

**BEAUTY
SERVICES**

INTRODUCTION

This course will enable students to acquire qualification towards successful learning of beauty services. Throughout the studies they will gain the knowledge and skills to provide a variety of basic beauty treatments and services to clients. Skills will be taught where they are able to start their own entrepreneurship ventures.

ELECTIVE-I

Class – XI

Theory+ Practical

50 Marks

Nail Technology and Retailing:I

A) Nail Technology:

1) Knowledge of Nail Science:

- Relevant Principals
- Health and safety procedures
- Anatomy and function of the lower arm and lower leg
- Structure and function of the lower arm and lower leg
- Anatomy of normal human nail
- Common problems of Nails & skin (Diseases and disorders of hands & feet)
- Contraindications
- Health care of skin and nail(during and after the treatment)

2) Manicure and Pedicure services:

- Prepare the service area and client
- Tools & Cosmetics
- Procedure of Manicure and Pedicure (Plain)
- Arm and leg massage
- Types of manicure
 - hot oil manicure
 - Paraffin wax manicure
 - French Manicure

3) Nail Art

- Prepare area & client for nail art service
- Nail cosmetics and design supplies
- Providing nail art services
- Create and apply nail design
- Types of nail art
 - Bullion beads
 - Pierced nail charm
 - Confetti decoration
 - Foil art
 - Respond to feedback and aftercare advice in maintaining nail design

4) Learning activities

5) Suggested answers

B) Retail make-up and skin care

1) Conduct financial transaction

- Operate point of sale equipment
- Use point of sale equipment
- Open and close a POST
- Clear POST and transfer tender
- Handle cash
- Maintain change and cash float
- Refund and exchange procedures
- Complete transaction error records
- Maintain adequate supplies of POST documentation
- Perform point of sale transactions
- Apply legislation
- Implement workplace transaction procedures
- Learn the transaction policies under EFTPOS
- Complete sales
- Complete client POS documentation
- Process client sales in a timely manner
- Remove and reconcile takings
- Maintain cash float record sheet
- Maintain transaction documents and register takings

2) Organise and maintain work areas

- Organise work area
- Maintain your work area
- Primacy and recency theory
- Housekeeping policy
- Housekeeping duties
- Clean your work area
- Personal hygiene practices
- Clean work area
- Remove and dispose of waste
- Remove potential hazards ensuring customer safety
- Precautions while disposing
- Hierarchy of disposal management

- 3) **Learning Activities**
- 4) **Suggested Answers**

ELECTIVE-II

Class – XI

Theory +Practical

50 Marks

Nail Technology and Retailing II

A) Art and science of makeup :

1) Section-A Skin Care Products:

- Introduction
- Prepare Service Area & Client
- Identify client's skin care needs
- Contraindications
- Apply & remove skin care products
- Advice on further product use

2) Section-B Make-up

- Introduction
- Prepare Service Area & Client
- Identify client's skin care needs
- Contraindications
- cleansing
- Analyses of face for make-up
- Corrective make-up
- Colour design principle to make up theory
- Design Make up plan
- Selection of equipment's & products
- Prevent cross infections
 - Apply make up
 - Strip eyelashes
- Advice on further product use

3) Learning activities

4) Suggested answers

B) Retail make-up and skin care

1. Communicate in the workplace

- Establish contact with customers
- Communicating in retail environment
- Who is my customer
- Communicate effectively with customer
- Good telephone communication
- Working in teams
- What makes a good team
- Avoiding and handling conflicts
- Learn to Avoid conflicts in the team
- Read and interpret retail documents
- Complete retail documents in line with store policy

2. Work effectively in retail environment

- Introduction to retailing
- What is retailing / retail organization
- Types of jobs in retailing
- Career development
- Being responsible in the workplace
- Learn to present yourself appropriately at work
- Being non-discriminatory in the workplace
- State anti-discrimination legislation
- Awards and agreements

3. Learning activities

4. Suggested answers

ELECTIVE-I**Class – XII****(Course Code: 770)****Theory +Practical****50 Marks****Art and science of Makeup and Retailing I****A) Nail Technology:****1) Ultra Violet gel nail enhancement:**

- Prepare the service area & client for service
- Requirement of tools & nail cosmetics
- Types of Nail gel enhancements service and benefits & disadvantages
- Deal with diseases, disorder & complications
- Knowledge of gel nail chemicals
- Remove artificial nails
 - Procedure for removal of temporary tips/acrylic nail/nail wraps
- Apply or refill artificial gel nails
 - File shapes in nails
 - Apply nail tips
 - Apply gel nail enhancement
 - Light coloured gel nail overlays
 - Sculptured gel nail
 - French white free edge
 - Refill & rebalance
 - Pink & French white backfill with gel
 - Adding fibre wrap to gel nails
 - No light gel application
- After Care advice

