

CLASS-X



BEAUTY AND WELLNESS

STUDENT HANDBOOK



**Central Board of
Secondary Education**

Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi-110301





Beauty & Wellness

Student Handbook

Class X



CENTRAL BOARD OF SECONDARY EDUCATION
Shiksha Kindra, 2, Community Centre, Preet Vihar, Delhi-110301

Beauty & Wellness Class X

Student Handbook

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भारत का संविधान

उद्देशिका

हम, भारत के लोग, भारत को एक सम्पूर्ण ¹प्रभुत्व-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 सामासिक 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 है, 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 **'SOVEREIGN 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

*B*eauty culture is a demanding field, requiring artistic, technical, and entrepreneurial and communication skills. It is a career that offers unlimited opportunity to express your creative abilities. Beauty culture is a people based industry and as the esthetician you will become the part of those with whom you will work and practice your skills.

To attain proficiency in beauty culture you should be a keen observer of human beings and the world around you. Beauty culture is not new to mankind, 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.

Keeping pace with the latest development, innovations, and trends in beauty and wellness industry the course content has been developed. After completing the course students have many employment opportunities like beauty consultant, make-up artist, hair dressers, aesthetician etc.

The purpose of this book is to bring together all the information about skin care, hair care, nail care, hair designing so as to become knowledgeable and successful beautician and health consultant. We hope this book will be of a great help for vocational students in learning the profession of beauty and wellness.

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 and total commitment 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 like to appreciate Vocational Education Cell, CBSE; for coordinating and successfully completing the work.

Chairman, CBSE

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General Instructions to the Students

- ◆ It is expected that after undergoing units in this book students should be able to understand the different aspects of beauty and wellness.
- ◆ The students should try and gain as much as knowledge as possible during salon visits for the topics like epilation techniques for superfluous hair; and use of latest equipment for skin treatment.
- ◆ All the topics should be understood by the students and practiced under the guidance of their teachers.
- ◆ All practical must be performed minimum five times or till they are perfect on that particular topic
- ◆ Student should learn the name of equipment and implement and use them properly during the practical sessions.



UNIT - 1

Body Care and Wellness



Contents

Unit Overview & Description

- Overview
 - Knowledge and Skill Outcomes
 - Resource Material
 - Learning Outcomes
 - Assessment Plan
- Session 1: Health and Nutrition
- Session 2: Yogic Suksham Vyayam
- Session 3: Basic Asanas
- Session 4: Basics of Alternate Therapies

Overview

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Definition of Health, Food, Classification of Food and Nutrition
- Basic Exercise – Yoga/Ashtang Yoga
- Suksham Vyayam
- Basic Asanas
- Basics of Alternate Therapies

Resource Material

1. Nutrition – A Practical Approach – Suzanne le Quesne
2. Food Science Nutrition & Health – Fox & Cameron

3. A Guide for Health and Beauty Therapist – Gaynor & Winyard
4. Beauty Therapy Fact File – Susan Cressy
5. Food Nutrition & Diet Therapy – L Kathleen Mohan, Sylvia Escott\
6. Diet & Nutrition – A Holistic Approach – Rudolph Ballentine
7. Food Science – Sumati R Mudambi
8. Nutrition & Diet Therapy – Ruth A Roth, Carolynn E
9. Diet & Nutrition – Katie Dicker
10. Fundamentals of Food & Nutrition – Sumati R Mudambi

Learning Outcomes

Session	Topic	Outcomes
1	Health and Nutrition	You will be able to understand • Definition of health, food and nutrition. • Functions of the food
2	Yogic Suksham Vyayama	Students will be able to understand • Definition and eight stages of ashtang yoga • Exercise benefits of suksham vyamyam
3	Basic Asanas	Students will be able to understand • Meaning of asanas • Exercise and benefits
4	Basics of Alternate Therapies	You will be able to understand about Naturopathy • Principles of naturopathy • Definition of hydrotherapy, colour, mud therapy and ayurveda



Assessment Plan (for the Teachers)

