

# CBSE | DEPARTMENT OF SKILL EDUCATION

## CURRICULUM FOR SESSION 2020-2021

---

### **BEAUTY AND WELLNESS (SUBJECT CODE: 407)**

**JOB ROLE: ASSISTANT BEAUTY THERAPIST**

---

#### **CLASS – IX**

#### **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.

#### **CLASS – IX SESSION 2020-2021**

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

#### **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 IX opting for skill subject along with general education subjects. The unit-wise distribution of hours and marks for class IX is as follow:

**BEAUTY AND WELLNESS (407)  
Class IX ( 2020-21)**

	<b>UNITS</b>	<b>NO. OF HOURS for Theory and Practical 200</b>		<b>MAX. MARKS for Theory and Practical 100</b>
<b>Part A</b>	<b>Employability Skills</b>			
	Unit 1 : Communication Skills-I	10		10
	Unit 2 : Self-Management Skills-I	10		
	Unit 3 : Information and Communication Technology Skills-I	10		
	Unit 4 : Entrepreneurial Skills-I	15		
	Unit 5 : Green Skills-I	05		
	<b>Total</b>	<b>50</b>		
<b>Part B</b>	<b>Subject Specific Skills</b>	<b>Theory Periods (In Hours)</b>	<b>Practical Periods (In Hours)</b>	<b>Marks</b>
	Unit 1 : Introduction to Beauty and Wellness Industry	10	20	40
	Unit 2 : Manicure, Pedicure, Mehendi Services	20	40	
	Unit 3 : Hair Care	10	35	
	<b>Total</b>	<b>40</b>	<b>95</b>	<b>40</b>
<b>Part C</b>	<b>Practical Work</b>			
	Practical Examination			20
	Written Test			10
	Viva Voce			10
	<b>Total</b>			<b>40</b>
<b>Part D</b>	<b>Project Work/Field Visit</b>			
	Practical File/ Student Portfolio	15		10
	<b>Total</b>			<b>10</b>
	<b>GRAND TOTOAL</b>	<b>200</b>		<b>100</b>

## DETAILED CURRICULUM/TOPICS

### Part-A: EMPLOYABILITY SKILLS

S. No.	Units	Duration in Hours
1.	Unit 1: Communication Skills-I	10
2.	Unit 2: Self-management Skills-I	10
3.	Unit 3: Basic ICT Skills-I	10
4.	Unit 4: Entrepreneurial Skills-I	15
5.	Unit 5: Green Skills-I	05
	<b>TOTAL</b>	<b>50</b>

**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 – Introduction To Beauty & Wellness Industry And Beauty Therapy
- UNIT 2 – Manicure, Pedicure & Mehendi Services
- UNIT 3 – Hair Care

#### UNIT 1: INTRODUCTION TO BEAUTY & WELLNESS INDUSTRY AND BEAUTY THERAPY

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1	<b>Identify various career opportunities &amp; methods within the beauty sector.</b>	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"><li>• Size</li><li>• Service</li><li>• Equipment</li><li>• Manpower</li></ul>

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
2	<b>Identify different services in beauty therapy</b>	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>• Make up</li> <li>• Hair do</li> <li>• Mehendi</li> </ul>	1. Demonstration of different services used in beauty therapy
3	<b>Prepare and Maintain work area</b>	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. Sterilise & disinfect equipment & tools 5. Segregate & dispose-off waste accordingly.
4	<b>Maintain Health &amp; Safety at Work Area</b>	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: MANICURE, PEDICURE & MEHENDI SERVICES

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. Knowledge on different products &amp; tools for manicure &amp; pedicure services.</li> <li>6. Understand different manicure &amp; pedicure techniques,</li> <li>7. 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>
2.	<b>Carry out application of simple mehendi designs</b>	<ol style="list-style-type: none"> <li>1. Importance of right consistency of mehendi mixture</li> <li>2. Contra indications and contra actions for mehendi application</li> <li>3. Procedure to prepare and store mehendi</li> <li>4. Importance of skin sensitivity test</li> <li>5. Simple design elements used in mehendi design</li> <li>6. Risks of using sub-standard products</li> </ol>	<ol style="list-style-type: none"> <li>1. Demonstration for preparation of mehendi</li> <li>2. Procedure for skin sensitivity test</li> <li>3. Demonstration of simple mehendi designs</li> <li>4. Identify various parts of the body commonly used for mehendi application</li> <li>5. Preparation of tools and product for mehendi application- Mehendi cones, oils, etc.</li> <li>6. Demonstration for mehendi removal after drying</li> </ol>