2) Acrylic nail enhancement:

- Prepare service area & client for service, tools & cosmetics
- Nail care commitment & procedure
 - Choosing the acrylic nail enhancements
 - Acrylic nails
 - Natural nail overlay
 - Tips & overlay
 - Rebalance/infill
 - Sculptured nails
 - Fabric wrap

- Temporary tips/party tips
- Acrylic nail complications
- Remove artificial nails(temporary tips/acrylic nails/nail wraps)
- Apply/refill artificial nails
 - File shape & apply nail tips
 - Apply acrylic nails & nail wraps
- Acrylic nail overlay procedure (over tips or natural nails)
- Apply acrylic enhancement to challenging nails
 - Bitten nails
 - Sky jump nails
 - Crooked nails
 - Hook nails
- Rebalancing
- Two colour method (pink & white backfill)
- Acrylic crack repairs
- Apply nail wraps
- Apply nail wrap rebalance/refill
- After care advice

3) **Electric file equipment for nails :**

- Prepare the service area & client for service.
- Identify the benefits of electric file use
- Deal with nail diseases & disorders
- Prepare yourself & work safely
- Identify & practice electric file techniques

4) **Advanced Nail Art:**

- Prepare the service area & client for service for air brush nail art
 - Tools & implements for air brushed nail art
 - Cleaning & maintaining air brush
- Deal with nail diseases, disorders & complications
- Apply air brushed nail art
 - Air brushed nail art designs techniques
 - Create & apply advanced nail art (tensil& glitter art)
- After care advice
 - Respond to feedback
 - Obtain & provide after care

5) Learning activities

6) Suggested answers

B) Retail make-up and skin care

1) Merchandise products

- Place and arrange merchandise
 - Identify the customer
 - Arrange and display merchandise
 - Identify unsuitable stock
 - Rotate stock
 - Applying the seven principles merchandising
 - Apply occupational Health & safety policy

- Maintain a Display

- Prepare Display Price Tickets and Labels
 - Analyse Tickets
 - Prepare Labels and Tickets
 - Store & Maintain Ticketing Equipment
 - Identify unsuitable Tickets

- Place , Arrange and Display price tickets & Labels

- Place correct/Labels on merchandise

- Replace Tickets and Labels

- Maintain Correct Price Information

- Protect Merchandise

- Applying correct handling storage and display techniques

2) Apply safe working practices

- Apply procedures for basic safety in workplace Occupational Health and Safety (OHS)
- Know your safety responsibilities
- Recognize hazards and unsafe work practices
- Take precaution to reduce risk
- Use safe manual handling methods
- Apply procedures for emergencies in the retail workplace
- Respond to illness and accidents
- Follow evacuation procedures

- Reporting accidents and incidents

3) Learning Activities

4) Suggested Answers

ELECTIVE-II

Class – XII

(Course Code: 771)

Theory +Practical

50 Marks

Art and science of Makeup and Retailing II

A) NAIL TECHNOLOGY

1) Ultra Violet gel nail enhancement

- Prepare the service area & client for service
- Requirement of tools & nail cosmetics
- Types of Nail gel enhancements service and benefits & disadvantages
- Deal with diseases, disorder & complications
- Knowledge of gel nail chemicals
- Remove artificial nails
 - Procedure for removal of temporary tips/acrylic nail/nail wraps
- Apply or refill artificial gel nails
 - File shapes in nails
 - Apply nail tips
 - Apply gel nail enhancement
 - Light coloured gel nail overlays
 - Sculptured gel nail
 - French white free edge
 - Refill & rebalance
 - Pink & French white backfill with gel
 - Adding fibre wrap to gel nails
 - No light gel application
- After Care advice

2)Acrylic nail enhancement

- Prepare service area & client for service, tools & cosmetics
- Nail care commitment & procedure
 - Choosing the acrylic nail enhancements
 - Acrylic nails
 - Natural nail overlay
 - Tips & overlay
 - Rebalance/infill
 - Sculptured nails
 - Fabric wrap
 - Temporary tips/party tips
- Acrylic nail complications
- Remove artificial nails(temporary tips/acrylic nails/nail wraps)
- Apply/refill artificial nails
 - File shape & apply nail tips
 - Apply acrylic nails & nail wraps
- Acrylic nail overlay procedure (over tips or natural nails)
- Apply acrylic enhancement to challenging nails
 - Bitten nails
 - Sky jump nails
 - Crooked nails
 - Hook nails
- Rebalancing
- Two colour method (pink & white backfill)
- Acrylic crack repairs
- Apply nail wraps
- Apply nail wrap rebalance/refill
- After care advice

