

# CBSE | DEPARTMENT OF SKILL EDUCATION

## CURRICULUM FOR SESSION 2023-2024

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### **BEAUTY AND WELLNESS (SUBJECT CODE-807)**

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**JOB ROLE: BEAUTY THERAPIST**

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**CLASS – XI**

#### **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 knowledge 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 2023-2024)

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

	UNITS	NO. OF HOURS for Theory and Practical		MAX. MARKS for Theory and Practical
<b>Part A</b>	<b>Employability Skills</b>			
	Unit 1 : Communication Skills-III	10		2
	Unit 2 : Self-Management Skills-III	10		2
	Unit 3 : ICT Skills-III	10		2
	Unit 4 : Entrepreneurial Skills-III	15		2
	Unit 5 : Green Skills-III	05		2
	<b>Total</b>	<b>50</b>		<b>10</b>
<b>Part B</b>	<b>Subject Specific Skills</b>	<b>Theory</b>	<b>Practical</b>	<b>Marks</b>
	Unit 1: Introduction to Beauty and Wellness Industry and Beauty Therapy	10	20	25
	Unit 2: Skin Care Services	20	40	
	Unit 3: Manicure and Pedicure Services	10	40	25
	Unit 4 : Depilation Services	10	35	
	<b>Total</b>	<b>50</b>	<b>130</b>	<b>50</b>
<b>Part C</b>	<b>Practical Work</b>			
	Practical Examination			15
	Written Test			10
	Viva Voce			10
	<b>Total</b>			<b>35</b>
<b>Part</b>	<b>Project Work /Field Visit /Practical File/Student Portfolio</b>	15		05
	<b>Total</b>			<b>05</b>
	<b>GRAND TOTAL</b>	<b>260</b>		<b>100</b>

## 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
	<b>TOTAL DURATION</b>	<b>50</b>

**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. There port should include the following– <ul style="list-style-type: none"><li>• Size</li><li>• Service</li><li>• Equipment</li><li>• Manpower</li></ul>

<b>S. NO.</b>	<b>LEARNING OUTCOMES</b>	<b>THEORY</b>	<b>PRACTICAL</b>
2.	Identify different services in beauty therapy	1. List different services in beauty therapy <ul style="list-style-type: none"> <li>• Pedicure &amp; Manicure</li> <li>• Threading</li> <li>• Waxing</li> <li>• Bleach</li> <li>• Face clean up</li> <li>• Makeup</li> <li>• Hairdo</li> <li>• Mehendi</li> </ul>	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.	<b>Perform skin care services</b>	<ol style="list-style-type: none"> <li>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</li> <li>2. Functions of the skin- Sensitivity, heat regulation, absorption, protection, excretion, secretion and vitamin D production</li> <li>3. Characteristics of the skin and skin types- oily, dry, combination etc.</li> <li>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.</li> <li>5. Effect of the natural ageing process on the skin, facial muscles and muscle tone</li> <li>6. Different types of skin products and methods to apply</li> <li>7. Importance of cleansing, toning, patch test &amp; bleach.</li> <li>8. Need for skin warming, different types of skin warming devices and its effect on the skin</li> <li>9. Black head/ white head extraction</li> <li>10. Bleach preparation &amp; application</li> <li>11. Face clean-up</li> <li>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</li> </ol>	<ol style="list-style-type: none"> <li>1. Draw &amp; label the structure of skin.</li> <li>2. Demonstration of various facial strokes, muscles, pressure points &amp; lymphatic drainage</li> <li>3. Identification of skin type &amp; condition</li> <li>4. Perform facial strokes on dummies</li> <li>5. Demonstration of performing cleansing process</li> <li>6. Analysing skin sensitivity &amp; conduct patch test</li> <li>7. Demonstration for bleach preparation &amp; application.</li> <li>8. Identification of products suitable for skin type</li> <li>9. Demonstration of the process of extraction using comedon extractor</li> <li>10. provide facial massage using a medium and techniques suitable for the client's skin type and condition</li> <li>11. Application of mask</li> <li>12. Perform toning &amp; moisturizing of skin</li> <li>13. Carry out cleaning of the skin post-procedure to ensure skin is left clean, toned and suitably moisturized</li> </ol>

### UNIT-3: MANICURE&PEDICURESERVICES

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

## UNIT- 4: DEPILATION SERVICES

S. NO.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	<b>Depilation Services:</b>  <b>Waxing</b>	<ol style="list-style-type: none"> <li>1. Equipment, materials, products, techniques and treatment planning for waxing</li> <li>2. Anatomy and physiology of skin that relates to waxing treatment</li> <li>3. Contra-indications &amp; contra-actions that affect or restrict waxing treatments</li> <li>4. Understand how to work safely and effectively when providing waxing treatments to the clients</li> <li>5. Various techniques associated with and working temperatures for the different types of hot wax and warm wax</li> <li>6. suitability of specific products based on hair type/ hair growth</li> <li>7. method of application and removal of waxing products in relation to the direction of hair growth</li> <li>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</li> </ol>	<ol style="list-style-type: none"> <li>1. Conduct skin test to check for reaction</li> <li>2. Assess the hair growth pattern</li> <li>3. Demonstrate pre &amp; post preparation of client for waxing</li> <li>4. Demonstration of the process for warming the wax</li> <li>5. Perform waxing process as per requirement</li> </ol>
2.	<b>Threading</b>	<ol style="list-style-type: none"> <li>1. Types of tools and materials used for threading-e.g. scissors, disposable eye brow brush etc. materials: thread</li> <li>2. Types of products suitable for pre and post-threading services</li> <li>3. Different types of threading techniques</li> <li>4. Shape and proportion of the eyebrows in relation to facial features and existing eyebrow shape</li> <li>5. Method to carry out the threading techniques</li> </ol>	<ol style="list-style-type: none"> <li>1. Select threading tools, materials and equipment</li> <li>2. Demonstration of threading process for hair removal</li> <li>3. Application of pre &amp; post products during threading.</li> </ol>