

HEALTH & BEAUTY

CLASS–XII ELECTIVE BEAUTY & HAIR (745) THEORY

Time: 2.5 Hours

Marks: 50

SECTION–I: BEAUTY

Unit–I: Make-Up 5

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 5

- (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 6

- (a) Ideal face proportions and features.
- (b) Analyzing features and face shape.
- (c) Techniques of corrective make-up application for face, eyes, eyebrows, lips, skin tones, wrinkles.

Unit–IV: Special Make-Up Techniques 9

- (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 4

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

Unit-II: Advanced Cutting & Styling 5

- (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**

Unit-III: Permanent Waving 6

- (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.

Unit-IV: Hair Colouring and Lightening 5

Hair Colouring

- (a) Purpose of hair coloring.
- (b) Law of colors – primary, secondary & complimentary.
- (c) Types of Hair Coloring.

Temporary, Semi Permanent, Permanent

- (a) Strand Test.
- (b) Patch Test.
- (c) Procedure of Hair Coloring.
- (d) Precautions and contraindication.

Unit-V: Bleaching and Lightening

5

- (a) Definition of bleaching.
- (b) Chemistry of Bleaching.
- **Activating the Bleach**
 - (a) Causes of over Bleach.
 - (b) Choice of Bleach.

PRACTICAL

Time: 2.5 Hours

Marks: 50

SECTION-I: BEAUTY

Unit-I: Make-Up

25

- **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

3

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

Unit-III: Advanced Cutting & Styling

6

- **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

6

- **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–V: Hair Colouring and Lightening

5

- **Hair Colouring**
 - (a) Selection of color -Study of color depth & tone.
 - (b) Application of different types of colors.
 - (i) Chemical.
 - (ii) Vegetable.
 - (c) 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–VI: Preparation of Herbal Cosmetics

5

- (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.

CLASS–XII
ELECTIVE
HOLISTIC HEALTH (746)
THEORY

Time: 2.5 Hours

Marks: 50

Unit–I: Anatomy & Physiology

5

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

5

- (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.
- (h) Sample diet for different age groups.

Unit–III: Yoga and Health

15

- (a) Surya namaskar (mantra and exercises 1-12).
- (b) Shat kramas (1-6).
- (c) Bhavshudhi.
- (d) Asana.
 - Suptvajrasana.
 - Paschimutanasana.
 - Ardhmatsendrasana.
 - Konasan.
 - Matsyasana.
 - Virasana.
 - Makrasana.
 - Sinhasana.

- Chakrasana.
 - Savasana.
 - Sarvangasana.
 - Halasana.
- (e) Pranayama (1-8).
- (f) Sthulvyamyas.

Unit-IV: Indian and International Body Therapies

15

- (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) Jacuzzi hydro massage.
- (d) Modern trends in spa, medi-tourism, medi-spa.
- (e) Acupressure massage.
- (f) Shiatsu.
- (g) Reiki.
- (h) Detail knowledge of reflexology massage.

Unit-V: Basic Health and Safety

5

To meet minimum occupational standards.

- Disease caused by Unhygienic practices.

Unit-VI: Business Studies

5

- Planning and establishing of a Spa/salon.
- Spa menu.
- Stock control.
- Communication in Spa & beauty Industry.

PRACTICAL

Time: 2.5 Hours

Marks: 50

Unit-I: Yoga and Health

15

- (a) History and consultation of patron.
- (b) Demo and practice of sthulvyamyas.
- (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 pranayama as in theory (1-8).
- (h) file-project work.

Unit-II: Diet and Nutrition**10**

- (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**25**

- (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.

