



BEAUTY AND WELLNESS

**CLASS
XII**



Student Handbook

**NSQF
LEVEL-IV**



CENTRAL BOARD OF SECONDARY EDUCATION

Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi-110092





Beauty & Wellness

NSQF Level-IV

Class - XII
Student Handbook



Central Board of Secondary Education

Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi-110092



**Beauty & Wellness NSQF Level-IV
Student Handbook, Class - XII**

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भारत का संविधान

उद्देशिका

हम, भारत के लोग, भारत को एक सम्पूर्ण 'प्रभुत्व-संपन्न समाजवादी पंथनिरपेक्ष लोकतंत्रात्मक गणराज्य बनाने के लिए, तथा उसके समस्त नागरिकों को:

सामाजिक, आर्थिक और राजनैतिक न्याय,
विचार, अभिव्यक्ति, विश्वास, धर्म

और उपासना की स्वतंत्रता,
प्रतिष्ठा और अवसर की समता

प्राप्त कराने के लिए
तथा उन सब में व्यक्ति की गरिमा

²और राष्ट्र की एकता और अखंडता
सुनिश्चित करने वाली बंधुता बढ़ाने के लिए

दृढ़संकल्प होकर अपनी इस संविधान सभा में आज तारीख 26 नवम्बर, 1949 ई० को एतद्वारा इस संविधान को अंगीकृत, अधिनियमित और आत्मार्पित करते हैं।

1. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से “प्रभुत्व-संपन्न लोकतंत्रात्मक गणराज्य” के स्थान पर प्रतिस्थापित।
2. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से “राष्ट्र की एकता” के स्थान पर प्रतिस्थापित।

भाग 4 क

मूल कर्तव्य

51 क. मूल कर्तव्य - भारत के प्रत्येक नागरिक का यह कर्तव्य होगा कि वह -

- (क) संविधान का पालन करे और उसके आदर्शों, संस्थाओं, राष्ट्रध्वज और राष्ट्रगान का आदर करे;
- (ख) स्वतंत्रता के लिए हमारे राष्ट्रीय आंदोलन को प्रेरित करने वाले उच्च आदर्शों को हृदय में संजोए रखे और उनका पालन करे;
- (ग) भारत की प्रभुता, एकता और अखंडता की रक्षा करे और उसे अक्षुण्ण रखे;
- (घ) देश की रक्षा करे और आह्वान किए जाने पर राष्ट्र की सेवा करे;
- (ङ) भारत के सभी लोगों में समरसता और समान भ्रातृत्व की भावना का निर्माण करे जो धर्म, भाषा और प्रदेश या वर्ग पर आधारित सभी भेदभाव से परे हों, ऐसी प्रथाओं का त्याग करे जो स्त्रियों के सम्मान के विरुद्ध हैं;
- (च) हमारी सामाजिक संस्कृति की गौरवशाली परंपरा का महत्त्व समझे और उसका परिरक्षण करे;
- (छ) प्राकृतिक पर्यावरण की जिसके अंतर्गत वन, झील, नदी, और वन्य जीव हैं, रक्षा करे और उसका संवर्धन करे तथा प्राणी मात्र के प्रति दयाभाव रखे;
- (ज) वैज्ञानिक दृष्टिकोण, मानववाद और ज्ञानार्जन तथा सुधार की भावना का विकास करे;
- (झ) सार्वजनिक संपत्ति को सुरक्षित रखे और हिंसा से दूर रहे;
- (ञ) व्यक्तिगत और सामूहिक गतिविधियों के सभी क्षेत्रों में उत्कर्ष की ओर बढ़ने का सतत प्रयास करे जिससे राष्ट्र निरंतर बढ़ते हुए प्रयत्न और उपलब्धि की नई उंचाइयों को छू ले;
- ¹(ट) यदि माता-पिता या संरक्षक हैं, छह वर्ष से चौदह वर्ष तक की आयु वाले अपने, यथास्थिति, बालक या प्रतिपाल्य के लिये शिक्षा के अवसर प्रदान करे।

1. संविधान (छयासीवां संशोधन) अधिनियम, 2002 की धारा 4 द्वारा प्रतिस्थापित।

THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a **¹SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC** and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the² unity and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

-
1. Subs, by the Constitution (Forty-Second Amendment) Act. 1976, sec. 2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
 2. Subs, by the Constitution (Forty-Second Amendment) Act. 1976, sec. 2, for "unity of the Nation" (w.e.f. 3.1.1977)
-

THE CONSTITUTION OF INDIA

Chapter IV A

FUNDAMENTAL DUTIES

ARTICLE 51A

Fundamental Duties - It shall be the duty of every citizen of India-

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- ¹(k) to provide opportunities for education to his/her child or, as the case may be, ward between age of 6 and 14 years.

-
1. Subs. by the Constitution (Eighty - Sixth Amendment) Act, 2002



Preface

Beauty and wellness is a demanding field, requiring artistic, technical, entrepreneurial and communication skills. Beauty trends are predetermined with introduction of newer products in the segment of skin, face, hair care, hand and feet care, and professional make-up.

Beauty and wellness is a people based industry which offers unlimited opportunity to express your creative abilities. This field is not new to mankind, as it is a natural instinct of human being to look beautiful, feel beautiful and lead a healthy life. The industry of beauty and wellness has grown exponentially in last many years.

The book on beauty and wellness for class XII effectively combines ancient ayurvedic treatments with scientific techniques. The book seeks to meet the burgeoning demand for a healthier lifestyle. After completing this course the students can be employed as retail beauty consultant, make-up artist, hair dressers, aesthetician etc.

We hope this book will be of a great help for students of class XII in learning beauty and wellness professionally.

CBSE takes the opportunity to thank all the contributors, authors and the dedicated team of people who have helped in preparation of this book.

The Board is grateful to the members of the Committee of Course for their advice, guidance towards development of this course. We are indeed indebted to these academic advisors who have lent us the benefit of their rich and insightful experience. I would also like to appreciate Vocational Education Cell, CBSE; for coordinating and successfully completing the work.

Chairman, CBSE



Acknowledgement

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Unit-1

Body Care and Wellness III

Learning Outcomes

Session	Topic	Outcome
1	Dietary planning and weight management	You will be able to understand • Definition of health, food and nutrition. • Importance of balanced diet. • Body weight management and body mass index. • Factors affecting the body weight. • Diet for life style related disorder – Obesity, Diabetes, Hypertension.
2	Body ageing	Students will be able to understand. • The concept of body ageing • Ageing change in body shape • Symptoms if ageing on face.
3	Advance techniques of Ayurveda massage, Swedish massage and Reflexology	You will be able to understand • Meaning of Ayurveda, Swedish massage, and reflexology. • Effects of different massage techniques on body. • How to perform different massage techniques. • Contraindications.

Assessment Plan (For Teachers)

Session	Topic	Assessment method	Remarks
1	Dietary planning and weight management	Exercise: Question and answer.	Prepare a chart on BMI and different body shapes
2	Body ageing	Exercise: Question and answer.	
3	Advance techniques of Ayurveda massage, Swedish massage and Reflexology	Exercise: Question and answer. Practical: Display tools and material. Demonstration and practice.	Visit to Spa, Ayurvedshala



Session-1 : Dietary Planning and Weight Management

Definition of Health, Food and Nutrition

Health

As defined by World Health Organization (WHO), it is a “State of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” Health is a dynamic condition which can be good state or in bad state resulting from a body's constant adjustment and adaptation in response to stress and changes in the environment for maintaining an inner equilibrium called homeostasis.

Food

Any nourishing substance is it plant origin or animal origin that is eaten, drunk, or otherwise taken into the body to sustain life, provide energy, promote growth, etc. is known as Food.

Food may be the most important factor to maintain the health of your body. When you eat it, you are supplying your body with the nutrients that it uses to build and maintain your cells, create hormones, run chemical reaction.

Nutrition

Nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition – an adequate, well balanced diet combined with regular physical activity – is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity. By W.H.O. (World Health Organization)

Nutrition is the process which involves taking in and the utilization of food substances by which growth, repair and maintenance of the body are accomplished. Nutrients are stored by the body in various forms and are used when the food intake is not sufficient.

The moment you place a piece of food in your mouth and you begin to chew, your brain is stimulated to secrete powerful digestive enzymes that will help your body digest the food. Once the food is broken down, the nutrients (Proteins & carbohydrates) are absorbed in your intestines to be used by your body. When your body has taken and used what it needs, the waste products are eliminated from your body. This physiological process relies on thousands of chemical reactions and enzymes, and is only possible because of the nutrients in the foods that you eat.

Review Questions

- Q1. What is the definition of Health by W.H.O.?
- Q2. What is the definition of Food?
- Q3. What is the definition of Nutrition?

Classification of Food

Nutrient is a normal diet. Food can be obtained from animal as well as plant kingdom from organic as well as inorganic sources. Food is classified according to its nutrients composition and also according to the function it serves in the body.



Nutrient Classification

Nutrients can be divided into seven groups:

1. Proteins
2. Carbohydrates
3. Fats
4. Vitamins
5. Minerals
6. Water
7. Roughage

Food is a must for man or of any other organism to survive. No Life on this earth is possible without food. The desire to eat is normal and basic in human beings. This does not however mean that an individual is eating well. Eating just any food will satisfy the appetite and provide energy.

In the body protein, fats, carbohydrate can be described as energy yielding nutrients. They are also called as macronutrient because we need large quantities of them on daily basis. These macronutrients are also called as organic. Organic nutrients contain hydrogen, oxygen and carbon. Vitamins, Minerals and water do not yield energy in the body. Although vitamins are classified as organic nutrient whereas minerals and water are inorganic (they do not contain carbon). Vitamins and minerals are called as micronutrients because we need only tiny amounts of them compared to the macronutrients.

Balanced Diet

A Balanced diet is one which contains all essential nutrients in adequate proportions so to meet energy requirements to gain and maintain health.

On an average one should include following things in their balanced diet.

55% of carbohydrates – 55% of total number of calories should come from this category. Ideally this much percent of carbohydrates should be spread throughout the day over breakfast, lunch and in evening meal

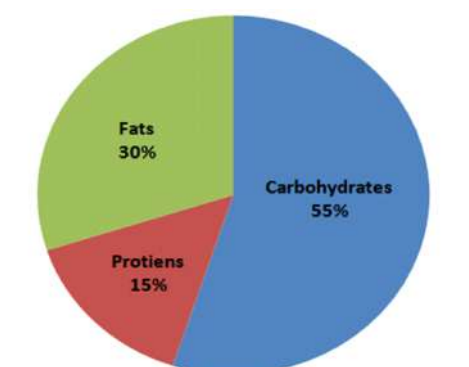


Figure: Schematic Contribution of Dietary Supplements



15% of proteins -15% of total number of calories should come from this category. Ideally this much percent of proteins should be spread throughout the day over breakfast, lunch and in evening meal.

30% of fats – 30% of total number of calories should come from this category. Ideally this much percent of fats should be spread throughout the day over breakfast, lunch and in evening meal.

Guidelines for Balanced Diet

1. Include carbohydrate, fats, protein, vitamins, and minerals in correct proportion.
2. Do not eat sugary foods too often.
3. Do not eat too much of fat.
4. Include daily intake of fresh fruits and vegetables at least five portions per day.
5. Eat plenty of food rich in fiber and starch.
6. Eat right amount to be healthy.
7. Eat a variety of different foods.
8. Last and most important is to enjoy your food.

Planning a Balanced Diet for a Week

One can plan and shop for your weekly meals all at once and consolidate preparation work to streamline the process as much as possible.

Make sure you include all five groups in your diet chart.

Dietary Allowances	13-15 years		16-18 years	
	Boys	Girls	Boys	Girls
Body Weight (Kg)	47.8	46.7	57.1	49.9
Energy (kcal)	2450	2060	2640	2060
Protein (gm)	70	65	78	63
Iron (mg)	41	28	50	30

Table: Dietary Allowances for Various Age Groups

Carbohydrates, fats and protein must be divided in proper proportions so to meet all energy and nutrient requirement in day to day life.

Below recommended chart is for two days to give an idea so it will help you to prepare according to your choice and taste preferences.



	Early Morning	6:00am	Tea or Coffee or Milk	150 ml
	Breakfast	8:00 – 8:30am	“Idly- 4 nos or Dosa - 4 nos or” Chapatti or Upma or Wheat Bread and Sambar or Chutney or Vegetable Curry or Corn flakes or Oats with skimmed milk	100g batter 100g flour 100g rava 6 slices 2 cups 100g & 200 ml
	Mid Morning	10:30 – 11:00am	Fruit or Salad or Buttermilk or Veg Soup and Sprouts and Dry Fruits & Nuts	200g 1 cup 150 ml 150 ml 1 cup 50g
	Lunch	12:30 – 1:30pm	Rice or Chapatti - 4 nos and Vegetables and Green leafy vegetables and Fish or Chicken or Egg or Low fat paneer or Soya bean and Curd or Buttermilk	100g uncooked 100g flour 1 cup 1 cup 100g 1 nos 60g 30g 1 cup 200 ml
	Tea Time	4:00 – 6:00pm	Tea or Coffee or Milk Mari Biscuits or Sprouts and Bread Toast or Veg Sandwich or Groundnuts	150 ml 3 nos 1 cup 2 slices 1 no 100g
	Dinner	8:00 – 9:00pm	Rice or Chapatti - 4 nos and Vegetables and Fish or Chicken or Egg or Low fat paneer or Soya bean and Curd or Buttermilk	100g uncooked 100g flour 2 cups 100g 1 nos 60g 30g 1 cup 200 ml



	Instructions	Note: 1 cup - 100 ml/g
	Avoid	Fried foods Bakery products like cakes, pastries, puffs, etc Aerated and carbonated drinks
	Include	Vegetables, salads, sprouts, veg soups Green leafy vegetables Fruits
	Restrict	Non Veg (Chicken once in a week) Sugar and sweets Underground vegetables especially potatoes
	Allowance per day	Oil 3-4 tsp (25-30 ml) Sugar 3-4 tsp (15-20g) Salt 5g (1 tsp) Water 2 ½ - 3 L Skimmed milk 600 ml/day

Table: Recommended Diet Chart

Remember the following chart doesn't include small meals or snacks, which you can add according to individual, his physical activities and which season is going on. And also to make note of ending your diet plan with compulsory bedtime drink.

Body Weight Management

Weight Management is a long term approach to a healthy lifestyle. It includes a balance of healthy eating and physical exercise to equate energy expenditure and energy intake. Developing healthy eating habits while using tips that will keep us fuller longer can be useful tools in weight management. Knowing what your body needs is important to weight management and can control over consumption and under consumption of food.

What is Ideal Body Weight?

Ideal body weight refers to average or desirable weight according to height and body frame of a healthy individual. Ideal body weight can be calculated using Broka's index.

Broka's index: The formula for Broka's index is:

Height (cm) – 100 = ideal weight (kg)

Overweight: A weight that is 10-20% above Ideal body weight

Obese: A weight that is more than 20% above Ideal body weight



Body Mass Index

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

$$\text{Body Mass Index} = \frac{\text{Weight (Kg)}}{\text{Height (M)}^2}$$

BMI Optimum Cut-offs Asian Indians

Normal BMI : 18.5-22.9 Kg/(M)²

Overweight : 23- 24.9 Kg/(M)²

Obesity : >25 Kg/(M)²

WHO Classification of adults according to BMI

Classification	Popular Description	BMI (kg/m ²)	Risk of co-morbidities
Underweight	Thin	<18.5	Low
Normal range		18.5 - 24.9	Average
Overweight		> = 25.0	
Pre-obese	Overweight	25 - 29.9	Increased
Obese Class I	Obese	30.0 - 34.9	Moderate
Obese Class II	Obese	35.0 - 39.9	Severe
Obese Class III	Morbidly Obese	> = 40.0	Very severe

Body Composition

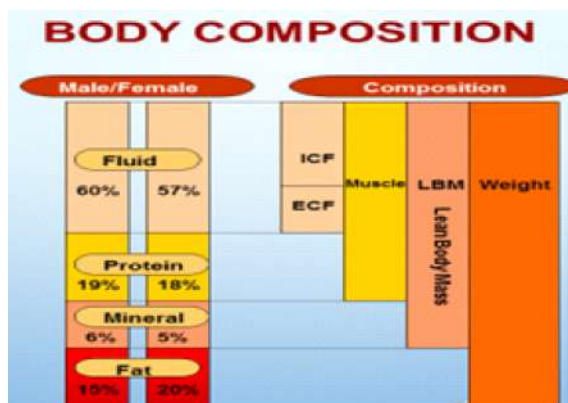
Weight = Lean Body Mass + Body Fat Mass

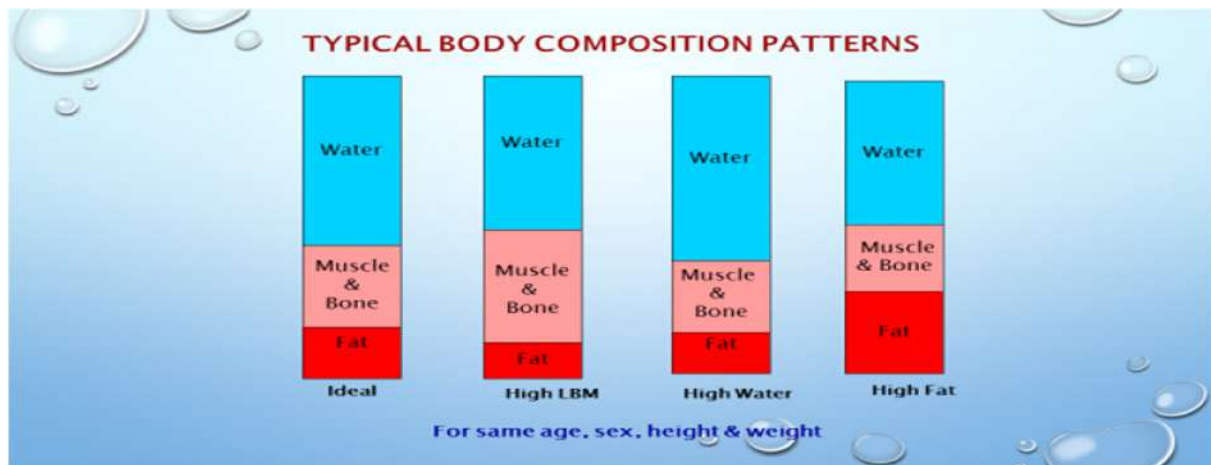
Lean Body Mass = Muscle Mass + Mineral

Muscle Mass = Total Body Water + Protein

Total Body Water = Intra Cellular Fluid (ICF) + Extra Cellular Fluid (ECF)

Normal Body Composition for Male/Female





Body Shapes

Extra fat is mostly stored in two places: The *stomach* area or the *hips*. Accordingly, there are two body types, sometimes referred to as “apple” and “pear.”

The waist-hip ratio measure

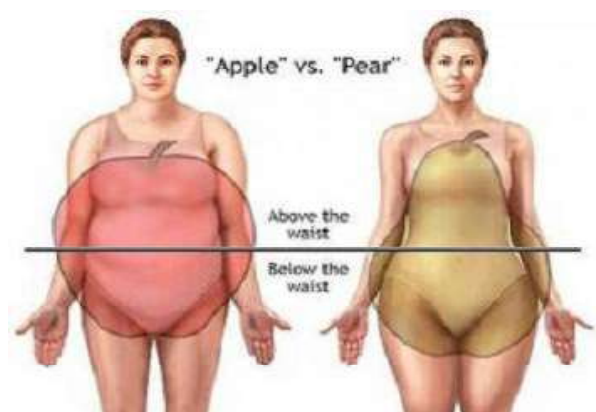
The waist-to hip ratio (WHR) measure is a more accurate way to determine body fat distribution. It is determined by measuring the waist size divided by the hip size.

Waist – Hip Ratio

- Apple (Bad Shape) – Women >0.8
Men >0.9
- Pear (Good Shape) – Women <0.8
Men <0.9

The two basic types of fat distribution are also called “male pattern” (“apple shape”) and the “female pattern” (“pear shape”). The nomenclature is somewhat misleading, since both patterns can occur with either gender.

“Apple” shapes deposit the largest amount of their body fat in the abdominal region, while “pears” carry most of their weight in the hips, buttocks and thigh area.





Factors Affecting the Body Weight

Change in body weight is invariably a product of energy imbalance in the body. Energy imbalance here refers to imbalance between energy intake and energy output. For example, if you consume more food (i.e. take in more energy) and do lesser work (i.e. spend lesser energy) it would result in energy imbalance in the body. There are several factors which favour the development of such an imbalance in the body. These are termed as risk factors. Let us discuss about some of the risk factors.

Genetic Factors: Genetic inheritance probably influences 50-70 percent a person's chance of becoming fat more than any other factor. In one of the research studies it was found that if both parents are of normal weight, the probability is that 7 percent of the children will be obese. On the other hand, if one of the parents is obese, the possibility is that 50 percent of children will be obese. If both the parents are obese, the chances that children will be obese goes up to 80 percent.

Eating Habits: Eating too much is a habit with many people. If one is in the habit of eating more food in general or consuming energy rich foods like cakes, pastries, samosa, kachori, butter, wafers and other rich snacks and desserts, one is likely to gain weight. Some people prefer to eat less during the meal time, but keep on munching snacks in between meals. Remember that total intake of calories goes up in this way and it increases the possibility of weight gain.

Physical Activity: Besides food intake another factor which influences the energy balance of the body is activity pattern. In urban areas, especially the affluent or rich class people tend to have a sedentary lifestyle. Most of the time they are involved in some kind of mental work and do very little of running or walking around. Housewives are equipped with electric gadgets like vacuum cleaner, mixer, washing machine, etc. to make work simpler for them. Such people tend to spend or use very little of calories they have consumed as part of food. The result is energy imbalance and consequent weight gain.

Psychological Factors: Some people tend to eat more if they are tensed or bored or lonely. Such conditions make food as the focus of their attention and a means or outlet for release of tension and boredom. Such people also have a tendency to gain weight and become obese. Research studies have shown that school children tend to take more fatty foods as their lives grow stressful.

Relationship between Metabolism and Weight

Metabolism: Converting food into energy

Metabolism is the process by which your body converts what you eat and drink into energy. During this complex bio chemical process, calories in food and beverages are combined with oxygen to release the energy your body needs to function.

Even when you are at rest, your body needs energy for all its "hidden" functions, such as breathing, circulating blood, adjusting hormone levels, and growing and repairing cells.

Basal Metabolic Rate: The basal metabolic rate (BMR) is the rate at which a person uses energy to maintain the basic functions of the body – breathing, keeping warm, and keeping the heart beating – when at complete rest.



Several factors determine your individual basal metabolic rate, including:

Your body size and composition: The bodies of people who are larger or have more muscle burn more calories, even at rest.

Your sex: Men usually have less body fat and more muscle than do women of the same age and weight, burning more calories.

Your age: Infants and young children tend to have a proportionately high BMR for their size due to their rapid growth and development. Older adults usually have a lower BMR than younger people since their muscle mass tends to decrease with age.

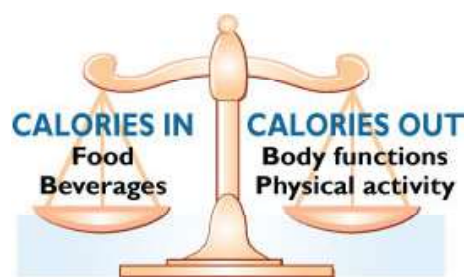
Energy needs for body's basic functions stay fairly consistent and aren't easily changed. Your basal metabolic rate accounts for about 70 percent of the calories you burn every day.

Balancing Calories

The Caloric Balance Equation

When it comes to maintaining a healthy weight for a lifetime, the bottom line is – calories count! Weight management is all about balance—balancing the number of calories you consume with the number of calories your body uses or “burns off.”

- A *calorie* is defined as a unit of energy supplied by food. A calorie is a calorie regardless of its source. Whether you're eating carbohydrates, fats, sugars, or proteins, all of them contain calories.
- *Caloric balance* is like a scale. To remain in balance and maintain your body weight, the calories consumed (from foods) must be balanced by the calories used (in normal body functions, daily activities, and exercise).



If you are... Your caloric balance status is...

Maintaining your weight	“in balance.” You are eating roughly the same number of calories that your body is using. Your weight will remain stable.
Gaining weight	“in caloric excess.” You are eating more calories than your body is using. You will store these extra calories as fat and you’ll gain weight.
Losing weight	“in caloric deficit.” You are eating fewer calories than you are using. Your body is pulling from its fat storage cells for energy, so your weight is decreasing.



Losing Weight

What is healthy weight loss?

It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

To lose weight, you must use up more calories than you take in. Since one pound equals 3,500 calories, you need to reduce your caloric intake by 500—1000 calories per day to lose about 1 to 2 pounds per week.

1 kg = 2.2 pounds

Creating Negative Calorie Balance

Through

Diet : 500 Kcal/day

Activity : 500 Kcal/day

Behavioral modification : 50 Kcal/day

Total Calorie Deficit - 1050 Kcal/day*

*The above values are inter-changeable depending upon health status of an individual

Physical Activity for a Healthy Weight

Importance of Physical Activity

Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

- When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss.
- Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to maintain weight loss is to be engaged in regular physical activity.
- Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Physical activity also helps to

- Maintain weight.
- Reduce high blood pressure.



Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.

Reduce arthritis pain and associated disability.

Reduce risk for osteoporosis and falls.

Reduce symptoms of depression and anxiety.

How much physical activity do I need?

When it comes to weight management, people vary greatly in how much physical activity they need. Here are some guidelines to follow:

To maintain your weight: Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. It's possible that you may need to do more than the equivalent of 150 minutes of moderate-intensity activity a week to maintain your weight.

To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan.

What do moderate- and vigorous-intensity mean?

Moderate: While performing the physical activity, if your breathing and heart rate is noticeably faster but you can still carry on a conversation — it's probably moderately intense. Examples include:

Walking briskly (a 15-minute mile).

Actively playing with children.

Biking at a casual pace.

Vigorous: Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation, it's probably vigorously intense. Examples include—

Jogging/running.

Swimming

Most competitive sports (football, basketball, or soccer).

Jumping rope.

Diet for life style related disorder: Obesity, Diabetes, Hypertension

Obesity:- Obesity is support to be a gift of modern life style. Obesity itself is a disease as well as breeding ground of numerous other diseases. It's main symptoms are following:-

Obese, clumsy and unsymmetrical (imbalance b/w height and body weight).



Panting with little physical

Excessive sweating

Body ache

Excessive sleep

Obesity may be defined as an excessive deposition as strange of fat in adipose tissue.

Weight Loss Calculator

This is a very general calculation and like all of these calculators may give you a general idea of the direction you are moving in rather than and exact amount which is perfect for you. This does not take the place of a consultation with your doctor and is for educational purposes only. The weight loss calculator calculates how much body fat you have to reduce (if needed) to get a healthy weight. If your percentage of body fat is more than acceptable limit you have to reduce your body fat to avoid some health risk like Diabetics, Type-2 Cancer, Sleep Arena, etc. The rule for good weight loss is slow and steady. A rate 5% to 10% is recommended. The calorie equivalent of body fat is 3500 calorie per pound, i.e. if you want to reduce one pound of your body fat in one week you have to reduce 500 calorie per day from your required daily calorie need and total $7 \times 500 = 3500$ calorie in a week.

Causes:- Obesity is a disease of the person who avoid physical work or exercise. Heavy diet, constant use of high fat foods, avoidance of physical exercise or manual work and leading lethargic and comfortable life style etc. may be the main cause of obesity.

Waist Measurement Chart Women (in feet and inches)			
Height	Ideal	Overweight	Obese
5'-1"	24"	28.4"-31.5"	>31.5"
5'-2"	24.5"	29.1"-32.2"	>32.2"
5'-3"	25"	29.9"-33.0"	>33.0"
5'-4"	26"	30.7"-33.8"	>33.8"
5'-5"	26"	31.5"-34.6"	>34.6"
5'-6"	26.5"	32.3"-35.4"	>35.4"
5'-7"	27"	33.1"-36.2"	>36.2"
5'-10"	27.5"	35.5"-38.6"	>38.6"
6'-0"	28"	37.1"-40.2"	>40.2"

Hypertension: Hypertension is commonly known as high blood pressure. To understand high blood pressure one should know the meaning of blood pressure. The pressure at which blood is pumped around the body by the heart is called blood pressure. The blood pressure of a person is always expressed in the form of two value called systolic pressure and diastolic pressure. In orders to understood this, we should first known the meaning of systole and the phase of heart beat when the heart relaxes corresponded and always the chamber to fill with is called diastole.



The maximum pressure at which the blood leaves the heart through the main artery during contraction phase is called the systole pressure. The high pressure in the main artery maintain a study flow of blood in all the arteries towards the capillaries. The minimum pressure in the arteries during the relaxation face of heart is called the diastolic pressure. The valve of diastolic pressure is always lower of millimeter of mercury. The blood pressure valve vary from person to person and time to time. They also vary with age for example:- a young person may have blood pressure of 120/80 but at the age of 60 years it would be 160/90. High blood pressure is caused by the narrowing of very small arteries called arbriated, which result increased resistance of blood flow, very high blood pressure, lead to rapture of an artery and internal bleeding. Blood pressure is a normal condition of individual in case of anxiety ,fast running, stress, excess work etc. But this practice becomes in a routine can lead to high blood pressure in the arteries which help blood to push forward.

Diabetes

Diabetes mellitus, or simply diabetes, is a group of metabolic diseases in which a person has high blood sugar, either because the pancreas does not produce enough insulin, or because cells do not respond to the insulin that is produced. This high blood sugar produces the classical symptoms of polyuria (frequent urination), polydipsia (increased thirst) and polyphagia (increased hunger).

Early Morning

1. Should take lots of liquids (lemon juice with luke-warm water & honey) first thing in the morning.
2. Amla or Kerala juice mixed with water is very beneficial.
3. Methi dana soaked over night in one glass of water.

Precautions & Preventions

1. Go for long brisk walk.
2. Do yoga regularly (mandokaasan, gowmukhaasan, ardhmastendrasan, kormasan, katichakrasan, paschimuttan, etc and all abdomen sukhsham vyayam).
3. Avoid artificial sweets and take natural sweets in fruits or vegetables like berries.
4. Avoid rice, flour, sugar (all three whites).
5. Eat chapatti of bajra, jowar, besan, ragi and wheat.



 Female Height to Weight Ratio				 Male Height to Weight Ratio			
Height	Low	Target	High	Height	Low	Target	High
4' 10"	100	115	131	5' 1"	123	134	145
4' 11"	101	117	134	5' 2"	125	137	148
5' 0"	103	120	137	5' 3"	127	139	151
5' 1"	105	122	140	5' 4"	129	142	155
5' 2"	108	125	144	5' 5"	131	145	159
5' 3"	111	128	148	5' 6"	133	148	163
5' 4"	114	133	152	5' 7"	135	151	167
5' 5"	117	136	156	5' 8"	137	154	171
5' 6"	120	140	160	5' 9"	139	157	175
5' 7"	123	143	164	5' 10"	141	160	179
5' 8"	126	146	167	5' 11"	144	164	183
5' 9"	129	150	170	6' 0"	147	167	187
5' 10"	132	153	173	6' 1"	150	171	192
5' 11"	135	156	176	6' 2"	153	175	197
6' 0"	138	159	179	6' 3"	157	179	202

Height = Feet and Inches - Weight = Pound

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Figure: Height to Weight Ratio in Males and Females

Review Questions

- Q1. Write down the definition of Health given by WHO?
- Q2. Write the guidelines for balanced diet
- Q3. Define body mass index (BMI)?
- Q4. Write down the factors affecting the body weight
- Q5. What is healthy weight loss?
- Q6. Write down the importance of physical activity for healthy weight?