3) Electric file equipment for nails

- Prepare the service area & client for service.
- Identify the benefits of electric file use
- Deal with nail diseases & disorders
- Prepare yourself & work safely
- Identify & practice electric file techniques

5) **Advanced Nail Art**

- Prepare the service area & client for service for air brush nail art
 - Tools & implements for air brushed nail art
 - Cleaning & maintaining air brush
- Deal with nail diseases, disorders & complications
- Apply air brushed nail art
 - Air brushed nail art designs techniques
 - Create & apply advanced nail art (tensil& glitter art)
- After care advice
 - Respond to feedback
 - Obtain & provide after care

6) **Learning activity**

7) **Suggested answers**

B)Retail make-up and skin care:

1) **Sell product and services:**

- Respond to customer enquiries
- Product knowledge
- Handle customer enquiries
- Approach the customer
 - Open the sale
 - Create a good first impression when approaching to customer
- Determine customer needs
- Use communication techniques
- Convert feature to benefits
- Analyse and match customer needs
- Communicate product features and usage
- Selling benefits
- Respond to customer objections
- Identify and accept customer objections and find solutions
- Close the sale
- Respond to customer buying signals
- Use closing techniques
- Maximize sales opportunities
- Identify opportunities for additional sales
- Finalize the sale

2) **Provide service to client**

- Receive , service and schedule client

- Receive clients and deliver service to clients
- Schedule Client
- Responds to client complains
 - Establish and resolve the nature of complain
 - Future remedies
- Identify and respond to special needs

3) Learning activities

4) Suggested answers

REFERENCE BOOKS

1. Beauty Therapy: The Foundation Level II, 2e by Lorraine Nordmann
2. Professional Beauty Therapy Level III, 2e by Lorraine Nordmann
3. Milady's Standard Cosmetology, ISBN:978-1-5625-3880-2
4. Reagents/ Prentice-Hall Textbook of Cosmetology by Mary Healy
5. Beauty Therapy: The Foundation Level II, 2e by Lorraine Nordmann
6. Professional Beauty Therapy Level III, 2e by Lorraine Nordmann
7. Milady's Standard Cosmetology, ISBN:978-1-5625-3880-2
8. Reagents/ Prentice-Hall Textbook of Cosmetology by Mary Healy
9. Great Hair by Davis Biton
10. The art of dressing long hair by Guy Kremer and JackinWadeson
11. Cobella's Styling and Colouring, DVD's. Beverly C.

COURSE COMMITTEE MEMBERS

- 1) Ms.Sangeeta Jain, Senior lecturer (Cosmetology &Health), M.B.I.T., New Delhi.
- 2) Ms.GurmeetKaur, PGT (Vocational) part time, GGSS School No. I, New Delhi.
- 3) Ms.Sita, Skin Expert, VLCC

**HEALTH
AND BEAUTY
STUDIES**

Introduction

This curriculum on Health Care and Beauty Culture has been developed for a two-year vocational course at +2 stage. It has been so designed that the trainees on completion of the course will be competent to start their own health care and beauty culture clubs, operate and care the equipment used for the purpose. The course intends to impart both theoretical knowledge and practical training most suited for both self and wage employment.

Objectives

1. The students after undergoing this course should be able to demonstrate understanding of anatomy and physiology, dietetics in relation to beauty culture and hair dressing.
2. Develop understanding of basic principles, properties, types of various cosmetics application and their effects.
3. To operate, handle and care of the equipment, implements used in beauty culture and hair dressing.
4. To treat the clients efficiently in the area of beautification and care of the body and hair.
5. To diagnose and treat abnormalities, correction of figure faults, skin and hair.
6. To impart basic knowledge of setting up a saloon/manufacturing of cosmetics.
7. To develop knowledge of cosmetics and its preparation for different purposes.
8. To be able to deal with the problems of the clients in case of mishaps or any problem.
9. To be a confident, in display of beauty/hair product and its use.
10. To train the students in practical skills to care in maintaining sound healthy skin and hair.
11. To train the clients in body perfection through yoga exercises.
12. Communicating effectively and clearly to the client while giving treatment

