

CBSE | DEPARTMENT OF SKILL EDUCATION

CURRICULUM FOR SESSION 2020-2021

BEAUTY AND WELLNESS (CODE-407)

JOB ROLE: ASSISTANT BEAUTY THERAPIST

RATIONALIZED CURRICULUM FOR CLASS-X FOR SESSION 2020-21

Total Marks: 100 (Theory-50 + Practical-50)

	UNITS	NO. OF HOURS for Theory and Practical 200		MAX. MARKS for Theory and Practical 100
		Theory (In Hours)	Practical (In Hours)	Marks
Part A	Employability Skills			
	Unit 1 : Communication Skills-II	10		10
	Unit 2 : Self-Management Skills-II	10		
	Unit 3 : Information and Communication Technology Skills-II	10		
	Unit 4 : Entrepreneurial Skills-II	15		
	Unit 5 : Green Skills-II	05		
	Total	50		10
Part B	Subject Specific Skills			
	Unit 1 : Basic Skin care Services	15	30	40
	Unit2: Basic Depilation Services	12	28	
	Unit3 : Perform Simple Make Up Services	12	28	
	Unit 4: Create a Positive impression	02	08	
	Total	40	95	40
Part C	Practical Work			
	Practical Examination			20
	Written Test			10
	Viva Voce			10
	Total			40
Part D	Project Work/Field Visit			
	Practical File/ Student Portfolio		15	10
		Total		10
	GRAND TOTAL		200	100

DETAILED CURRICULUM/TOPICS:

Part-A: EMPLOYABILITY SKILLS

S. No.	Units	Duration in Hours
1.	Unit 1: Communication Skills-II	10
2.	Unit 2: Self-management Skills-II	10
3.	Unit 3: Basic Information and Communication Technology Skills-II	10
4.	Unit 4: Entrepreneurial Skills-II	15
5.	Unit 5: Green Skills-II	05
	TOTAL	50

NOTE: For Detailed Curriculum/ Topics to be covered under Part A: Employability Skill scan be downloaded from CBSE website.

Part-B – SUBJECT SPECIFIC SKILLS

- UNIT 1 : BASIC SKIN CARE SERVICES
- UNIT 2 : BASIC DEPILATION SERVICES
- UNIT 3 : PERFORM SIMPLE MAKE UP SERVICES
- UNIT 4 : CREATE A POSITIVE IMPRESSION

UNIT 1: BASIC SKIN CARE SERVICES:

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1	Perform basic skin care services	<ol style="list-style-type: none">1. Anatomical structure of the skin - The layers of the epidermis: the dermis, the subcutaneous layer; the hair follicle, the hair shaft, the sebaceous gland, arrector pili muscle, sweat gland, and sensory nerve endings2. Functions of the skin – Sensitivity, heat regulation, absorption, protection, excretion, secretion and vitamin D production3. Characteristics of the skin and skin types – oily, dry, combination etc.4. Actions of the facial, neck and shoulder muscles – bones of the head, neck and shoulder girdle, position of the head, face, neck, chest and shoulder*.	<ol style="list-style-type: none">1. Draw & label the structure of skin.2. Demonstration of various facial strokes, muscles, pressure points & lymphatic drainage3. Identification of skin type & condition4. Perform facial strokes on dummies5. Demonstration of performing cleansing process6. Analyzing skin sensitivity & conduct patch test7. Demonstration for bleach preparation & application.

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
		5. Effect of the natural ageing process on the skin, facial muscles and muscle tone 6. Different types of skin products and methods to apply 7. Importance of cleansing, toning, patch test & bleach. 8. Need for skin warming, different types of skin warming devices and its effect on the skin 9. Black head/ white head extraction 10. Bleach preparation & application 11. Face clean-up 12. Different types of masks and their effects on the skin Masks: Cream, warm oil, clay, peel off, thermal, etc. links between mask application timing and skin condition	8. Identification of products suitable for skin type 9. Demonstration of the process of extraction using comedon extractor 10. Application of mask 11. Perform toning & moisturizing of skin

(* To be assessed in Practicals only. No question shall be asked from this portion in Theory Exams)

UNIT 2: BASIC DEPILATION SERVICES

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	Basic Depilation Services Waxing	1. Equipment, materials, products, techniques and treatment planning for waxing 2. Anatomy and physiology of skin that relates to waxing treatment 3. Contra-indications & contra-actions that affect or restrict waxing treatments 4. Understand how to work safely and effectively when providing waxing treatments to the clients 5. Various techniques associated with and working temperatures for the different types of hot wax and warm wax 6. Suitability of specific products based on hair type/ hair growth	1. Conduct skin test to check for reaction 2. Assess the hair growth pattern 3. Demonstrate pre- & post preparation of client for waxing 4. Demonstration of the process for warming the wax 5. Perform waxing process as per requirement

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
		<p>7. Method of application and removal of waxing products in relation to the direction of hair growth</p> <p>8. Advantages, disadvantages and limitations of facial waxing and suitable alternative facial hair removal procedures e.g. sugaring, tweezing, shaving, depilatory creams, electrical depilatory, abrasive mitts, depilation, intensive pulse light, laser</p>	
2.	Threading	<p>1. Types of tools and materials used for threading - e.g. scissors, disposable eyebrow brush etc. materials: thread</p> <p>2. Types of products suitable for pre- and post-threading services</p> <p>3. Different types of threading techniques</p> <p>4. Shape and proportion of the eyebrows in relation to facial features and existing eyebrow shape</p> <p>5. Method to carry out the threading techniques</p> <p>6. Adapting the threading techniques to suit male client requirements e.g. removing external hair on ears and nose</p> <p>7. Aftercare procedures and considerations for threading services</p>	<p>1. Select threading tools, materials and equipment</p> <p>2. Demonstration of threading process for hair removal</p> <p>3. Application of pre- & post products during threading.</p>

UNIT 3: SIMPLE MAKE UP SERVICES

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	Perform Simple Make Up Services	<ol style="list-style-type: none"> 1. Basic skin types and skin tones. (Oily, dry, normal and combination; Skin tone: Fair, dark, pink, yellow, pale) 2. Select and apply the correct make-up products to enhance facial features, to suit the client's needs and achieve the desired effect 3. Various Make-up products: Foundation, powder, blusher, mascara, eye shadows, eye liner, eyebrow pencil, lip liner and lip stick/gloss, etc. 4. Basic bindi designs* 5. Different draping techniques. 6. Various make-up removal products and procedures 	<ol style="list-style-type: none"> 1. Identify basic skin types and skin tone correctly. 2. Select and apply the correct make-up products to enhance facial features, suit client's needs and achieve the desired effect. 3. Demonstration of different make-ups: Day, Party and Evening make-ups. 4. Application of bindi design 5. Demonstration of draping costumes on customer using correct techniques and without discomfort to the customer 6. Using make-up removers, cleansers and toners to remove make-up

(* To be assessed in Practicals only. No question shall be asked from this portion in Theory Exams)

UNIT 4: CREATE A POSITIVE IMPRESSION AT THE WORKPLACE

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	Create Positive impression at work place (Client care and communication in beauty industry)	<ol style="list-style-type: none"> 1. Effective consultation techniques to identify treatment objectives 2. Effective communication techniques when dealing with clients 3. Professional etiquettes 	<ol style="list-style-type: none"> 1. Role plays to demonstrate right consultation & communication techniques with clients. 2. Demonstrate client handling methods citing situational examples