

8

Lesson Exemplar for TLE

Quarter 3

Lesson

2

GOVERNMENT PROPERTY
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Lesson Exemplar for TLE Grade 8
Quarter 3: Lesson 2 (Week 2)
SY/TP 2025-2026

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TLE / QUARTER 3/ GRADE 8**I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES**

A. Content Standards	Demonstrate an understanding of the concepts of beauty care and wellness services.
B. Performance Standards	After this lesson, the learners perform hand spa services following safety precautions.
C. Learning Competencies and Objectives	<p>Learning Objectives After the day's lessons, the learners are expected to:</p> <ol style="list-style-type: none"> 1. Discuss the legal basis in beauty care and wellness services 2. Identify trends, issues, and challenges in beauty care and wellness services 3. Identify the tools, implements, materials and equipment in beauty care and wellness services, its uses and proper maintenance. 4. Emphasized the importance of keeping oneself beautiful and well.
D. Content	<ul style="list-style-type: none"> • Legal Basis (Republic Act No 7877) Sec 3 Work, Education or Training-related Sexual Harassment Defined • Trends, Issues, and Challenges in Beauty Care and Wellness Services • Tools, Implements, Materials, and Equipment for Nail, Skin and Hair Care
E. Integration	<p>This lesson can be integrated and relate to:</p> <p>SDG 4: Quality Education: In a way that once we transfer the knowledge and skills to our learners effectively, it will surely guide them when they work in any salon and beauty care and wellness related job.</p> <p>SDG 5: Gender Equality: Emphasizing that both girls and boys have the opportunity to work in any beauty care and wellness related job.</p> <p>SGD 8: Decent Work and Economic Growth: Emphasizing one's capabilities to work on any job related to beauty care and wellness services.</p> <p>Integration of values can be done also by using cut-out: Nail, Hair and Skin Care tools and equipment and let the learners write at the back of the colored papers and have them read what was written at the back of it on what values they gained from the day's lesson and explain each briefly.</p>

II. LEARNING RESOURCES

Adobe Stock. *Orange stick* [Photograph]. https://stock.adobe.com/ph/search/images?k=orange+stick&asset_id=319429894

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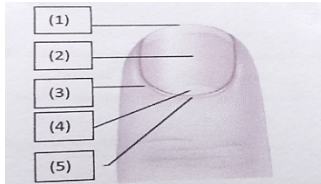
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Jackson, J. (1997). *The Magic of Well-Being*. DK Publishing book. ISBN 0-7894-1072-9. (pp.6-12)

Republic Act No. 7877 s. 2015. *An Act Declaring Sexual Harassment as Unlawful in the Employment, Education or Training Environment and Other Purposes*.
<https://www.officialgazette.gov.ph/1995/02/14/republic-act-no-7877/>

Salon Scheduling Software. (2016). Top 15 challenges faced by salon owners.
<https://queueme.io/resources/salon/top-15-challenges-faced-by-salon-owners.html>

Tung, J. (2005). In *Style Getting Gorgeous*. Published by In Style Books. (pp.8-9) and (pp.98-103)

III. TEACHING AND LEARNING PROCEDURE		NOTES TO TEACHERS
A. Activating Prior Knowledge	<p>DAY 1</p> <p>1. Short Review: Parts of the Nails Direction: Label the top view parts of the nail (2pts each)</p>  <p>https://brainly.ph/</p> <p>2. Feedback After the short review of nail parts, the teacher may also ask if the students have other clarifying questions about the previous lessons. Question: Do you still have any clarifying question/s about our previous lesson?</p>	<p>Before proceeding with today's lesson, a brief review will be given to the class (2-3 minutes).</p> <p>Answer key:</p> <ol style="list-style-type: none"> 1. Free edge 2. Body of the nail 3. Nail Matrix 4. Lunula 5. Nail Fold
B. Establishing Lesson Purpose	<p>1. Lesson Purpose The lessons will help every learner be aware of the important legal and related laws regarding cases or untoward situations in the beauty salon while giving services to the client. Also, this lesson will help the learners gain knowledge of some of the latest issues and challenges that may be encountered in beauty care and wellness salon services. The learners will be able to familiarize themselves with the different materials, tools and equipment used in giving nail, skin, and hair care services.</p> <p>2. Unlocking Content Vocabulary:</p> <ul style="list-style-type: none"> • Beauty care materials- refers to cosmetics and supplies that are used up and need to be replenished regularly. Examples include alcohol and sanitizer, which are used for manicures, pedicures, and hand and foot spas. 	