Session	Topic	Assessment Method	Remarks
1	Health and Nutrition	Exercise: Question & Answer Practical: Display of various food items (Vegetable and Fruits). Exercise: Question & Answer Practical: Display of various food items which contains all food nutrients	
2	Yogic Suksham Vyayama	Exercise: Question & Answer	
3	Basic Asanas	Practical, Demonstration and practice Exercise: Question & Answer	Visit to Yoga Ashrams.
4	Basics of Alternate Therapies	Exercise: Question & Answer; Practical Demonstration by Trainees	Visit to Spa/ Naturopathy centre/ Ayurvedic Centre

Session-1: Health 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 which is of 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.

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

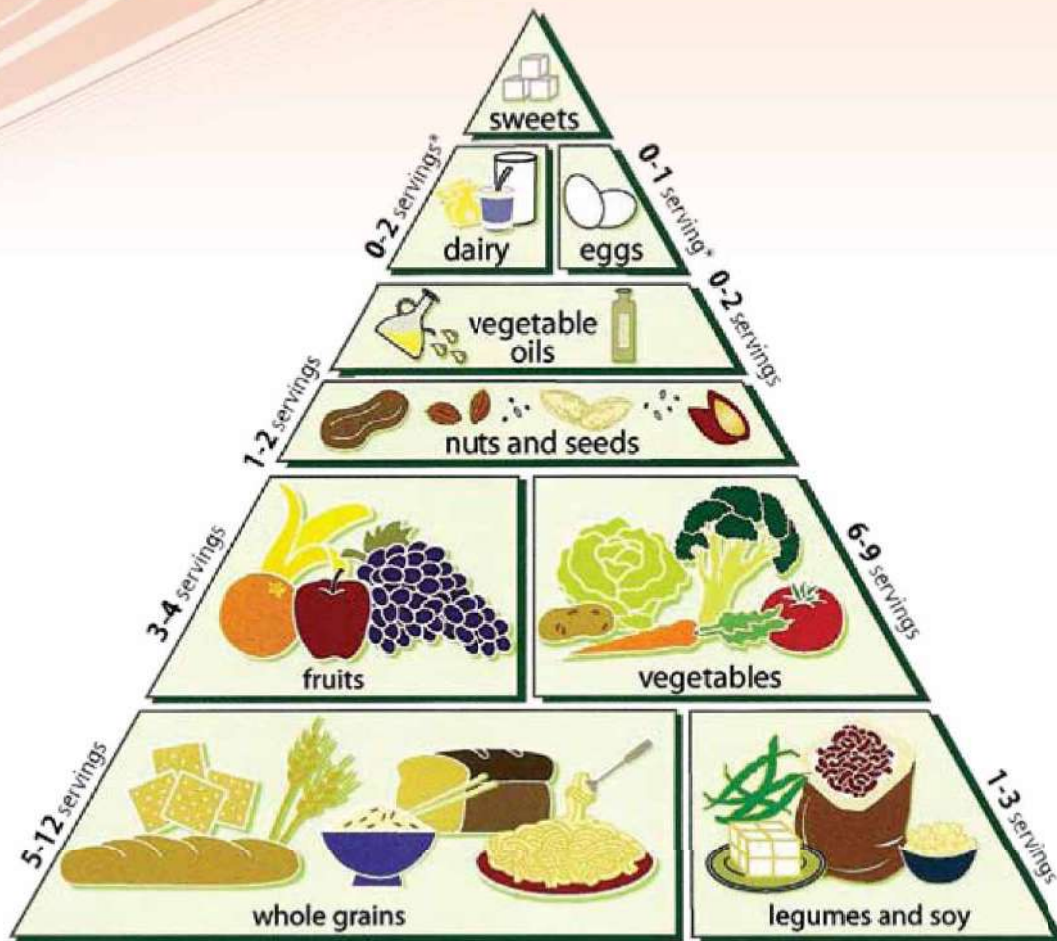
Nutrients can be divided into seven groups:

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.