Theory

BEAUTY & HAIR – I

50 Marks

Section- I BEAUTY

Unit I SKIN CARE

a) **Facials**

- Structure of skin
- Types of Skin – Normal / Dry / Oily / Combination
- Knowledge of material, implements & equipment

b) **Facial Massage**

- Basic massage manipulation
- Preparation of client
- Procedure for plain facial, precaution and reminder

c) **Facials**

- Facial treatment for different skin type – preparation, procedures & precautions

i) Oily – Galvanic & exfoliation

ii) Dry – paraffin, gauze facial

iii) Ageing – Thermo herb

iv) Face packs and masks according to skin type

v) Contraindication

d) **Superfluous Hair**

- Factor responsible for unwanted hair
- Various terminology used for superfluous hair
- Various methods of hair removal
- Depilatory method of hair removal

i) Shaving

ii) Depilatory cream

- Epilatory method of hair removal

- i) Threading
- ii) Waxing
- iii) Laser / Thermolysis/ Electrolysis (Only basic knowledge)

e) **Bleaching**

- Theory of bleach
- Patch test of batch
- Types of bleach
- Knowledge of raw material / implements
- Preparation & procedure of bleach
- Precaution & reminder

Unit II: MANICURE & PEDICURE

Nail malformation:

a) Nail Disorders:

- Blue nail
- Bruised Nail
- Corrugation
- Hang nail / agnail
- Hypertrophy / thickening of nails
- Onychphagy
- Nail Biting

(only definitions / knowledge to be given)

b) Nail diseases

- Nail fungus
- Onychia
- Paronychia

(only definition / knowledge to be given)

Manicure

- Types, preparation, procedure/ massage technique, material equipments and implements precautions and reminders.

Pedicure

- Types of pedicure, procedure / massage technique, knowledge of raw material required, equipments / implements, precaution & reminders.
- Knowledge of footbath

Section-II: HAIR

Unit III Anatomy of Hair

- Structure of Hair
- Types of Hair
- Hair Growth

Unit IV Scalp Massage

- Definition of massage
- Massage manipulation
- Benefits of massage
- Trolley setting
- Procedure of scalp massage

Unit V Shampooing and Conditioning

- Types of shampoo & conditioners
- Trolley setting for shampoo
- Preparation of client
- Procedure of shampoo
- Precautions and contraindications
- Mehendi application procedure, benefits and contraindications

Unit VI Basic Hair Cutting & Styling

- i) Principles of Cutting
 - Shape of Head, Sectioning, Elevation, Cutting lines
 - Hair growth patterns
 - Hair Shaping
 - Precision Hair Cutting
 - Elevations
 - Procedure of Hair Cuts
- ii) Wet Styling
 - Roller Setting
 - Blow Drying

iii) Thermal

- Pressing Machine
- Electric Rollers
- Curling Tongue
- Crimping Machine

iv) Styling

- Factors to be considered before styling (Facial Shape, Profession, Age, Occasion, etc.)
- Judas
- Plaits / Braids
- Updoos (Use of accessories)

Class – XI

BEAUTY & HAIR – I

PRACTICAL

50marks

Section – I: BEAUTY

UNIT I Facials

- a) Basic trolley setting for facial
- b) Analysis of Skin
- c) Cleansing –superficial (pre-facial)
- d) Deep Cleansing Treatment
- e) Massage manipulations on face, neck and back
- f) Use of facial massager
- g) Choosing of facial product / face pack / face mask as per the skin type (professional / home remedies)
- h) Application & Removal
- i) Facial treatments for different skin types
 - Basic trolley setting
 - Analysis of skin type / skin problem
 - Procedure for Oily – Galvanic & exfoliation
 - Procedure for Dry – paraffin, gauze facial
 - Procedure for Ageing – Thermo herb
- j) Precautions and Reminders
- k) Contraindications

UNIT II Superfluous Hair

- a) Judging of brow length
- b) Shape of eye brows

- c) Method of eye brow shaping
 - Threading (self, professional)
 - Tweezing
- d) Basic Trolley Setting
- e) Preparation of Client
- f) Procedure of Depilatory methods – Shaving and Depilatory Creams
- g) Procedure of Epilatory Methods
 - Threading
 - Waxing
- h) Precautions and Reminders
- i) Contraindications

UNIT III Bleaching

- a) Basic trolley setting for bleach
- b) Patch Test / Pre-Bleach Treatment
- c) Procedure for different types of bleach cream powder
- d) Moisturizing / cold compression (post-bleach treatment)
- e) Precautions and Reminders
- f) Contraindications

UNIT IV Manicure / Pedicure

- a) Basic table / counter setting set up
- b) Selection of nail shape and shaping of nail
- c) Procedure of – Plain Manicure
 - Oil Manicure
 - French manicure
 - Booth manicure
 - Spa manicure
 - Nail Art
- d) Procedure for pedicure – paraffin, electric pedicure
- e) Hand massage and foot massage techniques

