

CBSE | DEPARTMENT OF SKILL EDUCATION

CURRICULUM FOR SESSION 2021-2022

BEAUTY AND WELLNESS (SUBJECT CODE-807)

JOB ROLE: BEAUTY THERAPIST

CLASS – XI & XII

COURSE OVERVIEW

This course is designed for the students to learn about and perform the basics of beauty therapy and maintain hygiene and safety at workplace. The students would gain knowledgeable about various beauty products and will be able to perform basic depilation, manicure, pedicure and basic face care services. They will be able to assist Beauty Therapist in providing advanced services. The students will be trained in the correct usage and handling to perform the skin treatments safely.

SCHEME OF UNITS

This course is a planned sequence of instructions consisting of units meant for developing employability and vocational competencies of students of Class XI opting for skill subject along with other education subjects.

BEAUTY AND WELLNESS (SUBJECT CODE-807)

CLASS – XI (SESSION 2021-2022)

Total Marks: 100 (Theory – 60+ Practical – 40)

	TERM	UNITS	NO. OF HOURS for Theory and Practical		MAX. MARKS for Theory and Practical
Part A	Employability Skills				
	TERM I	Unit 1 : Communication Skills-III	10		05
		Unit 2 : Self-Management Skills-III	10		
		Unit 3 : ICT Skills-III	10		
	TERM II	Unit 4 : Entrepreneurial Skills-III	15		05
		Unit 5 : Green Skills-III	05		
		Total	50	10	
Part B	Subject Specific Skills		Theory	Practical	Marks
	TERM I	Unit 1: Introduction to Beauty and Wellness Industry and Beauty Therapy	10	20	25
		Unit 2: Skin Care Services	20	45	
	TERM II	Unit 3: Manicure and Pedicure Services	15	35	25
		Unit 4 : Depilation Services	15	35	
			Total	60	135
Part C	Practical Work				
		Practical Examination			15
		Written Test			10
		Viva Voce			10
			Total		
Part D	Project Work /Field Visit /Practical File/Student Portfolio				05
			Total		
		GRAND TOTAL	260		100

BEAUTY AND WELLNESS (SUBJECT CODE-807)

CLASS – XII (SESSION 2021-2022)

Total Marks: 100 (Theory – 60+ Practical – 40)

	TERM	UNITS	NO. OF HOURS for Theory and Practical		MAX. MARKS for Theory and Practical
Part A	Employability Skills				
	TERM I	Unit 1 : Communication Skills-IV	10		5
		Unit 2 : Self-Management Skills- IV	10		
		Unit 3 : ICT Skills- IV	10		
	TERM II	Unit 4 : Entrepreneurial Skills- IV	15		5
		Unit 5 : Green Skills- IV	05		
		Total	50		10
Part B	Subject Specific Skills		Theory	Practical	Marks
	TERM I	Unit1:MakeUp Services	20	55	25
		Unit2: Facial Beauty Services	10	30	
	TERM II	Unit2: Facial Beauty Services	10	30	25
		Unit3: Salon Reception Duties	06	14	
		Unit4: Create a positive impression at workplace	06	14	
		Total	52	143	50
Part C	Practical Work				
		Practical Examination			15
		Written Test			10
		Viva Voce			10
			Total		
Part D	Project Work/ Field Visit/ Practical File/ Student Portfolio		15		05
			Total	15	05
		GRAND TOTAL	260		100

DETAILED CURRICULUM/TOPICS FOR CLASS XI

PART-A: EMPLOYABILITY SKILLS

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

NOTE: Detailed Curriculum/ Topics to be covered under Part A: Employability Skills can be downloaded from CBSE website.

