

# CBSE | DEPARTMENT OF SKILL EDUCATION

## CURRICULUM FOR SESSION 2020-2021

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### **BEAUTY AND WELLNESS (CODE-407)**

**JOB ROLE: ASSISTANT BEAUTY THERAPIST**

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**CLASS – X**

#### **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 – X 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 X opting for skill subject along with other subjects. The unit-wise distribution of hours and marks for class X is as follows:

**BEAUTY AND WELLNESS (407)  
Class X (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-II	10		10
	Unit 2 : Self-Management Skills-II	10		
	Unit 3 : Information and Communication Technology Skills-II	10		
	Unit 4 : Entrepreneurial Skills-II	15		
	Unit 5 : Green Skills-II	05		
	<b>Total</b>	<b>50</b>		
<b>Part B</b>	<b>Subject Specific Skills</b>	<b>Theory (In Hours)</b>	<b>Practical (In Hours)</b>	<b>Marks</b>
	Unit 1 : Basic Skin care Services	15	30	40
	Unit 2 : Basic Depilation Services	12	28	
	Unit 3 : Perform Simple Make Up Services	12	28	
	Unit 4 : Create a Positive impression	02	08	
	<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 TOTAL</b>	<b>200</b>		<b>100</b>

## **DETAILED CURRICULUM/TOPICS:**

### **Part-A: EMPLOYABILITY SKILLS**

<b>S. No.</b>	<b>Units</b>	<b>Duration in Hours</b>
1.	Unit 1: Communication Skills-II	10
2.	Unit 2: Self-management Skills-II	10
3.	Unit 3: Basic Information and Communication Technology Skills-II	10
4.	Unit 4: Entrepreneurial Skills-II	15
5.	Unit 5: Green Skills-II	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 : BASIC SKIN CARE SERVICES
- UNIT 2 : BASIC DEPILATION SERVICES
- UNIT 3 : PERFORM SIMPLE MAKE UP SERVICES
- UNIT 4 : CREATE A POSITIVE IMPRESSION

### **UNIT 1: BASIC SKIN CARE SERVICES:**

<b>S. No.</b>	<b>LEARNING OUTCOMES</b>	<b>THEORY</b>	<b>PRACTICAL</b>
1	<b>Perform basic 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,</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. Analyzing skin sensitivity &amp; conduct patch test</li></ol>

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
		<p>position of the head, face, neck, chest and shoulder.</p> <p>5. Effect of the natural ageing process on the skin, facial muscles and muscle tone</p> <p>6. Different types of skin products and methods to apply</p> <p>7. Importance of cleansing, toning, patch test &amp; bleach.</p> <p>8. Need for skin warming, different types of skin warming devices and its effect on the skin</p> <p>9. Black head/ white head extraction</p> <p>10. Bleach preparation &amp; application</p> <p>11. Face clean-up</p> <p>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</p>	<p>7. Demonstration for bleach preparation &amp; application.</p> <p>8. Identification of products suitable for skin type</p> <p>9. Demonstration of the process of extraction using comedon extractor</p> <p>10. Application of mask</p> <p>11. Perform toning &amp; moisturising of skin</p>

## UNIT 2: BASIC DEPILATION SERVICES

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	<p><b>Basic Depilation Services</b></p> <p><b>Waxing</b></p>	<p>1. Equipment, materials, products, techniques and treatment planning for waxing</p> <p>2. Anatomy and physiology of skin that relates to waxing treatment</p> <p>3. Contra-indications &amp; contra-actions that affect or restrict waxing treatments</p> <p>4. Understand how to work safely and effectively when providing waxing treatments to the clients</p> <p>5. Various techniques associated with and working temperatures for the different types of hot wax and warm wax</p>	<p>1. Conduct skin test to check for reaction</p> <p>2. Assess the hair growth pattern</p> <p>3. Demonstrate pre- &amp; post preparation of client for waxing</p> <p>4. Demonstration of the process for warming the wax</p> <p>5. Perform waxing process as per requirement</p>

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
		<p>6. Suitability of specific products based on hair type/ hair growth</p> <p>7. Method of application and removal of waxing products in relation to the direction of hair growth</p> <p>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</p>	
2.	<b>Threading</b>	<p>1. Types of tools and materials used for threading - e.g. scissors, disposable eyebrow brush etc. materials: thread</p> <p>2. Types of products suitable for pre- and post-threading services</p> <p>3. Different types of threading techniques</p> <p>4. Shape and proportion of the eyebrows in relation to facial features and existing eyebrow shape</p> <p>5. Method to carry out the threading techniques</p> <p>6. Adapting the threading techniques to suit male client requirements e.g. removing external hair on ears and nose</p> <p>7. Aftercare procedures and considerations for threading services</p>	<p>1. Select threading tools, materials and equipment</p> <p>2. Demonstration of threading process for hair removal</p> <p>3. Application of pre- &amp; post products during threading.</p>

### UNIT 3: SIMPLE MAKE UP SERVICES

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	<b>Perform Simple Make Up Services</b>	<p>1. Basic skin types and skin tones. (Oily, dry, normal and combination; Skin tone: Fair, dark, pink, yellow, pale)</p> <p>2. Select and apply the correct make-up products to enhance</p>	<p>1. Identify basic skin types and skin tone correctly.</p> <p>2. Select and apply the correct make-up products to enhance facial features, suit client's needs and achieve the desired effect.</p>

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
		facial features, to suit the client's needs and achieve the desired effect  3. Various Make-up products: Foundation, powder, blusher, mascara, eye shadows, eye liner, eyebrow pencil, lip liner and lip stick/gloss, etc.  4. Basic bindi designs  5. Different draping techniques.  6. Various make-up removal products and procedures	3. Demonstration of different make-ups: Day, Party and Evening make-ups.  4. Application of bindi design  5. Demonstration of draping costumes on customer using correct techniques and without discomfort to the customer  6. Using make-up removers, cleansers and toners to remove make-up

#### UNIT 4: CREATE A POSITIVE IMPRESSION AT THE WORKPLACE

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	<b>Create Positive impression at work place (Client care and communication in beauty industry)</b>	1. Effective consultation techniques to identify treatment objectives  2. Effective communication techniques when dealing with clients  3. Professional etiquettes	1. Role plays to demonstrate right consultation & communication techniques with clients.  2. Demonstrate client handling methods citing situational examples

#### LIST OF EQUIPMENT/ MATERIALS:

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 Purpose 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 Palette
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