- f) Precautions and Reminders
- g) Contraindications

Section – II:HAIR

UNIT I Scalp Massage

- a) Care of different hair types – Dry, oily, split, damaged, under nourished, chemically treated
- b) Selection of Hair Oil and Hair Mask
- c) Basic Trolley setting for head massage
- d) Procedure of Scalp Massage treatment
- e) Precautions and Reminders
- f) Contraindications

UNIT II Shampooing and Conditioning

- a) Preparing the client for shampooing
- b) Procedure
- c) Use of conditioners and rinses for different hair types
- d) Home remedies and professional remedies for different types of hairs
- e) Mehendi application
- f) Precautions and Reminders
- g) Contraindications

UNIT III Basic Hair Cutting & Styling

- a) Knowledge of cutting tools
- b) Cleaning of cutting tools
- c) Sectioning of hair according to hair growth patterns
- d) Preparation of client
- e) Procedures of ---
 - Trimming, Diagonal Forward and Backward Hair Cuts
 - Blunt cut, Tapered Cut, Graduation in long and short hair
- f) Precaution and Reminders

UNIT IV Wet Styling

- a) Procedure of blow drying
- b) Roller setting-on base, off base, half base
- c) Finger Waving / Gel Styling

UNIT V Thermal Styling

- a) Setting of basic trolley for thermal styling
- b) Use of cosmetics for thermal styling
- c) Procedures of Thermal Styling using different tools and equipment's-
Dryers, Pressing Comb, Electric Roller, Curling Tongue, Crimping Machine
- d) Precautions and Contraindications

UNIT VI Styling

- a) Back combing on the head and on switches
- b) Styling on switches (inter locking, types of rolls, use of spray)
- c) Fixing of hair piece on client's head
- d) Braiding – French plait, khajuri and other types of braiding

ELECTIVE-II

Theory

**Class XI
Holistic Health – I**

50marks

Section I

Unit I Anatomy & Physiology

Knowledge of human body and A/P related to cosmetology & holistic health

- a) Structures and functions of cell and tissues
- b) Study of skin and its appendages(Nail & hair)
- c) Basic knowledge of various systems
 - Skeletal system(Detail study of facial & neck bones)
 - Joints(Place & names)
 - Muscular system(Facial & neck in detail)
 - Respiratory system

Unit II Diet and Nutrition

- a) Definition of health, food and nutrition
- b) Function of food – Physiological, social and psychological
- c) Food nutrients – Function, sources, deficiency and excess- Proteins, carbohydrates, fats, minerals(iodine, iron, calcium, phosphorous, potassium & sodium), Vitamins(water soluble B & C and fat soluble A,D,E &K), water, fibre
- d) Food groups, concept of balance diet and meal planning.
- e) Diet for different age groups, food fads and fast foods.

Unit III Yoga & Body care

Importance of yoga in cosmetology & holistic health

- a) Evolution of Yoga
- b) Ashtang yoga
- c) Sukshamvyamyam (1-48)
- d) Yogic balance diet
- e) Basic asnas(sukhasana, padmasana, vajrasana, gomukhasana, janushishasana, trikonasana, tarasana, katichakrasana, bhujangasana, shalbasana(10)
Posture, correct posture(sitting, standing or walking)

Unit IV Indian and International body therapies

INDIAN

- a) Naturopathy
 - Basic principles of naturopathy
 - Elements of body(5)
 - Treatment of body by
 - Hydrotherapy
 - Colour therapy
 - Mudtherapy
- b) Ayurveda
 - Tridoshas
 - Threegunas
 - Prakruti of body
 - Knowledge of Mukhelpa

INTERNATIONAL

- b) Massage and its benefits
- c) Five scientific movements of massage
- d) Elementary knowledge of international massage therapy
 - Aroma therapy
 - Deep tissue massage
 - Lymphatic drain massage

- Stone massage
- Sports massage
- Swedish massage

Unit V Basic Health and Safety

To meet minimum occupational standards

- Basic hygiene Standards
- Standard procedures for safety and cleanliness

UNIT VI Business Studies

- Finding & keeping staff
- Book keeping
- budgeting
- Marketing

Class XI

Holistic Health – I

PRACTICAL

50 marks

UNIT I YOGA , AYURVEDA AND BODY CARE

- a) Practice of sukhshamvyamyas
- b) Practice of various asanas as given in theory
- c) Posture(study of correct posture, sitting, standing, walking)
- d) Viva – file work and project work
- e) Practical demonstration of Mukhelps on a model.

UNIT II DIET AND NUTRITION

- a) Display of various food products which contains various nutrients
- b) Seasonal diet, display of various diets
- c) Diet planning for adolescent girl
- d) Diet planning for putting on and reducing for girl(16-19yrs)
- e) Planning a standard balanced diet for a week.