	<ul style="list-style-type: none"> • Beauty care tools - are durable, permanent, and hand-held items used in providing beauty care services. These tools, also known as implements, include cuticle pushers, nippers, nail cutters, and brushes. • Beauty care equipment- refers to devices and tools for enhancing hand health, massage, facial treatments, hair care, and nail care. Examples include hair spa steamers, foot spa machines, hand spa machines, and nail implement sterilizers. https://brainly.ph/question/5033228 	
C. Developing and Deepening Understanding	<p>DAY 1 – DAY 2</p> <p>Legal Basis (Republic Act No 7877) Sec. 3 Work, Education or Training-related Sexual Harassment Defined; and Trends, Issues, and Challenges in Beauty Care and Wellness Services (two meetings)</p> <p>1. Explicitation: Picture Analysis:</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>Image by CasarsaGuru from iStock</p> </div> <div style="text-align: center;">  <p>Image from Freepik</p> </div> <div style="text-align: center;">  <p>Image from Pixabay</p> </div> </div> <p>2. Worked Example: What do you think the photos are trying to tell us?</p> <p>3. Lesson Activity: Lecture/Discussion: Republic Act No. 7877 s. 1995 - also known as the Law Declaring Sexual Harassment Unlawful in the Employment, Education or Training Environment, and other purposes.</p> <p>SEC. 3. Work, Education, or Training-related Sexual Harassment Defined. – Work, education or training-related sexual harassment is committed by an employer, employee, manager, supervisor, agent of the employer, teacher, instructor, professor, coach, trainer, or any other person who, has authority, influence or moral ascendancy over another in a work or training or education environment, demands, requests or otherwise requires any sexual favor</p>	<p>The teacher may ask his/her learners to describe the photos posted.</p> <p>1st Photo: Incident in hair salon (burns).</p> <p>2nd Photo: Sexual harassment occurring in the workplace.</p> <p>3rd Photo: Sexual assault attempt in a beauty salon during a full-body massage.</p> <p>The teacher may relate the photos to the Legal Basis</p> <p>Republic Act No 7877 s.1995 The teacher can give some situations in the workplace that is related to Sec. 3 about work or education, training-related sexual harassment that may be committed by employer, manager, supervisor, etc.</p> <p>After the teacher was able to discuss the Republic Act. No.7877 to the learners, the</p>

	<p>from the other, regardless of whether the demand, request or requirement for submission is accepted by the object of said Act.</p> <p>Situations to be analyzed by the learners: (It can also be presented through a short skit)</p> <p>Situation #1: You are already working as a manicurist and pedicurist at a beauty care and wellness salon, but, since you admit that your skills are not yet enough to give excellent services to your client, you want to enroll in a short scholarship skills training that is given by TESDA on Cosmetology. In what legal and official way do you think you can ask permission from your manager or boss, that you are going to enroll yourself to attend the said skills training?</p> <p>Situation #2: You are going to give a whole-body massage to an assigned client for you. But when you are already assessing/interviewing the client before the actual giving of body massage, you found that he is drunk. What action/s are you going to do?</p> <p>Situation #3: You, as a hairdresser or hair stylist, were assigned to give hair re-bonding service to your client. Due to so many clients, you forgot to rinse the hair of your client to remove the hair re-bonding mixtures you have applied on your client's hair in the required time. And it seems that the hair of your client was slightly burnt. What are you going to do in this kind of scenario?</p> <p>After analyzing those given situations. The teacher may proceed on connecting this topic to Trends, Issues, and Challenges in Beauty Care and Wellness Services.</p> <p>Trends, Issues, and Challenges in Beauty Care and Wellness Services.</p> <ol style="list-style-type: none"> 1. Difficulty of hiring highly skilled beauty salon workers or staff – nowadays, there are a lot of applicants applying for a job related to beauty care and wellness, but among the many applicants, only a few are hired because some applicants are not yet well-trained with the skills needed in the said industry. 2. Hired staff lack the required qualifications to perform the job – the salon owner must conduct hands-on training to update workers in the salon on the latest services they can offer to their customers. Or the owners can send their workers/staff to some needed skills training to provide the best service the clients are expecting from them. 3. Purchasing the right and safe beauty care products – salon owners must ensure that they are purchasing safe beauty care products to avoid harmful effects or any form of allergies that it can give to the customer/s in order to maintain the business credibility and sustain its operation. 4. Maintaining customers' continuous patronage of the services being offered- salon workers must provide the best service they are offering and giving to their customers to ensure that they will return and continue patronizing and enjoying the services extended to them. 5. Sustaining the business income – salon owners must find ways to maintain a good flow of 	<p>teacher can give situational analysis.</p> <p>The students may then perform a role play based on the given situations.</p> <p>Possible answer/response</p> <ol style="list-style-type: none"> 1. Write a letter of intent that you are going to enroll yourself on a scholarship skills program offered by TESDA, and request for an approval from your boss, considering your time schedule of work, so that you can still work while studying. 2. Politely postpone the massage session due to safety concerns from alcohol influence, clearly explain the reasons, offer to reschedule, document the incident, ensure the client has a safe way home, and review salon policies for handling such situations. 3. As a hairdresser, immediately assess the seriousness of the client's hair damage, report the incident to your manager, and apologize while explaining what happened. Offer remedies such as a treatment or suggest future hair care services at a discounted price. If the damage is severe, consider offering a haircut to manage it. Assure the client that actions will be taken to
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income. They can provide discounts to loyal customers and to new customers to attract more customers.