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
		7. Factors impacting customer comfort and satisfaction while undergoing the process of mehendi application 8. Aftercare procedures for mehendi services	

### UNIT 3: HAIR CARE

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	<b>Provide simple hair dressing services to produce common hair dos</b>	1. Factors that influence hair services - hair cut/style, texture, length, density, growth patterns, skin tone, face shape, lifestyle, existing curls etc 2. hair and hair shaft structure 3. Hair and scalp conditions 4. Various styles of dressing hair - Plait, twists, braids, knots, chignon, pleat, rolls, ringlets, smooth blow dry, curly blow dry, tonging, straightening, wet/dry setting, added hair 5. Different types of hair accessories - Pins, clips, false hair, parandas, nets, veils, fresh flowers(gajra), etc. 6. Range and suitability of styling products, tools and equipment and the resultant effects of using these 7. Range and application of finishing products physical effects of styling on hair structure	1. Carry out hair styling on dummies. 2. Identify the type of hair styling as per the hair length & texture. 3. Demonstration of hair do's using different accessories.

#### **LIST OF EQUIPMENT/ MATERIALS (CLASS IX & X):**

The list given below is suggestive and an exhaustive list should be compiled from the feedback given by various by the teachers 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.

1. All in one Eyelash Brush/Comb
2. All Propose Comb
3. Applicator Brush
4. Arm Chair
5. Barber Brush

6. Bath Comp
7. Blackhead Remover
8. Bleach Brush
9. Body Massage Bed
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 Clippers, Hard skin remover, nipper (for pedicure)
18. Cutting Scissors
19. Cutting Sheets
20. Decorative Pins Boxes
21. Double Wax heater
22. Dustbin
23. Electric Curler
24. Exfoliation Machine
25. Eyebrow Pencil Sharpener
26. Facial Bed
27. Facial Steamer
28. Foot Scraper
29. Foot spa
30. Frosting cap
31. Galvanic Machine
32. Garbage Bin/Bags
33. Hair Brush
34. Hair Clips set
35. Hair Connector
36. Hair cutting Comb
37. Hair Dresses Chair/Stool
38. Hair Dryer
39. Hair Pin Boxes
40. Hair Steamer
41. Hand Mirrors
42. High Chair
43. Hydraulic Chair 5
44. Infrared Lamp
45. Invisible Pins Boxes
46. Jumbo Rollers set
47. Ladies/kids Cut Catalogues
48. Large Size Rollers
49. Large Stools
50. Large Tooth Comb
51. Magazines/Books with rack

52. Magnifying Glass
53. Make up Catalogues
54. Make up Palate
55. Manicure Set
56. Manicure Table
57. Markers Set as required
58. Measuring Cup sets
59. Measuring Glass sets
60. Measuring Spoon sets
61. Medium Size Rollers
62. Mixing Bowler set
63. Modular Mirrors
64. Mop
65. Needle for Striking
66. Paraffin Heater
67. Pedicure Set
68. Perming Cap
69. Pin Curl Clips Boxes
70. Razor with blade
71. Roller Brush set 5 in 1
72. Roller Pins
73. Shampoo Bowl Set
74. Shampoo Unit
75. Shower Cap
76. Small Scissors
77. Small Size Hair Rollers Wires
78. Small Stools
79. Spatula
80. Spray Bottle
81. Sterilizer
82. Stone Therapy set
83. Straightening Iron
84. Tail Comb
85. Thinning Scissors
86. Timer
87. Tinting Brush with Comp
88. Tweezers
89. White Board
90. Wide Toothed Comb
91. Working and facial Trolleys