

**BEAUTY AND WELLNESS (CODE-807)
SESSION (2019-20)
JOB ROLE: Beauty Therapist**

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.

Class XI (2019-20)

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

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 vocational subject along with general education subjects. The unit-wise distribution of hours and marks for class XI is as follow:

Beauty and Wellness(807) CLASS XI session 2019-20				
	Units	No. of Hours for Theory and Practical 260		Max. Marks for Theory and Practical 100
Part A	Employability Skills			
	Unit 1 : Communication Skills-III	10		10
	Unit 2 : Self-Management Skills-III	10		
	Unit 3 : Information and Communication Technology Skills-III	10		
	Unit 4 : Entrepreneurial Skills-III	15		
	Unit 5 : Green Skills-III	05		
	Total	50		10
Part B		Theory Periods	Practical Periods	
	Unit 1: Introduction to Beauty and Wellness Industry and Beauty Therapy	10	20	50
	Unit 2: Skin Care Services	20	45	
	Unit 3: Manicure and Pedicure Services	15	35	
	Unit 4 : Depilation Services	15	35	
	Total	60	135	50
Part C	Practical Work			
	Practical Examination			15
	Written Test			10
	Viva Voce			10
	Total			35
Part D	Project Work/Field Visit			
	Practical File/ Student Portfolio	15		05
	Total	15		05
	Grand Total	260		100

Note:-Detailed Curriculum/ Topics to be covered under employability skill can be downloaded from CBSE website.

Part-B

UNIT 1 – INTRODUCTION TO BEAUTY & WELLNESS INDUSTRY AND BEAUTY THERAPY

UNIT 2 –SKIN CARE SERVICES

UNIT 3 –MANICURE & PEDICURE SERVICES

UNIT 4 – DEPILATION SERVICES

UNIT 1 – INTRODUCTION TO BEAUTY & WELLNESS INDUSTRY AND BEAUTY THERAPY

Sr. No.	Learning Outcome	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
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 • Make up • Hair do • Mehendi 	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	1. Prepare and maintain the treatment work area 2. Fill up client record cards appropriately 3. Prepare the client for treatment 4. Sterilise & disinfect equipment & tools 5. Segregate & dispose off waste accordingly.

		services	
4	Maintain Health & Safety at Work Area	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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

Sr No	Learning Outcome	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 & moisturising of skin 13. carry out cleaning of the skin post-procedure to ensure skin is left clean, toned and suitably moisturized

UNIT 3: MANICURE & PEDICURE SERVICES

Sr No	Learning Outcome	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.

		<ol style="list-style-type: none">6. adapting the threading techniques to suit male client requirements e.g. removing external hair on ears and nose7. aftercare procedures and considerations for threading services	
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