PART-B – SUBJECT SPECIFIC SKILLS

- Unit 1: Introduction to Beauty and Wellness Industry and Beauty Therapy
- Unit 2: Skin Care Services
- Unit 3: Manicure and Pedicure Services
- Unit 4: Depilation Services

UNIT-1: INTRODUCTION TO BEAUTY AND WELLNESS INDUSTRY AND BEAUTY THERAPY

S. NO.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	Identify various career opportunities & methods within the beauty sector.	1. Introduction to beauty & wellness industry	1. Identify & enlist various beauty & wellness service providers 2. Prepare a project report on any organization present locally. The report should include the following– <ul style="list-style-type: none">• Size• Service• Equipment• Manpower

S. NO.	LEARNING OUTCOMES	THEORY	PRACTICAL
2.	Identify different services in beauty therapy	1. List different services in beauty therapy <ul style="list-style-type: none"> • Pedicure & Manicure • Threading • Waxing • Bleach • Face clean up • Makeup • Hairdo • Mehendi 	1. Demonstration of different services used in beauty therapy
3.	Prepare and Maintain work area	1. Various set ups for treatment work area. 2. Different sterilization and disinfection process 3. Method to prepare client record cards 4. Pre & post treatment preparation for clients 5. Waste Disposal methods 6. Safe & effective hygiene practices for beauty services	1. Prepare and maintain the treatment work area 2. Fill up client record cards appropriately 3. Prepare the client for treatment 4. Sterilize & disinfect equipment & tools 5. Segregate & dispose-off waste accordingly.
4.	Maintain Health & Safety at Work Area	1. Understand the manufacturer's instructions related to equipment and product use and cleaning. 2. Contra-indications related to beauty treatments. 3. Knowledge of applicable legislation relating to the workplace 4. Norms for storing & handling products, tools and equipment safely to meet with the manufacturer's instructions	1. Read the information on the labels of beauty products 2. Identify contraindications of various beauty treatments 3. Storing & handling of products tools and equipment safely.

UNIT-2: SKIN CARE SERVICES

S. NO.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	Perform 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 endings 2. Functions of the skin- Sensitivity, heat regulation, absorption, protection, excretion, secretion and vitamin D production 3. 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. 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 	<ol style="list-style-type: none"> 1. Draw & label the structure of skin. 2. Demonstration of various facial strokes, muscles, pressure points & lymphatic drainage 3. Identification of skin type & condition 4. Perform facial strokes on dummies 5. Demonstration of performing cleansing process 6. Analysing skin sensitivity & conduct patch test 7. Demonstration for bleach preparation & application. 8. Identification of products suitable for skin type 9. Demonstration of the process of extraction using comedon extractor 10. provide facial massage using a medium and techniques suitable for the client's skin type and condition 11. Application of mask 12. Perform toning & moisturizing of skin 13. Carry out cleaning of the skin post-procedure to ensure skin is left clean, toned and suitably moisturized

UNIT-3: MANICURE&PEDICURESERVICES

S. NO.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	Perform Manicure & Pedicure Services	<ol style="list-style-type: none"> 1. Understand how to work safely and effectively when providing manicure & pedicure services 2. Understand how to perform client consultation, treatment planning and preparation 3. Anatomical structure, function, characteristics of nail and the process of nail growth 4. Anatomy & physiology of hand & feet. 5. Structure and functions of the lymphatic vessels of the lower leg, foot, hand and arm 6. Knowledge on different products & tools for manicure & pedicure services. 7. Understand different manicure & pedicure techniques, 8. Understand how to provide aftercare advice for clients 	<ol style="list-style-type: none"> 1. Identify contra-indications and contra-actions that affect or restrict manicure & pedicure services 2. Identify nail shape, nail condition (texture, disease etc) 3. List the type of nail diseases. 4. Identify & name various important bones & muscles of hand & feet 5. Prepare the client for manicure & pedicure services. 6. Identify the products and tools suitable to carry out the manicure & pedicure services- Exfoliant, enamel remover, nail enamels, cuticle cream Tools: pedicure clipper, foot scrapper, nail brush, nail file, cuticle nippers, cuticle knife, emery boards, nail scissors, nail clippers 7. Demonstration of various techniques used in manicure & pedicure services. Techniques: Filing, buffing, application of cuticle cream, removal of cuticle, cuticle pushing, polishing.