UNIT III INDIAN & INTERNATIONAL THERAPIES

- a) Patron's consultation
- b) Practical demonstration of five classical massage movements and practice of the same with use of various aroma oils and stones in massage
- c) Swedish massage demo and practice
- d) file/project work

ELECTIVE-I

CLASS XII

(Course Code: 745)

Theory

BEAUTY & HAIR – II50 marks

Section - I: BEAUTY

A. Make-up

UNIT I Introduction

- a) Brief history of Make-up
- b) Objectives of make-up application
- c) Cosmetics for make-up
- d) Make-up brushes and other tools
- e) Makeup colour theory
- f) Contraindications
- g) Health & Safety Precautions

UNIT II Basic Make-up Application

- a) Client Consultation
- b) Determining Skin Type and Colour
- c) Preparing the workspace
- d) Selecting make-up colours
- e) Preparation of Client
- f) Preparation for make-up
- g) Application of make-up

UNIT III Corrective Make-up

- e) Ideal face proportions and features
- f) Analyzing features and face shape
- g) Techniques of corrective make-up application for face, eyes, eyebrows, lips, skin tones, wrinkles

UNIT IV Special Make-up Techniques

- a) Day make-up
- b) Evening make-up
- c) Bridal make-up
- d) Fantasy Make-up
- e) Ramp make-up
- f) Theatre and Television make-up
- g) Photographic Make-up
- h) Makeup for mature skin
- i) Basic Body Art / Tattooing

Section -II: HAIR

Unit I Disorder of Hair and Scalp

- a) Hair loss – Types, reason and treatments
- b) Canities (grey hair)
- c) Pediculosis
- d) Dandruff

UNIT II Advanced Cutting & Styling

- a) Study of Facial Shape, Bone Structure, Body Structure, Profession, Age, Occasion,
- b) Hair Cutting and Styling as per Facial Shape
- c) Selection of Tools
- d) Procedures for latest trends and cuts (Short and Long both)

— Advance Hair Styling

- a) Evening Hair styles, party hair style, bridal hair style and ramp hair styles.

- b) Styling on Artificial Aids.

— **Permanent Waving / Straightening**

Permanent Waving

- a) Meaning of permanent waving
- b) Principle of perming
- c) Examination of the scalp
- d) Perming techniques – preparation and procedure – wrapping techniques
- e) Maintaining the record card & client's history
- f) Test curl
- g) Factors responsible for failure of perming and their solutions.

— **Straightening / Relaxing**

- a) Meaning of relaxing
- b) Principles of relaxing
- c) Examination of the scalp
- d) Strand test of relaxer
- e) Preparation & procedure of relaxing
- f) Record card & client's history

— **Hair colouring and Lightening**

Hair Colouring

- a) Purpose of hair coloring
- b) Law of colors – primary, secondary & complimentary
- c) Types of Hair Coloring:
-- Temporary, Semi Permanent, Permanent
- d) Strand Test
- e) Patch Test
- f) Procedure of Hair Coloring
- g) Precautions and contraindication

— **Bleaching and Lightening**

- a) Definition of bleaching
- b) Chemistry of Bleaching
— Activating the Bleach
- c) Causes of over Bleach
- d) Choice of Bleach

Class- XII

BEAUTY & HAIR – II

PRACTICAL

50 Marks

Section -I: BEAUTY

UNIT I Make-up

Practice in facial make-ups

- a) Trolley setting
- b) Planning the make-up
- c) Blending techniques for colors
- d) Choosing make-up colors as per skin/hair, eye, clothing
- e) Analysis of facial shape before make-up
- f) Practice of make-up under different lights

— **Corrective and Camouflage Make-up**

— **Special Make-up techniques**

- a) Day make-up
- b) Evening make-up
- c) Bridal make-up
- d) Make-up for mature skin
- e) Theatre and T.V. make-up
- f) Practice in Body Art / Fantasy Make-up

Section -II: HAIR

UNIT II Disorders of Hair and Scalp

- a) Herbal Treatments for Dandruff
- b) Falling Hair
- c) Greying Hair
- d) Pediculosis groups and work
 - Labourer
 - Sedantory worker
 - Pregnant /lacting mother
 - Diet for healthy skin and hair
 - File-projects-charts

UNIT III Advanced Cutting & Styling

— Advance Hair Cuts (Short & Long)

Hair Cutting and Setting as per:-

- a) Facial Shape

- b) Body structure
- c) Profession
- d) Age
- e) Occasion
- f) Fashion Trend etc.

— **Advance Hair Styling**

- a) Evening Hair styles, party hair style, bridal hair style and ramp hair styles.
- b) Styling on Artificial Aids.