Session-2 : Body Ageing

Your body shape changes naturally as you age. Some of these changes cannot be avoided, but your lifestyle choices may slow or speed the process.

The human body is made up of fat, lean tissue (muscles and organs), bones, and water. After age 30, the people tend to lose lean tissue. Your muscles, liver, kidney, and other organs may lose some of their cells. This process of muscle loss is called atrophy. Bones may lose some of their minerals and become less dense (a condition called osteopenia, or at its later stage, osteoporosis). Tissue loss reduces the amount of water in your body.

Changes in total body weight vary for men and women. Men often gain weight until about age 55, and then begin to lose weight later in life. This may be related to a drop in the male sex hormone testosterone. Women usually gain weight until age 65, and then begin to lose weight. Weight loss in later life occurs in part because lean muscle tissue is replaced with fat. Diet and exercise habits can play a large role in a person's weight changes over life.

Your lifestyle choices affect how quickly the ageing process takes place.

Body Changes Due to Ageing

Skin

With age, the skin becomes less elastic and more lined and wrinkled. Fingernail growth also slows. The oil glands gradually produce less oil, making the skin drier than before. You can slow skin ageing by using moisturizer and protecting the skin from the sun with sunscreen and sun-protective clothing, such as a hat or cap.

Due to the fact that skin loses its elastic quality and becomes thin, small lines set in and sooner or later, deeper wrinkles appear. The muscles in the face lose flexibility causing cheeks, jowls, upper lip, and eye lids to droop.

Hair

It's normal for hair to gradually thin on the scalp, pubic area, and armpits. As hair pigment cells decline in number, gray hair growth increases. As hair follicles are altered, hair loses its color, turns gray and becomes more porous. This change is unique to each person and depends largely on heredity.

Height

By age 80, it's common to have lost as much as 2 inch (5 cm) in height. This is often related to normal changes in posture and compression of joints, spinal bones, and spinal discs.

Hearing

At about the same time, the walls of the auditory canal of the ear thin and the eardrum thickens. A gradual hearing loss may occur

Over time, changes in the ear make high-frequency sounds harder to hear and changes in tone and speech less clear. These changes tend to speed up after age 55.



Vision

As you age the eye becomes less able to produce tears, the retina thins, and the iris stiffens causing the eye lens to become cloudy and seeing clearly to become difficult. Most people in their 40s develop a need for reading glasses as the lenses in the eyes become less flexible (presbyopia). It's also normal for night vision and visual sharpness to decline. Also in the later years, glare increasingly interferes with clear vision. Vision changes can affect your ability to drive safely. For more information, see:

Menopause

Sooner or later every woman will go through menopause. Aside from cessation of menstrual flow, hot flashes, and mood swings, declining estrogen levels affect other bodily functions.

Muscle mass declines at menopause. Metabolism slows causing weight gain. Extra pounds that once surfaced on the hips and thighs begin to stick to the middle instead. Bones begin to thin. Cognitive ability declines.

Loss of estrogen affects vaginal elasticity, urinary continence, flexibility of blood vessels, the tune-up of all female organs, and the protection of the cardiovascular system.

Things you can do to reduce age-related body changes are:

- a) Get regular exercise. Walk. It's cheap and easy and can be done at home or work. Start gradually - may be ten minutes a day - and work up.

Wear a pedometer to monitor how many steps you take. You can burn 100 calories for each 2000 steps (approximately one mile) you take. Walking the recommended 10,000 steps daily burns 500 calories. Burning 3,500 calories is equal to one pound. Keep in mind that every little bit helps.

Stay active. Bend and stretch at any age. Challenge your body. Calculate what percentage of your day is spent being active and how much you spend sitting, driving, sleeping.

Then compare that to how active you were when you were younger and find a happy medium that works for you. Plan to exercise daily and do weight bearing exercises at least twice a week to stay flexible, increase strength, and manage your weight.

- b) Eat a healthy diet that includes fruits and vegetables, whole grains, and optimal amounts of healthy fats. Be mindful of what you eat. Nourish your body from the inside out. Since calorie needs decline with age, eat less and choose more wisely.

Drink water - Six to eight glasses a day. When you notice thirst outwardly, the cells on the inside are actually crying out for water. Cell reproduction for skin, bone, muscle, kidney function, metabolism, and heart health all are dependent on water. Remember, you may not be sick, you may actually be thirsty.

- c) Limit your alcohol use.
- d) Avoid tobacco products and illicit drugs.

As your body ages, you can expect gradual changes, at your body's own pace. How your body ages depends in part on your family (genetic) patterns of ageing. But your lifestyle



choices have a more powerful impact on how well your body ages. Fortunately, you can control your lifestyle choices.

Symptoms of ageing on face

The visible effects of facial ageing are the progressive changes you see when you look in the mirror — including loss of skin elasticity, sagging, forehead lines, frown lines, crow's-feet, smile lines, lip lines, marionette lines (the lines framing your mouth), as well as changes to the color and texture of the skin and loss of volume.

Facial ageing usually begins in your 20s when the firmness of your skin begins to decrease. Wrinkles, blemishes, and sunspots may also start to appear, becoming more pronounced with age. Of course, changes vary from person to person.

Facial ageing is caused by both internal and external factors. Internal (or chronological) factors happen over time and are caused by genetics and the natural ageing process. External (or environmental) factors are things in the world around you, including sun exposure, smoking, pollution, gravity, facial expressions, and sleep position. All of these factors can contribute to changes in the skin, as well as changes in facial bone

Collagen is a fibrous protein in the dermis that gives structure to the skin and provides the foundation for the retention of elastin and hyaluronic acid. Elastin is an elastic protein that helps maintain shape, while hyaluronic acid cushions and lubricates to keep the skin moist. More collagen enables the presence of more elastin and hyaluronic acid.

With age and environmental damage, collagen is lost, and as time goes on, the body's natural production decreases. The damage to the underlying structure of the skin reduces the skin's ability to maintain elasticity and retain moisture.

Methods and Steps to Cope with Ageing

Laugh - Laughter releases “feel good” hormones called endorphins that boost immunity and reduce stress hormones. Hearty laughter expands the lining of blood vessels and improves blood flow much like a brief aerobic workout. So, enjoy a funny movie. Reduce stress, be positive, and make each day a masterpiece.

Get plenty of sleep - Sleep is important for overall well-being. Insufficient sleep increases hunger and stress and impairs metabolism. But before you reach for a sleeping pill, try sprinkling lavender, vanilla or green apple scent on your bed sheets. Or eat a bedtime snack of walnuts, yogurt or milk which are all rich in natural sleep inducers.

Sharpen the mind - No matter where you live or how old you are, it is important to keep your mind active. Read, do crossword puzzles, diversify your interests, find a hobby. Leave a memoir for your family by writing your life's story.

Learn to celebrate your body and the ageing process - The first and greatest step in ageing gracefully is to make up your mind that you are going to work on a healthy lifestyle.

Make gradual changes until they become a natural part of life. Be consistent in adoption of exercise and good health habits.



You have a choice in how your body ages and how you control the ageing process. Taking time to focus on yourself helps you as well as your loved ones. It's never too late to begin.

Review Questions

Q1. Explain the changes occur on the texture of skin and hair due to ageing.

Q2. List down the effects of menopause.

- a) _____
- b) _____
- c) _____
- d) _____

Q3. Write down the symptoms of ageing on the face.

Q4. List down the things you can do to reduce body changes.

- a) _____
- b) _____
- c) _____
- d) _____

Session-3 : Ayurveda Techniques of Ayurveda Massage, Swedish Massage and Reflexology

Term Ayurveda: The term Ayurveda is the combination of two words **AAYUS** and **VEDA**.

AYUSH means life and **VEDA** means knowledge or science. Hence the term Ayurveda means the science of life. Thus it is equivalent to the term 'biology'. But in real practice the term is used to denote a system of human medicine.

Ayurveda literally means "science of life and longevity." and is considered to be the traditional system of medicine of India. It is a holistic system of healing that supports healthy life style and curing the diseased condition.

Origin of Ayurveda

Ayurveda is attributed to Dhanwantari, the physician to the gods in Hindu mythology, who received it from Brahma. Its earliest concepts were set out in the portion of the Vedas known as the Atharvaveda.

There are several aspects of this system of medicine which distinguish it from other approaches to health care:

1. It focuses on establishing and maintaining balance of the life energies within us, rather than focusing on individual symptoms.



2. It recognizes the unique constitutional differences of all individuals and therefore recommends different regimens for different types of people. Although two people may appear to have the same outward symptoms, their energetic constitutions may be very different and therefore call for very different remedies.
3. Ayurveda describes three fundamental universal energies which regulate all natural processes on both the macrocosmic and microcosmic levels. That is, the same energies which produce effects in the various galaxies and star systems are operating at the level of the human physiology—in your own physiology. These three universal energies are known as the Tridosha.

Objective of Ayurveda

There are two main objectives of Ayurveda

1. To maintain the health of those who are well. This aspect entails specific diet, nutrition and hygiene, living style and exercise. Following these guidelines enables a healthy person to maintain health and increase life span.
2. To cure diseases of those who are sick. This aspect describes about the diseases, their causes, symptoms and treatment measures

Definitions of Ayurveda

There are many definitions for Ayurveda from various angles. Some important definitions are given below:-

1. Ayurveda is the science of life.
2. Ayurveda is the science that advises us how to maintain (protect) life.
3. The following comprehensive definition of Ayurveda is given by Acharya Charaka (1000 B.C). Ayurveda is the science that deals with four types of life, the wholesome and unwholesome things to life, the measurement of life and life itself.

Ayurveda is the science by which man knows about and obtains life. Ayurveda is the science that deals with things conducive to and adverse to life, the pathology of diseases and the treatment of diseases. Ayurveda thus explains a whole way of life embodying not only the physical and psychological aspects but also the philosophical, ethical, and moral aspects on the one hand and the individual & universal health on the other. This holistic and universal concept of health is the contribution of Ayurveda to the world.

Three Doshas

TRI means three and **DOSHAS** are called as physical energies.³⁹³

The Tridosha regulates every physiological and psychological process in the living organism. The interplay among them determines the qualities and conditions of the individual. A harmonious state of the three doshas creates balance and health; an imbalance, which might be an excess (vridhhi) or deficiency (ksaya), manifests as a sign or symptom of disease.

The three doshas are known as **Vata, Pitta and Kapha**.

Prakruti of the body

PRAKRUTI of body can also be called as body constitution. The ancient sages observed that



although every individual is constituted of the three doshas, each of us inherits them in differing proportions. This accounts for our differences in appearance, preferences, aversions, behavioral patterns, and emotional tendencies. The proportion of the three doshas present in an individual at birth will determine his or her essential constitution or prakruti. Prakruti comes from two Sanskrit roots which mean “the initial creation” or alternatively this interesting word can also mean “to come forth into creation”. It represents how we initially come into life before any deviations have taken place.

What Determines our Prakruti

The state of the doshas in the bodies of the mother and father at the time of conception is the most influential factor.

The mental state and intentions of the mother and father at the time of conception .

The familial hereditary characteristics .

The diet and daily activities of the mother during pregnancy

Benefits of Knowing your Prakruti

Personal analysis of Prakruti helps you understand your body type and its requirements

Knowing your body type will certainly help you to choose the right kind of food, job, colors and habits etc. that will stay in harmony with your prakruti.

It will help you to maintain a good and balanced personal, family and professional life.

Helps you to plan your lifestyle that will suit your body type.

Prakruti analysis will help you plan a balanced diet

This can help you to know how an imbalance is likely to occur in your body and will educate you to adapt a preventive way of life.

Panchakarmas

In AYURVEDA there are two main therapeutic principles:

- 1) **Shaman** : To suppress the toxins inside the body and to cure disease.
- 2) **Shodhan**: To remove toxins completely from the body, allowing healing and restoration mechanism.

PANCHA means five and **KARMAS** means treatments which go according to the second rule of therapeutic principles.

- 1) **Emesis/Vamana**



Figure: Emesis/Vamana



In this the person is made to vomit in proper guidance and presence of qualified **Ayurvedic Doctor**.

Over here the person is made to drink at least 8-10 glasses of milk/cane juice depending on condition so to vomit toxins from the body

This treatment helps to reduce diseases like obesity, skin diseases, diabetes and asthma.

2) Enema/Basti - Basti



Figure: Enema/Basti-Basti

is a Sanskrit name for bladder. In ancient times the bladder of goat and buffaloes were used to give enema.

In this therapy oil or water is given in the form of enema which helps to remove feecal blocks so by cleansing and toning the colon, entire body is healed and rejuvenated.

Basti is beneficial for diseases like constipation, arthritis and many neurological disorders like paraplegia and hemiplegia.

3) Virechana/Purgation



Figure: Virechana/Purgation

In this treatment patient is made to defecate for number of times which helps to remove excess pitta. This treatment is contraindicated for people with heart disease, in pregnancy and those who are underweight. It is useful for various diseases like constipation, abdominal disorders, jaundice, skin disease and to reduce obesity.

4) Nasya/Nasal Therapy



Figure: Nasya/Nasal Therapy

NOSE is important sense organ in the body which is also called as gateway to the head. In this therapy two drops of herbal oil depending on condition is dropped in each nostrils.

NASYA is useful for diseases like cervical spondylitis, sinusitis, throat and ear diseases, hair loss, graying of hair, insomnia, facial paralysis and migraine

5) Raktamokshan

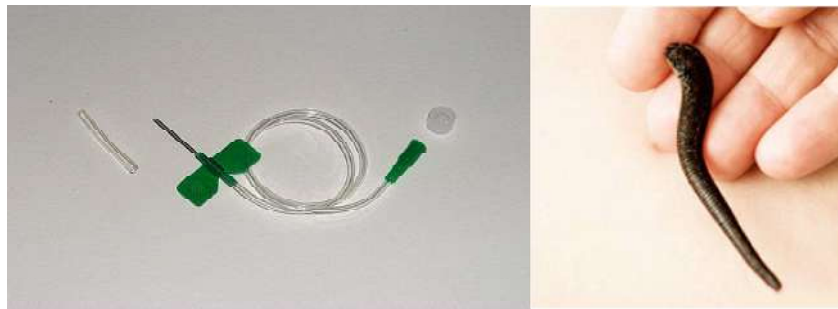


Figure: Raktamokshan

MOKSHAN means letting of blood and RAKTA means blood. It is generally done with the help of leech and scalp vein set. Leech is generally applied to effected part of body where the leech sucks the blood toxins from the effected part. Raktamokshan is useful mainly for arthritis, skin disorder like psoriasis, eczema, acne etc.

Review Questions

Q1. Define term AYURVEDA?

Q2. What is PRAKRUTI?

Q3. Write detail knowledge about PANCHAKARMAS and their benefits?

Objectives: At the end of this lesson you shall be able to :

- Describe the history of Abhyangam Massage.
- Explain the importance of various oils used in it.
- State the benefits of Abhyangam massage.
- Explain the Abhyangam massage contraindications.
- State the pre & post treatment tips



Abhyangam

Abhyangam is a popular body massage in ayurveda. The word Abhyangam itself means to massage.

In Ayurveda, the Abhyangam massage has become popular because of its effective way of conditioning the body. Abhyangam can be used therapeutically. The massage is designed around each individual, to suit his or her disease or condition. An ayurvedic physician can assess this and will then decide on the appropriate oils and the exact way of massage.

Abhyangam can increase the production of white blood corpuscles and antibodies, which provide more resistance against viruses and diseases. This helps the defense mechanism in the body and increases immunity towards environmental changes. In this way abhyangam massage is a protector, preserver and a rejuvenator, increasing self-confidence and will power. To massage is to exercise the nervous system.

In Ayurveda, abhyangam massage is highly praised and much emphasis is placed on the use of oils in massage. The abhyangam massage itself should be ideally done by the physician or an experienced therapist.

Abhyangam Massage

Abhyangam massage is a type of massage therapy which is used by practitioners of Ayurveda to treat their clients. The massage involves liberally covering the client in oil and then using smooth, gentle movements to rub the oil deeply into the body. Ayurvedic practitioners recommend that people receive Abhyangam massage every day to keep their bodies balanced, healthy, and focused.

According to the principles of ayurveda, everyone has a specific body type known as a dosha. There are three doshas: pitta, kapha, and vata, and everyone has a specific balance of doshas which must be addressed in ayurvedic therapy. The idea of specific body types appears in many Eastern healing techniques, and it requires practitioners to be extremely flexible, as they must be able to formulate treatments on an individual basis for their clients; in abhyangam massage, your dosha determines what kind of oil should be used, and what sort of ingredients should be added.

Traditionally, abhyangam massage is performed in the morning, to clarify the mind and stimulate the client for the day. The client lies unclothed on a specially designed table, and the massage therapist pours warmed and specially formulated oil over his or her body. Sesame and coconut oils are commonly used, along with an assortment of herbs. The oil is allowed to soak in for several minutes before the massage therapist begins, using rhythmic, gentle strokes with the whole palm.

In some cases, two massage therapists may work on the same client. Abhyangam massage differs from many Western massage techniques in that it is not deep. It is meant to nourish the body with touch and rich oil, and while it certainly promotes healthy circulation and joints, it does not deeply penetrate the soft tissues of the body. Abhyangam massage may also be paired with shirodhara, an Ayurvedic treatment which involves dripping warm oil or milk onto the forehead.

An Abhyangam massage can last up to an hour. After the massage is over, the client is



encouraged to shower to take a steamy bath to encourage absorption of the oil. A regular routine of Abhyangam massage can be very beneficial for the skin. For people who cannot manage a daily massage, practitioners of Ayurveda recommend that people oil their feet, hands, and heads daily with an oil formulated for their dosha.

Knowledge of various oils

Herbal oils specific to your constitution or current condition are especially good choices for full body massage. Specific oil recommendations for each dosha are.

Vata, Pitta and Kapha are ayurvedic operators that govern the activities of the mind and body. Each is made up of a combination of some of five elements - air, space, earth, fire and water. Vata, for example, is mainly air and space and governs all movement in the body.

Types of Oil That Are Best for Vata

- Sesame Oil is considered to be the “king of oils;” it is the preferred choice of oil for vata because it is inherently warming.
- Almond Oil is also good as it has warming effect.
- For increasing strength and stamina Ashwagandha/Bala Oils may be the best.
- Mahanarayan Oil is made from over 20 Ayurvedic herbs and is traditionally used to support comfortable movement in the joints.
- Bhringaraj Oil, Brahmi Oil, and Healthy Hair Oil are especially well suited for scalp massage.
- Sesame Oil is a good choice when applying oil to the ears.
- Bhringaraj Oil and Brahmi Oil are especially well suited for foot massage.

Benefits

- Imparts softness, strength and color to the body.
- Decreases the effects of ageing
- Bestows good vision
- Nourishes the body
- Increases longevity
- Benefits sleep patterns
- Benefits skin
- Strengthens the body's tolerance
- Imparts a firmness to the limbs
- Imparts tone and vigor to the dhatus (tissues) of the body
- Stimulates the internal organs of the body, increasing circulation
- Pacifies vata and pitta



The body of one who uses oil massage regularly does not become affected much, even if subjected to accidental injuries or strenuous work. By using oil massage daily, a person is endowed with pleasant touch, trimmed body parts, and becomes strong, charming and least affected by old age.

Contraindications

- During the menstrual cycle

Massage with deep pressure during the menstrual cycle is not advised in Ayurveda, as it can initiate a release of ama (toxins) from deep tissues at a time when the body is already a bit taxed.

- During pregnancy

The reasoning is similar here. It is not a good idea to stimulate any sort of detox process during pregnancy. This precaution protects the growing embryo and fetus against any unnecessary exposure to ama.

- Over swollen, painful areas or masses on the body
(Or do so only with the knowledge and consent of your health-care practitioner).
- Over infected or broken skin.
- When there is high ama or great physical discomfort.

A thick, white coating on the tongue often indicates high levels of ama.

- During any sort of acute illness such as fever, chills, flu, or acute indigestion.
- Directly after taking emetics or purgatives.
- When you have a medical condition.

(Unless your health-care practitioner says it is okay to do Abhyangam).

One should not experience any uncomfortable effects with or from Abhyangam. In the unlikely case that you do experience some, if you are not sure whether you should be doing Abhyangam, or if you don't know which oil to use, it is important to consult with an Ayurvedic practitioner.

Provided you do not have any of the above contraindications for Abhyangam, it is time to learn which oils would be best for you. Ayurveda teaches us that like increases like and that opposites balance, so this decision should take into account the qualities influencing your constitution, your current condition, and the season.

Review Questions

Q1. List the conditions when Abyangam massage should be avoided.

- a) _____
- b) _____
- c) _____
- d) _____



Q2. Write down the benefits of Abyangam massage.

- a) _____
- b) _____
- c) _____
- d) _____

Q3. List few oils that are used massage in ayurveda.

- a) _____ b) _____ c) _____.

Q4. Write down the types of doshas in human body.

- a) _____ b) _____ c) _____.

Q5. Fill in the blanks

- a) The word abhyangam means _____
- b) Abhyangam can increase the production of _____.
- c) Abhyangam massage is a protector, _____ and a _____.
- d) The massage involves liberally covering the boy with _____.

Shirodhara

For Students

- Cleanse the massage table with soap and water and then disinfect with dettol.
- Clean the Shirodhara pot with soapy water and disinfect with dettol.

Description

Luke warm herbal oil is poured in a stream continuously on to the forehead with a gentle massage on the head. The oils of Shirodhara are prepared with special care. The content of oil varies according to the psychophysical constitution of the individual. Ayurvedic philosophy considers the head as the root of the body and also as the seat of intelligence. It is otherwise known as Mana. There is description of many medical plants, which helps in the improvement of functions of Mana.

Benefits

The treatment induces relaxation, and is very beneficial for vigor and vitality. Shirodhara rejuvenates and revitalizes the mind and the body. This treatment relieves stress and strain related problems, prevents ageing process, improves memory, and cures paralysis and other neurological malfunctions which are mainly vata disorders. The cerebrum is the seat of intelligence, memory, and many other functions. It can be stimulated by Shirodhara, which nourishes the brain also. Shirodhara also improves the blood circulation to the upper body parts. Shirodhara is also effective in falling of hair, splitting of hair and early graying of hair and improves the power of speech.

Pre-care advice: Nothing should be taken 30 minutes before the treatment.



Contraindications

Shirodhara should not be performed if the patient/client is suffering from any of the following:

- Serious heart disease
- Thrombosis – coronary or deep vein thrombosis (e.g. history of heart disease or blood clot in lungs)
- Pregnancy
- Infectious skin condition
- While menstruating
- Acute inflammation of venous/lymphatic system
- Oedema
- Fever



Equipments for Shirodhara

- Medicated oil 1.5 litre
- Dhara pot
- Droni
- Cotton to cover the eyes
- Vessels
- Procedure sequence
- Take the guest to the therapy room, and let him/her disrobe in the room, providing the correct disposals.
- Ensure that the room is set up and ready for therapy as per in terms of temperature, décor, music volume and Droni/linen set up.
- Help the guest sit on the stool and introduce the therapy procedure to the guest explaining the benefits and procedure flow in short.
- Say Lord Dhanwantari prayer and explain the importance of it in the treatment.



Precautions

- The oil should be warmed more than 25°C and the temperature to be maintained the same until the end of the treatment.
- A rhythmic swinging is very essential and it should not be very fast or too low.
- Utter silence should be maintained in the treatment room.
- It is important to keep the hair oil for sometime if the guest has got the time to. If not a hair should be thoroughly washed. Advise the guest to wash hair very well so as to remove the oil completely. Also advise the guest to sleep that night with a small towel on the pillow to avoid stains given that it takes a one-two hair washes to get the oil completely out and people with Pitta constituencies likely to sweat during sleep will leave an oil stain on the pillow.

Procedure

- The person is subjected to body oil massage with suitable medicated oil.
- Lie on the back with head resting.
- Eyes should be covered with a cotton piece to avoid entering of oil in to the eyes.
- The suitable oil is warmed and poured in to the *Dhara* pot and is move to flow onto the upper part of the forehead with slow rhythmic swinging of *Dhara* vessel across the forehead.
- The vessel is kept refilled with drippings collected and warmed.
- Along with the *shirodhara* also do gentle massage on the upper part of the head so as to help the oil and drip.
- Along with this a gentle massage is given the foot & hands without moving the body.
- Advice the guest to relax during the treatment time. Do not get them to focus on music as their focus should be on the sensation of the oil and they should try to focus on this rhythm as a method of relaxation. The music is simply secondary for ambience.
- After doing *Dhara* for 30-35 minutes, help him/her to get up and sit legs stretched forward.



- A soothing massage is then to be given to the neck & lower back.

After Care Advice

- Offer a glass of water and steam for five minutes
- Relax
- Avoid for sunlight and cold temperatures for at least 2 hours

Swedish Massage

Massage may be described as the systematic and scientific manipulation of the soft tissue of the body for a therapeutic purpose.

Body massage grew in popularity due to the influence of Per Henrik Ling (1776-1839). He belonged to Sweden and hence the name Swedish massage. It is also known as Classical Swedish because it follows all the 5 classical movements.

During World War I massage was used for the treatment of nerve injury and shock. Body massage offers numerous physical, physiological and psychological benefits

Massage uses these connections to allow healing to take place on the physical, emotional, mental as well on the spiritual level of a person and leave them with a feeling of relaxation contentment, pampered and well being. There are many forms or styles of massages like Swedish, Balinese, deep tissue, shiatsu, to name just a few.

Swedish massage has many benefits like encouraging the elimination of toxins as the lymphatic system is stimulated.

- Blood flow is increased so that fresh nutrients are brought to the area of skin.
- Knots and nodules of tension are loosened and broken down.
- Muscle tone is improved.
- Muscle spasm is released.
- Reduces fatty deposits.
- Relieves non medical fluid retention or edema around joints.
- Stimulates and clears nerve path either stimulating or soothing the sensory nerve endings found mainly on the back which is the most important part of any general massage.

Effects of Swedish Massage of the following nature

Physical -are those sensations that the client feels

Physiological -are those changes which take place in the body's systems

Psychological -are those which alter the client's mood or emotional state

Five Scientific Movements of Swedish Massage



Effleurage: effleurage is done with full palm. This technique is usually performed in the beginning as well to connect and to end the massage. It always moves towards the direction of the heart and towards the lymph nodes. Effleurage encourages the elimination of toxins, as the lymphatic system is stimulated. prepares the body for deeper massage movements that are to follow.

Petrissage: Kneading, picking up, wringing and skin rolling.

- **Kneading:** circular movement done with palmer surface or thumbs depending on pressure exerted on upward strokes firmly and relaxed on downward stroke.
- **Picking Up:** muscles and tissue is picked up by both the hands, squeezed and relaxed. The skin is never allowed to sag but is squeezed and relaxed until the whole muscle is treated.
- **Wringing:** It is somewhat similar to picking up but a much stronger movement. The flesh is lifted and wrung between both the hands.
- **Skin Rolling:** Thumb and forefingers form a wide diamond shape. The thumb pushes the flesh towards the fingers which relax before the skin is lifted. Petrissage is beneficial as it worked on deeper tissues, waste products are eliminated. Circulation is increased so that fresh nutrients are brought to the area of skin, muscles are loosened, muscle tone is improved, fatty deposits are broken and you feel relaxed.

Tapotement: This includes cupping, hacking, beating, pounding. Tapotement movement should be light and springy and your wrist should be flexible. Tapotement is beneficial as it helps to break down fatty tissues. Improve muscle tone by causing a reflex contraction to the muscle. It stimulates the circulation, reduces fatty deposits, improves the muscle tone.

- **Friction:** Circular movements that work deep into the tissues, causing the muscles to move against the bone. Friction is beneficial as it eliminates the waste deposits, removes tissue fluids like non medical fluid retention or oedema around joints, increases blood circulation and brings fresh oxygen and nutrients.

Vibration: This movement clears the nerve path by stimulating or soothing the sensory nerve endings found mainly on the back which is the most important part of any general massage. It's a very light movement and helps in stimulating nerve endings by reducing pain.



Sample of a Consultation Form

Client Consultation and Profile Card

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Home#: _____ Work#: _____

E-mail: _____ Birthday: _____

IN ORDER FOR US TO BEST SERVICE YOUR NAIL NEEDS, PLEASE ANSWER THE FOLLOWING QUESTIONS

1. If you work, what type of duties do you perform on a daily basis? _____
2. Do you do a lot of work around your home such as cooking, gardening? Yes No
Please Explain: _____
3. How many children do you have, and what are their age? _____
4. What type of athletic activities do you participate in on a regular basis? _____
5. Are you currently taking any medication, whether prescribed or over-the-counter? Yes No
Please Explain: _____
6. Do you have, or have you had a history of ☐ Diabetes ☐ Cancer ☐ Heart Disease
☐ Thyroid Problems ☐ Circulatory or Muscular Disease ☐ Hypertension ☐ Allergies
Other _____
What type of treatment has been prescribed? _____
7. Are you currently under any type of excessive stress? ☐ Yes ☐ No ☐ Don't Know
8. Is your skin ☐ Dry ☐ Oily ☐ Normal ☐ Combination
9. Do you spend time on your own nails? ☐ Always ☐ Sometimes ☐ Rarely ☐ Never
10. Do you have a history of biting or picking at your nails or cuticles?
☐ Always ☐ Sometimes ☐ Rarely ☐ Never
11. Have you always worn nail polish with your enhancements?
☐ Always ☐ Sometimes ☐ Rarely ☐ Never
12. Would you like the option to wear a Permanent French Manicure? ☐ Yes ☐ No
13. If you prefer to wear enamel, what is your favorite color? _____
14. What is the best day and time for your appointments? _____
15. Do you agree to keep a regular appointment schedule to maintain your nail enhancement
☐ Yes ☐ No ☐ Don't Know

Salon Name _____ Reserves the right to charge for appointment cancelled or broken without 24 hours notice. Due to the use of potentially hazardous chemicals in the salon. Please make other arrangements for your children on appointments days. Salon Name _____ will not be held accountable for injury or accidents to, or caused by, unsupervised children.

Client Signature _____ Tech Signature _____



Practical demonstration of five classical massages movement and practice the same with use of various aroma oils and stones in massage:

- **Effleurage:** It's performed with full palm of one hand or with both the palm. Its movement is always towards the heart and towards the lymph nodes.



Figure: Effleurage

- **Petrissage:** Petrissage allows working deeply on the muscles and is therefore performed on the fleshy areas of the body. It includes kneading, picking up, wringing, skin rolling.



Figure: Petrissage

- **Tapotement:** This includes tapping, cupping, hacking, beating and pounding. The movement should be light and springy. The wrist has to be flexible and loose.