UNIT- 4: DEPILATION SERVICES

S. NO.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	Depilation Services: Waxing	<ol style="list-style-type: none"> Equipment, materials, products, techniques and treatment planning for waxing Anatomy and physiology of skin that relates to waxing treatment Contra-indications & contra-actions that affect or restrict waxing treatments Understand how to work safely and effectively when providing waxing treatments to the clients Various techniques associated with and working temperatures for the different types of hot wax and warm wax suitability of specific products based on hair type/ hair growth method of application and removal of waxing products in relation to the direction of hair growth 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 	<ol style="list-style-type: none"> Conduct skin test to check for reaction Assess the hair growth pattern Demonstrate pre & post preparation of client for waxing Demonstration of the process for warming the wax Perform waxing process as per requirement
2.	Threading	<ol style="list-style-type: none"> Types of tools and materials used for threading-e.g. scissors, disposable eye brow brush etc. materials: thread Types of products suitable for pre and post-threading services Different types of threading techniques Shape and proportion of the eyebrows in relation to facial features and existing eyebrow shape Method to carry out the threading techniques 	<ol style="list-style-type: none"> Select threading tools, materials and equipment Demonstration of threading process for hair removal Application of pre & post products during threading.

DETAILED CURRICULUM/TOPICS FOR CLASS XII

Part-A: EMPLOYABILITY SKILLS

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

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

Part-B – SUBJECT SPECIFIC SKILLS

- Unit 1: Make Up Services
- Unit 2: Facial Beauty Services
- Unit 3: Salon Reception Duties
- Unit 4: Create a positive impression at work place

DETAILED CURRICULUM:

UNIT 1 – MAKE UP SERVICES

S. NO.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	Perform 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 effect3. Various Make-up products: Foundation, powder, blusher, mascara, eye shadows, eye liner, eyebrow pencil, lip liner and lip stick/gloss, etc	<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 keeping in mind the hue, tints & other colour coordinates3. Demonstration of different make-ups: Day, Party, Evening Bridal Make Up4. Application of bindi design5. Demonstration of draping costumes on customer using correct techniques and without discomfort to

S. NO.	LEARNING OUTCOMES	THEORY	PRACTICAL
		4. Colour wheel and how to use it for selecting right makeup products 5. Importance of Highlighting and contouring with respect to make up 6. Basic bindi designs 7. Different draping techniques 8. Various make-up removal products and procedures	the customer 6. Using make-up removers, cleanser and toners to remove make-up

UNIT 2 – FACIAL BEAUTY SERVICES

S. NO.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	Operate and apply electrical/electronic equipment for facial beauty services safely and effectively	1. Electrical/electronic machine equipment for beauty services -Brush Machine/Brush Unit, Facial Steamer(Vapour Zone), High 2. Frequency, Galvanic (Iontophoresis, Faradic, Vacuum suction, Micro current, Electro-muscle Stimulator, Lymphatic Drainage Equipment, Microdermabrasion ,Ultra-sonic 3. Contraindications & contractions for use of different machines. 4. Using the equipment for facial beauty	1. Identify various electrical/electronic machine equipment for beauty services correctly -Brush Machine/Brush Unit, Facial Steamer(Vapour Zone), High frequency, Galvanic (Iontophoresis, Faradic, Vacuum suction, Micro current, Electro-muscle Stimulator, Lymphatic Drainage Equipment, Micro dermabrasion, Ultra-sonic 2. Select and prepare suitable skincare products to meet the client's needs in line with the client service plan 3. Select the correct machine and accessories as per the service plan 4. Operate the equipment as per manufacturer's instructions in line with service procedure requirements 5. Identify contra-indications and respective necessary actions 6. Demonstrate specific after-procedure, homecare advice and recommendations for product use and further treatments to the client