UNIT IV Permanent Waving / Straightening

— **Permanent Waving**

- a) Basic preparation of trolley for perming
- b) PH testing knowledge of acidic / alkaline
- c) Hair analysis
- d) Preparing & planning the perm
- e) Strand test
- f) Sectioning & sequence of winding
- g) Winding techniques – basic, spiral, directional, staggered (brick winding), Weave binding, double winding, piggy back winding processing & developing.
- h) Testing curl
- i) Neutralization
- j) Practice in other type of perming rods – chop sticks, u-stick, foam rollers etc.

— **Straightening / Relaxing**

- a) Preparation of trolley for relaxation
- b) Analysis of Hair
- c) Relaxing method & procedure – kinky / curly / coarse
- d) Strand test for relaxing
- e) Neutralization
- f) Cleansing & conditioning
- g) Contraindications

UNIT VI Hair colouring and Lightening

— **Hair Colouring**

- a) Selection of color -Study of color depth & tone
- c) Application of different types of colors
 - i) Chemical
 - ii) Vegetable
- d) Patch test (skin test, color test, priority test, incompatibility test strand test)

— **Bleaching and Lightening**

- a) Chemistry of bleaching
- b) Color variants-high lightened, low lightened
- c) Tipped, frosted scrunching, comb technique

UNIT VII Preparation of Herbal Cosmetics

- a) Face Pack
- b) Hair Packs
- c) Creams
- d) Shampoos
- e) Hair Oils
- f) Nail Polish Remover
- g) Depilatory Wax
- h) Exfoliating Mask and Scrub

ELECTIVE- II

CLASS XII

(Course Code: 746)

Theory

Holistic Health II

50marks

UNIT I ANATOMY & PHYSIOLOGY

Brief study of various systems

- a) Nervous system
- b) Endocrine system
- c) Circulatory/lymphatic system
- d) Digestive system
- e) Excretory system(kidneys)
- f) Disorders in brief (joint, hormone, basic physiological)

UNIT II DIET AND NUTRITION

- a) Methods of Cooking and effect on food by dry heat, moist heat and use of oil
- b) Technologies to improve the quality of food – germination, fermentation and fortification.
- c) Body Mass Index(BMI), BMR, expected height and weight for ages
- d) Diet for life style related disorders: Obesity, underweight, Hypertension
- e) Diet for summer, winter and rainy season
- f) Diet for healthy skin and hair
- g) Diet for weight loss

Sample diet for different age groups.

UNIT III YOGA AND HEALTH

- a) Surya namaskar(mantra and exercises 1-12)
- b) Shat kramas(1-6)

- c) Bhavshudhi
- d) Asana
 - Suptvajrasana
 - Paschimutanasana
 - Ardhamatsendrasana
 - Konasan
 - Matsyasana
 - Virasana
 - Makrasana
 - Sinhasana
 - Chakrasana
 - Savasana
 - Sarvangasana
 - Halasana

e)Pranayama(1-8)

f) Sthulvyamyas

UNIT IV INDIAN AND INTERNATIONAL BODY THERAPIES

- a) Detail knowledge and study of shirodhara
- b) Detail study of
 - hydro therapy
 - colour therapy
 - mud therapy(lepa)
 - body wrap (hot & cold treatment) to detoxify the body
- c) jacuzee hydro massage
- d) Modern trends in spa, meditourisummedi – spa
- e) Acupressure massage
- f) Shiatsu
- g) Reiki
- h) Detail knowledge of reflexology massage

Unit V Basic Health and Safety

To meet minimum occupational standards

- Disease caused by Unhygienic practices.

UNIT VI Business Studies

- Planning and establishing of a Spa/salon

- Spa menu
- Stock control
- Communication in Spa & beauty Industry

Class XII
Practical

Holistic Health II

50marks

UNIT I YOGA AND HEALTH

- a) History and consultation of patron
- b) Demo and practice of sthulvyamya
- c) Demo and practice of suryanamaskar
- d) Demo and practice of shat karma
- e) Practice of all asanas as in theory
- f) Practice of mudra and bandha
- g) Practice of prayanama as in theory(1-8)
- h) file-project work

UNIT II DIET AND NUTRITION

- a) Various method of cooking to protect nutritive value of food
- b) Diet plan for various age groups and work
 - Labourer
 - Sedantory worker
 - Pregnant /lacting mother
 - Diet for healthy skin and hair
 - File-projects-charts

UNIT III INDIAN AND INTERNATIONAL BODY THERAPIES

- a) Demo and practice of shirodhara
- b) Demo and practice of hydro therapy, colour therapy, mud therapy for various ailments(joint pain, high B.P, thyroid, diabetic)
- c) Body wrap(hot & cold)
- d) Spa treatments(head to toe)
- e) Demonstration and practice of reflexology massage