Figure: Tapotement

- **Friction:** Circular movement that work deep into the tissues, causing the muscles to move against the bone. It breaks down knots/nodules of tension.



Figure: Friction

- **Vibration:** This movement stimulates and clears nerve path by stimulating or soothing the sensory nerve endings found mainly on the back which is the most important part of any general massage.



Figure: Vibration

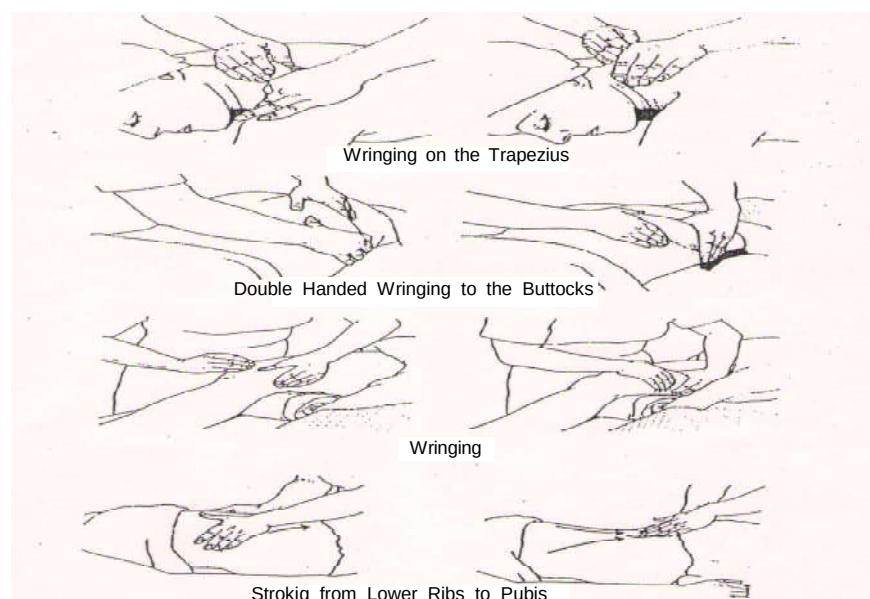
Swedish Massage Demonstration And Practice

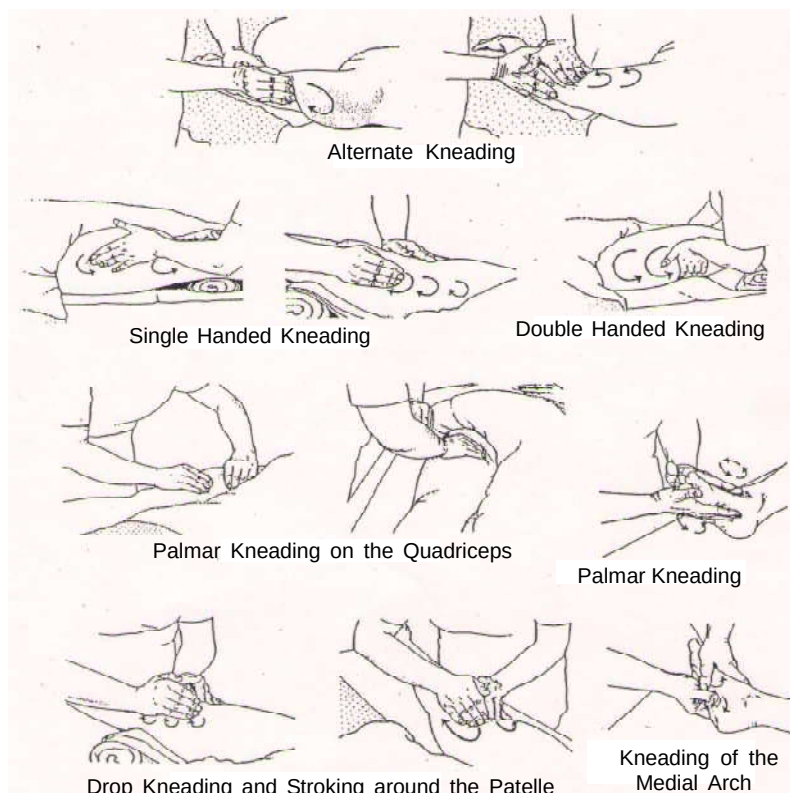
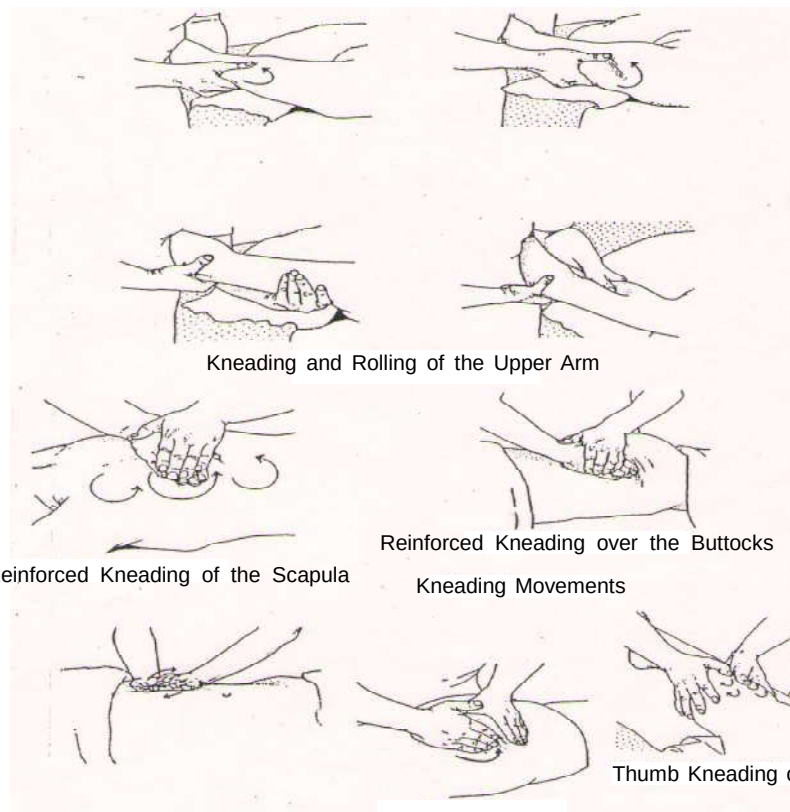
Preparation For Massage: First of all make sure that that your hand is thoroughly washed or sanitized, trim your nail and remove your watch, rings or any other jewellery that may scratch or obstruct your massage while giving treatment.

Make sure you are wearing loose comfortable clothing and foot wear, which will enable you to move freely. It is also helpful to use your preparation time to clear your mind of day to day things, entering a state of relaxation and positive energy for the massage ahead.

The Environment: The environment for the massage should be warm, comfortable, safe and private for the client to benefit from the massage. Make sure you have all the towel, oils, bolster, headrest, music ready before the start, so you don't interrupt the flow. Bright light interfere with the atmosphere, ask the client regarding the light, temperature and music too. The room should be tidy; towels should be in good condition, clean and free of any rancid oil odors

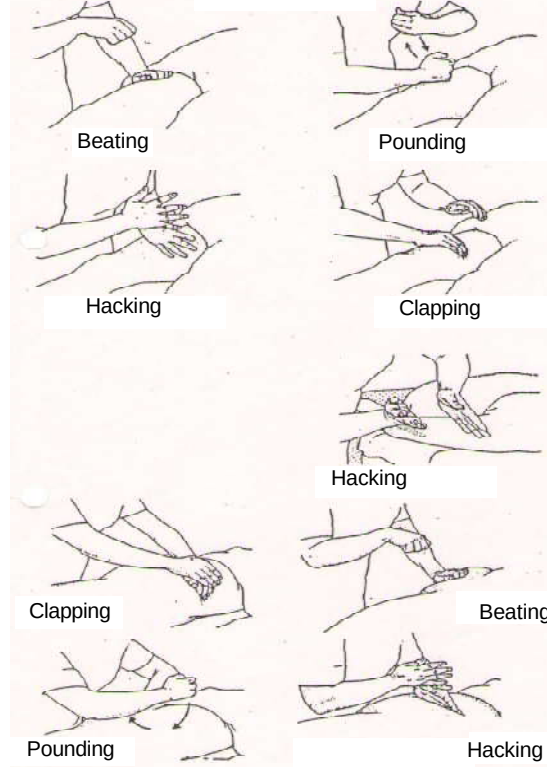
The Client: Always take a case history to check that your client has no contraindications for massage. Make a note of any specific problems, which may be pertinent to the massage such as back problems, headaches, bruise, cuts, high blood pressure etc. This information will give emphasis of the massage. As soon as they are on the body massage bed, use towels to drape the whole body of client, because as the body relaxes the metabolism slows down and the limbs can chill easily. Many people feel more secure psychologically if their bodies are covered hence only uncover the part you are working.



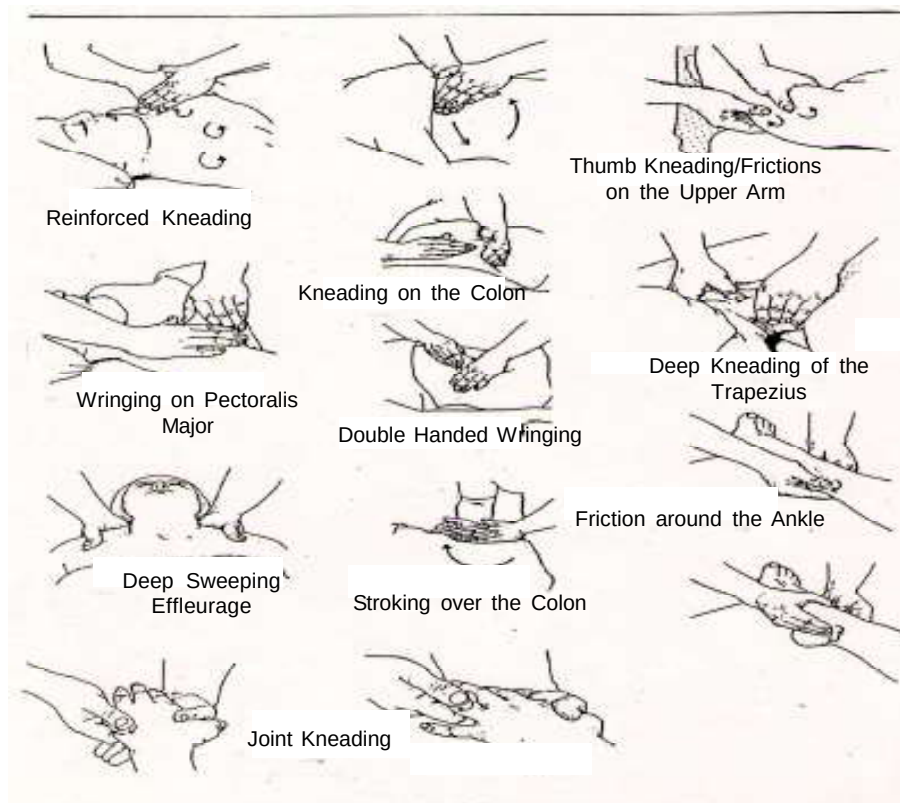
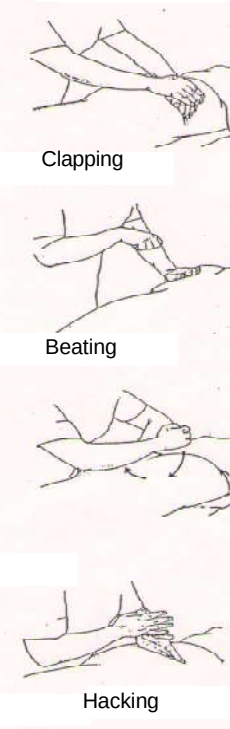


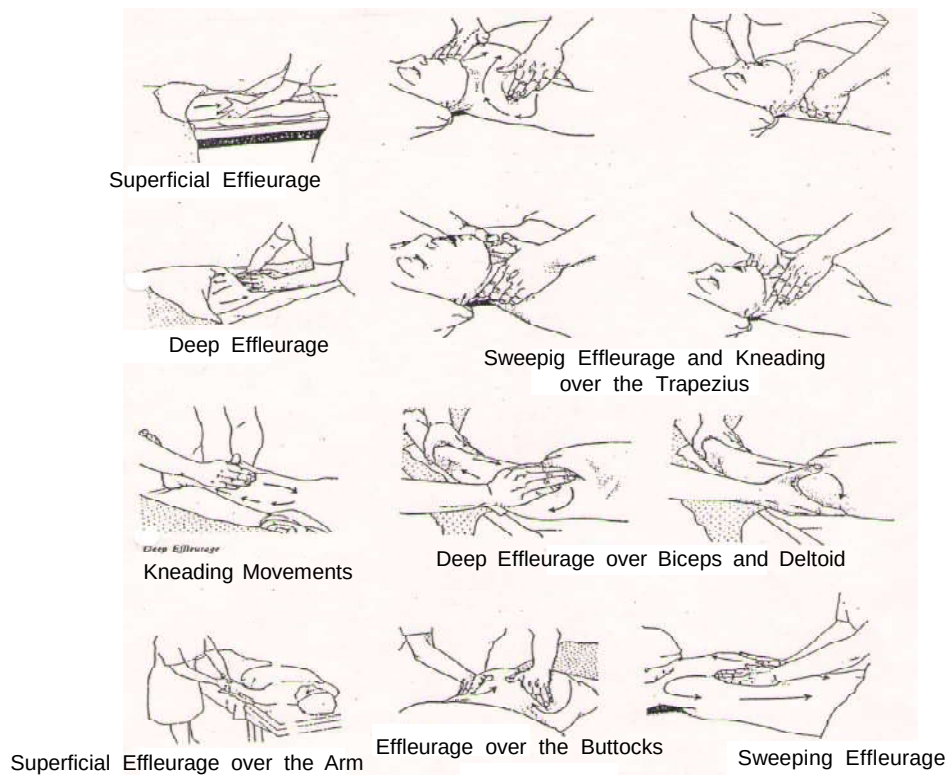


Optional Tapotement Movements



Tapotement or Percussion Movements





Reflexology



Reflexology is a non-invasive pressure point massage done on the soles of the feet where there are reflex zones corresponding to all internal organs in the human body. The pressure is applied according to the body map on the feet which in correlation to the body are guided by meridians – 10 longitudinal and 3 transverse zone

Reflexology is considered a Natural Healing Art.

Natural means that Reflexology enhances the natural functioning of the body. It does this without creating any damage internally. It is essentially harmless and non-invasive.

Healing means that Reflexology's effect is consistently observed to be beneficial to a person's health. Reflexology reduces physical, emotional and psychological stress and tension. This reduction of stress and tension results in a greater degree of relaxation in the body and a



consequent revitalization and rejuvenation of the functioning of the body. Reflexology also increases the body's awareness of itself. The combination of therapeutic relaxation and increased awareness facilitate movement toward optimal healthy functioning. In this sense Reflexology is healing.

Art means that the application of Reflexology is most beneficial when the practitioner is bringing their intuitive senses into play with their practice of Reflexology. Everyone who uses the techniques of Reflexology will find that the results are beneficial. However, the practitioner that develops awareness of their intuitive senses and applies Reflexology in accordance with their intuitive senses will have more effective results.

The range of potential benefits available from Reflexology is very wide. It is believed that Reflexology moves the body from functioning in the sympathetic nervous system modality (fight or flight) to the parasympathetic system modality (rest and repair), that Reflexology improves the assimilation of nutrients to enhance the provision of nourishment for healthy functioning. Reflexology improves the circulation of the blood and lymph with consequent improved nourishment and cleansing of the cells and elimination of accumulated toxins; similarly, that Reflexology strengthens the functioning of the immune system.

As a consequence, Reflexology powerfully complements all other healing modalities. In particular it enhances the effectiveness of nutritional therapies including Herbology and manipulative therapies such as Physiotherapy and Chiropractic. .

Reflexology is also practiced on the palms of the hands or ears. As in the feet, reflex area is found in the hand corresponding to all parts of the body. There are several reasons why we use the feet for treatment rather than hands.

- The hands are smaller than the feet, the reflex area more difficult to detect precisely.
- Hands are less sensitive as they are much exposed while the foot is covered with shoes and socks
- We do it on the feet to correspond the flow of energy.
- Some points on the hand are not so easy to locate

Foot reflex is a simple method to balance the body. It has been described as a natural therapy that requires specific pressure on particular areas of the foot. It is based on the principle that there are certain reflex area in the feet, which correspond to every part of the body. It relaxes, improves circulation and promotes a general feeling of wellness.





Descriptions

This innovative technique balances and tones internal organs and promotes relaxation for the whole body.

This ancient oriental method acknowledged as a scientific approach to a particular form of a specialised tissue manipulation influencing nerve impulses in the feet, and creating added relaxation, invaluable to our profession.

Reflex-zones are nerve points, each of which is in communication with other distant parts of the body. Stimulating these reflexes properly through massage can bring help to many health problems in a natural way, just like preventive maintenance.

Indications

Stress; for general relaxation; low energy; sore, tired feet

Contraindications

Pitted edema, broken bones or fractures advanced or poorly treated diabetes, infections, ingrown toenails, painful corns, gout, warts, athlete's foot

Positioning the Guest

The correct positioning of the client is necessary before giving reflex zone massage to the feet. This will also considerably enhance the effects of your treatment. The following surroundings and equipment are advisable:

- A well ventilated, clean and warm room
- Adequate space for the guest and therapist
- A couch or massage table
- Any disturbing background noise should be eliminated
- Some loss of body heat accompanies each massage

Clothing should personally loosen. The client should remove his or her watch.

The guest should be lie in a supine position with the head slightly raised. This also enables the therapist to constantly observe the facial expression and any spontaneous reaction, whether of pain or relaxation, and constantly regulate the massage appropriately. From this position the client may also view the therapist at work. This is of the greatest importance at the start of treatment in order to build up a relationship of trust.

Opening and Closing Procedure Sequence

The sequence proceeds systematically down the foot from toes to heel – from head to the lower abdominal reflexes – then up the inside edge of the foot to work on the spinal reflexes. When learning the sequence initially, study the foot reflexes chart and note the exact position of the reflexes, each time you come to a new reflex zone. During the treatment, give more attention to any painful areas you discover and after working both feet, return briefly to rework

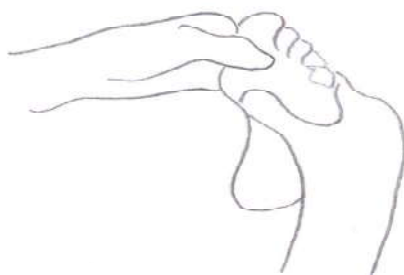


these areas, one foot at a time. But don't expect to get rid of them in one session. Always go gently – overworking sensitive points is counter productive, creating tensions rather than relaxation.

The Head, Sinus, Eye and Ear Reflexes

All the toes contain reflexes to the head, those on the right foot to the right side of the head and vice-versa. The main reflexes are found on the big toes; the smaller toes are the “fine tune” reflexes for the head, as well as the sinuses. If someone has a bad tooth say you will find his or her toe in the corresponding zone sensitive. If the sinuses are congested, all the toes will be painful to the touch. Working the toes correctly takes a lot of practice – not only are they sensitive, but their size makes them difficult to hold and treat. You treat the eye and ear reflexes most directly at the base of the smaller toes. Since it is a tension that the root cause of many eye problems, preventing proper circulation and focusing, reflexology is often very effective, restoring normal functioning by promoting relaxation.

Technique: To treat these reflex areas, you “walk” along the ridge at the base of the little toes formed by the metatarsal joints. With one hand support the foot and use the thumb to pull down the fleshy skin covering the bases of the toes. Use the outside edge of both thumbs to “walk” along the ridge.



Head and Sinus Reflex

To treat the left foot, support and protect the toes with the right hand and use your left thumb to work on the reflexes, keeping your left finger over your right. Starting at the big toe let your thumb “walk” down to the base of each toe in a small “caterpillar” movement. When you reach the little toe, change hands and walk back towards the big toe again. Reverse the instructions for the right foot.





The Neck and Throat Reflex

The reflex zone for the neck and throat lies at the base of the big toe. Working this zone affects not only the neck itself but also the top of the spine, the tonsils and the thyroid and parathyroid glands.

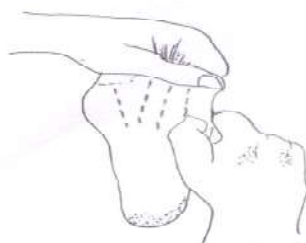
Technique: Supporting the foot with one hand use the other thumb to work around the base of the big toe from the side. Then change hands and come back in the opposite direction, reversing which handholds and which thumb works the reflex.



The Lung Reflex

This reflex area is situated between the metatarsal joints and the base of the toes on the underside of the foot and between the metatarsal bones on the top of the foot. You begin by working on the Lung Reflex area on the underside of the foot then treat the top of the foot. The Lung Reflex area affects all the organs within the thoracic cavity, not just the lungs.

Technique for sole: Hold the toe in one hand and use the medical corner of the thumb to work up between the metatarsals to the base of the toes. Then work back in the opposite direction using the other thumb.



Technique for top: Hold the toes in one hand and use the medial or inside corner of your index finger to work down between the metatarsal bones from the base of each toe. Start at the big toe and work across to the little toe. Then change hands and work back the other way. Your thumbs push forward on the heads of the metatarsals to open up the top of the foot.





The Upper Abdominal Area

This large reflex zone lies between the waistlines and the heads of the metatarsals joints (Diaphragm Line). Since the reflexes to organs on the right hand side of the body are located on the right foot and vice-versa, you will find the Liver Reflex mainly on the right foot and the Stomach and Pancreas reflexes mainly on the left. The kidney reflexes are on both feet. Our foot treatment sequences concentrates only on the liver. If either foot is particularly painful to the touch in the upper abdominal area use Reflex Rotation in addition to the basic thumb technique.

Technique for Liver Reflex: With your “holding” hand on the toes, work systematically across the whole area with your thumb. Be sure to wrap the fingers of your “working” hand around the top of your foot to give leverage to the thumb. Once again, use the alternate hands as the “working” hand.

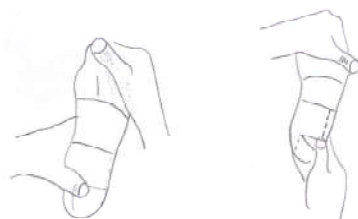
Technique for Appendix and Ascending Colon Reflexes: Place your left thumb on the ileocecal Valve and Appendix Reflex and hook back towards the outside of the foot, using the hooking technique. Now “walk” your thumb up the outside of the foot until the waistline, to work the entire Ascending Colon.



The Lower Abdominal Area

The reflexes to the ascending colon and the valve are on the right foot. To find the Ileocecal Valve and Appendix Reflex, “walk” your left thumb slowly up the inside edge of the foot until you find a tender point, just above the heel bone. The Ascending Colon Reflex continues up from this point to the level of the waistline. As well as digestive disorders, bronchial problems, asthma and allergic conditions also respond well to the treatment of this area.

Working the sigmoid and the descending colons helps flatulence, constipation and other stress related conditions. Both reflexes are on the left foot. The Sigmoid Colon Reflex on the heel bone is difficult to work because the skin is very tough here. The Descending Colon Reflex runs up the outside edge of the foot to the Waistline, as shown. This area is often tender, due to lack of exercise, stress and a deficiency in dietary fiber.





The Spinal Reflexes

You work the spinal reflexes in one continuous motion along the inside edge of each foot – from the coccyx and sacrum area, which begins at the inside edge of each heel. This is one of the most important of all reflexes, for the health of the spine is central to the well being of the whole body. Stress, poor posture and lack of exercise can create tension and imbalance in the network of muscles supporting the spine, and this in turn not only cause backache but also impedes the functioning of the spinal nerves which links the brain with the rest of the body. Since relaxation is the primary effect of reflexology, treating the spinal reflexes can have a most beneficial effect.

Techniques: To work the spinal reflex you start at the inside edge of the heel and “walk” your thumb up gradually towards the big toe. The coccyx and the sacrum area of the reflex the skin is generally rather tough, requiring you to exert more pressure than usual. This means wrapping the fingers of your “working” thumb. Work up the spinal reflexes as far as you can go without over stretching the thumb, then move the fingers of the “working” hand from the outside of the heel and place them over the instep as shown. With your “working” hand in this position, you will easily be able to continue up the lumbar, thoracic and cervical areas of the reflex. If you discover any particularly tender spots, give them extra attention by “walking” over them a few times.

Cervical Area

Thoracic Area

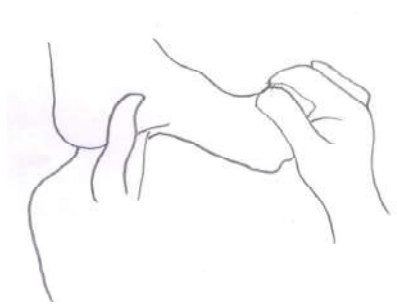
Lumbar Area

Coccyx Sacrum Area



The Hip/Knee/Leg Reflex

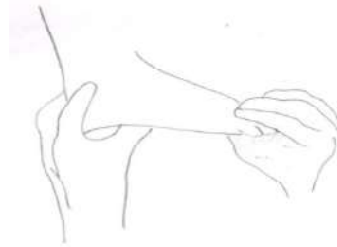
You can “work” this area either with your index finger, as shown, or with your thumb, as far left. “Walk” across it in various directions, making a mental note of the difference between the two feet.





The Hip Reflex

Hold the foot upright with your supporting hand. (If you allow the foot to tip forward, the tendons will tighten, preventing you from working the reflex properly). Now use your index finger to work thoroughly around the ankle joint.



During treatment

- Nausea or discomfort due to emotional reactions
- Client may feel like laughing or crying
- Temperature change either hot or cold
- A tingling sensation in the feet or through the body
- Pin-stick type feelings in the feet over congested areas

After treatment healing crisis

- Cold-like symptoms such as a running nose as sinus congestion is cleared
- A cough, as mucus is cleared from the lungs and respiratory passages
- More frequent urination, bowel movements, or flatulence
- Headaches, increased sweating, skin rash, or thirst
- Yawning and tiredness or “Energizable”

Aftercare and homecare

- Drink plenty of water to flush out the toxins worked on during the reflexology session
- Take ample of rest for the remainder of the day.
- Have a light meal avoiding greasy or junk food.
- Increase intake of raw food, fresh juices and herbal teas

Difference Between Reflexology and Swedish Massage

Reflexology is a gentle form of therapeutic treatment applied to the feet and sometimes to the hands. Reflexology is considered to be a holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit.

Reflexology is based on the belief that there are reflex areas on the feet (and hands) corresponding to all the parts of the body including major organs. The therapist stimulates and works these organs and systems through the reflexes areas on the feet, applying pressure to the feet with thumb and fingers. Pressure is applied to clear out congestion and restore normal functioning and health.



Reflexology has many benefits. It feels good. It is pleasant and soothing, and it relaxes the body. Each person responds to reflexology in a unique way and on occasions may experience a variety of short term reactions, for example, extreme relaxation, tiredness, lethargy or tearfulness. Reflexology is not a 'cure-all'. However, it does help relieve pain associated with migraine, sinus problems, breathing disorders, digestive problems, circulatory problems, back problems, tension and stress.

Swedish Massage refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles. Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and pliable. Swedish Massage also stimulates the skin and nervous system and soothes the nerves themselves at the same time. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management. It also has many specific medical uses.

Swedish massage feels good, is relaxing and invigorating. It affects the nerves, muscles, glands, and circulation, while promoting health and well being.

Review Questions

- Q1. Name the five classical movements and write their benefits.
- Q2. Why it is important to do clients consultations?
- Q3. Give the reasons why we use the feet for treatment rather than hands.
- Q4. Write down the indications and contraindications of reflexology
- Q5. Write the opening and closing procedure of reflexology.
- Q6. Fill in the blanks
 - a) Swedish massage effects physiological , _____ and _____.
 - b) Five scientific movement of swedish massage are _____,petrissage,_____,friction & _____.
 - c) Reflexology is considered as _____ art.
 - d) _____ reflex is a simple method to balance the body.
 - e) Reflex zones are _____.

Unit-2

Advance Hand Care



Learning Outcomes

Session	Topic	Outcome
1	Manicure	You will be able to understand ● Definition of Manicure. ● Types of manicure techniques
2	Nail Extension	Students will be able to understand ● Meaning of nail extension. ● Types of nail extension. ● Identify tools and material required for gel nail enhancement. ● Procedure of applying gel nail enhancement and nail tip. ● Removal technique of gel nail enhancement.
3	Nail Art	You will be able to understand ● Meaning of Nail art. ● Identify the tools and material required for nail art. ● Types of Nail art application techniques.

Assessment Plan (For Teachers)

Session	Topic	Assessment method	Remarks
1	Manicure	Exercise: Question and answer.	Visit to Nail spa/salon.
2	Nail Extension	Exercise: Question and answer. Practical: Display tools and material required for gel nail extension. Demonstration and practice.	Visit to Nail spa/salon. Visit to Nail spa/salon.
3	Nail Art	Exercise: Question and answer. Practical: Display tools and material required for different Nail Art techniques. Demonstration and practice.	Visit to Nail spa/salon.



Session-1 : Manicure

Manicure is derived from the latin words manus, meaning hand and cura, meaning care. A manicure is a cosmetic beauty treatment for the fingernails and hands performed at home or in a nail salon. A manicure treatment is not only a treatment for the natural nails, but also for the hands. A manicure consists of filing, shaping of the free edge, treatments, massage of the hand and the application of polish. There are also manicure services that are specialties for the hands and feet. It keeps the nails smooth, the skin soft, improves the appearance of the hands and keeps the cuticles attractive and most importantly the nails healthy.

Types of Manicure Techniques

Regular Manicure: It involves soaking your hands in warm water and pushing back cuticles followed by trimming and filing of nails. A lotion massage is done and nail paint is applied.

French Manicure: It is a rage nowadays and is quite popular amongst all ages. It involves all the steps of a regular manicure which are soaking, trimming and filing of nails, massaging, moisturizing followed by nail paint. French manicure is differentiated by regular manicure due to a different way of application of nail paint. A clear or sheer pink nail polish is applied on the nail base followed by white nail paint on the tips of nails.

Spa Manicure: A regular manicure is followed by a hydrating mask or an aromatic salt rub for your hands which is very relaxing.

Paraffin Manicure: It involves use of paraffin wax in a regular manicure process. This manicure works great for dehydrated hands or overworked hands. Warm paraffin wax is massaged into your nails or your hands are dipped into warm wax. It makes your hands soft and is extremely relaxing.

Hot stone Manicure: Special stones which insulate heat are used to massage your hands followed by steps of a regular manicure.

Luxury Manicure: A regular manicure with some extra pampering of warm wax massage with mittens to keep hands soft and hydrated.

Brazilian Manicure: This is a natural nail treatment method that includes no use of chemicals, creams or water. Specially lined gloves are used to soften and moisturize your hand. This treatment helps to grow and strengthen your nails

European Manicure: European manicures are highly soothing and can provide fantastic results. During a European manicure, the hands are soaked in a relaxing blende of water and herbs. The nails are then professionally shaped. Several coats of polish are then applied to the nails with the color of your choice. In some spas, a calming hand massage is provided.