- 6. Keeping the beauty salon staff/workers well-motivated-** ensuring that your beauty salon workers are working so hard and performing their tasks the best way they can send them to good and free training outside for them to feel their self-worth in the job they are performing. Also, salon workers can give awards and merits to those salon staff who are showing exemplary service in their jobs.
- 7. Providing the right compensation and salaries to salon workers/staff** – to avoid workers' dissatisfaction \with the job they are working, proper remuneration and daily wage must be given by the business owner.
- 8. Updating with what is new** -Beauty salons are also experiencing a business competitive environment, to ensure their continuous operation, owners must purchase recent and good quality salon products that will be used for the customers.
Purchase updated salon equipment and tools to give a satisfying service to the client.
- 9. Responding to customer service complaints** – to avoid customer complaints, salon workers/staff must ensure that they are providing good service for their customers. And to make sure that salon workers are giving excellent service, they must be sent to skills training offered by TESDA, for them to improve or enhance the skills they already have.
- 10. Big amount of capital money to start up a beauty and wellness salon** – we cannot deny the fact that this kind of business is difficult to finance, because of expensive equipment, tools, materials and implements needed and must be purchased. Also, hiring experts to do the job, means a big amount of money to continuously manage the payroll to provide employees salary and other compensation.

DAY 3

Tools, Implements, Materials, and Equipment for Nail Care, Skin Care and Hair Care, Its Proper Use and Maintenance (1 meeting)

1. Explication: Picture Analysis

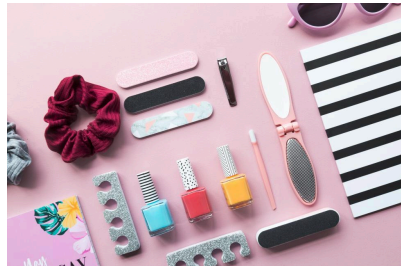


Image from [FreeRange Stock](#)



Image by Roman Odintsov, from [Pexels](#)



Flatlay of Hair Products by Nataliya Vaitkevich, from [Pexels](#)

prevent similar incidents in the future.

Action you can make as hairdresser:

Offer an immediate solution on what hair treatment to apply in order to keep the client's hair in normal condition.

- After analyzing those given situations. The teacher may proceed on connecting this topic to Trends, Issues, and Challenges in Beauty Care and Wellness Services.

The teacher will ask a student to describe each photo according to its use, guided by the given hints.

Answer key:

1. Nail Care Tools
2. Facial Care Products
3. Hair Care Products

After the learners have successfully identified the correct answers, the teacher may process the responses, providing further explanation and clarifying how the photos are connected to the day's lesson.

1. N_i C_r Too_s

2. F_ci_l Ca_r_ Pr_du_t_

3. Ha_r C_re Pro_d_c_s

1. Can somebody describe the photos that are presented?
2. What type of products do you think the photos are trying to tell us?
3. From the photos you have seen, what do you think will be our lesson for today?

