

## Basics of Beauty and Hair Dressing

<b>Name</b>	:	<b>Basics of Beauty and Hair Dressing</b>
<b>Sector</b>	:	<b>Beauty culture and Hair Dressing</b>
<b>Course Code</b>	:	<b>BEA101</b>
<b>Qualification</b>	:	<b>Minimum 8<sup>th</sup> Standard &amp; 14 years of age</b>
<b>Duration</b>	:	<b>150hrs</b>

**Terminal Competency:** Successful candidates would be able to work as an assistant for providing basic beauty and hair dressing services in threading manicure, pedicure, facial, bleaching and decorate hands and feet. This course would also help in developing professional ethics, basic use of equipment, safe-working methods and up keeping of work place.

Skill	Knowledge
<p><b>Safety Precautions</b></p> <ul style="list-style-type: none"> <li>Practice in safe working procedures and observe the necessary precautions. Observe safety procedures when handling electrical equipment</li> <li>Basic first aid for cuts and burns</li> <li>Maintain good house keeping</li> </ul> <p><b>Sterilization and Sanitation</b></p> <ul style="list-style-type: none"> <li>Procedure of sterilization and sanitation</li> <li>Chemical sanitizing and sterilizing agents</li> <li>Public sanitation</li> </ul> <p><b>Professional Ethics</b></p> <ul style="list-style-type: none"> <li>A professional attitude towards client</li> <li>Communication skill</li> </ul> <p><b>Manicure and Pedicure</b></p> <ul style="list-style-type: none"> <li>Identify, select and arrange tools and equipment for manicure and pedicure.</li> <li>Preparation of client for manicure and pedicure</li> <li>Perform manicure/pedicure by cleaning, shaping, moisturizing, massaging and polishing with nail polish.</li> <li>Practice of putting Mehendi on hands and feet with cone, stick and fingers (for different occasion)</li> <li>Practice of putting sticker mehendi, colourful sparkle mehendi, kundan mehendi and mehendi with block</li> </ul>	<ul style="list-style-type: none"> <li>Importance of safe handling of inflammable oil, cosmetics, material and equipment</li> <li>Safety and health regulations</li> <li>Personal Hygiene</li> <li>Protective clothing and equipment</li> <li>Good house keeping</li> <li>First aid treatment for burns, minor cuts, foreign body in the eye including chemicals.</li> <li>Desirable qualities for good human relation ship</li> <li>Importance and qualities of a pleasing personality</li> <li>Importance of good ethics</li> <li>Various nail shapes for hands and feet</li> <li>Importance for identifying nail disease &amp; disorder</li> <li>Meaning of superfluous hair</li> </ul>

**Removal of superfluous hair**

- Identify various types of hair removal treatments
- Carry out various procedures for superfluous hair removal
- Remove hair using: Temporary method/depilatory

**Eye Brow Shaping**

- Removing hair with thread
- Removing hair with tweezer
- Measurement of eyebrows for correct length and arch
- Cleaning of eyebrows
- Shaping of Eye brows

**Bleaching**

- Preparation of client and trolley for bleaching
- Preparation of bleach pack
- Practice of allergy test for bleaching
- Cleansing of face prior to bleaching
- Practice in application of bleaching pack

Uses of various types of Bleaches

**Hair**

- Application of oil
- Practice of different types of manipulation
- Preparation of client and trolley for shampooing
- Use of shampoos and rinses

**Hair cutting**

- Practice of holding scissors and comb
- Sectioning procedure for hair trimming and for blunt cut
- Practice of trimming and blunt cut
- Practice of cutting wet and dry hair
- Drying and setting hair with hand dryer

**Hair colouring**

- Analysis of scalp and hair
- Skin test/Patch test
- Practice of application of hair colour – vegetable & chemical dyes.

- Methods of hair removal
  - ❖ Epilation – waxing, threading
  - ❖ Depilation – Chemical

Methods of bleaching facial and body hair -

- ❖ Powder bleach
- ❖ Cream bleach

Importance of allergy test

- Types of hair
- Importance and benefits of scalp massage
- Types of shampoos and rinses

- Knowledge of hair texture
- Correct use of cutting equipments
- Factors to be considered while cutting wet and dry hair
- Different techniques for styling hair
- Blow drying – sectioning

- Basic law of hair colour
- Classification of hair colour
  - Temporary colour
  - Permanent colour
- Allergy test

<b>Cosmetics</b>	<b>List of tools and equipment</b>
Shampoo	Wax heater
Disinfectants	Trolleys
Nail colours	Bleach brush
Powder bleach	Bowls
Cream bleach	Spatula
Cold wax	Facial Steamer
Hot wax	Black head remover
Hydrogen Peroxide	Manicure set
Acetone	Pedicure set
Base coat	Pedicure tub
Cuticle softener	Chowkies
Henna	Stools
Design blocks	Facial bed
Glitters	Manicure tables
Thread	Tweezer
Talcum powder	Scissors
	Sterling units
	Foot scraper
	Slithering Shears Comb
	Tail comb
	Setting clips
	Hair cutting Hair cutting Sheet
	Scissors
	Clipper
	Dye brush
	Plastic bowl
	Hot and cold spray unit
	Back wash chair
	Dressing out chairs

**Question Bank:**

1. Demonstrate bleaching of face
2. Demonstrate step-by-step manicure procedure
3. Measure Eyebrows for correct length and height
4. Prepare a bleach pack and demonstrate allergy test
5. Decorate hands with mehendi
6. Demonstrate blunt cutting on short hair
7. Prepare client for scalp massage and give basic manipulation
8. Demonstrate sectioning for blunt cut
9. Prepare trolley for hair coloring service
10. Demonstrate hair shampooing for long hair