Food Pyramid



* A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.

Other Lifestyle Recommendations



Daily Exercise



Water—eight, 8 oz. glasses per day



Sunlight—10 minutes a day to activate vitamin D

A Typical Food Pyramid

All Food Nutrients are required by individual to have healthy body. Food helps body to fight against the diseases and keep everyone healthy. Right kind of food keeps body physically, mentally and psychologically fit. Food can be obtained from animal as well as plant kingdom from organic as well as inorganic sources. No life on this earth is possible without food. The desire to eat is normal and basic in human beings.

S.No.	Nutrients	Sources	Functions	Deficiency/ Disease	Toxicity
1	Carbohydrates	Cereals, pulses, sugar—Jaggery, Honey, Starchy Veg like potato, Sweet potato, Tapioca, Fruits, Milk-lactose	1. Primary energy source 1 gm carbohydrate = 4 kcals 2. Required in synthesis of nucleic acid i.e. RNA & DNA 3. Helps in proper utilization of proteins	Low blood sugar, poor concentration	Breathlessness, high blood sugar, weight gain
2	Proteins	1. Animal Sources: Milk, Meat, Egg, Fish, Cheese, curd 2. Plant sources: Pulses, nuts, Soyabean, Peas	1. Helps in cell growth. 2. Helps to keep hair, skin, nails healthy.	1. Kwashiorkor: Growth retardation, Mental Retardation, Oedema-water retention 2. Marasmus, Dehydration, Weight loss 3. Dull Hair, Dull skin	1. Liver Damage 2. Kidney Damage
3	Fats	Ghee, Butter, Cream, Egg yolk, vegetable oils	1. Source of Energy 2. Source of fat soluble vitamins i.e. A, D, E, K	Lack of fat soluble vitamins i.e. A, D, E, K	1. Weight gain 2. High Cholesterol 3. Heart Disease

Vitamins

A regular intake of vitamins is essential to maintain good health. They are found in fresh raw food and can be easily destroyed by cooking and storing. Vitamins are necessary catalysts which ensure the body's functions are efficient.

There are two classes of Vitamins

- a) **Fat Soluble Vitamins:** Vitamin A, D, E, K (can be stored in the body)
- b) **Water Soluble Vitamins:** Vitamin B, B complex and C (cannot be stored in the body and therefore must be regularly supplied)

A. Water Soluble Vitamins (not stored in the body)

Vitamin B (Complex)	Found in	Function	Deficiency	Excess	
Vitamin B1 (Thiamine)	Peas, Beans, Lentils, East, Liver, Pork, Apples, Egg Yolk	1. Essential for metabolism, brain function and digestion 2. Acts as enzyme in converting glucose into energy	1. Beriberi (Nervous Disorder) 2. Insomnia 3. Poor Concentration and Memory	1. Dizziness 2. Nausea 3. Headaches 4. Skin Irritation, 5. Pain in Joints and Bones 6. Coma	  
Vitamin B2 (Riboflavin)	Liver, Milk, Meat, Fish Roe, Eggs, Green Vegetable	1. Helps with the oxidation of foods to provide energy 2. Helps prevent dermatitis and skin eruption 3. Slows cholesterol production 4. Healthy skin and good vision	1. Cracks and sores in corners of mouth and eyes 2. Hair loss 3. Sluggishness, memory loss	1. Excess b2 is excreted through urine (causing it to turn in yellow colour) 2. Numb or burning sensation over skin 3. Itchy Skin	  