Hot Oil Manicure: A hot oil manicure, also referred to as a hot manicure, is a relaxing manicure type performed commonly in a spa setting. The manicurist heats up oil and then uses it to massage the hands, nails, and cuticles. The oil is then washed off with a damp towel and a complete manicure is performed.

Electric Manicure: Rechargeable Manicure Nail Care Station for maintenance of the natural nails comes with 8 professional quality tools. Trimming Disk, Tapered Cone, Foot Cone, Emery Barrel, Felt Buffing Cone and Circular Brush.



Figure: Electric Manicure Machine

Session-2 : Nail Extension

What are gel nail enhancements?

Gel nails have clear advantages over acrylic nails. They are odorless, light weight, clear, flexible, and best of all, natural looking. So, if you want an immediate solution to beautiful nails, gel nails enhancement is definitely it! Gel nails can be used in full nail or tip overlays. They can also be shaped to form nail extensions. Likewise, gel nails can be used to protect the damaged edges of the nails as they grow out. Gel nails are an extremely natural looking enhancement. They are thin, clear, flexible, non-yellowing, non-porous and resist lifting. Gel nails can be used for natural nail overlays, tip overlays, sculpted onto forms for short extensions, and to help encapsulate a damaged free edge as it grows out. Silk or fibreglass can be added to gels when needed for repairs or extra strength.

Modern technology available in nail extensions are as under:

- 1 Gel nail extensions
- 2 Acrylic nail extensions
- 3 Sculptured nail
- 4 Nail wraps
- 5 Nail forming



Material Required for Nail Extensions

Additional Tools you will need	
Abrasive	These have a rough surface used to shape or smooth the nail and remove the shine. It usually looks like a large emery board comes in a variety of grits.
Buffer	Used to buff the nails to leave a lasting shine.
Buffer block	Lightweight rectangular block, abrasive and used to buff or file nails.
Dappen dishes	Containers used for holding acrylic powder and liquid while performing a service. These should be filled immediately before a service and emptied immediately after a service.
Glass bowl	To hold acetone or tips and glue remover. Do not use plastic as the solution will deteriorate in it.
Nail sculpting forms	Can be disposable or reusable. Disposable forms have an adhesive backing that holds the form in place. Reusable forms are made of Aluminium, Teflon or Plastic and have no adhesive backing.
Sable Brush	Used to apply and shaped the soft balls of acrylic on the nail.
Small scissors or nippers	To trim fabric used in nail wraps.
Tip cutters or clippers	To cut the ends of artificial nail tips to the required length.

Procedure

Step-1: Prepare the service area

Prepare the service area in the same way that you prepare for a basic Manicure and Pedicure Service. In addition to the standard Manicure and Pedicure set up you will need to add the following for a gel nail enhancement:

Step-2: Prepare the client for service

Identifying client characteristics for gel nail enhancements

The client's personal preference will ultimately determine the type of gel nail enhancement chosen, but there are certain client characteristics that you need to take into consideration when recommending a service to best suit them. They include: the client's lifestyle, nail shape, the length of the nail extension and nail health.

Lifestyle

If a client is very hard on their hands because of their occupation, they will need nails that will give them maximum strength. The time between maintenance fills will depend on lifestyle. For example, a client who regularly has their hands in water frequently will possibly need infills more regularly than someone who does not.

Nail shape

Choosing shape is a compromise between many factors. Client preference is just one of them.



Clients may unknowingly ask for shapes that may be incompatible with their lifestyles or not flattering to their hands. You can advise clients on other factors that will affect the final decision on shape, such as lifestyle, habits, hobbies, nail health, length, nail and finger width.

Generally, the most flattering shape for fingernails will be a free edge that somewhat mirrors the client's lunula (moon), which tends to be somewhat oval for most (some rounder, some squarer). Squarer shapes are stronger while pointy, tapered nails break more easily if not filed in correctly by the technician. Long nails need to have straight sidewalls and be rounded only at the free edge if they are to be durable. You and the client can generally come to an agreement on a shape that works out well if you educate the client about what shapes will flatter their hands the most and be a practical length to suit their lifestyle.

Length of nail extension

Some clients choose nails that may be an inappropriate length. It is important to advise clients that normal growth of their nails may result in the artificial nail eventually moving 25-50% further out than its initial placement. Extremely long nails are prone to breakage, lifting and wear problems and nail technicians cannot guarantee their work when clients do not follow professional recommendations. Clients should be informed about the potential for these adverse consequences and this should be noted in their record card. The recommended length of an extension is half the nail bed length but no greater than the full nail bed length again.

Nail health

Clients may consult a nail technician to solve nail problems, such as strengthening weak nails or helping to grow them longer. It is therefore important to know how various factors affect nails for example, diet, pregnancy and prescription medication. Being knowledgeable about nail health allows a nail technician to tailor a nail service to the individual and to recommend a home care regime.

Nail care commitment

It is important to ensure that the client understands and commits to regular maintenance for acrylic nail enhancements to ensure that their nail enhancements stay strong and in good condition. Every two or three weeks, re-growth will need to be filled and the nails re-balanced to keep them in top condition. Clients need to consider the financial and time commitment required to maintain their nail enhancements before going ahead.





Choosing Gel Nail Enhancement Service

You need to explain all the options available and make sure your client understands the difference between types of gel nail enhancement services. Clients also need to consider the financial and maintenance commitment before going ahead with a gel nail enhancement service. Providing homecare advice will be covered in more detail in Section D. Every two or three weeks, re-growth will need to be filled and the nails re-balanced to keep them in top condition.

Nail gel enhancements are strong, durable artificial nails that are brushed on the nail plate like polish. There are two types of gel nails:

- Light-cured gels, which harden when they are exposed to a special light source, either ultraviolet or halogen light.
- No-light gels, which harden when a gel activator is sprayed or brushed on or when they are soaked in water.
- You must also explain the options available and make sure your client understands the difference between the nail enhancement services and procedures. You need to ensure that clients understand the basic differences between the nail enhancement services that you offer.

Identify the Benefits of Gel Nail Services

- You need to find out what a client expects from an gel nail enhancement so that you can help them select the right type for the right reason as well as provide accurate advice and recommendations for the service and aftercare. There could be a number of reasons a client would want nail enhancements:
 - to enhance the appearance of their nails
 - because it is currently fashionable
 - for a single special occasion.
- Gel nails are an extremely natural looking enhancement. They are thin, clear, flexible, non-yellowing, non-porous and resist lifting. Apart from clear, gel is also available in natural pink and white for the French look. Gels are also available in colours. Gel nails can be used for natural nail overlays, tip overlays, sculpted onto forms for short extensions, and to help encapsulate a damaged free edge as it grows out. Silk or fibreglass can be added to gels when needed for repairs or extra strength.
- Gel nails have a chemical consistency very similar to the consistency of acrylic nails and are applied with a brush, but they require a separate catalyst (an additional step) to harden them. There are two types of gel. Light cured gel hardens when exposed to a special light source - either an Ultra Violet A light or halogen light. No-light gels harden when a gel activator is sprayed or brushed on, or when they are soaked in water.
- Instant length can be achieved at the first visit by using tips or forms in the gel nail full set. The ultimate long term goal with gels is for the client to end up growing out and wearing their own long, strong, healthy nails under the gel. The client should no longer consider wearing



artificial nails and the gel should essentially become a very strong, bonded base coat to protect their own nails from cracking, splitting, peeling and chipping. The client is now wearing a nail enhancement, not take' nails, and the enhancement need never be removed, only maintained on a regular basis.

Benefits of gel nails include

- Traditional acrylics harden in about 10 minutes, but they may take up to 48 hours to fully cure. In comparison Ultra Violet A gel nails harden in about fifteen to thirty seconds and cure in about two minutes.
- Gels are odourless and therefore produce no fumes like the acrylic process which some clients have a reaction to.
- There are gels that are hypoallergenic which means people are very unlikely to have allergic reactions to the product.
- Less filing is required to complete the job.
- Gel gives a natural feel and look with a clear finish and they do not yellow with age.
- Gel gives a thin coating and lacks the bulkiness of nail varnish.
- Gel is flexible and lightweight.
- Gel do not lift

Gel nail enhancements are an easier technique for a nail technician to master than acrylic nail enhancements. Therefore the time it requires to perform this service is less than for acrylic nails. Gelmanufacturer's instructions must be read and followed

Deal with diseases, disorders and complications

Diseases and disorders

You must know these thoroughly so that you can provide the best service to your client. You will also protect yourself and your client from contagious diseases.

Never apply gel nail enhancements to disguise nail diseases or disorders.

Coloured gels can hide problems. Lifting or infection of the nail plate can occur and this will not be visible. You can regularly remove the overlay but this in itself will cause other problems.

Gel nails complications

Sometimes things go wrong. Or you may have a new client who comes to you to fix a problem she has with her nails. The following table shows a list of problems and probable causes.

Problem	Possible cause
Nails break, lift and wear too easily	Are the nails too long? During application has the gel been in contact with the skin and this was not corrected? Has the gel been applied over the cuticle? Is the overlay the



	correct thickness? Has the gel been applied over a glossy surface? Has alcohol or cleanser been used and you have not taken the gloss off the nail afterwards? Has all dust been removed from nail after filing or cuticle work? Has the client been using cuticle oil every night? As the nail enhancement cures it also shrinks slightly. This builds up stresses in the enhancement which are greatest at the apex. If the stress is too strong the enhancement separates from the natural nail. It usually happens around the centre of the nail. Has the stress area been built strongly?
Green nails - "the greenies" (pseudomonas)	A bacterial infection that thrives in a moist space between the natural nail and the enhancement. The green colour is a by product of the bacterial infection. Insufficient cleaning of the nail plate or unhygienic practices will cause this. Make sure you clean the nail plate thoroughly before applying the gel. The client may have attempted to re-stick a nail that is coming loose. Encourage clients to come to you if there are any problems between appointments.
Bubbles or voids in gel nail	Not enough UV light or sometimes too much. Also caused by excessive shrinkage. Bubbles can grow over time if the stresses build up in the nail.
Client feels pain and heat when gel nails cure. This will also damage nail plate	You have the wrong UVA light for the product or you have applied it for too long. Check manufacturer's instructions for non UV gels which are activated by a spray has this been held too closely to the nails?
Client (or you) has an allergic skin reaction	The gel, glues or other product has touched the skin during service. Check that you are being careful with the removal of the sticky surface, and that your application of any gel, glue or primer does not touch the skin. You can use petroleum jelly to protect the skin.
Final gel nail shrinks	All gels will shrink a bit, good quality gels shrink less, and their applications will shrink less.
Damage to nail bed or nail plate	Artificial nails may have been clipped or pried off rather than removed correctly. Natural nail may have been filed too much when being prepared for gel enhancement service.
Infection under nail enhancement	Tip does not fit perfectly so that dirt and water has gotten underneath it.

Gels are acrylics! The chemicals in nail products control the look of the finished nail, the speed with which they dry, the shelf life of the product, the viscosity and every other aspect of the product.

In Gel nail systems the bonding process is assisted by the UV light. Or in the case of the non-light gels the bonding is assisted by the activator.



Gel products are made up of acrylics. Acrylics are man-made plastics and are used extensively in many industries. There are three main families of acrylics used in artificial nail systems. Methacrylates are used in the liquid/powder systems, cyanoacrylates are used in wraps, adhesives and no-light gels and acrylates are used in UV gels. Some newer UV gels also use methacrylates.

Manufacturers try to make products as safe as possible but they can only do so much.

- how the product reacts with other chemicals
- signs and symptoms of over-exposure and illnesses that may be caused by the product and relevant emergency and first aid procedures
- how product ingredients may enter the body and control and protection measures against this
- safe limits in the air to prevent over exposure by inhalation
- carcinogen hazard of the chemical, i.e. whether any ingredient over one tenth of a percent is suspected of causing cancer
- precautions and handling procedures
- storage and disposal information.

Nail tips

Contact area or well	This is the part that is in contact with the natural nail. You can easily identify it because it is thinner than the rest of the tip.
Stop point	This is the line where the contact area stops and the actual tip starts. It is your job to make sure that the natural free edge fits perfectly into this so that dirt cannot get under it. If you blend the tip properly the stop point produces a natural looking smile line.
Side walls	The side walls can be parallel or tapered. Good quality tips have a reinforced side to provide extra strength to this area.
Upper arch	Tips, like natural nails, can have differently curved upper arches. You can use this feature to correct the client's natural shape. For example if the client has a flat nail you could correct this by choosing a tip with a curved upper arch. Remember, however, you must make sure the contact area fits the natural nail snugly.
Lower arch	Attach a tip to the natural nail then look at it side on. The lower arch should look natural and as if it has grown from the finger.
C Curve or curvature	Tips will come in different C curve shapes. Choose a C curve that matches the C curve of the client's nails.

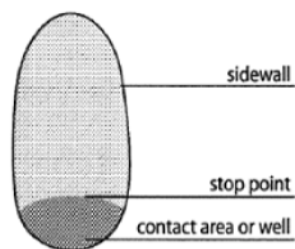


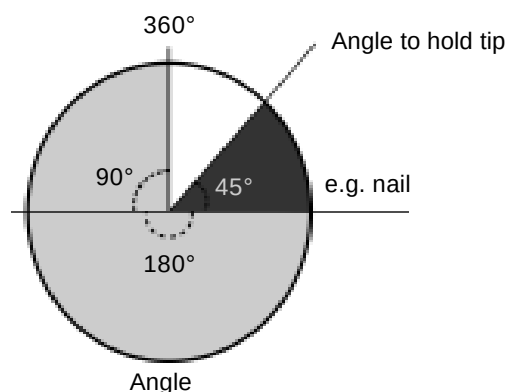
Image 3
The nail tip

All tips have a number of features that you should be familiar with:

Attaching Nail Tips

The nail table should be set up to include tools for pre-service nail preparation, abrasives, nail adhesive and a selection of nail tips. After completing the pre-service routine, including the sanitizing procedure the application of nail tips can begin.

1. Remove any nail polish with polish remover.
2. Prepare cuticle - use cuticle remover to eliminate stubborn cuticle from the nail plate. Apply evenly around the base of all ten nails.
3. Gently slide a cuticle pusher or a cotton-tipped orange wood stick along the nail plate to loosen the cuticle, using extreme care not to cause damage to the eponychium.
4. Remove dead cuticle from the nail plate using circular motions with cotton tipped orangewood stick up to but not beyond the eponychium.
5. Wash and dry nails thoroughly.
6. Gently remove the shine from the natural nail by using a fine abrasive such as 240 grit. Do not use a coarse abrasive and be careful not to use too much pressure. Make sure the natural nails are filed short. For tipping, lightly round off the corners of the nail to match the fit of the tip contact area. For sculpting on a form, leave corners square for a better form fit at sidewalls.
7. Match the "C" curve of the nail to the tip
8. Apply nail dehydrate or to remove more of the remaining natural oil and dehydrate the nail for better adhesion.
9. Fit the tip from sidewall to sidewall, it is better to oversize rather than to undersize. Pre-tailor the tip to fit and reduce to contact area for fast and efficient application and blending
10. Choose the correct viscosity adhesive - Apply gel or thicker adhesive as a gap filler for a flatter nail or a thinner viscosity adhesive for an dramatically arched nail.
11. Apply a drop of adhesive to the inside (well) of the nail tip. Spread evenly with the nozzle and take into account that the adhesive will spread when affixing the nail tip.
12. Place the nail tip at a 45° angle, catching the free edge in the groove of the tip, and slowly angle it down until it is affixed. Make sure it is centred and no air bubbles are present. If there are air bubbles the tip will have to be removed and re-applied. Hold tip in place briefly.



Angles: are measured in degrees. This is shown by the sign ° as in 45° above.

360° is a full circle, 180° is a half circle, 90° is a quarter and 45° is an eighth of a circle.

45° shows you how to angle the tip when placing it against the natural nail.

Look at the 360° sign (say the nail free edge), now look at the 45° sign (the angle you hold the file in relation to the free edge).

13. Determine desired length and clip the nail tip with tip cutters, remember to leave extra for filing into shape. If using scissors or nail clippers do not clip straight across the nail tip as this will cause cracks and compromise the strength. Clip the corners of the nail tip and then file to desired shape. Remember the extension edge should be no more than half the length of the nail bed again.
14. Shape to complement the individual client's fingers and hands. Use the shape of the lunula as a guide.
15. Blend the tip until thin and translucent.
16. The tip is the design canvas and not the strength - the overlay is the strength and so de-bulk the entire tip evenly using a semi-coarse abrasive. Make sure the file is flat on surface of the tip at all times. Never hold the file at an angle as this can cause a groove in the nail plate. Never let this coarse abrasive come into contact with the natural nail.
17. Refine the tip using a 240 grit buffer for a perfect blend. Gently buff down the area between the natural nail plate and the tip extension. The tip should blend with the natural nail so that there is no visible line between the two or seam line.
18. The tip application is now complete. Although the client's tips blend perfectly with their natural nail, tips are seldom worn without an additional service such as acrylic, gel or wraps. If the client is only wearing tips as a temporary service, add a drop of cuticle oil to each nail and buff.
19. Complete the After service routine as outlined in Step 4, this section.

Procedures of gel application over the nail tip and its curing

- light-cured gel and a curing light which should have an inbuilt timer so that you can ensure that nails are cured for the right amount of time
- no-light gel and gel activator



- synthetic brush
- nail tips or nail forms
- primer
- block buffer
- adhesive
- gel cleanser
- files in a range of grades.

Full set of light cured gel nail overlays

These procedures are for over tips or natural nails.

1. Complete pre-service sanitation procedure and pre-service routine.
2. Remove polish.
3. Push back cuticle with cotton tipped orangewood stick/disinfected cuticle pusher. Do not apply any cuticle creams or oils before applying gel.
4. File the nail with a fine abrasive to remove the shine and natural oil. Thoroughly brush off the dust.
5. Apply nail antiseptic to nails with a new cotton-tipped orange wood stick or spray.
6. Apply tips if the client requests them by using the procedure described in Step 3 of this section.
7. Gel does not stick to 'shiny' surfaces, so ensure that you have removed all shiny oil surfaces from the natural nail. This does not mean etching or roughing up the nail, only gentle removal of oil and contaminants that interfere with adhesion. A fine grit file or buffer is all that is needed.
8. Apply a very thin coat of primer gel 'or' basecoat' that comes with your kit across the entire nail surface, including the tip and let it dry. If using another primer (not base coat primer gel), only put primer on the natural nail, not on the tip. Follow the manufacturer's instructions as to whether or not to coat the tip.
9. Apply the first coat of gel thinly over the natural nail and/or the entire tip, being sure to get to edges without getting into cuticles or touching skin. Follow the manufacturer's instructions on the method required to cure their gel product under the light.
10. Apply the second coat, a little thicker than the first. Pick up the 'bead of gel' on one side of the flat brush and hold the brush parallel and flat over the nail. Put the brush with gel down short of the cuticle area, and then push toward the cuticle slightly. This will prevent a big cuticle ridge from forming. Pull brush (still flat and parallel to nail) backward from cuticle to free edge. Do not let the brush actually touch the nail. It floats on the nail on the cushion of gel. Pull out and over (drop off) free edge. Go back with flat brush to right side and pull gel around the curve of the nail and down the right side, being sure to get the gel as close as possible to the sidewalls without touching them. Complete for left side. Gel will lift if it touches the skin and shrink as it cures. Follow the manufacturer's instructions on the method required to cure their gel product under the light.



11. Repeat Step 4 in this Section for the 3rd coat.
12. Inspect all nails, check for thin spots that may need more gel. They need to be thin at the free edge and cuticle and reinforced at the stress area as in a traditional liquid or powder acrylic nail.
13. Clean the nails by wiping tacky or sticky layer off nails with gel cleanser, ensuring not to wipe the sticky layer onto the skin of the next nail. Use separate sections of the wipe for each nail. If too much tacky product is coming off then the gel did not cure. Check the bulbs in the UV light for dirt and dust. Remove dirt by wiping gently with a slightly damp cloth.
14. Note, once alcohol or cleanser has touched a nail, more gel cannot be applied without first rebuffing to take shine off the gel. The gel will not stick to glossy gel, only tacky gel or non-shiny gel.
15. If gel nails need to be finished by further filing they need to be 'sealed' by a further layer of clear gel as they may peel away from the previous layer.
16. Using a block buffer, buff the nails until you have a smooth surface.
17. Have the client wash their hands thoroughly to remove all traces of dust. Apply a layer of clear gel, cure as per manufacturer's instructions and wipe over sticky residue with the appropriate cleanser.
18. Massage cuticle oil into the cuticles and surrounding skin.
19. Apply hand cream and do hand and arm massage.
20. Remove any traces of cream and oil from the nail by wiping with a small piece of cotton soaked in non-acetone polish remover.
21. Apply polish.

Procedure for removing gel nail enhancement

1. Gel nails do require filing however usually not all of the gel nail can be removed.
2. Shorten and shape the nails.
3. Thin out the entire nail and file flush the cuticles and sidewalls gently. Extreme care should be taken to avoid filing the nail's natural layers. File away as much gel as possible. The key is to shorten the nails. It is difficult for a client to maintain the length they have become accustomed to without the support of the gel enhancement.
4. Manicure the nails as natural nails using some type of reconditioning treatment, such as paraffin wax.
5. Recommend the client to come in for a follow up manicure within one or two weeks to assess the nails and see if any gel still remaining on the nail bed is still intact - it almost always is because it is so thin and clear and almost imperceptible.

Working Safely with Chemicals

Providing gel nail enhancement services requires you to use chemicals that present health hazards. The key to working safely is to understand how the chemicals can adversely affect health and what you can do to prevent this.



Session-3 : Nail Art

The secret behind nail art is introducing the right design to the right client, at the right time. A person's individuality can be expressed through the choice of nail art, but what pleases some people will not please others. A nail technician needs to identify a client's expectations and characteristics in order to make a suitable recommendation. There are a number of characteristics that need to be taken into consideration including the following:

- Personal preference - will influence the nature of the design and whether all ten nails are painted or perhaps just one on each hand. The preferred design may be as simple as a single coat of colour or as elaborate as a combination of colours, gems and feathers.
- Length and shape of the nail - must be taken into consideration so that you can select and recommend a design to best suit the nail. For example, a design that is horizontal on the nail will cause a short nail to look shorter, whereas a design that is vertical will enhance the length. Consideration also needs to be given to the size and shape of the hands and fingers.
- Personal style of the client should always be considered. For example, a mature client who is dressed in current, up-to-the minute fashion may feel insulted if you advise a conservative design. Likewise a young person may be conservative.
- By accurately identifying a client's individual characteristics you and the client can make the suitable choices to suit their nails and personality.



Identifying why a client is having nail art

- It is necessary to find out why a client is having nail art applied so you can provide accurate advice and recommendations for the service and appropriate aftercare advice, and more effectively fulfil their expectations.
- There could be a number of reasons as to why a client wants art designs on their nails, for example:
 - to enhance the appearance of their nails
 - to draw attention to their hands
 - because it is currently fashionable
 - for a special occasion.



It is important to listen to what clients have to say and help them select the most suitable nail art design.



Step – 1: Prepare the service area

Prepare the service area in the same way that you prepare for a basic Manicure and Pedicure Service. Use the information in Manicure and Pedicure Services, Section A, Step 1. In addition to the standard Manicure and Pedicure set up you will need to add the following for a nail art service.

Additional tools you will need

Hand drill for nail charm	a hand drill should be supplied by the company that supplies the charms, as it is used to drill the correct size hole through the free edge of the nail for the pierced charm to go through. The other end of the drill is a wrench hole, used to screw on and tighten the bolt on the underneath of the nail.
Nail art brushes	small paintbrushes, available from art supply stores, used to paint designs on nails. Several sizes should be kept at all times. A long, bristled, thin drag brush can be used to draw thin stripes. A small, shorthaired brush or a dotting tool is best for dots and detail work. Small or medium sized brushes are used for painting backgrounds.
Paint palette	used to mix acrylic paints for freehand and painting.
Polish correcting stick	pen-style implement with nail polish remover on the tip. This 'pen' can be used to remove nail polish from around the cuticle or anywhere on the finger that should not have polish.
Reusable nail form	made of aluminium, Teflon or plastic and has no adhesive backing. A reusable nail form is used to sculpt 3D designs. The design can be painted and then removed from the nail form and glued on to the nail.
Small scissor or nippers	used to trim the self-adhesive nail tape before and after being applied to nail.
Tweezer	used when applying a gold nail or working with nail cosmetics such as feathers or lace.
Material	
In addition to the Manicure and Pedicure materials you will need the following for nails are:	



Acrylic powder and liquid	can come in three different colours, white, pink and clear. The liquid combined with the powder foil art. Emulsion glue is used to stick the foil art on to the nail.
Emulsion glue	it is used when creating foil art. Emulsion glue is used to stick the foil art on to the nail.
Nail art paint	any kind of acrylic paint can be used to paint on nail art designs. Acrylic paint have a water based and are easy to apply.

Nail Cosmetics and Design Supplies

You will use these to create the actual design on the client's nails. Don't limit yourself to what is listed here; your imagination and skill are your only limits. Nail technicians should look around in nail suppliers, art shops and craft stores for ideas. Also attend any nail shows and beauty expos you can in order to keep up with new trends.

Step – 2: Prepare the client for service

Identifying client characteristics

Now that the client has been made comfortable at the nail table, it is time to find out some important information.

Creating design samples

1. To make nail art design samples for display, use a nail tip, an orangewood stick and some acrylic. File the end of the nail tip to smooth it. File the tip number off and buff it so that the spot is smooth. Doing this will make the nail art sample look neat and there will be no scratches under the polish.
2. Turn the nail tip over and place it on the table. Put a small ball of acrylic on the end of the tip and place the tip of the orangewood stick into the acrylic. Leave it to dry. When the acrylic is dry, hold the stick with the nail on it to so that it is steady while you make the nail art sample or simply to practise designs.
3. Use your imagination to create designs. Try combining several techniques and display freehand designs related to a theme, for example, an ocean scene with trees and rocks for a holiday, or hearts for St. Valentine's Day. Display as many different sample designs as you can. Do not be afraid to try anything; if a mistake is made, try again. The more sample nails you create the more you will sell.

Promoting nail art services

Once you have the skills to create a wide selection of nail designs, clients need to see what can be done. Successful nail technicians need to be good sales people as well. They will be responsible for selling both nail art services and products that will help clients maintain their results. To be successful, the basic selling goal should be to meet the needs of the clients.



The five points to meet clients' needs and sell a nail art service are:

1. **Know the products** - It is essential for you to have knowledge about the features and application of the products and service so that you can explain and recommend them with confidence to clients.
2. **Know a client's needs and wants** - One of the important skills in selling is the ability to match the products and services available in the workplace to the needs of the client. You must take care to assess the client's needs.
3. **Present products and services** - Promoting products and services and displaying them attractively will encourage sales. The key to successful merchandising is having the right products and services:
 - at the right time
 - in the right place
 - in the right quantity
 - at the right price.

This means the products and services that you sell are appropriate to the particular target market.

4. **Answer clients' questions** - When answering a client's questions, do so with honesty and openness. Never try to sell a product or service that will not meet the client's needs. It is essential to listen carefully to the client's answers to find out:
 - what the client's priority purchase is
 - what the client usually spends on that type of product
 - what the client's other concerns and interests are for add-on sales and future business.

Step – 1: Create nail designs

- The first thing you should do to prepare for most nail art services is polish the nails. This creates a backdrop for the work. Apply the base coat then two layers of colour, which must dry in between, and finish with a coat of clear polish or topcoat. This last coat is very important because without it, or if it is not dry before you begin, the polish colour will bleed through the design. When designing on nails that are weak or have ridges, ridge filler can replace the base coat. This will help make the polish and design last longer and add body to the nails to give them more strength. After applying the topcoat, let the nails dry for ten minutes before starting the nail design.

Points to remember

- Do not use ridge filler if several extra layers of polish are being applied to complete a design as it will be too thick and will never dry.
- Let each coat dry between applications to ensure smudge-free results.
- Clean mistakes on the cuticle with an orangewood stick.



- When polishing very long nails, polish the free edge first then the rest of the nail.
- Cover colour with topcoat and let it dry before continuing with design to prevent colours from bleeding into each other.

Step – 2: Apply nail designs

The following information shows how to work with a range of commonly available nail art materials. Over time you will add to these. It is worthwhile for you to visit art supply and craft stores to collect art materials that are suitable for use in nail designs. To get some inspiration use the internet to search for images of the latest nail art designs or get details of a nail art competition in your state or territory.

1. Layered nail polish

By layering the polish colours it is possible to create beautiful designs, such as stripes, V shapes and multi coloured swirls. By layering the different colours while making a different line of design on each layer you create layered polish designs.



Procedure for layered polish design

You will need several colours of polish that complement each other, an orangewood stick and polish remover.

- Prepare the nails by sanitizing the nail beds.
- Apply a base coat and let dry.
- Apply one coat of coloured polish as the base colour.
- Apply second coat of base colour, making it thinner at the free edge and let it dry thoroughly to prevent smudging.
- After the base layers are dry, use a second colour to paint the end of the nail at an angle leaving a space so that the base colour is still visible. Stop here or layer several more times using another colour or switching between the two, always making sure that the polish is thinner at the free edge.



2. Nail tape application

Nails can be decorated with nail tape, which is available in different colours and thickness. Gold and silver are the most popular. The tape can be used alone or as part of another design.



Procedure for nail tape application

You will need self-adhesive nail tape, clear polish and sharp nippers or small sharp scissors.

- Prepare the nails by sanitizing the nail beds.
- Polish the nails in the regular manner. If applying nail tape over another design, the design must be dry.
- Hold the end of the tape in one hand and hold the roll of tape, sticky side down, in the other. Be careful not to touch the back of the tape or it will not be sticky enough.
- Place the tape on the nail in the desired position and cut the tape off at the end of the roll, leaving the ends long until the pattern is complete.
- Use an orangewood stick to press the tape firmly in place. Place a small drop of clear polish under the ends if they stick up, let dry a little and then press again.
- Be sure that there are no air bubbles under the tape and that the ends are well pressed down. To avoid air bubbles, do not apply the topcoat too quickly.
- Continue to apply the tape in this manner until the design is complete.
- Trim all the tape ends with nippers or scissors.
- Apply clear polish over the top to seal your work, making sure that the ends of the tape have also been covered.
- Allow to dry and check that tape ends are safe and secure. If they are not, apply another coat of clear to secure them.

3. Bullion beads

Bullion beads are used to create or enhance nail designs. The beads are available in many colours but the gold and silver are the most popular.





Procedure for bullion beads

You will need bullion beads in desired colours, clear polish and an orangewood stick.

- Prepare the nails by sanitizing the nail beds.
- Polish the nails with the chosen colour in the regular manner and allow to dry. Let the base dry completely before starting the design.
- Apply clear polish on the nail in the area where the beads are to be placed.
- Dip the wet nail surface into the beads so that they stick into the wet clear polish. Arrange the edges of the design with the orangewood stick. If covering a small area, apply the beads the same way the gemstones are applied with an orangewood stick.
- If using two different coloured sets of beads, repeat the process with the second colour. Continue the coating and dipping process until the design is complete.
- Cover the design with two coats of clear polish to seal the beads.

