

## Summer Project

For: City & Guilds Level 2 Beauty Therapy

### Project Title:

“Your Skin and Body: Understanding Ageing, Lifestyle and the Environment”

### Project Overview

As you prepare to begin your Level 2 Beauty Therapy course in September, it is important to understand how the skin and muscles are affected by different factors, so you can give accurate advice to clients in your treatments and consultations.

In this project, you will explore how natural ageing, lifestyle choices, and environmental factors affect the skin and muscle tone, helping you develop your knowledge ready for your facials, skincare, massage and consultation units at the start of your course.

### Project Aim:

- To introduce you to key knowledge you will use in your treatments and consultations.
- To develop your research, writing and presentation skills for your studies.
- To help you understand how to give realistic aftercare and advice to your clients in future treatments.

### What You Will Need to Explore:

#### 1. Natural Ageing and the Skin and Muscles

- Research what happens to the skin as we naturally age (e.g. fine lines, wrinkles, elasticity, dryness).
- Research what happens to muscle tone as we age (e.g. loss of firmness, posture changes).
- Explain why these changes happen.

#### 2. Lifestyle Factors


Choose at least 3 lifestyle factors to explore from the following:

- Diet
- Exercise
- Sleep
- Smoking
- Alcohol consumption
- Skincare routine and sun protection

Explain how each lifestyle factor can help the skin and muscle tone, or how it can have a negative impact.

#### 3. Environmental Factors





- Research how the environment affects the skin and muscles (e.g. sun exposure, pollution, weather, heating/air conditioning).
- Explain what can be done to protect the skin and body from environmental factors.

 4. Application to Beauty Therapy

- Reflect on why it is important for a beauty therapist to understand these factors when carrying out facials and body treatments.
- Give an example of how you could advise a client to help them care for their skin and body health.

**How You Can Complete the Project:**

You can choose any of the following methods to complete your project in a way that suits your learning style:

Method	Description
 Written Report	A clear, structured document with headings and images.
 Poster or Infographic	A creative visual explaining the factors clearly.
 Presentation	Create slides with simple notes you could present to the class.
 Video/Vlog	A short video explaining what you have learned.
 Learning Journal	A reflective diary explaining what you discovered.

**Success Criteria – Your Project Should:**

Explain what happens to the skin and muscles during natural ageing.
  Explain how lifestyle factors affect the skin and muscle tone.
  Explain how environmental factors affect the skin and muscle tone.
  Be clear and easy to read or view.
  Show your effort, creativity and readiness for the course.

**Submission Guidance:**

Please bring your completed project with you on your first day of term in September 2026. We will use it in your first sessions to start your learning discussions.

**Extension Challenge (Optional):**

- Research how a facial massage can help the skin and muscle tone.
- Create a simple skincare advice leaflet for a client about lifestyle and environmental protection.

**Need Help?**

If you need inspiration, you can look on:

- The NHS website for skin and body health information.
- Magazines like Scratch or Professional Beauty.
- YouTube videos on skincare and healthy lifestyles.

This project will help you feel confident for your start in Level 2 Beauty Therapy and understand how you can support clients with knowledge of skin, body and healthy living.