Lecture/Discussion:

A. Tools, Materials, Implements, and Equipment for Nail Care:

Nail Care Equipment:



Image from [Pexels](#)



Image from [Pexels](#)



Images by Betsey Goldwasser, from [Reviewed; Pasteur Pharmacy, Amazon](#)

Fingerbowls are specifically designed for soaking the nails in warm water with a liquid or moisturizing soak. These can be made from plastic, metal, or glass and should be properly cleaned after each use. If you can't find a finger

The Foot Spa Machine is filled with warm water and liquid soap or pedicure salts to soak your feet (the best thing after a long day). You can either purchase a foot spa which can come with different features that can massage your feet

Presenting the lesson relating all the tools, materials, implements, and equipment needed for taking care of our nails, face, skin, and hair.

The teacher may ask the students to identify some nail tools, implements, and equipment in the photos.

bowl, just find a bowl deep enough to soak your nails.

Hand Spa Machine is filled with warm water and hand soap or liquid hand spa mixtures where hands are soaked before massage and actual nail cleaning services are done.

Manicurist Table is a working table where all the nail care implements, and supplies in nail care services are placed.

Nail Implements Sterilizer - is where nail care implements are sanitized.

Nail Enamel Tray - it is where nail polishes and nail care supplies are placed in an organized manner.

Nail Implements:



Image from [CCNull](#)

Foot File - Used to exfoliate dry skin or smooth calluses of the feet.

Nail Cutter or Nail Clippers - are used for, shortening the length of your nails.

and keep the water warm or for a cheaper idea, use a bucket that is large enough to completely cover your feet with water.

Low Stool - is used by manicurists when giving pedicure services.

Manicure & Pedicure Chair - is where the client and the manicurist sit while doing the manicuring and pedicure services.

Nail Dryer Machine - where nails are dried after the application of nail polish.

Nail Washing Instrument - where the nail is pre-soaked to soften nails before the actual cleaning.

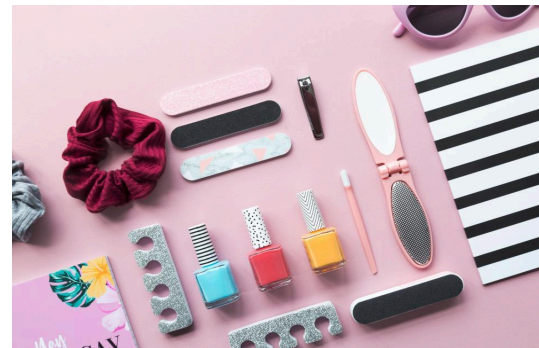


Image from [FreeRange Stock](#)

Nail Cleaner - allows users to remove debris **under** the nails prior to scrubbing, thus significantly boosting overall hand cleanliness.

Nail Buffer - This implement comes in varied types and grits ranging from less than 180 to

Nail Pusher - The spoon end of a metal pusher is used to push back the cuticle of the nail and the spade end is used to remove the dead tissue from the nail plate. Be careful when doing this, because you may damage the nail plate by scraping the surface of the nail too hard

Nail Scissors - are used to trim nails or cuticle skin

Orange Wood Stick - is very useful when performing manicure or pedicure services. It is used for removing cuticle tissue from the nail plate, cleaning the excess polish under the free edge of the nail, applying nail art and cleaning any polishing mistakes by wrapping the tip in cotton wool and applying polish remover. These are disposable and should be thrown out after use.

Nail Care Supplies:



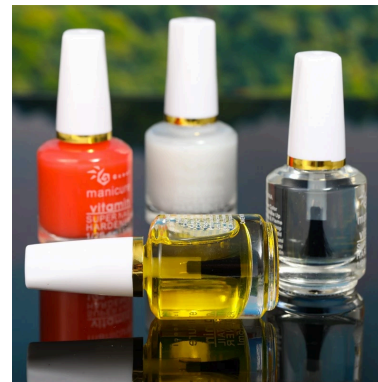
over 240. A good rule to follow with this is the lower the grit, the more abrasive the file.

Nail File - is a tool used to gently grind down and shape the edges of nails when giving manicures and pedicures after the nail has been trimmed using appropriate nail clippers.

Nippers - are used to remove dead tags of skin and should not be used to cut, trip or tear living tissue, this could cause an infection. These can also be handy when using striping tape to trim it lengthwise.

Nail Sprayer - is used as a container either of cuticle remover or quick dry oil for easy spraying.

Toe Separator - made of rubber foam, toe separators or cotton used to keep toes apart when polishing the nails.



Images from [Lazada](#), [Shopee](#)

Massage Cream - it is used to moisturize and soften the skin when giving hand and foot massage.

Cuticle Remover - is used to soften the dead cuticle.