4. Foil art

Every foil art design comes out differently. To make any two nails exactly the same is impossible but they can be kept similar by using the same method on each nail. The foil is supplied on thin cellophane backing. Special emulsion glue is painted on the area of the nail where you want the foil to be applied. After the glue is dry, the foil is pressed onto the nail and the cellophane backing is peeled away.



Procedure for foil art

You will need foil in desired colour or colours, emulsion glue, small scissors and an orangewood stick.

- Prepare the nails by sanitizing the nail beds.
- Polish nails in the regular manner and let polish dry completely. The foil will not work if the polish is not dry.
- Apply the emulsion glue to the area of the nail where the foil is to be applied.
- Let glue dry just until it turns clear and then gently press a cut a piece of foil onto the glue.
- Gently pull the edge of the foil away from the nail so that the colour adheres to the glue and



the clear cellophane backing is removed.

- If another colour is required, press it over the same area to blend the colours. The foil will stick to the glue where the first colour did not.
- To make fancy designs, more emulsion can be added to different areas of the nail and other colours added separately.
- Cover the design with clear polish to seal and protect.

Review Questions

Q1. Write any five types of manicure ?

- _____
- _____
- _____
- _____
- _____

Q2. Write any four benefits of Gel nail?

- _____
- _____
- _____
- _____
- _____

Q3. Write the clients characteristics for gel nail enhancements?

- _____
- _____
- _____
- _____
- _____

Q4. Describe the procedure of Gel nails?

Q5. Write the step wise procedure for the removal of Gel nails?

Q6. List the Cosmetics used for Gel nails?

Q7. Write modern technologies available in nail extensions?

Q8. List the tools and material required for Nail Art?



Q9. Write the cosmetics and design for Nail Art?

Q10. Write the procedure of layered nail polish?

Q11. Write the reasons why client want nail art design?

Q12. Fill in the blanks

- a) Gel products are made up of _____.
- b) Three main families of acrylics used in artificial nail systems are _____ , _____ , _____ .
- c) _____ , _____ , _____ are used as Nail Extensions.
- d) It is possible to create beautiful designs by _____ the polish colour.
- e) _____ , _____ , _____ are nail design suppliers.
- f) _____ , _____ are most popular nail tapes.
- g) _____ are used to create or enhance nail design.

Q13. Match the following

Column A	Column B
1. Nail Extensions	1. Bullion beads, confetti, feathers decals.
2. Types of Manicure	2. Different types of art are used.
3. Gel nail	3. Bonding process is assisted by the UV light.
4. Hot oil Manicure	4. Acrylic nail, sculptured nail, Nail wraps.
5. Nail cosmetics	5. Spa manicure, paraffin manicure, French manicure.



Unit-3

Advance Foot Care

Learning Outcomes

Session	Topic	Outcome
1	Pedicure	You will be able to understand ● Definition of Pedicure. ● Types of Pedicure techniques. ● Precaution for Pedicure. ● Advance massaging techniques using electric massager.
2	Nail Art	You will be able to understand ● Meaning of Nail art. ● Identify the tools and material required for nail art. ● Types of Nail art application techniques.

Assessment Plan (For Teachers)

Session	Topic	Assessment method	Remarks
1.	Pedicure	Exercise: Question & Answer Practical: Display Tools and equipment for Pedicure Demonstrate & Practice.	Visit to Foot Spa's/ Salon.
2.	Nail Art	Exercise: Question & Answer Practical: Display Tools and equipment for Nail Art. Demonstrate and Practice	Visit to Nail Salon



Session – 1 : Pedicure

The word Pedicure is derived from the Latin word *pedis* meaning foot and *cura* meaning care. It is a way to improve the appearance of the feet and the nails. It provides a similar service to a manicure. The word pedicure refers to superficial cosmetic treatment of the feet and toenails. A pedicure can help prevent nail diseases and nail disorders. Pedicures are done for cosmetic, therapeutic and medical purposes. They're extremely popular throughout the world, primarily among women. Pedicures are not just limited to nails; usually dead skin cells on the bottom of feet are rubbed off using a rough stone called a pumice stone. Additionally, leg care below the knee became a common and now expected service included in pedicures. Leg care includes depilation via either shaving or waxing followed by granular exfoliation, application of moisturizing creams, and a brief leg massage.

Types of Pedicure

Regular Pedicure: A simple foot treatment which involves foot soaking, scrubbing, clipping of nails along with shaping them, massaging foot and calf muscles, moisturizing followed with nail paint. The regular pedicure consists of soaking feet in a warm tub of smelly salts and scrubbing with a pumice stone or foot file. This removes the dead skin around the front and back of the foot. The toes are clipped, filed and cleaned, then set out to dry so polish adheres to the nail. While toes nails dry, apply a moisturizer to the foot and calf and massage the leg. Lastly, the toes are painted.

Spa Pedicure: The spa pedicure is an upgrade to the regular pedicure because of a few extra steps during the process. Spa pedicures receive all the basics of the regular pedicure. In addition to a few extra minutes and a slightly higher price, the spa pedicure typically involves a paraffin wax, mud mask or salt scrub. Dip feet into a paraffin wax and allow the wax to cool completely before simply peeling it off and revealing smooth skin. A mud mask is similar to a face mask, but for the feet; it helps to remove dead skin and relax sore feet. Salt or sugar scrubs are another exfoliation and moisture-enhancing technique.

Paraffin Pedicure: Paraffin that is used for salon treatments is actually an alkaline (opposite of acidic) substance that contains hydrating factors for the skin. It comes in a very viscous and waxy form which is applied all over the skin on the feet and the hands (palm and back of hands). One's hands and feet are then wrapped with for the moisture to seep through the skin. Paraffin manicure and pedicures also include regular nail cleaning and shaping.

Stone Pedicure: Stone pedicures help relax and work out sore muscles, aches and pains in the feet and calves. The pedicure includes the amenities from the regular pedicure. In addition; warm to hot stones are used to rub down the foot to help loosen tight muscles. Depending on the salon, patrons may receive a foot rub with essential oil, then place their feet onto a smooth stone, or the professional may rub down the foot and calves with the stones and essential oil.

French Pedicure: A regular pedicure which ends with the "French" style of nail paint characterized by white nail polish at the nail tips with a sheer pink colour on the nail base.



Mini Pedicure: The mini pedicure is fast, quick and inexpensive. Because of the term “mini,” the pedicure does not contain the massage or exfoliation to the feet. Unknowingly, women usually give themselves mini pedicures at home because the mini pedicure is simply removing the polish, filing the nails and re-polishing the toes.

Salt Pedicure: The pedicure is carried out by the scrub of at least 20 – 30 pieces of salted rocks found in the river bed. The pedicure basically employs the means of salt and rock to scrub the skin, instead of an exfoliating or scrubbing cream. In the first step, as usual, the feet are soaked into warm water for 15-20 minutes. The feet and legs are then cleaned with salted rocks for the removal of accumulated dirt.

Fish Pedicure: Last but not the least is the fish pedicure which is gaining immense popularity day by day for its miraculous effects. In the procedure, tiny fishes are used to nibble away the accumulation of dirt and dead skin cells from your precious feet. The pedicure is known for its amazing feel good factor. As per doctors, fish pedicure has been found to bring about excellent relief from medical conditions like eczema and psoriasis.

Electric Pedicure: Rechargeable pedicure Nail Care Station for maintenance of the natural nails comes with 8 professional quality tools. Trimming Disk, Tapered Cone, Foot Cone, Emery Barrel, Felt Buffing Cone, Circular Brush and Leg and Foot Masager.



Precautions for Pedicure

Pedicure should be cautiously performed if a client has one of the following conditions

- Fever
- Broken bones
- Inflamed areas
- Skin problems – rash, Inflammation, lesions, frail skin and extreme discolorations
- High Blood Pressure



- Uncontrolled diabetes
- Infectious diseases
- Cancer
- Severe Osteoporosis
- Varicose veins
- Unstable hypertension
- Uncontrolled Diabetes with PAD or Neuropathy
- Neuropathy
- PAD (Peripheral Artery Disease)
- Warts
- Deep Vein Thrombosis
- Gout
- Ingrown nails

Massage

Foot massage during a pedicure stimulates blood flow and is relaxing to the client. The below techniques provide directions for massage of the left foot.

- **Relaxer Movement to the Joints of the Foot:** Rest client's foot on footrest or stool. Grip the leg above the ankle with your left hand. This will support the client's leg and foot. Use your right hand to hold left foot just beneath toes and rotate foot in circular motion
- **Thumb Compression - friction movement:** Make a fist with your fingers, keeping your thumb out. Apply firm pressure with your thumb and move your fist up the heel towards the ball of the foot. Work from the left side of foot and back down the right side towards the heel. As you massage over the bottom of the foot, check for any nodules or bumps. If you find one, be very gentle because area may be tender.
- **Metatarsal Scissors (a petrissage massage movement, kneading):** Place your fingers on top of foot along the metatarsal bones with your thumb underneath the foot. Knead up and down along each bone by raising your thumb and lower fingers to apply pressure.
- **Effleurage on Top of Foot:** Place both thumbs on top of foot at instep. Move your thumbs in circular movements in opposite directions down the center of the top of the foot. Continue this movement to the toes. Keep one hand in contact with foot or leg, slide one hand at a time back firmly to instep and rotate back down to toes.
- **Effleurage on Heel (bottom of foot):** Use the same thumb movement that you did in the massage technique above. Start at the base of the toes and move from the ball of



the foot to the heel, rotating your thumbs in opposite directions. Slide hands back to the top of the foot.

- **Effleurage Movement on Toes:** Start with the little toe, using thumb on top and index finger on bottom of foot. Hold each toe and rotate with the thumb. Start at base of toe and work towards the end of the toes.
- **Twist Compression (a friction movement, deep rubbing):** Place left hand on top of foot and make a fist with your right hand. Your left hand will apply pressure while your right hand twists around the bottom of the foot.
- **Effleurage on Instep:** Place fingers at ball of foot. Move fingers in circular movements in opposite directions. Massage to end of each toe, gently squeezing the tip of each toe.
- **Percussion or Tapotement Movement:** Use fingertips to perform percussion or tapotement movements to lightly tap over the entire foot to reduce blood circulation and complete massage.

Effleurage a French word meaning “to skim” or “to touch lightly on”, is a series of massage strokes used in Swedish massage to warm up the muscle before deep tissue work using petrissage.

Petrissage from French pétrir, “to knead” are massage movements with applied pressure which are deep and compress the underlying muscles. Kneading, wringing, skin rolling and pick-up-and-squeeze are the petrissage movements. They are all performed with the padded palmar surface of the hand, the surface of the finger and also the thumbs.

Session – 2 : Nail Art

The secret behind nail art is introducing the right design to the right client, at the right time. A person's individuality can be expressed through the choice of nail art, but what pleases some people will not please others. A nail technician needs to identify a client's expectations and characteristics in order to make a suitable recommendation. There are a number of characteristics that need to be taken into consideration including the following:

- Personal preference - will influence the nature of the design and whether all ten nails are painted or perhaps just one on each hand. The preferred design may be as simple as a single coat of colour or as elaborate as a combination of colours, gems and feathers.
- Length and shape of the nail - must be taken into consideration so that you can select and recommend a design to best suit the nail. For example, a design that is horizontal on the nail will cause a short nail to look shorter, whereas a design that is vertical will enhance the length. Consideration also needs to be given to the size and shape of the hands and fingers.
- Personal style of the client should always be considered. For example, a mature client who is dressed in current, up-to-the minute fashion may feel insulted if you advise a conservative design. Likewise a young person may be conservative.
- By accurately identifying a client's individual characteristics you and the client can make the suitable choices to suit their nails and personality.



Step – 1 : Identifying why a client is having nail art

- It is necessary to find out why a client is having nail art applied so you can provide accurate advice and recommendations for the service and appropriate aftercare advice, and more effectively fulfil their expectations.
- There could be a number of reasons as to why a client wants art designs on their nails, for example:
- to enhance the appearance of their nails



- to draw attention to their hands
- because it is currently fashionable
- for a special occasion.

It is important to listen to what clients have to say and help them select the most suitable nail art design.

Prepare the service area



Prepare the service area in the same way that you prepare for a basic Manicure and Pedicure Service.



Additional tools you will need

Hand drill for nail charm	a hand drill should be supplied by the company that supplies the charms, as it is used to drill the correct size hole through the free edge of the nail for the pierced charm to go through. The other end of the drill is a wrench hole, used to screw on and tighten the bolt on the underneath of the nail.
Nail art brushes	small paintbrushes, available from art supply stores, used to paint designs on nails. Several sizes should be kept at all times. A long, bristled, thin drag brush can be used to draw thin stripes. A small, shorthaired brush or a dotting tool is best for dots and detail work. Small or medium sized brushes are used for painting backgrounds.
Paint palette	used to mix acrylic paints for freehand painting.
Polish correcting stick	pen-style implement with nail polish remover on the tip. This 'pen' can be used to remove nail polish from around the cuticle or anywhere on the finger that should not have polish.
Reusable nail form	made of aluminium, Teflon or plastic and has no adhesive backing. A reusable nail form is used to sculpt 3D designs. The design can be painted and then removed from the nail form and glued on to the nail.
Small scissor or nippers	used to trim the self-adhesive nail tape before and after being applied to the nail.
Tweezers	used when applying a gold nail or working with nail cosmetic such as feathers or lace.

Materials

In addition to the Manicure and Pedicure materials you will need the following for nail art.

Acrylic powder and liquid	can come in three different colours, white, pink and clear. The liquid combined with the powder will form the 3D sculpture.
Emulsion glue	is used when creating foil art. Emulsion glue is used to stick the foil art on to the nail.
Nail art paint	any kind of acrylic paint can be used to paint on nail art designs. Acrylic paints have a water based and are easy to apply.

Nail Cosmetics and Design Supplies

You will use these to create the actual design on the client's nails. Don't limit yourself to what is listed here; your imagination and skill are your only limits. Nail technicians should look around in nail suppliers, art shops and craft stores for ideas. Also attend any nail shows and beauty expos you can in order to keep up with new trends.



Bullion beads	tiny glass beads that are coated in different colours. They are applied to the nail by using clear nail polish and can be used one by one or in clusters. They also make effective additions to other nail art designs.
Confetti	small strips of foil that is available in many colours. It can be used to create nail design or can be combined with other materials.
Crushed shell	gives a luminous finish and can be set into gel or acrylics.
Decals	stickers designed to go on the nail. They come in endless design such as hearts, cats, stars, lips and butterflies.
Fabric shapes	dazzling fabric shapes in various designs like bow, heart and star. Flat bottom fabric shapes can be secured to nails with clear nail coating.
Feathers	are used like decals and can be combined with other art supplies.
Foil	very fragile leafing that is available in gold, silver and copper. It comes in sheets that are packaged approximately ten to a bag. The sheets should be left in the bag to prevent cracking. Foil is used to accentuate parts of the nail. For example, if half the nail is painted red and the other half in black the foil may be used to accentuate the black portion.
Foil art	thin pieces of foil on plastic backing are adhered to the nail with special emulsion glue. The plastic is pulled away after being pressed onto the dry glue and the foil is left on the nail.
Mylar flakes	brilliant glitter shapes with many reflective surface.
Rhinestones and Pearlstones	tiny gems such as rhinestones are popular and come in different shapes, sizes and colours. These give sparkle to a design and add texture. Some are holographic.
Tinsel and glitter	these tiny sparkles come in a small packs or little bottles. The bottles are easier to work with, as the glitter can be squeezed onto the nail into a specific spot. Glitter is available in many colours and can be used for creating a design or enhancing one.
Pierced nail charm	small charms are made for decorating the nail. They are applied by drilling a hole in the nail with a hand drill and bolting the charm on with a tiny wrench that is at the other end of the drill.
Striping Tape	comes in rolls of different colours, although silver, gold and black tend to be the most popular. The tape has a tacky backing and is applied to a dry polished nail.
3D nail art	is created by sculpting acrylic to create a raised design on the nail. The design can then be painted with polish and glued to the nail. There is 3D nail art available that is already prepared.



Step-2 : Prepare the client for service

Identifying client characteristics

Now that the client has been made comfortable at the nail table, it is time to find out some important information.

Creating design samples

To make nail art design samples for display, use a nail tip, an orangewood stick and some acrylic. File the end of the nail tip to smooth it. File the tip number off and buff it so that the spot is smooth. Doing this will make the nail art sample look neat and there will be no scratches under the polish.

Turn the nail tip over and place it on the table. Put a small ball of acrylic on the end of the tip and place the tip of the orangewood stick into the acrylic. Leave it to dry. When the acrylic is dry, hold the stick with the nail on it so that it is steady while you make the nail art sample or simply to practise designs.

Use your imagination to create designs. Try combining several techniques and display freehand designs related to a theme, for example, an ocean scene with trees and rocks for a holiday, or hearts for St Valentine's Day. Display as many different sample designs as you can. Do not be afraid to try anything; if a mistake is made, try again. The more sample nails you create the more you will sell.

Promoting nail art services

Once you have the skills to create a wide selection of nail designs, clients need to see what can be done. Successful nail technicians need to be good salespeople as well. They will be responsible for selling both nail art services and products that will help clients maintain their results. To be successful, the basic selling goal should be to meet the needs of the clients.

The five points to meet clients' needs and sell a nail art service are:

- 1. Know the products** - It is essential for you to have knowledge about the features and application of the products and service so that you can explain and recommend them with confidence to clients.
- 2. Know a client's needs and wants** - One of the important skills in selling is the ability to match the products and services available in the workplace to the needs of the client. You must take care to assess the client's needs.
- 3. Present products and services** - Promoting products and services and displaying them attractively will encourage sales. The key to successful merchandising is having the right products and services:
 - at the right time
 - in the right place
 - in the right quantity
 - at the right price.



This means the products and services that you sell are appropriate to the particular target market.

4. Answer clients' questions When answering a client's questions, do so with honesty and openness. Never try to sell a product or service that will not meet the client's needs. It is essential to listen carefully to the client's answers to find out:

- what the client's priority purchase is
- what the client usually spends on that type of product
- what the client's other concerns and interests are for add-on sales and future business.

Create nail designs

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Points to remember

- Do not use ridge filler if several extra layers of polish are being applied to complete a design as it will be too thick and will never dry.
- Let each coat dry between applications to ensure smudge-free results.
- Clean mistakes on the cuticle with an orangewood stick.
- When polishing very long nails, polish the free edge first then the rest of the nail.
- Cover colour with topcoat and let it dry before continuing with design to prevent colours from bleeding into each other.

Apply Nail designs

The following information shows how to work with a range of commonly available nail art materials. Over time you will add to these. It is worthwhile for you to visit art supply and craft stores to collect art materials that are suitable for use in nail designs. To get some inspiration use the internet to search for images of the latest nail art designs or get details of a nail art competition in your state or territory.

1. Layered nail polish - By layering the polish colours it is possible to create beautiful designs, such as stripes, V shapes and multi coloured swirls. By layering the different colours while making a different line of design on each layer you create layered polish designs.



Procedure for layered polish design

You will need several colours of polish that complement each other, an orangewood stick and polish remover.

- Prepare the nails by sanitizing the nail beds.
- Apply a base coat and let dry.
- Apply one coat of coloured polish as the base colour.
- Apply second coat of base colour, making it thinner at the free edge and let it dry thoroughly to prevent smudging.
- After the base layers are dry, use a second colour to paint the end of the nail at an angle leaving a space so that the base colour is still visible. Stop here or layer several more times using another colour or switching between the two, always making sure that the polish is thinner at the free edge.

2. Nail tape application - Nails can be decorated with nail tape, which is available in different colours and thickness. Gold and silver are the most popular. The tape can be used alone or as part of another design.



Procedure for nail tape application

You will need self-adhesive nail tape, clear polish and sharp nippers or small sharp scissors.

- Prepare the nails by sanitizing the nail beds.
- Polish the nails in the regular manner. If applying nail tape over another design, the design must be dry.



- Hold the end of the tape in one hand and hold the roll of tape, sticky side down, in the other. Be careful not to touch the back of the tape or it will not be sticky enough.
- Place the tape on the nail in the desired position and cut the tape off at the end of the roll, leaving the ends long until the pattern is complete.
- Use an orangewood stick to press the tape firmly in place. Place a small drop of clear polish under the ends if they stick up, let dry a little and then press again.
- Be sure that there are no air bubbles under the tape and that the ends are well pressed down. To avoid air bubbles, do not apply the topcoat too quickly.
- Continue to apply the tape in this manner until the design is complete.
- Trim all the tape ends with nippers or scissors.
- Apply clear polish over the top to seal your work, making sure that the ends of the tape have also been covered.
- Allow to dry and check that tape ends are safe and secure. If they are not, apply another coat of clear to secure them.

3. Bullion beads



Bullion beads are used to create or enhance nail designs. The beads are available in many colours but the gold and silver are the most popular.

Procedure for bullion beads

You will need bullion beads in desired colours, clear polish and an orangewood stick.

- Prepare the nails by sanitizing the nail beds.
- Polish the nails with the chosen colour in the regular manner and allow to dry. Let the base dry completely before starting the design.
- Apply clear polish on the nail in the area where the beads are to be placed.
- Dip the wet nail surface into the beads so that they stick into the wet clear polish. Arrange the edges of the design with the orangewood stick. If covering a small area, apply the beads the same way the gemstones are applied with an orangewood stick.
- If using two different coloured sets of beads, repeat the process with the second colour. Continue the coating and dipping process until the design is complete.
- Cover the design with two coats of clear polish to seal the beads.



4. Foil Art

Every foil art design comes out differently. To make any two nails exactly the same is impossible but they can be kept similar by using the same method on each nail. The foil is supplied on thin cellophane backing. Special emulsion glue is painted on the area of the nail where you want the foil to be applied. After the glue is dry, the foil is pressed onto the nail and the cellophane backing is peeled away.



Procedure for foil art

You will need foil in desired colour or colours, emulsion glue, small scissors and an orangewood stick.

- Prepare the nails by sanitizing the nail beds.
- Polish nails in the regular manner and let polish dry completely. The foil will not work if the polish is not dry.
- Apply the emulsion glue to the area of the nail where the foil is to be applied.
- Let glue dry just until it turns clear and then gently press a cut a piece of foil onto the glue.
- Gently pull the edge of the foil away from the nail so that the colour adheres to the glue and the clear cellophane backing is removed.
- If another colour is required, press it over the same area to blend the colours. The foil will stick to the glue where the first colour did not.
- To make fancy designs, more emulsion can be added to different areas of the nail and other colours added separately.
- Cover the design with clear polish to seal and protect.

Review Questions

Q1. Write any four popular pedicures?

- a) _____
- b) _____
- c) _____
- d) _____



Q2. Write the components of an electric pedicure machine?

- a) _____
- b) _____
- c) _____
- d) _____

Q3. Write any four precautions for pedicure?

- a) _____
- b) _____
- c) _____
- d) _____

Q4. In Nail Art why top coat is important?

Q5. Write any three points to sell a nail art service?

Q6. Write the procedure of Nail tape application?

Q7. Fill in the blanks

- a) Foot Massage stimulates _____ .
- b) Pedicure should be cautiously performed if the client has _____ and _____ conditions.
- c) _____ can be used to remove nail polish from around the cuticle.

Q8. Match the following

Column A	Column B
1. Types of pedicure	1. Hand drill for nail charm, nail art brushes, Paint palette, reusable nail form
2. Foot massage techniques	2. To create different designs such as stripes, V-shape, multi-colored swirls.
3. Tools for nail Art.	3. To create or enhance nail designs
4. Layered nail polish	4. Stone pedicure, spa pedicure, electric pedicure
5. Bullion beads	5. Effleurage, petrissage, percussion movements

Unit-4

Face and Beauty III

Learning Outcomes

Session	Topic	Outcome
1	Modern Facial Skin Care Technologies	You will be able to understand • Various cosmetic surgeries for face. • Differentiate between CO₂ laser resurfacing and Erbium Laser resurfacing • Benefits of using Laser facial treatment
2	Make-up application	Students will be able to understand • How to give consultation. • Preparation of client and space before make-up. • Cleansing and procedure of make-up
3	Eyebrow Shaping	Students will be able to understand • How to determine, eyebrow length & width • Differentiate between eyebrow shapes • Procedure of eyebrow shaping • Precautions & Reminders of Threading.

Assessment Plan (For Teachers)

Session	Topic	Assessment method	Remarks
1.	Modern facial skin care technologies	Exercise: Question and answer. demonstration & practice.	Visit to skin care clinics/Salons
2.	Make-up application	Exercise: Question and answer.	Visit to make-up Studio/Salons
3.	Eyebrow shaping	Exercise: Question and answer.	Visit to Beauty Salons



Session – 1 : Modern Facial Skin Care Technology

The effects of aging on the skin caused by heredity, lifestyle, and environmental factors no longer have to be accepted as permanent. Today there are many facial rejuvenation options for individuals who would like to reduce wrinkles and fine lines, treat skin problems such as acne and rosacea, or enhance their facial skin care regimen to achieve a look that's healthy and natural.

1. Acne Blue Light Therapy

Acne blue light therapy works by targeting the bacteria that causes acne. Moderate acne that has not responded to other facial skin care treatments can be treated with this light-based therapy, which is administered over a span of several weeks. Acne blue light therapy rarely causes side effects, and does not damage skin.

2. Chemical Peel

A chemical peel is a popular facial skin care technique in which a chemical solution is applied to facial skin. A chemical peel provides facial rejuvenation benefits by removing the skin's top layers to reduce the appearance of sun damage, uneven pigmentation, and wrinkles. Chemical peels differ according to their ingredients and the strength of their peeling properties. Light peels are administered by a physician or trained clinician to give the skin a fresher look. Stronger peels require a trained physician for application because they remove skin to a greater depth to reduce wrinkles and fine lines.

3. IPL Photofacial

Intense Pulsed Light (IPL™) is a facial rejuvenation treatment that can be used to address the effects of sun damage, heredity, and aging on facial skin. Skin imperfections such as wrinkles, uneven pigmentation, freckles, rosacea, facial veins, brown spots, and enlarged pores can be eliminated or greatly improved with IPL™ Photofacial treatments.

4. Laser Skin Resurfacing

Laser skin resurfacing removes the outer layers of the skin that are damaged or unevenly pigmented. The laser skin resurfacing procedure stimulates the production of collagen and new skin cells in the underlying layers of the skin. Laser skin resurfacing is also used to eliminate or reduce wrinkles and fine lines on the face and neck. A fresher, smoother, and more evenly colored complexion can be achieved with this procedure.

5. Microdermabrasion

Microdermabrasion can effectively remove or diminish age spots and light acne scars. The procedure is often called a "lunchtime" wrinkle treatment because it can be performed quickly in a cosmetic dermatologist's office. In administering a microdermabrasion treatment, the physician uses a handheld instrument to spray tiny crystals onto the surface of the skin. The crystals gently exfoliate the skin's upper layers, while light suction simultaneously removes the crystals and dead skin cells.



Various Cosmetic Surgeries for Face

Rhinoplasty : Surgery of the external and internal nose in which cartilage and bone are restructured and reshaped to improve the appearance and function of the nose.

Blepharoplasty : Surgery of the upper and/or lower eyelids to improve the function and/or look of the eyes.

Rhytidectomy : Surgery of the skin of the face and neck to tighten the skin and remove excess wrinkles.

Browlift : Surgery to improve forehead wrinkles and droopy eyebrows.

Liposuction : Surgery to remove excess fat under the chin or in the neck.

Facial implants : Surgery to make certain structures of the face (cheek, lips, chin) more prominent and well defined.

Otoplasty : Surgery to reshape the cartilage of the ears so they protrude less.

Skin surface procedures : Surgery using lasers, chemical peels, or derma-abrasion to improve the smoothness of the skin.

Facial reconstruction : Surgery to reconstruct defects in facial skin as a result of prior surgery, injury, or disease. This includes reconstruction of defects resulting from cancer surgery, scar revision, repair of lacerations to the face from prior trauma, removal of birth marks, and correction of congenital abnormalities of the skull, palate, or lips.

Non-surgical procedures : Techniques such as chemical peels, microdermabrasion, and injectables. Injectable are medications that can be placed under the skin to improve the appearance of the face, such as Botox and other fillers.

Laser Resurfacing: Laser resurfacing is a treatment to reduce facial wrinkles and skin irregularities, such as blemishes or acne scars.

The technique directs short, concentrated pulsating beams of light at irregular skin, precisely removing skin layer by layer. This popular procedure is also called lasabrasion, laser peel, or laser vaporization. If you have fine lines or wrinkles around your eyes or mouth or on your forehead, shallow scars from acne, or non-responsive skin after a facelift, then you may be a good candidate for laser skin resurfacing.

If you have acne or if you have very dark skin, you may not be a candidate. This technique is also not recommended for stretch marks.

The two types of lasers most commonly used in laser resurfacing are carbon dioxide (CO₂) and erbium. Each laser vaporizes skin cells damaged at the surface-level.

CO₂ Laser Resurfacing : This method has been used for years to treat different skin issues, including wrinkles, scars, warts, enlarged oil glands on the nose, and other conditions.



The newest version of CO₂ laser resurfacing (fractionated CO₂) uses very short pulsed light energy (known as ultra pulse) or continuous light beams that are delivered in a scanning pattern to remove thin layers of skin with minimal heat damage. Recovery takes up to two weeks.

Erbium Laser Resurfacing : Erbium laser resurfacing is designed to remove surface-level and moderately deep lines and wrinkles on the face, hands, neck, or chest. One of the benefits of erbium laser resurfacing is minimal burning of surrounding tissue. This laser causes fewer side effects — such as swelling, bruising, and redness — so your recovery time should be faster than with CO₂ laser resurfacing. In some cases, recovery may only take one week

If you have a darker skin tone, erbium laser resurfacing may work better for you.

Difference Between CO₂ Laser And Erbium Laser

While the CO₂ laser successfully provides a more thorough treatment for moderate to deep facial lines and wrinkles, it does require a more extensive recovery period. Recovery time for treatment with the CO₂ laser is typically two weeks; the erbium laser requires a recovery of only about one week. For many patients, this extra recovery time is a small price to pay for successfully treating their damaged skin and providing them with a younger, more vibrant appearance. However, others who have less severe facial lines and wrinkles will want to explore their treatment options with the erbium laser.

Session – 2 : Make-up Application

Client consultation: The first step in the make-up procedure is the client consultation. As make-up is linked to how people would like to see themselves and also how they would like others to see them. Make-up service should always start with a small introduction. By seeing the client you can assess her personal choice and way to dress up. This will help in continuing your consultation with her. Every client comes with their specific needs and expectations. Listen to what client wants to say, give her suggestions but don't impose your opinion, as every client is different. Encourage the client to raise any concerns so that you can discuss with her and give the appropriate solutions.

Collect as much as possible information about client skin conditions, what cosmetics she uses, her choice of colors, any allergy to any particular cosmetic or product, as all this will help in selecting the right kind of products for her. Ask her to fill up a questionnaire to get in sight into her make-up needs.





