



CIDESCO

THE WORLD STANDARD FOR BEAUTY & SPA THERAPY

SKIN CARE

Candidates are required to write a Project. Passing the Project by 70% is a pre-requisite to sit the CIDESCO Examination. Candidates must complete the Portfolio of Evidence as well.

The whole Project is to be structured as follows:

1) Project: Write a project on any subject related to skin care. Regarding its structure, please refer to the “How to Write Your Project” below.

- ◆ Format of the Project: Please refer to the separate page on how to write a project. ◆ Number of words/characters:

- Skin Care 2,000 to 3,000 words in English, excluding illustrations and graphics.
- Please clarify how many characters/words on the front cover. If it is less than the designated number, your mark will be reduced.

- ◆ Document size: A4 / letter

- ◆ Care points:

- i) Attach a front cover with your theme title, your name and number of characters/words (Your name should be written in both local characters and Roman letters.)
- ii) Put a page number on each page. (page numbers only on the body of the report)
- iii) Use PC, word processor, typewriter, etc. for good legibility.
- iv) Can use coloured illustration and photos (must be within A4 size).
- v) Presentation of your project counts. It must look neat as it can be used as a reference for future employment.

*For details, please read “How to Write Your Project.”



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How to Write a Project

Format

1. Individual cover page:

Candidates can freely make their own cover page suitable for their project. Make sure their names in Roman letters should be added.

2. Table of contents:

Include subtitles and page numbers here.

3. Introduction (or Research purpose):

Reasons for choosing your theme, physiological consideration, hypothesis, etc.

4. Body of the report:

Essay divided into chapters with diagrams, photos, etc.

5. Conclusion:

Remarks on research results, future perspectives, etc.

6. Bibliography

Should include the title, author(s), publisher, year of publishing of the books used. In case of translated books, please add the information of the original books (Usually, it is listed on the back of the title page.) If it is from the Internet, URL should be listed. (<http://www. . .>)

Note: Regarding the format of bibliography, please refer to the instructions attached.

Theme and Structure (This is just an example)

● Theme: Acne Skin

I. Introduction

Research purpose, physiological consideration*, hypothesis

*Physiological consideration should include causes, types and characteristics of acne from dermatological viewpoints

II. Body of the project

Skin structure, acne types, descriptions, causes, lifestyle, possible causes, possible treatments

III. Conclusion

Summarize of your findings

Bibliography

Title, author(s), publisher, year of publishing or URL and title

- The above is just an example of choosing acne as a theme of treatment. The whole structure, chapters, discussion subtitles could be variable.

- Whatever theme you choose, please make use of the above idea to come up with your own.

- Avoid the use of direct photocopy/Internet downloaded files as is. Make your original ones.

- Other possible themes: only examples

Acne skin/sensitive skin/ageing skin/loose skin/cellulite/fluid retention

Weak brittle nails/dry hands/excessive hair growth



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How to Write Bibliography

Books

1. Author (surname, first name or initials)
Title of Book in ITALICS
Year of Publication (in brackets) and edition
Publisher
Place of Publication

Example:

Smith, Kate *Life in Asia*, (1998) 2nd edition, Collins, Melbourne

2. Author (surname, initials)
Year of publication
Title of Book in ITALICS (pages in brackets)
Edition, if applicable
Publisher
Place of publication

Example:

Charlesworth, S, Turner, J N & Foreman, L 1999, *Lawyers, social workers and families* (pp30-33), Federation Press, Sydney

Magazine or Newspaper

Author (surname, first name or initials)
Year of publication
Title of article in 'single quotation marks'
Title of Magazine/journal/newspaper
Volume number or date
Issue number (if applicable)
Page number(s)

Example:

Choi, C 2003, 'Cleaner living' Scientific American, vol. 289, no. 5, p. 32.

Online Resources

Author/editor (if identified) (surname, initials)
Last update (if identified)
Title of article
Name of sponsor
Date it was viewed
Full <URL> (website address)

Example:

Coghlan, A 2003, 'FM crops can be worse for environment' ScientificAmerican.com, viewed 9 January 2004
<<http://www.newscientist.com/hottopics/gm/gm.jsp?id=ns99994283>>.