hygiene, PPE where indicated, product handling and monitoring.
Technique	Controlled, even application and correct removal.
Professionalism	Consultation, consent, communication and client comfort.
Treatment planning	Mask selection is logically linked to skin analysis.
Assessment outcome	Trainer determines competent/not yet competent using academy assessment policy.

STUDENT DECLARATION & TRAINER SIGN-OFF

I confirm that I have studied the MUHLE Glow Beauty Professional Masks Therapy training material and understand that practical competence requires supervised assessment in addition to theory knowledge.

Student Name: _____ Student No.: _____

Student Signature: _____ Date: _____

Trainer NIA Signature: _____ Date: _____

Final Result: _____ Reassessment (if required): _____

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