Ask questions like:

- a) Does she normally wear make-up? If yes, what colors and products she uses.
- b) What is the occasion for which she is taking the make-up services:-
 - (i) Business
 - (ii) Pleasure
 - (iii) Social occasion
 - (iv) Special occasion like wedding/engagement.
- c) What are her expectations from make-up?
- d) What look she is anticipating from make-up?

Taking time to discuss client's expectations and involving her in entire process will promote confidence and trust. She would feel more comfortable during the make-up service.

After completing the service always record the information acquired, this will help in future services for the same client.

Make-up questionnaire	
First name _____	Last name _____
Date of birth _____	Anniversary _____
Residential _____	
Occupation _____	
Phone (res.) _____ Mobile no. _____	
Q1. Have you ever had a professional makeover?	Yes/no
Q2. If yes, what did you like or dislike about the session?	

Q3. Do you normally wear make-up?	Yes/no
Q4. Do you have any health conditions that may cause sensitivity in your skin or eyes? If yes, please specify.	



Q5. Do you have any known allergies to any cosmetic products? If yes, please specify._____

Q6. What special areas of concern do you have?

Q8. What is the color and style of your dress which you are going to wear for the occasion?

Q9. Do you wear contact lenses? **Yes/no**

Q10. Describe an ideal look for your make-up?

Client signature

Date

Determining skin type and color

In order to design a make-up plan for a client, you must understand the:

- Skin type & condition
- Skin color

SKIN TYPE	ETHNICITY
 FAIR	Very Light Caucasian
 LIGHT	Caucasian Light Asian
 MEDIUM LIGHT	Ten Caucasian Light Hispanic
 MEDIUM DARK	Hispanic Deeply tanned Caucasian Medium Asian
 DARK	Islander Native American Mulatto Light African-American
 DEEP	African-American



Skin type & color: As part of providing a make-up service, it is essential for the make-up artist to first analyze the skin type and its condition. The basic structure of skin doesn't vary from person to person but the physiological functioning of every person's skin is different, which gives us our skin type. Information on the skin type and condition is essential in order to select the right cosmetics and products for make-up. There are three ways to identify the skin type and condition-

- (1) Initial observation (by asking questions from the client).
- (2) Visual analysis (by seeing the skin of the client).
- (3) Analysis by touch (by touching & feeling the skin of the client).

Skin is basically of four main types -

- a) Normal
- b) Dry
- c) Greasy/oily skin
- d) Combination skin

While doing make-up you may come across more skin types like-Sensitive, mature skin.

Determining skin color

Human gets its color from different sources -

- Melanin produced by melanocytes gives us dark brown pigment. The amount and type of melanin present gives color not only to the skin but also to the hair and the eyes.
- Haem in the haemoglobin gives red blood cells their red color. Right amount of haemoglobin gives the skin its healthy color.
- Carotenes give yellow tones to the skin color.
- Lack of oxygen gives the skin a bluish tinges specially the lips, toes and finger tips.

While determining skin color, first decide if the skin is light, medium or dark. Then determine whether the tone is warm and cool tone.

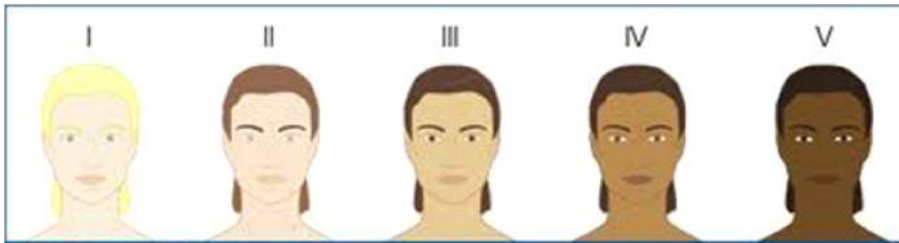
Once you are sure about the skin color, match your foundation, choose eye, cheek and lip colors to match the skin color.

- If skin color is light, use light colors for soft natural look.
- If skin color is medium, medium tones will create an understated look.
- If skin color is dark, dark tones will be most suitable.

People in different part of the world have general difference in their skin tones and are broadly divided into three groups:



- Caucasian from European and English origin (white races).
- Asian origin with yellow or golden undertones (oriental races).
- African with ebony or bluish undertones (black races).



This is a broad division and it is not possible to fit every individual into a category.

From a cosmetologist point of view the skin is divided into two categories-

- Cool or blue undertones.
- Warm or orange skin undertones

Preparing the work space



- 1) The make-up room should be decorated in light, neutral color to avoid the creation of unnecessary shadows.
- 2) The room should be well ventilated.
- 3) There should be a mirror, a table and lights for each make-up artist.
- 4) Electricity points must be adequate and checked prior to use.
- 5) There should be a wash basin with hot and cold running water.
- 6) The temperature and humidity must be comfortable for working and stable for the storage of make-up material.



- 7) The make-up room should be well lit, ideally with the same kind of light as that in which the make-up will be seen, because the appearance of color may change according to the type of light.
- 8) It is important to create a comfortable space for make-up application. As make-up containers are generally difficult to keep clean, get into the habit of unpacking all the products you need; and opening all the lids before you begin applying anything. When you have completed your application wash your hands and close the containers.

Preparing the client for make-up

Take the client to the make-up room. Before you start the make-up discuss the plan with the client, record important details on her record card.

1. Wash your hands.
2. Offer client a gown or drape her in a clean towel or cape to protect her clothes.
3. Place a headband or hairclip around the hairline to protect the hair.
4. Any jewelry on face and neck should be removed and kept in a safe place.
5. Refer to record card again for any known allergies to cosmetic products.
6. Cleansing: Skin cleansing is the first essential requirement for a make-up procedure, because it prepares the skin for make-up.

The cleanser should be chosen as per the client's skin type. Many types of cleansers are available nowadays-

- Cleansing milk
- Foaming cleanser
- Cleansing bar
- Medicated cleanser
- Cleansing granules
- Eye make-up removers

Remove eye make-up: Ensure the client's eyes are closed, take eye make-up remover on dampened cotton wool and wipe down the eye make-up outward over the upper eye lid. Discard the soiled cotton. Use fresh cotton for the other eye.





Remove lip make-up: Apply suitable cleanser on dampened cotton wool, Remove the lipstick completely. Discard soiled cotton.



Cleanse the face and neck thoroughly with suitable cleanser. Apply a small amount of cleanser on face & neck, massage lightly and remove with moistened cotton wool swabs till all the traces of cleanser are removed. With moistened cotton pads apply astringent (for oily skin) and toner (for dry skin) on face and neck.



7. Inspect the skin using magnifying lamp, Identify the areas that require specific attention.



8. Apply moisturizer (if required).

Preparation for make-up

Once you have collected all the information at the consultation session, you will need to select an appropriate make-up plan for the client.

Think carefully about the basic and important requirements while doing the make-up. While planning the make-up take the following into consideration:



- The context the client is planning make-up for.
- Areas that need special attention.
- Color of clothes, eyes and hair.
- Type of skin and accordingly select make-up products.
- Facial shape, facial features, age and profession of the client.
- Order of application.
- Lighting requirement.
- Asses the time needed to apply the make-up. Be realistic in estimating the time required.

Discuss the make-up plan with the client. Make any necessary adjustments.

Application of make-up

1. Cleanse your hands with antiseptic soap.
2. Drape the client. Use neck cape and head band.



3. Cleanse the face and neck thoroughly with appropriate cleanser.
4. Apply toner and moisturizer.
5. Apply Base



- a) Primer: Take a small amount of primer and apply evenly on the face.
- b) Concealer: Choose a color one or two shade lighter than the foundation. Apply it for concealing minor blemishes or dark circles under the eye. Concealer can contain pigments to help correct skin tone:



- I. Green-Helps to counteract high coloring (red marks).
- II. Lilac-Counteracts a sallow (yellow) skin.
- III. Orange-Counteracts bluish/black marks like dark circles.

Apply it with brush, sponge or finger.

- c) Highlighter: Apply white or light color to highlight the features along brow line, the temples, chin and cheek bone. Blend it evenly with sponge or finger.
 - d) Contouring: Apply a darker shade under the cheek bones and to other features you want to make appear smaller. Blend it properly to avoid demarcation lines.
6. Apply Foundation



- Choose the exact shade of foundation to match client's skin.
- Check the color of foundation on client's jaw line or forehead.
- Apply foundation to cover the entire face, including lips and eyelids.
- Avoid clogging the eyebrows with foundation.

Foundation may be applied with soft brush, or cosmetic sponge. The extent of coverage can be different, if the wedge sponge is damp the coverage would be light and if the dry sponge has been used the coverage would be heavier.

Blend in foundation well to avoid any demarcation line around hairline and jaw line.

7. Apply Powder



Take out a small amount of powder on a tissue to avoid cross-infection. Use a powder brush or puff to apply. Apply translucent powder for better results. Ask the client to keep the eyes closed. Use powder puff, press the powder all over the face and then use large powder brush to dust off extra powder. Use downward sweeping strokes at the end to flatten the facial hair.



8. Apply Blusher



If using powder blusher, use face powder before that. If using cream blusher apply blusher first and then apply face powder. It will help in setting the blusher and also offset the shine of cream blusher.

- Place a cheek color, beginning at least 1.5 inch (two fingers) away from the nose.
- Do not blend cheek color into the eye socket area.
- The direction of brush stroke should be upward and outward towards the hairline.
- Blusher should not extend the temple bone.

9. Apply Eye Make-up



- a) Eyebrow color: Select an appropriate color of eyebrow shadow or pencil. Brush the eyebrows, to remove excess foundation or powder. Apply the eyebrow color with light hair like strokes to give shape and color.
- b) Eye shadow
 - Choose a light base color and apply all over the eyelid.
 - Apply a medium shade to the crease of the eyelid as a shading color.
 - Apply a dark shade from the outside corner of the eye to the area above the inside of the iris to frame the eyes. Blend it well.
- c) Eye liner
 - If using pencil liner, sharpen the liner before and after use.
 - Liquid liner can also be used to create a neat line.

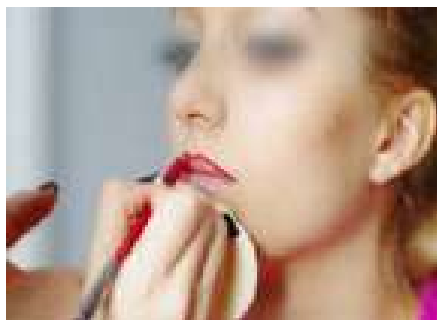


- Eye shadow (matte) can be applied as liner with their brush dipped in water.
 - Apply the liner as close to the eyelashes as possible.
- d) Mascara: Ask the client to look forward down. Comb the lashes. Apply mascara brush to the upper lashes by stroking from underneath.

Use eye lash curler before or after applying mascara to give natural curl to the lashes.

1. Apply Lip Make up

- a) Lip primer/balm: Use brush to apply lip primer on balm.
- b) Lip liner: Ask the client to stretch the lips. Line the outer edges of the lips first, then fill in and use liner as lipstick. This keeps the lipstick and color for a longer period.
- c) Lipstick: Apply the lipstick with lip brush. Ask the client to relax her lips and part them slightly. Apply lipstick in vertical strokes. Blot off excess lipstick with a tissue. Apply lipstick again.
- d) Lip gloss: If required, apply a small amount using brush.



Portfolio Make-up

Make-up for Portfolio is a skill that you may develop as an adjunct to your beauty therapy career, or it may be the beginning of further study and an exciting career as a make-up artist. Either way you will be working with clients on special days in their lives and working with them so that the 'look' that you create is captured as photographic images. When working on photographic shoots you will be a member of a team – a photographer and stylist will probably be working with you. Exceptional make-up skills and team-work will ensure your success.

In most situations, the client will have a lot of say in how they want to look. It is your job to interpret their requirements into an actual make-up plan to create the desired effect. In other situations, the photographer, stylist or others will have a say in the make-up look. You will need to bring all these ideas together so that everyone's make-up expectations are met.

If the make-up is for a one-off occasion such as a wedding, you need to find out the details of the dress and the other clothes worn by the bride after the ceremony; time of day of the ceremony, photographs and wedding celebrations; how long the make-up has to last; what changes the make-up has to go through for each stage; what lighting will be used at the various stages of the day; what photography is expected.



If you are working with a photographer and model they will be more experienced in describing the context and the look they want to achieve.

The following table provides examples of looks or images, which can be created for photography.

The Look	Make-up Application
Youthful	• A good deal of colour in the face. • A delicately curved mouth. • Smooth brows following the shape of the eye. Natural 'no make-up' look • Even out the skin colour with a very light foundation. • Use concealer to cover darker skin under the eyes. • Lighten the bridge of the nose and area around the mouth with a highlighter.
Dramatic, smoky eyes	• Apply dark colour – possibly black – in the eye creases and along the lashes. Then shade outward in gradations of black or grey.
Sophisticated (sultry) look	• Keep the eyelid and brow bone pale. • Line the inside of the eye with a black eyeliner pencil and smudge into lashes for a smoky effect. • Use a pale lipstick shade, such as a pinkish beige, to create impact. • Mix lip pencil and lipstick together to get creamy pale finish. • Line the lips in slightly darker shade of pinky beige then smudge into the rest of the lip before filling in.
Natural look for evening	• Focus on the eyes, and deepen the lip colour. • Face: Apply concealer where needed. Intensify blush from daytime by sweeping two coats of a neutral shade on the cheeks and in the T-zone area. • Eyes: Brush the brows. Apply moss-green shadow along the lashes as eyeliner. Next, apply brown shadow to the lids. (Applying a shadow that's a shade darker than the client's skin always gives depth to the eyes.) • Lips: Apply lipstick that is a shade deeper than the lip shade, and cover with gloss.
Classic look for evening	• Face: Apply a translucent foundation all over. Next, apply translucent powder. (No need for blush because of red lipstick, and you don't want too much red on the face.)



	● Eyes: Add a few discreet individual false eyelashes to the outer corners of the eyes. Apply a nude eye-shadow powder to lids up to brow bone. Brush the brows and fill them in lightly with a brow pencil. Apply mascara to lashes. ● Lips: Apply a classic red lipstick. To make it last longer, fill in lips with a matching lip pencil first.
Romantic for evening	● Face: Apply sheer foundation all over the face. Blend cream blush into cheeks. Next, apply translucent powder all over the face. ● Eyes: Curl lashes, or apply dramatic spidery false eyelashes. ● Apply auburn shadow as liner along lashes. Allow them to smudge slightly for a soft, romantic look. Apply an iridescent, white powder shadow to the lids up to the brow bone. ● Lips: Apply gold lipstick over entire mouth. Next, add a red lip stain pressed into the centre of the lips.
Bridal	● Foundation: If client is wearing strapless dress select colour that is same as the upper body. A darker foundation will be obvious in photos. ● Eyes: Use base colour that has a slight sheen. Frosted eye shadows can reflect the flash in photos. ● Blush: Avoid blue/pink because it can look cold in photos. Pale peach does not show up well in black and white photos.

Time of day and location

In order to design a make-up plan, it is important that you know under what conditions the make-up is expected to last. For example, indoor salon, outdoor location, time of day and weather conditions. You may not always know all of these factors but it is important that you gather as much information as possible to assist in creating an appropriate make-up plan.

Type of context

In the initial consultation it is important for you to establish the context for which you need to design the make-up. The type of context or image you design must be directly related to the actual type of event for which the make-up is being designed. It may be for business, pleasure, social, wedding, a special occasion, fashion or catwalk photography. All require different make-up approaches.



Identify the relationship of photographic procedures and techniques to make-up design

You need to familiarize yourself with a large range of photographic procedures and techniques and how they relate to make-up design. Lighting, reflectors, cameras, film stock, shutter speed, focus and printing processes all have an impact on the look, feel and quality of the image produced.

Lighting

In the photographic studio or salon, most make-up is seen under artificial lighting. In outdoor locations during daylight hours, there is much more reliance on natural lighting. The make-up and lighting must work together for a successful effect.

Here are some of the main points to consider about lighting and its effects on make-up.

- Daylight is the clearest but most revealing of lighting conditions. The colour blue dominates.
- Australian daylight is very bright, compared with European and North American daylight conditions for which most make-up is designed.
- Filament bulbs produce a warm, yellow/orange light.
- Fluorescent globes produce a cold, blue/green light.
- Spotlights produce a blue/white light, which makes everything appear pale.
- Halogen bulbs produce a very white light, bleaching out colours.
- Different intensities of light can cause make-up to fade, darken or change colour.
- The use of different filters and reflectors also alter the lighting effect.
- The direction of the light source also creates different effects on the make-up design. Lighting from above, from ground level, from the sides and any combination of these as well as backlighting, all create completely different effects by highlighting and shadowing different parts of the bone structure.
- The distance of the light source from the client also has an impact on the make-up design.

Studio portrait

To create a studio portrait to resemble daylight, a very pale blue reflector is used to cool the shadow colour enough to look more like an outdoor photo.

Impact of lighting on make-up

It is essential to be familiar with the general effects of certain colours and types of light on certain colours of make-up.

Generally the following principles apply

- Colour value is the darkness or lightness of a colour in relation to other colours. Light colours have high value and dark colours have low value. Colours of low value will have a maximum effect upon make-up and colours of high value, a minimum effect.



- A given colour of light will cause a similar colour of pigment to become higher in intensity, whereas a complementary colour of pigment will be lower in both value and intensity.
- The darker the colour medium, the stronger the effect upon the make-up.
- Side lighting may wash out features on one side of the face and place the other side in shadow - this can add mystery and sensuality to a photo.
- Lighting from below produces an effect of unnatural shadows. If the primary source of light is to be from below rather than from above, the make-up should be done, or at least looked at, with light coming from below so any adjustments can be made.
- Overhead lighting creates unflattering shadows in the eye, nose and mouth areas.
- Any colour of pigment will appear grey or black if it does not contain any of the colours composing a given ray of light that falls upon it.
- To accurately observe the impact of lighting, try to apply the make-up under lighting similar to that under which it will be photographed.

The following table outlines the effects of particular lighting shades on make-up colours.

Lighting Shade	Effect on Make-up Colour
Pink	• Tends to grey the cool colours and intensify the warm ones. • Yellow becomes more orange.
Flesh pink	• Affects make-up less strongly than the deeper shades. • Has a flattering effect on most make-ups.
Fire red	• Will ruin nearly any make-up. • All but the darker flesh tones virtually disappear. • Light and medium blusher become a pale orange and fade imperceptibly into the foundation. • Dark reds turn a reddish brown. Yellow becomes orange. • Cool shading colours become shades of grey and black. Deep green turns to a yellowish tone and natural foundation becomes pale orange.
Amber and orange	• A similar effect to red but less severe. • Blusher turns orange or fades away completely. Brown takes on a darker tone. • Blue turns green. • Deep green changes to light brown. Blue grey turns to deep slate. • Natural foundation appears pasty.



Bastard amber	● One of the most flattering colours to make-up. ● It picks up warm pinks and flesh tones and adds life to make-up. It may grey the cool shading colours.
Light straw	● Very little effect on make-up, except to make colours somewhat warmer. ● Cool colours may be greyed a little.
Lemon and yellow	● Make warm colours more yellow, blues more green and violets somewhat grey.
Green	● Greys all flesh tones and blusher, in proportion to its intensity. ● Violet also turns grey. ● Yellow and blue become greener. Green is intensified. ● Red turns brown. Brown becomes black. ● Light and dark foundations become greenish.
Light blue-green	● Lowers the intensity of the foundation colours. ● Light red becomes darker. Dark red becomes brown. ● Greys medium and dark flesh tones as well as reds. Washes out pale flesh tones. ● Use very little blusher under blue-green light.
Blue	● Greys mostly flesh tones and causes them to appear more red or purple. ● Pale blusher turns to dark violet. ● Dark blusher turns into black violet and at times, depending on its tone, it can even turn to dirty spots on the cheeks. ● Lipstick turns to black. ● Natural foundations generally turn purple. Blues and greens become higher in value. Violets become bluer. ● Purples become more violet. ● The darker the blue, the stronger the effect.
Violet	● Causes orange, flame, and scarlet to become more red. ● Blusher may seem more intense. ● Be careful not to use too intense a red in either foundation or blusher.
Purple	● Has an effect similar to that of violet, except that the reds and oranges are intensified to a much greater degree. ● Most blues will tend to look violet.



Bridal Make-up

The bridal make-up is a special occasion make-up used in Indian marriage. In India bridal make-up differs from state to state as per their costume, rituals and religion. Bridal make-up can be done during the daytime or evening, indoors or outdoors, keeping one very important aspect in mind is type of lighting the make-up will be viewed whether it is artificial or natural.

The selection of colors should coordinate with what the bride is wearing for the occasion. Make-up products can be then selected and appropriately applied to suit the occasion.

As during the wedding ceremony photography is very important so while doing make-up for the bride, consider the effect brightness of lighting used. The brighter the lighting is, the lighter the make-up pigment will appear. Make-up will therefore need to be applied strongly. As the lighting of camera and videography can make the make-up melt especially if it is oil based, it is advisable to use water resistant base as of pancake, supra color etc. For eye make-up also to emphasis use matt finish color and add a dab of glitters to highlight. Bridal sequences on forehead are generally applied as per the prevalent custom and as per the state.

Make-up Sequence

1. Prepare the client.
2. Conceal any blemishes.
3. Apply pancake/foundation/base as per the skin.
4. Contour the face.
5. Apply blusher/cheek color,
6. Make up the eyebrows/highlight under the brow line area.
7. Fix artificial eyelashes if desired
8. Apply eye make-up (eye shadow and eye liner)
9. Apply bridal sequences
10. Apply mascara
11. Apply lip color.

Fantasy Make-up is any look designed to help create an *experience*. It's not about blending in; it's about standing out. Fantasy make-up can help wearers pretend to be anything, whether it's a mermaid, witch, insect, musical instrument or animal. You may also simply paint your face in a freeform fashion as you would a picture — you don't necessarily need to be a character.



Instead of using make-up to enhance your look, use it to transform yourself into anything you can think up. Some fantasy Make-up creations you might consider:

- Fairy
- Vampire
- Tiger
- Kitty cat
- Butterfly
- Ice queen
- Peacock

These are only a few suggestions. While skillful make-up application can be the basis of a whimsical look, feel free to embellish your face even more with accessories like adhesive rhinestones, temporary tattoos, appliques, metallic accents and even feathers. The sky's the limit when you're going for fantasy

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What you need

- Foundation sponge or brush
- Mineral, cream or liquid foundation
- Eye shadow colors
- Fake fantasy eyelashes
- Brushes

Instructions

1. Use the sponge to apply foundation on your face, eyes and neck. For powdered foundation, use a brush. Make-up artists advise that instead of applying one thick layer, it is best to apply several thinner layers.
2. Brush some white eye shadow from your cheekbones to the lower lashes and from the top lashes to the brow to create the illusion of enormous eyes. This illusion will be very useful, especially if you want to impersonate characters with unnaturally large eyes. Such as Anime and Manga. Apply the fantasy lashes or just some glittery mascara to your natural lashes.
3. Use a variety of eye shadow to make a mask. Apply deeper colors on your eyelids. To create a butterfly-wing effect, apply brightly colored eye shadow in a V shape to the outer



areas of your eyes. To deepen the color, wet the brush before dipping it in the eye shadow.

4. For a perfect fantasy make-up, use a make-up pencil to outline the areas to be colored. For example, use black, brown and white pencils to draw curved lines for feathers, cat eyes or butterfly wings. Line your eyes if the look requires it.
5. Apply some rouge, pink or mauve blush on your cheeks. Make sure you darken the blush towards the cheeks. Because the eyes are the centre piece of a fantasy make-up, don't highlight your cheeks to much.
6. Finish the fantasy make-up with some lipstick in dark tones, deep purples, bright pink or something completely different from your everyday style. Neon color will surely draw attention; just one that matches you outfit. For a fantasy effect, paint the edges of your lips darker and apply a lighter color on the inside.

Body Art and Tattooing



Body art where the body of the model becomes the artist's canvas can be one of the most expressive and creative form of make-up. From the beginning of history human beings have been tattooing and painting their bodies as part of conscious efforts to express themselves, to show off their social status, religious preferences political interests etc. traditionally colors has always played an important part in the decoration process and hence decorating body with colors become a major part of rituals and ceremonies for many tribes across the world.

Traditional technique of body decoration is henna painting. Henna is traditionally applied to hands and feet but designs vary from religion to religion. Permanent tattoos are another form of body decoration which is very popular now days. It is for those people who want to express their individuality or make a statement about their identity.





Techniques of Body Art

Body art is art form where sky is the limit as far as imagination is concerned. Almost any make-up medium can be used for body art as water colors grease paints, camouflaged products silicon pains, air brush make up etc. Other than colors, try experimentation with the use of feathers, buttons, flowers, zips etc with suitable skin adhesives.



Applying a Temporary Tattoo

- 1 Clear the skin using surgical spirit. This will remove the grease from the skin surface.
- 2 Choose the design and sketch it on to paper. Design can be drawn free hand on the area or carbon paper can be used to transfer the design or stencil technique can be used to trace the design to trace the design on the body
- 3 Fill in the colors using your chosen medium
- 4 Powder the tattoo when dry or use fixing spray so that tattoo last for a longer duration.

Camouflage Make-up



Art of concealing or disguising unwanted or undesirable marks on the surface of the skin using specialized products is called camouflaged.



Areas that may be required to be camouflaged include:

S.No.	Problem Area
1	Birth Marks
2	Colasma
3	Vitiligo
4	Port Wine Stain
5	Strawberry Mark
6	Varicose Veins
7	Psoriasis
8	Acne Marks
9	Pigmentation Stains
10	Burns
11	Bruising
12	Tattoos

Camouflaged can be very effective, in restoring the coloration of the affected area to that of the surrounding skin tone. When covering up skin conditions and marks it is important to use correct products to produce optimum results.

Camouflaged creams differ from ordinary cosmetics because they posses following qualities -

- They are hypo allergic
- They contain SPF
- They are opaque giving 75% coverage
- When correctly applied and fixed they are water resistant.

Some of the camouflaged products that are available are as under -

- 1 Cover Mark – Provides daylong cover at 15 SPF
- 2 Dermablend – Lasts 24 hrs, easier to blend when a thin layer of moisturizer is applied first.
- 3 Derma Color – Lasts 24 hrs water resistant when powdered.
- 4 Keromask – Last for 08 hrs
- 5 Veil – Lasts 24 hrs, tends to slide on the skin in high temperature. Easy to blend on dry skin type.



Applying Camouflaged

1. Cleanse and wipe the area with cotton wool dipped in toner to remove surface oil.
2. Study the area to be treated.
3. Set with powder using powder puff. Wait for few minutes before dusting of excess powder.
4. Blot with damp cotton wool and leave for 10 Minutes. Begin mixing the colors to match the surrounding skin tone on Make-up pallet.
5. Apply using brush or sponge a thin layer of camouflage cream.
6. Blend well to avoid any demarcation lines.
7. Set with powder.
8. Apply further layers if required.
9. Spray the area lightly with water to eliminate the powdery look.
10. Apply fixing spray.

Precautions

- Do not use any oil based product on the camouflaged area.
- Do not use soap or shower on camouflaged area.
- The camouflages make up is generally water resistant but need to be gently patted dry with towel or tissues.

Party/cocktail Make-up

The principle of party make-up is the same as for day make-up. However, more color can be used on cheeks and lips and around the eyes to counteract the effect of artificial lighting on the face. Emphasize the facial features with the careful placement of contouring cosmetics. Frosted colors may be used on the cheeks and around the eyes. Artificial eye lashes may be applied to emphasize the eyes. Fashion shades or mascara may be applied to complement the eye color. Lip gloss or frosted lipstick can add glamour to the face for evening look. For cocktail Make-up smoky eyes can be created.

Make-up sequence:

1. Prepare the client.
2. Conceal any blemishes.
3. Apply pancake/foundation/base as per the skin.
4. Contour the face.
5. Apply blusher/cheek color,



6. Make up the eyebrows/highlight under the brow line area.
7. Fix artificial eyelashes if desired
8. Apply eye make-up as per the occasion (eye shadow and eye liner)
9. Apply mascara
10. Apply lip color.

Health and hygiene and make-up products

Infection can spread from client to client or from the client to you if you do not use make-up products correctly.

To eliminate the risk of cross-infection you should follow these simple rules:

- use disposable tools and equipment where possible, for example, disposable mascara wands
- clean all tools and equipment according to workplace policies and health regulations
- have a number of brush sets so that you have time to clean and dry them between clients
- dispense product onto a clean wooden spatula or a pallet for each client, do not work directly from the product container
- throw away the spatulas and clean pallets after each use
- wash your hands thoroughly between each client
- wash your hands before you commence work on a client
- if you are interrupted during a make-up application wash your hands before you commence the make-up

Review Questions

- Q1. Write the procedure of paraffin wax mask?
- Q2. Write any four precaution of paraffin wax mask?
- Q3. Write the procedure of disincrustation?
- Q4. Write the precaution while performing disincrustation and ionization?
- Q5. Describe with two examples of looks or images which can be created for Portfolio make-up?
- Q6. Define fantasy make-up?
- Q7. Write the procedure of applying a temporary tattoo?
- Q8. Write the qualities of camouflaged cream?
- Q9. List the areas that can be camouflaged?



Q10. Fill in the blanks

- a) Paraffin wax is blended with _____ or _____ which improves its spreading properties.
- b) Paraffin wax is heated to _____ °C.
- c) The negative pole is the active electrode in _____.
- d) In portfolio make-up for successful effect _____ and _____ must work together.
- d) _____ and _____ camouflaged products are available in market.Q

Q11. Match the following

Column A	Column B
1. Paraffin wax	1. 'no make-up' look smoky eyes, Bridal
2. Disincrustation	2. Negative pole is active electrode.
3. Ionization	3. Fairy, Vampire, Butterfly.
4. Photography make-up	4. Heated up to 37° C
5. Fantasy make-up	5. Birth mark, colasma, Acne marks.
6. Camouflage make-up	6. Positive pole is active electrodes.

Session – 3 : Eyebrow Shaping

Eyebrow Threading

Threading, also known as banding, is method of hair removal in which the technician maneuvers a looped and twisted cotton thread with his or her fingers. The most common area for threading is on the face.

Threading is used mostly to shape eyebrows and is considered one of the method that involve less damage to the skin. It is a method of hair removal worth considering for individuals who have skin treatments or use products that prohibit waxing. Threading is a technique that is difficult to self-teach, and hands-on training is recommended.



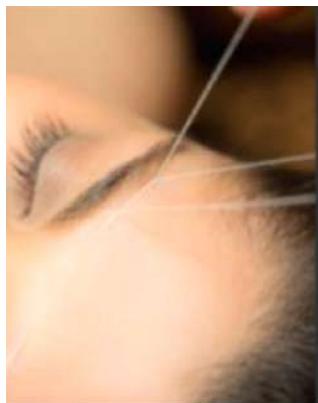
Thread No. 40

Contraindications

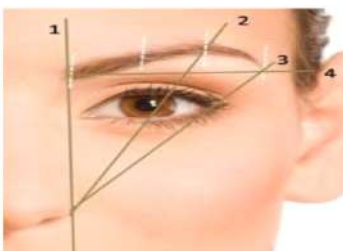
- Conjunctivits
- Styte
- Blepharitis



Scissors



**Preparing the client
for threading**



Determining eyebrow width

Threading Tools, Materials and Equipment

- Thread No. 40
- Talcum Powder
- Cotton
- Astringent
- Scissors

Tools you need for Threading Eyebrows

- Thin Thread (about 24 inches long) of strong and good quality
- Thick thread is not good for removing thread effectively.
- Eyebrow brush : Used to brush the eyebrow in whichever direction you prefer.
- Scissors : Used for cutting/trimming the eyebrows.