UNIT 3 –SALON RECEPTION DUTIES

S. NO.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	Perform salon reception duties	<ol style="list-style-type: none"> 1. Importance of customer satisfaction for business and professional success 2. Information required for booking an appointment and the purpose of each item of information 3. Features and operational procedures of computerized booking systems 4. Importance of managing customers during waiting periods and possible ways to do that 5. Customer service principles including privacy and protection to modesty of the customers 6. Data protection, its importance, application and relevant practices 	<ol style="list-style-type: none"> 1. List types of products and services offered by the salon and their costs 2. Enlist time taken for various services and procedures offered by the salon 3. Role play to demonstrate different client handling situation.

UNIT4–CREATEAPOSITIVEIMPRESSIONATWORKPLACE

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 method sciting situational examples

LIST OF EQUIPMENT AND SUPPORT MATERIAL:

The list given below is suggestive and an exhaustive list should be compiled by the teacher(s) teaching the subject. Only basic tools, equipment and accessories should be procured by the Institution so that the routine tasks can be performed by the students regularly for practice and acquiring adequate practical experience.

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|----------------------------------|----------------------|
| 1. All in one Eyelash Brush/Comb | 6. Bath Comp |
| 2. All Propose Comb | 7. Blackhead Remover |
| 3. Applicator Brush | 8. Bleach Brush |
| 4. Arm Chair | 9. Body Massage Bed |
| 5. Barber Brush | 10. Bowles |

11. Brushing Machine 10 in 1 (Vacuum, High Frequency, galvanic, wood lamp, magnifying glass, steamer)
12. Complete Make up Brushes Set
13. Computer with Internet
14. Crimpers
15. Curling Iron
16. Curling Rods (Small, Medium, Large)
17. Cuticle Knife, Buffers, Pedicure rasp(hard skin removal), Nail scissors
18. Clippers, Hard skin remover, nipper (for pedicure)
19. Cutting Scissors
20. Cutting Sheets
21. Decorative Pins Boxes
22. Double Wax heater
23. Dustbin
24. Electric Curler
25. Exfoliation Machine
26. Eyebrow Pencil Sharpener
27. Facial Bed
28. Facial Steamer
29. Foot Scraper
30. Foot spa
31. Frosting cap
32. Galvanic Machine
33. Garbage Bin/Bags
34. Hair Brush
35. Hair Clips set
36. Hair Connector
37. Hair cutting Comb
38. Hair Dresses Chair/Stool
39. Hair Dryer
40. Hair Pin Boxes
41. Hair Steamer
42. Hand Mirrors
43. High Chair
44. Hydraulic Chair 5
45. Infrared Lamp
46. Invisible Pins Boxes
47. Jumbo Rollers set
48. Ladies/kids Cut Catalogues
49. Large Size Rollers
50. Large Stools
51. Large Tooth Comb
52. Magazines/Books with rack
53. Magnifying Glass
54. Make up Catalogues
55. Make up Palate
56. Manicure Set
57. Manicure Table
58. Markers Set as required
59. Measuring Cup sets
60. Measuring Glass sets
61. Measuring Spoon sets
62. Medium Size Rollers
63. Mixing Bowler set
64. Modular Mirrors
65. Mop
66. Needle for Striking
67. Paraffin Heater
68. Pedicure Set
69. Perming Cap
70. Pin Curl Clips Boxes
71. Razor with blade
72. Roller Brush set 5 in 1
73. Roller Pins
74. Shampoo Bowl Set
75. Shampoo Unit
76. Shower Cap
77. Small Scissors
78. Small Size Hair Rollers Wires
79. Small Stools
80. Spatula
81. Spray Bottle
82. Sterilizer
83. Stone Therapy set
84. Straightening Iron
85. Tail Comb
86. Thinning Scissors
87. Timer
88. Tinting Brush with Comp
89. Tweezers
90. White Board
91. Wide Toothed Comb
92. Working and facial Trolleys