Base Coat - Base coats come in plain and ridge-filler varieties. Ridge-filling base coats are thicker than regular base coats. They fill in any lines, ridges, and grooves to give the nails a smoother looking appearance. Base coats are fortified with substances such as protein, vitamin E and calcium. These ingredients help keep nails healthy and prevent the nails from breaking, splitting, and peeling.

Other materials used in manicure and pedicure:

Adhesive Tape -used to hold or compress injured nails and cover broken nails before repairing them.

Cottons – it is used to remove old nail polish from the nail plate and at the same time remove the nail cuticle that was pushed by the nail pusher.

Nail Care Spatula - is used to get creams from the container and spread it over through hands, arms, feet and legs for massage.

B. Skin and Facial Care Products

Quick-dry nail care oil - an oil that is sprayed or dropped over the topcoat to make the drying process faster or quicker.

Cuticle Oil - is used to lubricate the skin around the nails.

Nail Polish Remover - is used to remove old nail polish on the nails.

Top Coat - applied after the color enamel or polish that prevents the polish from peeling or chipping.

Benzalkonium Chloride - is used to treat Fungal infections of fingernails and toenails

Antiseptic -is applied on minor injuries or tissues surrounding the nails to prevent infection.

Hand Towels - are used to dry the hands, feet during nail care service.

Paper Tissue - is used to wipe, cover and repair broken, split, and torn nails.

Table Mats - used to cover the working table area while giving hand nail care services to prevent tabletop scratches and damage from supplies spills and leaks.



Image by Michaela Ampolo, from [Pexels](#) Image by Polina from [Pexels](#)



Image from [NadiKala](#)

The teacher may ask the students to identify some facial care products and tools in the photos.

The teacher can still add more information on facial cleanser tool/s and hair care products for deeper understanding.

Facial Cleanser – is used to remove dirt and make-up to keep the facial skin clean and smooth

Facial Moisturizer – it prevents the face from drying. It contains anti-aging ingredients that give a soothing effect to sensitive skin. It also improves the skin tone and texture, which help the skin to become firmer and healthier

Facial Packs – a creamy or thick paste mask applied to the face for cleansing that gives a smoothing effect to our skin. It contains vitamins and minerals from extracts of fruits and plants like cucumber and cactus.

Facial Care Tools:

Blackheads Remover- is a small tool that is used to vacuum the blackheads on our face. It suctions the oil, dead skin and dirt in the open pores of our face. It is advised to remove one's blackheads only once or twice a week to prevent skin irritation that we might experience.

Facial Toner – is used to remove bacteria, dirt, and dust that the cleanser was not able to remove.

Facial Mask - it removes the dirt from the deep layers of your face. It maintains the smoothness and flexibility of our face and boosts our skin's inner glow. It is a self-adhering mask applied on one's face and it is sticky. An indication that the process is done once it is no longer sticky.

Hand and Body Lotion – keeps our skin nourished, softened, and moisturized and somehow makes our body slightly scented.

Jade Roller Massager- a tool used to manually roll and massage one's face to make the face muscles and skin feel a soothing and relaxing effect.

C. Hair Care Tools and Products:



Flatlay of Hair Products by Nataliya Vaitkevich, from [Pexels](#)



Lockenwickler by Stux, from [Wikimedia Commons](#)

Hair Blower or Dryer is an electromechanical device that blows ambient or hot air over damp hair to speed the evaporation of water to dry the hair.

Perm Rods - help us create small, cute hair curls.

Hair Steamer – it enhances the hair care treatment products to absorb or deeply penetrate the open hair cuticle strengthen our hair strands and make it moisturized and manageable for a longer time.

Hair curler and Straightener – is a flat iron that is used in curling and straightening our hair. It has two plates that can be used for two hair service purposes.

Hair Rollers help us set our hair creating small, medium and big curls to our hair. It is done during nighttime to make sure that your hair will be set to your desired curls.

Shampoo and Conditioner - are both hair care products that keep our hair healthy, shiny and smooth. **Shampoo** is a liquid cleaning agent that we use to clean our scalp and hair. It helps remove the sebum or excess oil from our scalp and hair. It also cleans the dirty and dead skin cells. **Conditioner** is applied after shampooing and rinsing the hair. It is used to finish our regular hair regimen process that makes our hair smooth, shiny, and manageable.

The teacher may ask the students to identify some hair care products and tools in the photos.

Hair care products like Shampoo, hair conditioner, hair oil and hair wax can be added as hair care products that make the hair smooth and manageable.