Preparation of the Client for Eyebrow Threading

- Protect the client's hair by wrapping it to avoid snagging hairs on his or her head.
- Then wash your hands.
- If the client is wearing make-up, clean it up.
- Do not apply any cream before threading.
- Use a new and clean thread.

Determine the Eyebrow Width

- An orange stick is used for determining eyebrow width. Place the orange stick against the widest part of the nose and inner corner of the eye. Move the stick to form a diagonal line from the nose across the outer corner of eye.



Various Eyebrow Shapes

Since all human beings are unique their eyebrow shapes also vary along with their face shapes. It is necessary to determine the shape of eyebrows before shaping it. Before shaping the eyebrows suitable shape has to be given to the clients based on their facial features.

Few eyebrow shapes are given below



High Forehead

High Forehead

Here the width of the forehead is just about the same as below the cheekbones. Long faces usually have a very narrow chin or a very high forehead. A flat brow will be well suitable for such faces. Here the arch should be slightly elevated.



Low Forehead

First the length of the brows has to be measured and later on based on the length of an individual the arch should be shaped such that it deviated at lower level.

Low Forehead



Wide Set eyes

People with wide set eyes are the most normal looking with unique features of brows. Perfect shaping can make the wide set eyes to look closer, the slightly angled shape can be given while shaping. This shape will make the eyes to appear inward and smaller.

Wide Set eyes



Close Set eyes

For shaping the individuals having closed set of eyes first draw an imaginary straight line from the outer side of the eye ball in parallel to the nose. To make the eyes to appear wider pluck more from the inner corner and slightly decrease towards the outer corner.

Close Set eyes



Round face

Round face

A round face will be wide and long with round edges. The nose is the center guide and the widest point is at the cheeks and ears. To shape the client with round face, we have to shape high arched eyebrows with the peak towards the end of the brow and a short tail.



Oblong face

Oblong face

People with oblong face have stretched type of eye brows with lengthy hair growth. So the horizontal shaping would well fit their. Shaping has to be almost done in parallel to their forehead. To make their forehead. To make their brows look more beautiful.



Square face

Square face

For the clients with square face we should consider the jaw line and hairline. To balance jaw line we have to angle the brows with high peak close to being directly above the square of the jaw.

Eyebrow Shaping

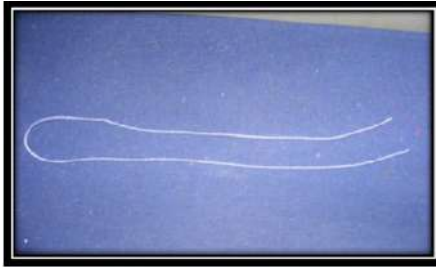
Eyes are said to be the main part of our face to have an attractive eyes eyebrow shapes will enhance the grace of the eyes. It is said that the perfect eyebrow shape would give an overall admirable look for your face. To obtain a perfect eyebrow is the desire of every client, in order to satisfy client requirement we must know about exact techniques of shaping eyebrows with relevant to the facial features.

The following points has to be considered before shaping

- Face shape of the client.
- Spacing values of the eyes.
- State of the existing eyebrow.
- Ask clients about which shape they want.
- Age of client.



Threading Procedure



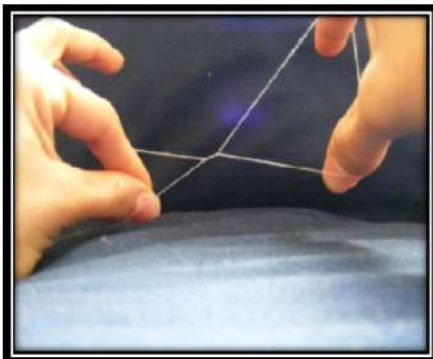
Step 1

Step 1 : First cut a thread into 11 inches long and make a loop with the thread by tying it. Ensure that the thread is strong, clean and knot free.



Step 2

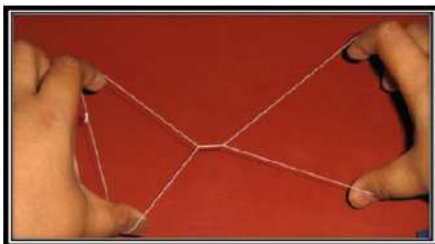
Step 2 : Insert the thumb and pointer of both hands inside the loop. Twist the fingers on one hand forming an 'X'. A few more times twist your fingers in the same direction (say, 4 twists)



Step 3

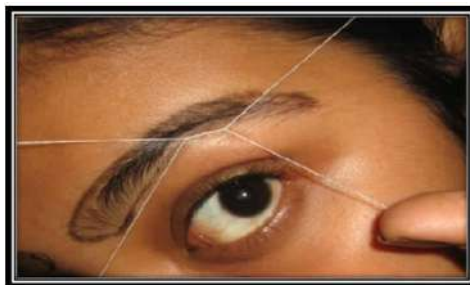
Step 3 : Now keeping fingers of one hand steady open and close the fingers of the other hand so that the twisted part slides back and forth. This movement is for the thread to grip the hair and to pull it out.

Step 4 : Apply little powder to the eyebrow area this will help in easy and harmless threading. Also by applying powder the extra grown hairs are highlighted so that can be trimmed easily without much difficulty.



Step 5

Step 5 : Now in one hand take the knotted side of the string and the other side in the other hand. Now keep the twisted section on the hairy area and move your fingers of one hand up and down to create this sliding motion of the twist. This will remove the excess hair.



Step 6

Step 6 : Make sure your fingers do not touch the face of the client while you are threading. Lace the winded section of the thread on the area where the hair needs to be removed. Then perform the open-close movement on one hand. This will trap and remove the hair along with the root.



Step 7

Step 7 : Repeat step 7 unless all the unwanted hair is removed ensure that line of eyebrow is maintained correctly according to the shape.

You can then brush the eyebrow to see if any trimming is required. Then trim the unnecessary hairs using a scissors. Make sure that the trimmers are of tiny size and maintain similarity between two sides.



Step 8

Step 8: A cold cream or Aloe-Vera or ice can be applied after threading. Also gently massage the surrounding area of the eyebrow for few seconds. This will reduce the stress and pain occurred while threading.

Precaution & Reminders

It is inexpensive treatment and discomfort level is usually less than the waxing/tweezing but it is ineffective for the large parts of the body.

It can be uncomfortable because the hair are snagged out of the skin faster than tweezing but more slowly than waxing.

- Preceding Contraindications
- Broken, irritated skin
- Active eczema and psoriasis
- Active herpes lesion
- Sunburned skin



Review Questions

- Q1. Write down the procedure to measure the eyebrow width.
- Q2. Mention some important points to be considered before threading.
- Q3. List all the types of eyebrow shapes and explain each in one sentence.
- Q4. List the steps involved in basic eyebrow threading.
- Q5. What are the different steps to determine eyebrow width?
- Q6. How a client must be treated after threading is completed?
- Q7. Match the following

Column A	Column B
1. Round face	1. Horizontal shaping
2. Oblong face	2. Slightly angled shape
3. High forehead	3. High arched eyebrows shape with the peak toward the end of the brow and a short tail
4. Wide set eyes	4. Lightly elevated arch shape

Unit-5

Hair Cutting and Styling-II

Learning Outcomes

Session	Topic	Outcome
1	Advance hair cuts	You will be able to understand • Types of advance hair cutting techniques like layering, feather cut fringe and bangs. • Difference between layer cut and feather cut.
2	Thermal hair styling	Students will be able to understand • Meaning of hair straightening and hair pressing. • Types of hair pressing. • Identify tools and material required for thermal styling. • Procedure of using pressing machine, crimping machine, curling tong. • Style the hair in different hair styles. • Precautions and reminders.
3	Hair coloring	You will be able to understand • Meaning of Hair coloring. • Types of Hair coloring. • Identify the tools and material required for Hair coloring. • Procedure of applying hair color. • Precautions and reminders.
4.	Hair lightening	Students will be able to understand • Definition of lightening. • Types of bleaches and lighteners. • Advantages and disadvantages of hair lighteners. • Importance of patch test and strand test. • Identify the tools and material required for Hair lightening. • Special high lightening techniques like cap technique, foil technique, slicing.

- Precautions and reminders.

Beauty & Wellness



Assessment Plan (For Teachers)

Session	Topic	Assessment method	Remarks
1	Advance hair cuts	Exercise: Question and answer. Demonstration and practice.	Visit to hair cutting salon.
2	Thermal hair styling	Exercise: Question and answer. Practical: Display tools and material Demonstration and practice.	Visit to salon.
3	Hair coloring and Hair lightening	Exercise: Question and answer. Practical: Display tools and material. Demonstration and practice.	Visit to salon.

Session – 1 : Advance Hair Cuts

Layering



Layering refers to creating any style with variable lengths throughout the cut. It can be used on short, medium or long hair. Feathering is a texturing method often added to layered hairstyles. It reduces the bulk from some areas and creates light, wispy ends. According to Hairfinder, Farrah Fawcett is one of the best-known celebrities to sport layered, feathered hair.

Technique

A layered hairstyle is cut by lifting the hair from the head at an angle to the natural growth pattern, then cutting it to the desired length. This is usually done in small segments. Altering the angle at which the hair is held changes the amount of layering and the final look. Once layers are cut, the hair may also be feathered. To feather, stylists hold small pieces of hair at a 90 degree angle to the natural growth pattern, and snip small notches into the ends. This may also be accomplished with a razor.

Benefits

Layers and feathering both provide more texture and body to flat or limp hair. They're commonly used by people whose hair has little natural body, and is fine, very straight or thin. These techniques can be used to create hairstyles that appear to lengthen the face. This makes them desirable for round-faced people.



Feathered hair Cut was a **hairstyle** popular in the 1970s and the early 1980s with men and women. The hair was grown long on both sides (normally covering the ears, although it could be shoulder length), un layered (although some men with curly hair did have it layered), with either a side or a centre parting. The hair would be brushed back at the sides, giving an appearance similar to the feathers of a bird.



“Feathering” is generally a texturing technique performed on **layered** hair to create lighter, wispy ends and remove bulk from specific areas. Feathering can be used on any hair length. You simply adjust the angle of the texturing cut to compensate for the shorter lengths.

The easiest way to create a feathered look in a layered cut, such as you describe is to comb vertical slices of hair and hold them at 90-degrees of elevation and snip small notches into the ends of the hair. Work your way from front to back using this technique. The key is to comb your slices in the direction perpendicular to the direction the hair is styled in. If the hair is combed back horizontally from the face, use vertical slices and work front to back. If the hair is combed straight down, use horizontal slices and work top to bottom.

Be sure to cut the hair when damp as this technique can result in a lot of fly-away clippings if cut when dry. Style the hair afterwards by using a blow-dryer with diffuser and a round brush to direct the hair evenly.

Difference between layer cut and feather cut

Feathered hair first became popular in the 1970s when the style was adopted by actress Farrah Fawcett, who was known for her feminine hairstyle that swept away from the face. The fine texture of feathering adds a delicate texture to hair ends, giving the hair a windswept look.

Layered hair is more choppy and full of volume, and it frames the face with multiple sections cascading from the chin. One style made popular in the 1990s was known as “The Rachel.” It was made famous by actress Jennifer Aniston in the sitcom “Friends.”

Cutting the fringe (Bangs): The fringe area is the hair that lies between the two front corners, or approximately between the outer corners of the eyes. While dividing hair it is important to work with the natural fall of the hair. Every head shape is different and you need to make sure that you cut only the hair that falls in the area. Otherwise you can end up with short pieces falling where they do not belong and it will spoil the hair style. Sometimes only



a few pieces are cut in the fringe area. This keep the hair out of the face. In this case you will not be cutting all the hairs in the fringe area, razor can be used for that purpose also.



Session – 2 : Thermal Hair Styling

Hair Straightening/Hair Pressing

Hair straightening, or pressing is a popular service that is also very profitable in the salon. When properly done, hair pressing temporarily straightens extremely curly or unruly hair by means of a heated iron or comb. A pressing generally lasts until the hair is shampooed next. Hair pressing also prepares the hair for additional services, such as thermal roller curling. A good hair pressing leaves the hair in a natural and lustrous condition and is not at all harmful to the hair.

There are three types of hair pressing.

- **Soft Press**, which removes about 50 to 60 percent of the curl, is accomplished by applying the thermal pressing machine / iron machine once on each side of the hair.
- **Medium Press**, which removes about 60 to 75 percent of the curl, is accomplished by applying the thermal pressing machine / iron machine once on each side of the hair, using slightly more pressure.
- **Hard Press**, which removes about 100 percent of the curl, involves the application of the thermal pressing machine / iron machine twice on each side of the hair. A hard press can also be done by first passing a hot curling iron through the hair. This is called a **double press**.



Test the heat of thermal iron with the help of tissue paper



A careful analysis of the client's hair should cover the following points:-

- Wave pattern
- Length
- Texture (coarse, medium, fine, or very fine)
- Feel (wiry, soft, or silky)
- Elasticity
- Shade (natural, faded, streaked, grey, tinted, lightened)
Place iron in the hair strand.
- Condition (normal, brittle, dry, oily, damaged, or chemically treated)
- Condition of scalp (normal, flexible, or tight)

It is important that the cosmetologist be able to recognize individual differences in hair texture, porosity, elasticity, and scalp flexibility.

Roll the iron on the strand.

Hair texture

Variations in hair texture have to do with the diameter of the hair (coarse, medium, or fine) and the feel of the hair (wiry, soft, or silky). Cosmetologist can determine how much pressure the hair and scalp can handle without breakage, hair loss, or burning from a pressing machine / iron machine that may not be adjusted to the correct temperature.

Coarse, extremely curly hair has qualities that make it difficult to press. Coarse hair has the greatest diameter, and during the pressing process it requires more heat and pressure than medium or fine hair.

Medium curly hair is the normal type of hair that cosmetologists deal with in the beauty salon. No special problem is presented by this type of hair, and it is the least resistant to hair pressing.

Fine hair requires special care. To avoid hair breakage, less heat and pressure should be applied than for other hair texture.

Pressing material

Cream press or **pressing oils** are preparations that are applied to the hair before the pressing service. These products make the hot gloss. Pressing oil is a liquid or solid that deposits an oily film on the hair. If too much of this product is used, the hair strands will stick together, and soft, natural styling will not be possible. Cream press is a solid, waxy product that is more popular than pressing oil. It leaves the hair soft and pliable and makes it easy to style. Pressing oil and cream press should be applied after the shampoo and before the hair is dry. The water helps to distribute the product through the hair. **Hair conditioner** is a cosmetic that is applied to the hair and scalp to prevent dryness. During a pressing and curling service, heat is applied to the hair.

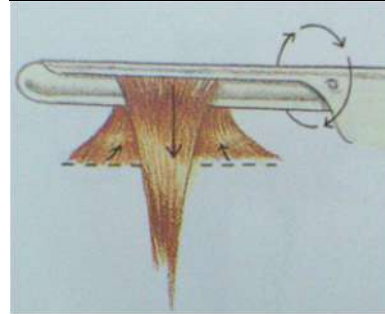


Pressing/Iron Machine

It is available in electric and should be constructed of either good quality stainless steel or brass. The handle is usually made of fine quality of plastic which does not readily it is heavy like iron, flat both the sides which gives open looking press with less space produces smoother pressing. Pressing machine very in size, some are short to be used with short hair, while long are used with long hair. It is advisable to temper pressing machine which allows the steel to hold heat evenly along the entire length.



Support the iron with the comb



Curl the hair around the iron

Heating pressing machine: It is an electrical gadget which is to be heated before the use and variation in temperature depends upon the types of hair. (coarse, fine, very fine) Pre-heat before use till you attain the proper temperature, test in on a piece of light paper. If the paper becomes scorched, allow the machine to cool slightly before applying it to the hair. Electric pressing machine has thermostat technology to protect over heating and controls high or low degree of heat. The same machine has attachment apart from pressing curling tongue which gives curly appearance to the hair.

Implements and Materials

- Shampoo
- Towels
- Shampoo and styling capes
- Clips
- Pressing oil or cream
- Thermal irons
- Hairbrush and comb
- Spatula

Preparation

- Drape the client for shampooing.
- Shampoo, rinse, and towel-dry the client's hair.
- Drape the client for thermal styling, using a neck strip and styling cape.
- Apply pressing oil or cream (some stylists prefer to apply pressing oil or cream to the hair after it has been completely dried)
- Dry hair thoroughly (blow-drying will leave the hair more manageable than hood drying).
- Comb and divide the hair into four main sections and pin them up.



Procedure

- Switch on the pressing machine at near by socket maintaining comfortable distance between the wire and client's hair.
- Start ironing from the nape of the head by taking sub-sectioning of hair going towards crown by maintaining the distance to scalp to avoid burning.
- Take sub-sectioning one by one and finished the back area and start in the front at temporal and going upward and complete the fringe area.
- Style and comb the hair.

Cleanup And Sanitation

- Discard disposable items. Disinfect brush and comb.
- Clean the pressing machine according to the instructions given by manufacturer.
- Sanitize your workstation.
- Wash hands with soap and warm water.

Safety Precautions

- In the absence of special care physical damage such as burnt hair that breaks off burnt scalp that causes either temporary or permanent loss of hair, and burns on the ears and neck that form scars.
- Excessive heat or pressure on the hair and scalp.
- Perfumed pressing oil near the scalp if the client's is allergic.
- Overly frequent hair pressing, weakens the hair.
- Keeps the machine clean after every use.
- Remove the wire from the socket as soon as the work is finished.

Crimping Machine

Pressing machine is a popular service that is also very profitable in the saloon. It gives temporarily curly / wavy looks which gives hair heavy look. A good hair crimping machine which leaves the hair in a natural and lustrous condition and is not at all harmful to the hair.





It is suitable on fine and very fine hair to give the fullness and curls. Same analysis of hair and scalp before the treatment to get the best result. It is always advisable to remember to check client's hair for elasticity and porosity. Under normal condition, if a client's hair has good elasticity it can be safely stretched to about 50 percent of its original length. If the porosity is normal, then the hair returns to its natural wave pattern when it is wet or moistened.

Follow all the rules and techniques related to thermal hair straightening. As this machine is available separate or as an attachment to the straightening machine. All the safety rules are same as given above.

Curling Tong Technique

Curling iron also known as thermal curling and waving the hair depends on the texture of hair whether it is fine or coarse, or whether it has been lightened or tinted. The success of any curl formed with a hot iron depends on the thickness of the hair strand, the temperature of the iron when applied to the hair, and the length of time the iron remains on the strand. Each of these factors must be carefully controlled.



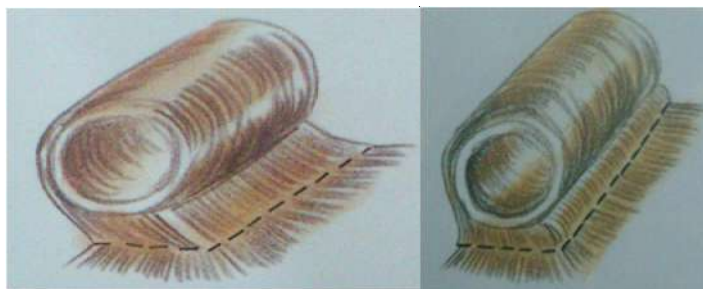
Curling tongue

How To Hold The Curling Iron

- With the iron held in the hand, the ring finger and little finger are used to control opening and closing of the groove over the prong. The index and middle finger control the turning (rotating) of the iron. The thumb rests on the handle of the iron to provide support and balance while the iron is manipulated on the hair strand.
- Although the basic position for holding the iron, the entire iron, as well as the hair strand, must be rotated to create a professional-looking curl. The positions of the hand and iron for this rotating action. Rotating the iron is the most important technique that you must acquire for iron curling. Practice holding, turning, opening, and closing the iron until the motions become natural.
- The styling comb is always used with the iron to produce curls and waves. The comb should be held in the hand at all times when working with the iron.

How To Form A Croquignole Or Figure-eight Curl

This is the type of curl most frequently used. It produces a firm base near the scalp and is suitable for medium to long hair,



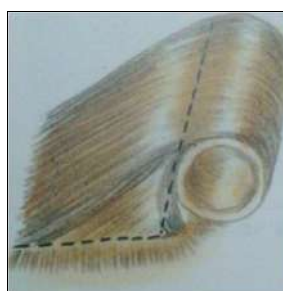
Full base curl

Volume base curl

- With a hard rubber comb, slice out a section of hair 2 inches long and about as wide as the diameter of the curling iron.



Half base curl



Off base curl

- Test the temperature of the iron on a piece of paper.
- Hold the strand with the thumb and index finger of the left hand.
- Insert the iron as close to the scalp as possible without touching, enough to allow a one-quarter turn. The groove should be on top of the strand.
- Immediately upon insertion, rotate the iron toward yourself, directing the hair with the left hand toward the handle of the iron
- Open and close the iron rapidly (this is called “clicking” the iron). Turn one-half turn.
- With your left hand, direct the ends of the hair toward the point of the iron.
- Continue to roll and click the iron until all the hair ends disappear around the iron. The ends will be inside the curl.
- Insert the comb or a piece of tissue under the iron to protect the scalp.
- Leave the iron in the curl about 2 seconds, until the ends are heated and they take the curl position.
- Roll the iron to be sure the ends are free. Slide the iron out. If the iron does not slide out easily, the ends have not been properly manipulated. The iron needs to be rolled and clicked once or twice more.

A **spiral curl** is similar to the barrel curl. The iron is held in a vertical position and the hair



is inserted near the joint of the iron. The hair is fed into the iron so that it “spirals” toward the tip of the iron. All lengths of hair may be used, but this type of curl is usually best with long hair.

A **bob curl** is used with very short hair. 1½ to 2½ inches long. Grasp the hair ends with the iron. Allow the heat to penetrate for about 2 seconds and slide the iron out.

Points To Remember

- The hair should be dry before being treated with the iron.
- If you apply lanolin-type oil or cream to the hair before using the iron, the hair will not dry out and will have a glossy sheen after curling.
- Use the same sectioning and sub-sectioning as in roller setting to style the hair.
- The iron may be used on fine hair or on hair that has been bleached or permanent waved, but you should use less heat and should shorten the time that the hair is in contact with the iron.
- The thickness of the strand to be curled depends on the texture and condition of the hair and the amount of curl desired.
- The hair strand and the iron must be turned at the same time to create the perfect curl.
- To avoid frizzy curls, hair that is curled with an iron should be blunt cut with little taper in the ends.

Session–3 : Hair Coloring

It is important to understand the purpose of hair coloring by taking information from the patron consultation one will determined which products and hair color services are appropriate for her. There are few common reasons to color

1. Cover up or blend grey hair.
2. To enhance an existing hair color.



Coloring treatment enhance the beauty of individual

3. To correct unwanted tones in the hair from environmental exposure such as sun or chlorine.



4. To create a fashion statement.
5. To accentuate a particular haircut.

Types Of Hair Coloring

To become a good colorist and understand more about hair color we need to identify a client's natural color. Natural hair color ranges from black to dark brown to red, and from dark blonde to light blonde. Each individual have not exactly the same color. A hair colorist should understand the **level system**. Level system is the unit of measurement used to identify the lightness and darkness of a color. It is sometimes referred to a value or depth. Hair color levels are arranged on a scale of one to ten, with one being the darkest and tenth being the lightest. The natural color hair level may vary from manufacturer to manufacture. It is required to know the degree of lightness and darkness at each level. **Tones and intensity** is used to describe the warmth or coolness of a color. Warmth tones (Red, Orange and yellow) as are auburn, copper, gold, bronze or honey. The cool tones (Blue, green and violet) as are ash, drab, smoky or platinum. Intensity refers to the strength of a color tone. It is described as mild, medium or strong. Intensities of red shades are strawberry blonde, copper brown, bright orange. To know about hair color it is require to discuss the process of **hair lightening** as it is referred to bleaching and de-colorizing, which involves chemical process that diffuses the natural color pigment from the hair.



Different types of hair colors available in the market

This process is central to both permanent hair color and hair lighteners. According to above study hair color is divided into three types:-

- Temporary
- Semi-permanent
- Permanent

Permanent Color

Permanent hair color products contains both a developer, or oxidizing agents, and an alkaline ingredient as part of their composition. Permanent hair color is mixed with a **developer** (Hydrogen peroxide having a pH between 2.5 and 4.5), strengths of hydrogen peroxide can be measured in the form of **volume**. The lower the volume the lest lift is achieved, the higher the volume the greater the lifting action. Majority of permanent hair color products use ten,



twenty, thirty or forty volume hydrogen peroxide for proper color development that remains in the hair shaft until the new growth of hair occurs. It is used to match, lighten and cover grey. This method contains tint formula which un-color dye precursors, which are very small compounds that can diffuse into the hair shaft. These dye precursors also referred to a aniline derivatives, combined with hydrogen peroxide to form larger, permanent tint molecules. In cortex these molecules are trapped and cannot be shampooed out. That is why these products are called permanent. They simultaneously remove natural pigment from the hair through the action of lightening while adding artificial color to both the grey and the pigmented hair results in a natural looking color.

Caution: Aniline derivatives tints must never be used on the eyebrows or eye lashes may cause blindness.

Procedure of Hair Coloring

Single process color for virgin hair (perform two activities: lighten & add color to the hair in a single application)

Double process color for virgin hair (perform only one activity at a time. For a complete color change or when a toner is desired, they require two separate and distinct application to the hair)

- a) First- the application of a lightener (Bleach)
- b) Second- the application of a tint or color

Material And Tools

Applicator bottle or brush	Record	Tint cape	Conditioner
Cotton	Comb	Towels	Clips
Selected color	Protective cream	Color	Gloves
Plastic cap	Shampoo		

Brands available in the market

1. Wella Koleston Perfect
2. Elgon
3. Matrix SoColor
4. L'oreal
5. Clairol professional
6. Garnier
7. Godrej
8. Revlon
9. Colour stay



Arrange trolley with all material



Application of hair color

Procedure

- Part dry hair into four sections.
- Prepare the color formula for either bottle or brush application.
- Begin in the section where the color change will be greatest or where the hair is most resistant, usually the hairline and temple areas. Part of a ¼ - inch (.6-cm) subsection with the applicator.
- Lift the subsection and apply color to the mid shaft area. Stay at least ½ inch (1.25 cm) from the scalp, and do not go through the porous ends.
- Process according to the strand test results. Check for color development by removing color as described in the strand test procedure.
- Apply color to the hair at the scalp.
- Pull the color through onto the hair ends.
- Lightly rinse with lukewarm water. Massage color into a lather and rinse thoroughly.
- Remove any stains around the hairline with shampoo or stain remover. Use a towel to gently remove stains.
- Shampoo the hair use conditioner as needed.
- Towel-dry and style the hair.
- Perform cleanup and sanitation as in procedure for semi-permanent hair color application.
- Complete the client's record card and file it away.
- Follow cleanup and sanitation procedures.

Tint Retouch

Hair grows approximately half inch per month. It will be necessary to retouch the hair more often. Color results are always best when the hair has not been permitted to grow a long new



growth or root area. Check the manufacturer's instructions and follow the same procedure for applying tint to virgin hair.



Retouching of color

Specialty Technique For Hair Coloring

Application techniques for hair coloring are unlimited. Most specialty technique involve coloring only selected strand of hair, rather than the entire head. These techniques can be performed on colored hair for custom color effects. Partial coloring techniques are advised for patron who are extremely active, for special effects or inexperienced with hair coloring. Special techniques can be used with permanent tints.

Keeping hair coloring record

It is important to keep an accurate record of each hair coloring treatment to avoid difficulties encountered in treatments. A complete record should be made with the information like "dries out rapidly" color does not develop fast enough etc.

Patron's Color Record				
Name		Tel		
Address				
City				
Patch Test:	Negative	Positive	Date	
Hair Types				
Form	Length	Texture	porosity	
Straight	short	coarse	very porous	residential
Wavy	medium	medium	porous	very residential
Curly	long	fine	normal perm	Waved



Hair Condition			
Normal	dry	oily	
Hair Coloring Process			
Whole head retouch..... shade desired.....			
Result			
Good	Poor	too light	too dark

Precautions And Contraindications

While working with chemicals that penetrate the hair it is advise to observe safety rules to reduce the risk of injury of patron. The following safety precautions and contraindications recommended for the professionals salon.

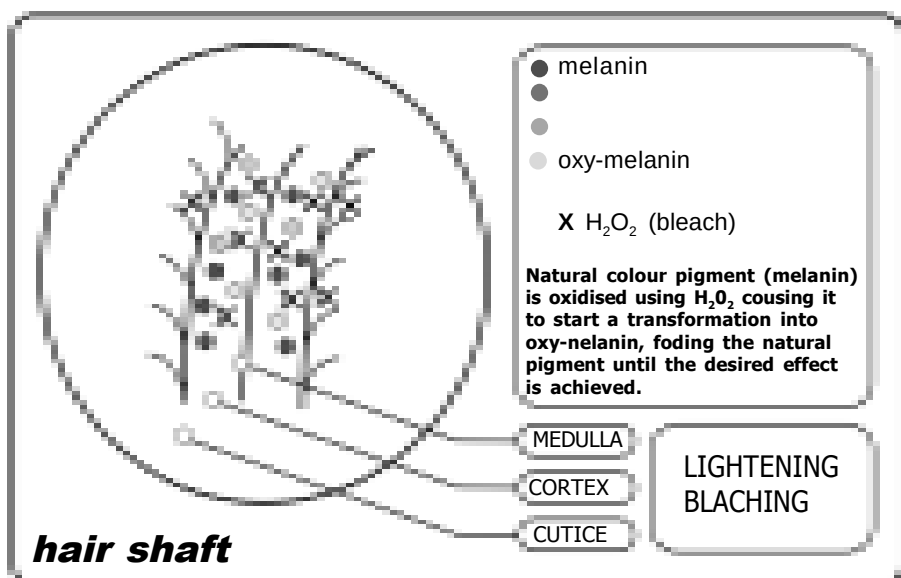
- All hair coloring material should be tightly capped to prevent from oxidizing in the bottle from exposure to the air.
- Hair coloring products should be stored in a cool dark place so that color is not prematurely activated.
- Be aware of expiration date stamped on the outside of the each color bottle.
- Follow the OSHA (occupational and safety hazards act) requires the chemicals in any business be stored with evident markers indicating content and effects on the human body.
- Give a patch test 24 hours prior to any application of aniline derivative. Apply a tint only if the patch test is negative.
- Do not apply tint if abrasions are present.
- Do not apply tint if a metallic or compound tint is present.
- Do not brush the hair prior to applying color.
- Always read and follow all of the manufacturer's directions.
- Use sanitized applicator bottles, brushes, comb, and towels.
- Protect your client's clothing with proper draping.
- Perform a strand test for color, breakage, and/or discoloration.
- Use an applicator bottle or bowl (glass or plastic) for mixing the tint.
- Do not mix tint before you are ready to use it; discard leftover tint.
- Wear gloves to protect your hands.
- Do not permit the color to come in contact with the client's eyes.