Standard list of Tools and Equipments Trade Skill-I &II

Trainees personal kit		
1.	Pack & Bleach Brush	01 No.
2.	Nail Brush	01 No.
3.	Head Band	01 No.
4.	Eye Lash curler	01 No.
5.	Manicure set	01 No.
6.	Cuticle cutter	01 No.
7.	Pedicure set	01 No.
8.	Wax applicator	01 No.
9.	Spray Bottle	01 No.
10.	Small Bowls	01 No.
11.	Make-up brush set	01 No.
12.	Make-up sponge	01 No.
13.	Artificial Eye lash set	01 No.
14.	Black head remover	01 No.
15.	Towels	As per requirement
16.	Dye brush	01 No.
17.	Gloves	01 No.
18.	Cutting Sheet	01 No.
19.	Hair cutting scissor	01 No.
20.	Setting Clips	As required
21.	Bob pins	As required
22.	Jura pins	As required
23.	Open teeth comb	01 No.
24.	Styling comb	01 No.
25.	Tail Comb	01 No.
26.	Switch stand	01 No.
27.	Plain switch	01 No.
28.	Swiggle	01 No.
29.	Plaits	01 No.
30.	Razor comb	01 No.
31.	Hair Accessories	As per requirement

TOOLS & EQUIPMENTS

Sr. No.	Description Name	Quantity
1.	Tray	20 No.
2.	Manicure Bowls/ Pedicure Tubs	20 No. each
3.	Vibro Massagers	4 No.
4.	Wax Heater with Thermostat with double bowl	06 No.

5.	Manicure Tables with lamps	6 No.
6.	Stools for Manicure	20 No.
7.	Complete Facial Machine Latest	03 No.
8.	Vapozone Electronic	02 No.
9.	UV Sterlizer	04 No.
10.	Facial beds	06 No.
11.	Hot plate	02 No.
12.	Heater	02 No.
13.	Heat Convector	02 No.
14.	Air Conditioner Split 2 ton with Stabilizer	02 No. each Lab.
15.	Mirror Panel	20 No.
16.	Saloon Chairs	12 No.
17.	Hot Towel Cabinet	02 No.
18.	Refrigerator	02 No.
19.	Faculty Table Chair	02 No.
20.	Manicure Trolley	06 No.
21.	Facial Trolley	06 No.
22.	Make- up colour mixing plate	04 No.
23.	Equipment Trolley	06 No.
24.	Professional Massager	02 No.
25.	Muscle Stimulator	02 No.
26.	Geyser 25kts	02 No. each
27.	Immersion Rod 1500 wts	04 No.
28.	Pedistation	06 No.
29.	UV lamps 36w with timer for nails	06 No.
30.	Wash Units (Basins)	04 No.
31.	Galvanic	02 No.
32.	Almirah	06 No.
33.	Display Board	06 No.
34.	Hair Rollers (small, Medium, and large)	12 dz. Each
35.	Perming Rollers (Ladder perm, star perm, chopsticks, wood perm, circle rod)	12 dz. Each
36.	Ringlette Rollers (small, Medium and large)	12 dz. Each
37.	Plain Bun	20 No.
38.	Hair Clipper Mechanical	12 No.
39.	Cutting Scissor	12 No.
40.	Thinning Scissor	12 No.
41.	Hair Dusting soft brush	12 No.

42.	Wigs with skin parting/woven on net	12 No.
43.	Hair extension kits (Temporary) may be purchased as required after two years	20 No.
44.	Neck Tray	12 No.
45.	Dye Bowl	12 No.
46.	Colour Scale	02 No.
47.	Crimpling Tongue	6 No.
48.	Curling Rod	6 No.
49.	Pedestal Hood Hair dryer	3 No.
50.	Hand Hair Dryer Heavy duty	12 No.
51.	Hair Clipper Electrical	6 No.
52.	Diffuser	6 No.
53.	Scalp Steamer electronic	2 No.
54.	Electric roller Set (20 rollers in 3 sizes)	3 No.
55.	Shampoo station with chair	4 No.
56.	Dummy Head on stand with slip on	20 No.
57.	Front wash basin	4 No.
58.	Infrared Lamp	4 No.
59.	Sterilizing Unit Wet	2 No.
60.	Sterilizing Unit Dry	2 No.
61.	Dressing Out chairs	20 No.
62.	Trollies	12 No.
63.	Student Lockers with 12 cabinets	04 No.
64.	Saloon Chairs	12 No.
65.	Curtains for lab.	As per requirement
66.	Back View Mirror	12 No.
67.	Hair Curler Set	01 No.

CommitteeMembers

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