	<p>Sanitation and Maintenance of Beauty Care and Wellness Salon Tools, Implements and Equipment.</p> <ol style="list-style-type: none"> 1. Read carefully the instruction guide on how each tool, implements and equipment are properly used. 2. Sterilize the nail care tools and implements before and after use to make sure that they are safe to use. 3. Wipe and sanitize all the hair care and skin care salon tools and equipment before and after using it. 4. Check the electrical wiring, switch, and outlets of beauty care electric operated tools to avoid electric shock among salon staff and customers. 5. Wash and dry thoroughly all the implements and tools used in giving salon services. 6. Put in proper and safe storage all the chemical products that are used in giving nail, skin and hair care services and treatments. <p>2. Worked Example: The teacher may ask for a group skit showing how to apply proper sanitation and maintenance of beauty care and wellness salon tools, implements and equipment.</p> <p>Presentation of group skit and giving comments and feedback relating their group performance to the day's topic.</p> <p>3. Lesson Activity: (Please refer to Worksheet No. 1, for students to accomplish.) Instructions:</p> <ol style="list-style-type: none"> 1. The teacher will distribute the activity sheets to the learners individually. 2. The teacher will explain how the learners will answer the activity sheet. 3. After the learners' finish answering the classification activities, the teacher will explain how they will compute the equivalent of their activity results. 4. Then, learners will be asked to share their feelings while and after doing the activities given to them. 5. The teacher will ask the learners what level of familiarization they demonstrated after the activity. 	<p>The teacher may provide their own rubric to evaluate the students' performance during the skit.</p> <p>V. Synthesis Possible Responses of Students on Beauty Care Self-assessment activity: Today, I have learned that it is important for us to familiarize ourselves with the different materials, supplies, products, tools and equipment used in nail, skin and hair care so that we will be able to use the appropriate items needed for a certain service we will give to Beauty and wellness salon customers.</p> <p>Note: Other possible responses can be drawn from the learners. The teacher may also give positive comments and feedback and add some important ideas to deepen what the learners have shared.</p>
D. Making Generalizations	<p>DAY 4 To ensure that the learners effectively absorbed the day's lessons the following questions are recommended:</p> <p>1. Learners' Takeaways:</p> <ul style="list-style-type: none"> • Why is it important for us to be aware of our rights as an individual as regards protecting ourselves against any sexual harassment attempt? • What products or materials do you use for your beauty routine? 	<p>Learners can raise their hands and can share their insights or takeaways from the day's lesson.</p>

	<ul style="list-style-type: none"> How do you maintain the condition of these beauty care materials? <p>These questions aim to help learners express their understanding of the topics discussed.</p> <p>2. Reflection on Learning:</p> <ul style="list-style-type: none"> Are you familiar with the tools and procedures required and the procedures involved in your beauty care routine? If not, consider researching more about beauty care tools and their uses. If yes, identify which aspects or steps of your routine do you enjoy and which you do not. Explain why? Consider providing these as written output or discussion topics to encourage detailed responses. This approach will solidify learning and foster a deeper personal connection to the materials 	
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IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION		NOTES TO TEACHERS
A. Evaluating Learning	<p>DAY 4</p> <p>1. Formative Assessment:</p> <p>Multiple Choice</p> <p>Direction: Read each item carefully. Choose the letter of the best answer, write only the letter of the correct answer before each number.</p> <p>___ 1. This is specifically designed for soaking the nails in warm water with liquid or moisturizing soak. a. Fingerbowl b. Hand spa machine c. Nail brush d. Nail nipper</p> <p>___ 2. Filled with water and hand soap or liquid hand spa mixtures where hands are soaked before massage. a. Foot spa b. Hand spa machine c. Manicuring table d. Nail nipper</p> <p>___ 3. It is where all the implements and supplies in nail care services are placed before the actual giving of service to the client. a. manicurist table b. manicurist chair c. nail cutter d. nail pusher</p> <p>___ 4. It is where nail polishes and nail care supplies are placed in an organized manner. a. Manicurist chair b. Manicurist table c. Nail enamel tray d. Nail file</p> <p>___ 5. It is filled with warm water and liquid soap or pedicure salts to soak your feet before the massage. a. Foot spa machine b. Hand spa machine c. Nail file d. Nail cutter</p> <p>___ 6. It is where the client and the manicurist sit while doing the manicuring and pedicure services.</p>	<p>Answer key:</p> <p>1. a 2. b 3. a 4. c 5. a 6. c 7. d 8. d 9. b 10. a</p>