- Do not permit the color to come in contact with the client's eyes.
- Do not overlap during a tint retouch.
- Use a mild shampoo. An alkaline or harsh shampoo will strip the color.
- Always wash hands before and after serving a client.

Session – 4 : Hair Lightening

Hair lightening is a specialty art. The artistry of lightening can be subtle or dramatic; you professional cosmetologist, will decide. The Romans used a variety of native minerals combined with old wines and water to lighten the hair. They used to leave mixture overnight to get reddish-gold shade. The discovery of hydrogen peroxide by Louis Thenard of France in 1818 made lightening quicker and somewhat less messy.



Oxidation of natural color of hair depends on the natural color

Chemistry Of Lightening

Hair lightening is a process of permanently making the hair lighter than its natural shade by changing pigment in the cortex layer. Lighteners are alkaline chemicals that are most commonly available as powders or creams. Mixed with acidic hydrogen peroxide to start a chemical reaction. This process can be done all over the head, or in small sections for special effects. When the hair is lightened, it goes through seven stages of lightening from black up to an almost white color. Those stages are black, brown, red, red-gold, gold, yellow, and pale yellow. The first pigment to be lost is blue than red and finally yellow are lost from the overall hair color. Lightening, as any chemical service will make the hair more porous. This means it will absorb liquids more rapidly and is more prone to damage.

Types Of Bleachers And Lighteners

In the present time lighteners evolved out of the use of hydrogen peroxide mixed with ammonia



water. The ammonia water was needed to make the mixture alkaline so it could penetrate the hair and lift color. There are many kinds of hair lighteners. **Cream lighteners** contain thickeners, conditioners, and emulsifiers. They are a very popular lightener and are most often used for application at the hair closest to the scalp. They are easy to control because there is no running or dripping. Cream lighteners are easy to use for retouch applications and can be used for both brush and bottle methods. **Oil lighteners** are seldom used alone because they are slow and very messy. **Powdered lighteners** are also known as “quick lighteners.” Generally used for frosting as they are usually faster in their activity, are often slightly more alkaline, and can be drying to the hair. Powder lighteners must be kept moist to continue working; if the mixture dries, the action will stop. Lighteners are also used **on the scalp** and **off the scalp**. Each type has its unique abilities, chemical characteristics and formulation procedures.



Different types of hair bleaching

Hydrogen Peroxide

Hydrogen peroxide is a lightening agent for removing pigment from the hair shaft. Hydrogen peroxide is available in the form of liquid, cream, powder or tablets. Do not permit peroxide to come in contact with **metal**. Liquid peroxide is kept too long, exposed to air or stored in a warm place, will weaken in strength. Tablets, powders or cream needs to follow the manufacturer's directions.

Time Factors

Processing time for lightening.

The darker the natural hair color, the more melanin it has. The more melanin it has, the longer it takes to lighten the color.

The amount of time needed to lighten the natural color is also influenced by the porosity. Porous hair of the same color level will lighten faster than hair that is nonporous, because the bleaching agent can enter the cortex more rapidly.

Tone also influences the length of time necessary to lighten the natural hair color. The greater the percentage of red reflected in the natural color, the more difficult it is to achieve the pale.



The strength of the product also affects the speed and amount of lightening. The stronger lighteners attain the pale shades in the fastest time.

The percentage of measuring hydrogen peroxide indicates the amount of active ingredient. 3% of the content is active oxygen gas; the other 97% is water.

Advantages Of Hair Lighteners

- Hair lighteners allow the professional cosmetologist to lighten the hair through all seven stages, from very dark brown or black to almost white or pale yellow.
- Hair lighteners offer much greater lifting power than tints.
- Lighteners can be used for corrective work when previously applied colors are no longer desired.
- Lighteners can quickly remove color from hair for special effects in a single process, providing that the natural color is not too dark.

Disadvantages Of Hair Lighteners

- Hair lighteners can be damaging to the hair if the proper precautions are not followed.
- Lightening processes that require toning take more salon time to accomplish desired results.
- The hair needs more reconditioning on a regular basis since the hair-lightening process creates more porosity in the hair shaft and decreases sheen on the surface.
- Thermal styling options are restricted.

Preparing For Lightening

A consultation prior to lightening service is very essential to achieve best results required as per the patron. **Consultation** will select the color examines the scalp analyze the condition of the hair and arrange for a preliminary strand and patch test if necessary. Be honest with your patron about the processes involved, the upkeep necessary and the cost of the total service. Maintain the record card for each client with the record of condition of the hair and scalp with the results of the preliminary strand and patch test. For full service be sure to include:-

- The type of lightener used, and formulation and timing.
- The degree of lightness obtained.
- The toner and the formulation and timing.
- Conditioners or treatments performed during the service.
- Results obtained and any corrections suggested for the next appointment.

Patch Test

A patch test may be required for many toners used in the salon. Consult the manufacturer's



instructions to see if a preliminary test to determine allergy to the toner is necessary. If so, this should be performed at least 24 hours prior to each lightening service.



Strand test



Patch Test

It is easy to perform the patch test when you have the original consultation. Apply the mixture with cotton tipped swab and leave undisturbed, and examine for any sign of redness, swelling or irritation. If the patron has no reaction to the patch test on patron's record card.

Strand Test

The strand test helps to select the correct formula, estimate timing and avoid hair damage during the procedure. Part of a $\frac{1}{4}$ to $\frac{1}{2}$ inch section of hair from the patron's head. Prepare the mixture and apply to the mid-strand and carefully observed timing and results obtained. When the desired shaped has been reached, shampoo the strand, rinse it in lukewarm water dry and tape it to the patron's record card.

Procedure For Lightening

Materials

Shampoo	Comb	Towel	Protective gloves
Tint cape	Glass bowl	Cotton	Protective cream
Timer	Record card	Applicator	Brush
Lightening agent	Applicator bottle	Measuring glass	



Prepare the trolley and material for the bleaching treatment



- Prepare the patron, adjust tint cape and towel to cover the clothing.
- Examine scalp and hair.
- Section hair into four parts.
- Where protective gloves and prepare lightening agent.
- Apply in 1/8 inch partings form scalp to hair end on both top and underside of the hair stand. Continue to do this until the entire head is completed.

Test for curl: Make first strand test about 15 minutes before the completion the time required, as indicating by the preliminary test. Remove mixture from strand with wet towel or cotton. Dry the strand. If the shade is not light enough, reapply mixture and continue testing frequently, until desired shade has almost been developed.

Remove lightener after desired shade has been reached, rinse with cool water and shampoo hair lightly with a mild shampoo.

- Dry hair either with towel or under a cool dryer.
- Fill out a completer record card.
- Clean shampoo bowl, sanitize the area, discard used supplies.

Toner Application

Toners are used preliminary on pre-lightened hair to achieve pale, delicate colors. They require a double-process application. The first process is the application of the lighteners; the second process is the application of the toner. Toner is applied to finish the lightening process. In all cases, analyze the condition of the hair and the scalp before continuing with the toning process. Apply toner quickly from the scalp to the ends. Apply to entire head, then go back and cross-check each quadrant with vertical partings. Add more toner as necessary and separate hair so that hair is not packed to scalp. Remove toner by adding a small amount of water and emulsifying the toner into the hair. Work around the hairline gently. Then, rinse with comfortably cool water. Use low pressure to avoid hair damage and tangling. Proceed with styling with less heat and tension when styling the hair.



For toner application use bowl or spray technique

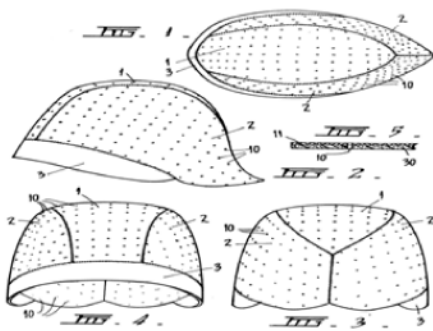


There are several methods for achieving high lights. There are three most frequently used techniques are:

- Cap technique
- Foil technique
- Balayage or free form techniques

Cap Technique

The cap technique involves pulling clean strands of hair through a perforated cap with a thin plastic or metal hook, then combing them to remove tangles.



Small strands are pulled through the cap holes to achieve high lightening effect

The number of strands pulled through determines the degree of highlighting or low lighting you can achieve. When only a small number of strands are pulled through, the result will be a subtle look. A more noticeable effect is achieved if many strands are pulled through, and the effect is even more dramatic if larger strands of hair are pulled through the holes and colored.

Foil Technique

The foil technique involves coloring selected strands of hair by slicing or weaving out sections, placing them on foil or plastic wrap, applying lightener or color, and sealing them in the foil or plastic wrap. You can also apply permanent hair color to the strands to create softer, more natural looking highlights, for instance, red for red highlights. Placing foil in the hair is an art, needs practice and discipline to create clean section blocks on the head.



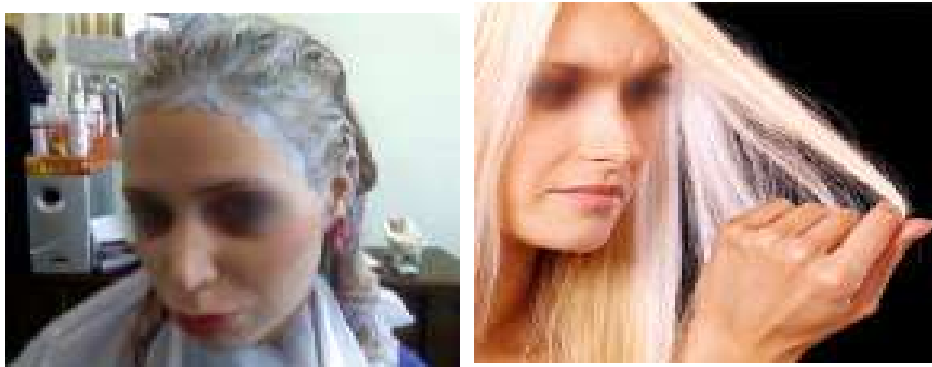
For selective hair lightening use foil



Slicing involves taking a narrow, 1/8-inch (0.3 cm) section of hair by making a straight part at the scalp, positioning the hair over the foil, and applying lightener or color. In **Weaving** selected strands are picked up from a narrow section of hair with a zigzag motion of the comb, and lightener or color is applied only to these strands. **Scrunching** is an alternative technique to painting, more suitable to curly or textured hair apply lightener to gloved hands and scrunch the surface and the ends of the hair. One can also trace a particular line with your fingertips just like finger painting.

Causes of Over Bleach

Each hair coloring service is unique and, in the same vein, can present unique problems. The most skilled hair expert will occasionally have a problem that none of the above could predict. This may be due to the particular structure or condition of the patron's hair. However the over bleach problem can be resolved or corrected if the hair expert just stays calm.



Over bleach make the hair texture rough and dry leads to breakage

- Hair is considered damage when it has one or more of the following characteristics:-
- Rough texture
- Over porous condition
- Brittle and dry to the touch
- Susceptible to breakage
- No elasticity
- Becomes spongy and matted when wet

To deal with this condition use

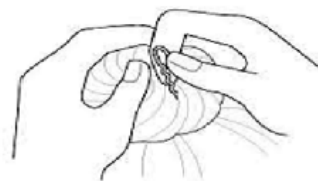
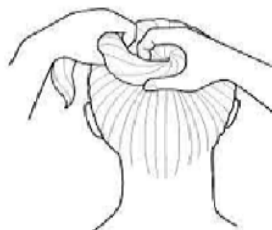
- Use a penetrating conditioner that can deposit protein, oils, and moisture rich ingredients.
- Complete each chemical service by normalizing the pH with a finishing rinse. This will restore the cuticle's protective capacity.
- Postpone any further chemical service until the hair is reconditioned if the hair is still unresponsive after a conditioning treatment.

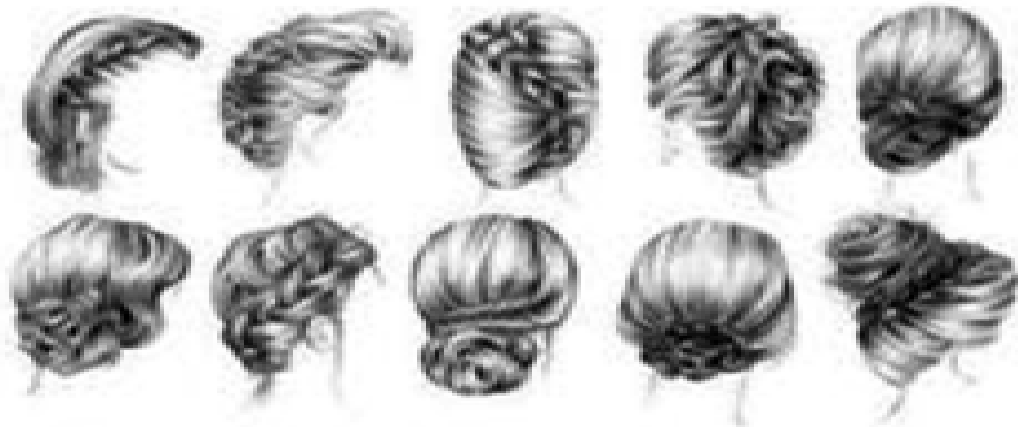


- Recommend patron use products for hair at home.
- Deposit color to faded ends and hair shaft.

PATRON'S HAIR LIGHTENING RECORD				
Name.....		Tel.....		
Address.....		City.....		
Patch Test: Negative ☐		Positive ☐		Date.....
HAIR TYPES				
Form	Length	Texture	porosity	
Straight	short	coarse	very porous	residential
Wavy	medium	medium	porous	very residential
Curly	long	fine	normal perm	Waved
Hair Condition				
Normal ☐		dry ☐		oily ☐
Hair Tint Process				
Whole head retouch..... shade desired.....				
Result				
Good ☐		Poor ☐		too light ☐ too dark ☐

Different types of hair buns







Review Questions

- Q1. Write the procedure of hair lightening?
- Q2. Write advantages of hair lighteners?
- Q3. Differentiate between layer cut and feather cut?
- Q4. List the implements and material required for hair pressing?
- Q5. What precautions should be taken while doing hair curling with the help of curling tong?
- Q6. List the various brands of hair color available in the market?
- Q7. What are the seven stages of lightening from black to almost white color?



Q8. Fill in the blanks

- a) _____ provide more texture and body to flat or limp hair.
- b) Three types of hair pressing are _____ , _____ and _____.
- c) _____ and _____ should be done before hair lightening.
- d) _____ and _____ techniques are used in hair lightening.

Q9. Match the following

Column A	Column B
1. Thermal hair styling	1. Patch test and strand test should be done.
2. Hair Coloring	2. Cap technique, foil technique
3. Chemical Services	3. Hair pressing, crimping machine, curling tong.
4. Hair lightening techniques	4. Soft press, medium press and Hard press.
5. Types of hair pressing	5. Temporary, semi-permanents Permanents coloring



Unit-6

Entrepreneurship

Learning Outcomes

Session	Topic	Outcome
1	Planning and establishment of salon	You will be able to understand ● How much money is required to start the salon. ● Opportunities available in the industry. ● Licensing and legal formalities required for the industry. ● How to choose the location for the salon. ● How to operate the salon.
2	Stock/Inventory/Control	Students will be able to understand ● What is inventory? ● Objectives of inventory control. ● Steps in inventory control. ● Stock rotation and its importance.
3	Supervisory skills	You will be able to understand ● Skills of a supervisor required in the beauty industry. ● Managerial skill for beauty industry. ● Importance of team work.

Assessment Plan (For Teachers)

Session	Topic	Assessment method	Remarks
1	Planning and establishment of salon	Exercise: Question and answer. Prepare a plan for setting up a beauty salon	Visit to salon
2	Stock/Inventory/Control	Exercise: Question and answer. Practical: mock session	Visit to market for retail study.
3	Supervisory skills	Exercise: Question and answer. Practical: prepare daily task priority plan	Team building activities and games.



Session-1 : Planning and Establishment of Salon

Did you enjoy getting your hair done or watching older siblings do their hair when you were kids? Perhaps you took pleasure in making up your friends for parties and other special events? Most importantly, have you always dreamed of opening your very own beauty salon?



Setting Up Shop

Figure out how much money you need

Starting a business can cost a lot of money, and most entrepreneurs don't turn a profit for the first year or two. Begin with a business plan. Provide a description of how you will run the beauty salon. Elements of a professional business plan include items such as a summary, description, marketing ideas, analysis of the competition and long-term outlook. Banks often request business plans before lending money.

Here's what to consider:

- Can you still support yourself while your business gets up and running? Calculate how much money you need for monthly expenses, how much of a cushion you have in savings, and how much you absolutely *must* make each month to stay afloat.
- Come up with an operating budget. Calculate how much money you'll need to run your business every month. Include rent, licensing, training, payroll, supplies and an emergency fund.
- Figure out how much you'll charge for services. Once you have an operating budget, you'll know how much money you need to break even each month. To make a profit, though, you'll need to do more than break even. Estimate how many services (such as hair cuts, colors, manicures, etc.) you might perform in a week and figure out how much they need to cost in order for you to make money.
- Keep in mind that though you need to charge enough to be profitable, you can't charge *too* much — or you'll drive away customers. Try to set a price point that is both fair for your clients and prosperous for you.
- Get an idea of what other salons charge. Browse comparable salons in your area, and take note of what they charge. Your prices should probably be in a similar range.



- Do you need a small business loan? Make an appointment with a loan officer at a local bank, and ask him or her to talk you through the process of getting a small business plan. Before you go, write up a quick summary of how you expect your salon to be profitable — whether it's because you offer a unique service or because there aren't enough salons in your area.
- Figure out how you'll pay taxes. Paying taxes as a small business is different than doing so as an individual, so be sure to figure out what you need in advance. To save yourself time and trouble, consider enlisting the help of a CPA while you set up your business.

The Opportunities

There are three ways you can make your mark on the industry. You can open a franchise salon, in which you pay money upfront for the privilege of opening that salon using someone else's established name (which gives you an instant reputation) and its resources (like advertising campaigns). You can buy an established salon from someone who is retiring from the business, has tired of the business, or has damaged the business and forced it into bankruptcy (all three happen every day). A third option is to establish your own salon using your own money, your own ingenuity and your own optimism that hard work and talent will win out.

Take care of any licensing or legal formalities required to start a salon

Unfortunately, running a business means having to deal with red tape and paperwork. Here's what you need to take care of:

- Get a business license. All businesses need a shop and establishment license to be operating.
- Make sure your salon can pass a health inspection. To avoid fines or (even worse) being shut down by the health department, make sure your salon is sanitary and following the guidelines laid out by your state.
- A fire safety license is also usually essential prior to starting an outlet.

Choose the right location

Location is critical to the success of your business. Consider these factors:

- Get into a high-traffic area. Busy streets, malls or spaces next to locations people visit often (such as grocery stores) are ideal.
- Try to have easy access. If parking is a hassle and traffic is thick on the way to your salon, people might not consider it worth the effort.
- Stay away from the competition. Don't situate yourself directly next to another salon — you'll cancel each other out. Instead, try to stake out a place where you'll be the only salon for a few blocks.



Other points to be kept in mind while choosing the location

1. Central location in a well populated area.
2. Services which the area requires (this will be determined by your market research).
3. Services which are different or better than the competition.
4. Good “passing by” trade.
5. Accessible for both drivers and pedestrians (public transport).
6. Near other business (not in direct competition).
7. Sharing with alternative/complimentary therapists (aroma therapists, reflexologists).

Operations of the salon

To begin with, you must consider your hours of operation carefully so you can accommodate the maximum number of clients during the business day. You undoubtedly already know that the beauty business isn't a 9-to-5 kind of industry. Salons are now open seven days a week and on some of the traditional holidays, and their hours may be extended around prom time or during peak wedding season. What has driven this demand has been the proliferation of two-income couples who manage the demands of raising a family while juggling careers and managing their own personal business. So while it wasn't so long ago that people wouldn't even consider getting a haircut on Sunday, salon hours on Sunday are now a must (even if on an abbreviated schedule). Even day spas are open on Sundays, since this may be the only time during the week that a busy career mom can get away for some personal pampering.

Hire qualified and trained personnel

The cosmetic procedures performed by untrained personnel may cause health problems to the clients. It is important that you hire only qualified and well-trained beauticians, stylists, and other personnel.

- Remember, it is your responsibility as the salon owner to ensure that your personnel are adequately trained and understand each procedure offered.
- Experience may give a beautician the expertise to render treatment, but, without proper training, she would be unaware of the merits and demerits of procedures.
- Have a short but clear salon procedures manual in place as soon as you can, and give each employee a contract when they start. These documents are usually easy to find on the internet and you can then customize them to your business. It will save you a lot of headaches in the long run if you are set up properly at the beginning.

Payroll related costs are the number 1 expense; the employer has to bear with when running an organization. The global average is approx. 40% of expenses in the form of salaries of the employees and an additional 10% in the form of employee benefits.



The typical positions required in the average spa

- Manager
- Assistant Manager (May double with senior role)
- Receptionists- Often double as consultants
- Senior Therapist- Acts as a team leader
- Trainer- May be a senior therapist in small spas
- Therapists- Generalist, Specialist, multi skill, massage or beauty
- Attendants- M/F attending the guest in changing rooms
- Consultant- Freelance or visiting



What services are you going to offer?

Narrow down the types of services offered by your salon and determine their prices. Beauty salons vary. Some only offer hair services, whereas others include nail services and spa service — massages and facials. Visit salons in your local area to research pricing information to stay competitive.

Hair care, body care, manicures/pedicures, waxing, skincare and eye care, reflexology, and aromatherapy are examples of services you can offer. Some services can be clubbed together and performed in the same physical space, while others require dedicated areas. Also think about whether your beauty salon will cater just to women or be unisex. If unisex, will separate physical areas be needed for male and female clients?

Do you plan to retail products?

If so, you'll need to factor in extra storage space and space to set up promotional material.

Remember that some cities may have municipal regulations that require you to register with them and/or get clearances for setting up a salon – be sure to check on this well before you start. Don't forget to factor in restroom facilities for your physical space as well.



Designing and Decorating

Once you decide on your services and number of staff, and have space that you can effectively convert to a salon setting, make a list of what physical changes need to be made to the area, and start working on it.

Things you'll need to consider when visualising your space on paper, apart from sofas, tables, and chairs, are power points, water points, lighting, and windows. You don't necessarily have to stick to a particular theme, but having one can help your clients identify with and be pleased by the overall ambience.

Choosing and Purchasing Equipment

It's best to buy equipment that's of the highest quality that you can afford. You need to look at equipment as investments which both pay for themselves and make profits for you in the long run.

What kind of equipment you purchase depends on the services you plan on offering (and the availability of staff to perform them). Know that you can sometimes lease salon equipment instead of buying outright – look into what suits your budget best.

You'll also need a reception desk, with lockable drawers that can hold cash and receipts. A computer is a good way to be organised: if purchasing a new one outright doesn't fit well into your budget, go second-hand, or have your personal computer serve its time at your salon.

An old-fashioned appointment book is perfectly acceptable to begin with, however, and you can move on to a computer as business grows.

If you're looking to sell retail products at your salon, choose one company and stick to it. Becoming a dedicated franchisee of a particular brand can help boost the image of your salon overall.

Ordering Supplies

Before you open your salon, ensure that you have enough of all essential supplies. What supplies you need to keep in stock depend on the services you plan on offering. When offering services such as waxing, you'll need to ensure you have enough wax and related supplies at any given point in time.

Manicures/pedicures require specialised tools, and if you'll be selling retail products, you'll need to have enough stock and a stand for them. The following list covers supplies common to even the most basic of salons:

- First aid box
- Scissors and combs
- Hair dryers
- Cotton wool
- Bowls



- Acetone
- Dispensers
- Disposable gloves
- Equipment cleaner
- Sponges
- Relaxing music
- Tissues
- Towels
- Tweezers

Publicity And Marketing

Make sure that a part of your budget is spent on publicising and marketing your venture. This need not be very expensive.

You can advertise in magazines and papers, send out flyers in the local neighbourhood, and even advertise online, either via dedicated website, or on social networking sites. Having an introductory offer or two on services can be a real boost as well.

Sustaining and Growing Your Business

Sustaining a beauty salon doesn't take much: you just need to keep your customers happy. Never underestimate the power of word of mouth. Customers that enjoy their experience at your salon will always share and recommend your business with their family and friends.

Growing beyond your present scale of operations depends on how successful your venture is: you might want to slowly begin growth by offering more services, move on eventually to expanding or relocating physical space, or even starting a new branch entirely.

Session-2 : Stock/Inventory Control





1. What is Inventory?

All the materials, parts, suppliers, expenses and in process or finished products recorded on the books by an organization and kept in its stocks, warehouses or plant for some period of time.

2. What is Inventory control?

Inventory control is the technique of maintaining the size of the inventory at some desired level keeping in view the best economic interest of an organization.

a) Objectives of Inventory Control

- Protection against fluctuations in demand.
- Better use of men, machines and material.
- Protection against fluctuations in output.
- Control of stock volume.
- Control of stock distribution.

b) Steps in Inventory control

- Deciding the maximum-minimum limits of inventory.
- Determination of Reorder point.
- Determination of reorder quantity.

c) Maximum Stock Level

- Quantity of inventory above which should not be allowed to be kept. This quantity is fixed keeping in view the disadvantages of overstocking;

d) Factors to be considered

- Amount of capital available.
- Go down space available.
- Possibility of loss.
- Cost of maintaining stores.
- Likely fluctuation in prices.
- Seasonal nature of supply of material.
- Restriction imposed by Govt.
- Possibility of change in fashion and habit.



e) Minimum Stock Level

- This represents the quantity below which stocks should not be allowed to fall.
- The level is fixed for all items of stores and the following factors are taken into account:
 1. Lead time- The time required for the order to reach your place after placing the order.
 2. Rate of consumption of the material during the lead time.

f) Re-Ordering Level

- It is the point at which if stock of the material in store approaches, the store keeper should initiate the purchase requisition for fresh supply of material.
- This level is fixed somewhere between maximum and minimum level.

Factors which help to make the System successful

- Stores ledger, stores control, cards or bin cards are properly maintained.
- Quantity balance store shown in the store ledger; stock control and bin cards are reconciled.
- Exploring the cause of discrepancies if any physical balances and book balances.

Review Questions

- Q1. What is Inventory?
- Q2. What is Inventory control?
- Q3. What are the objectives of inventory control?

Session – 3 : Supervisory Skills

Definition of a supervisor

An employee is a supervisor if he has the power and authority do the following actions

1. Give instructions and/or orders to subordinated.
2. Be held responsible for the work and actions of other employees.

In other words, a supervisor is a person in the first-line management who monitors and regulates employees in their performance of assigned or delegated tasks.

The skill set of supervisor can broadly divided into the following 3 sections:

1. Technical Skills
2. People Skills
3. Managerial Skills



Technical Skills

1. Thorough knowledge of the business and operating environment. Understands systems to operate business successfully.
2. Knowledge of services that are being offered in the salon and spa and its likely impact on the end consumer.
3. Understanding and knowledge of offering the right services independently and without supervision. Ability to work independently, solve problems and move ahead without constant instructions.
4. Understanding and knowledge of offering the right services to the relevant customer.

People Skills

1. Team and people building skills
 - a. Understands the importance of mentoring and coaching employees.
 - b. Demonstrates interest in helping others to improve or develop new skills
 - c. Exhibits leadership qualities in managing the team.
2. Promotes key values
 - a. Consistently demonstrates work ethics and values
 - b. High integrity, quick to learn and adapt
3. Communicates effectively-
 - a. Shares information and encourages candid and open dialogue.
 - b. Ensures that all share information and have access to information for performing their tasks effectively.

Managerial Skills

1. Produces results
 - a. Directs his own action and that of others to achieve business goals
 - b. Ability to work under pressure and meet strict deadlines.
2. Promotes key values
 - a. Consistently demonstrates work ethics and values
 - b. High integrity, quick to learn and adapt.
3. Organized with computer skills
 - a. Organizes time effectively to achieve business goals



- b. Knowledge and skills in computer applications in office environment.
- 4. Problem Solving and uses sound judgment
 - a. Applies business knowledge to solve problems effectively
- 5. Adept and implements change
 - a. Open to change and is adaptable

Importance of team work

Teamwork in the workplace enables all employees to learn how to work together. It's more a means to a synergistic way of working, where the sum is greater than the parts. Teamwork is vital to the success of an organization and to the development of each employee. Understanding precisely how this is so will assist in developing company policies that are geared towards effective team management.

Delegation

- At team that works will together understands the strengths and weaknesses of each team member.
- Team work ensures that team leaders and members become proficient at dividing up tasks so they are done by the most qualified people.
- Without strong teamwork, it is difficult for managers and executives to determine which staff members can best accomplish job tasks

Efficiency

- Work groups and teams develop systems that allow them to complete tasks efficiently and quickly
- Tasks are accomplished at a faster pace when it is done by a team rather than an individual. An individual will definitely take more time to perform if he is single handedly responsible for everything.
- When employees work together, they start helping each other and responsibilities are shared and thus it reduces the work load and word pressure.
- Every team member is assigned one or the other responsibility according to his specialization, level of interest and this the outputs is much more efficient and faster.

Support

- There are challenges each day in any workplace, and a strong team environment can act as a support mechanism for staff members.
- Work group members can help each other improve their performance and work together towards improving their professional development.
- One feels motivated to work hard in a team and to live up to the expectations of the other members.
- Team work is also important improve the relations among the employees.



- Team members also come to rely on each other and trust each other.
- The level of bonding increases as a result of team work.
- These bonds can be important when the team faces a particularly difficult challenge.
- Team work also reduces the chances of unnecessary conflicts among the employees and every individual tries his level best to support his team member.

Ideas

- When a team works well together, it allows its members to feel more comfortable in offering suggestions.
- Team members become accustomed to processing brainstorming information and the company benefits from the variety of suggestion that come from effective teams.

To summarize

Teams succeed when members have:

1. Commitment to common objectives
 - More likely when they set them; recognize interdependence.
2. Defined, appropriate roles and responsibilities
 - Good use of individual talent
 - Opportunity for each to grow, learn all skills
3. Effective decision systems, communication and work procedures
 - Open, honest communication
 - Accepts conflict, manages it, resolves it well
4. Good personal relationships
5. Mutual trust

Review Question

Q1. What types of licensing or legal formalities are required to start the salon?

Q2. List the points you will keep in mind while selecting the location for your salon

- a) _____
- b) _____
- c) _____
- d) _____

Q3. List the modes of advertisement you can use for publicity and marketing of the salon

- a) _____
- b) _____



- c) _____
- d) _____

Q4. What is inventory?

Q5. List any three objectives of inventory control

- a) _____
- b) _____
- c) _____
- d) _____

Q5. List the skill required for the supervisory post in the salon

- a) _____
- b) _____
- c) _____
- d) _____

Q6. Write down the importance of team work in the salon.





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