Vitamin B 12 (Cobalamins)	Liver, Kidney, Milk, Eggs, Cheese, Pork, Beef, Lamb, Sardines. Difficult to find in Vegetable Source	1. Essential For Production of Anemia 2. Protects our Nerves 3. Helps in Synthesis of Protein	1. Pernicious Anemia 2. Nerve Degeneration 3. Menstrual Disorders	1. Mild Diarrhea 2. Swelling of Body 3. Heart Failure 4. Pulmonary Oedema	  
Vitamin B (Folic acid)	Green Leafy Vegetables, Liver, Kidney, Eggs, Beetroot, Asparagus, Avocado Broccoli	1. Beneficial in Early Stages of Pregnancy to Help Prevent Growth Disorders 2. Prevents Pellagra (Scaly Dermatitis, Diarrhea, Depression)	1. Anemia 2. Weakness and Fatigue 3. Prematurely Graying of Hair 4. Miscarriage and Premature Birth	1. Nausea 2. Loss of Appetite 3. Unpleasant Taste in Mouth 4. Insomnia	  
Vitamin C (Ascorbic acid)	Citrus Fruits, Tomatoes, Kiwi Fruit, Potato Skins, Sprouted Seeds and Beans	1. Vital for Supporting for Immune System and Antibody Production 2. Detoxifies Heavy Metals and Carcinogens 3. Aids Absorption of Iron 4. Produces Antis Stress Hormones 5. Reduces Cholesterol Level	1. Scurvy (Bleeding of Gums) 2. Frequent Cold and Infections 3. Nose Bleeds 4. Slow Wound Healing 5. Anaemia and Premature Ageing	1. Bloating 2. Diarrhea 3. Frequent Urination 4. High Blood Sugar Levels 5. Increases The Risk of Kidney Stones.	  

B. Fat Soluble Vitamins (Stored in body)

Vitamins	Sources	Functions	Deficiency	Excess	Diagrams
Vitamin A (Keratin or retinol)	Carrots, Milk, Lettuce, Egg Yolk, Fish, Liver Yellow or Orange Colored Fruits and Vegetables Which Contain Beta Carotene	1. Essential for Promoting Vision, and Growth 2. Supporting Immune System and Maintenance of Skin	1. Night Blindness 2. Dry Flaky Skin 3. Acne 4. Frequent Cold and Infections	1. Nausea 2. Vomiting 3. Dizziness 4. Blurred Vision	
Vitamin D (Calciferol)	Exposure to Sunlight, Fish Liver Oil, Salmon, Tuna, Eggs	1. Acts As Antioxidant and Promotes Absorption of Calcium and Phosphorous 2. Necessary for Strong Bones and Teeth	1. Osteoporosis 2. Rickets 3. Hypocalcemia 4. Malnutrition	1. Severe Depression 2. Over Absorption of Calcium in Digestive Tract	
Vitamin E (Tocopherol)	Wheat Gram, Egg Yolk	1. It Fights Against Free Radicals and therefore it is called as Antioxidant	1. Loss of Muscle Tone	Increased Risk of Developing Chronic Diseases	

Vitamin K (Phyllo-quinone)	Green Leafy Vegetables, Lettuce, Cabbage Family, Corns, Potatoes, Tomatoes	1. Essential for Production of Prothrombin (Blood Clotting) 2. Helps in Normal Liver Functions 3. Aids in Reducing Excessive Menstrual Flow	1. Prolonged Clotting Time 2. Excess Nose Bleeding, Gum Bleeding 3. Heavy Menstrual Flow	Increases Risk of Kidney and Heart Diseases	  
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Minerals

Are inorganic (i.e. not living) and produce no energy value, however they are important in maintain health and are vital for our existence. In a normal carried diet there should be no deficiency apart from possible iron and calcium during pregnancy and lactation (breast feeding). Several mineral salts are required by the body in large amounts and others in traces (trace elements). Deficiency of minerals can result in food consumed not being fully utilized by the body to the nutritional values of foods being properly extracted. Minerals are not dissolvable nor digested; they work as catalyst to break down foods into a workable form. In addition to those minerals listed below, we also require: copper, zinc, sulphur, chlorine and magnesium.

Mineral	Sources	Functions	Deficiency	Excess	Diagrams
Calcium	Milk and Milk Products, Salmons and Sardines, Green Leafy Vegetables, Parsley and Pumpkin Seed	1. Builds and maintains healthy bones and teeth 2. Aids blood clotting	1. Rickets in children 2. Osteomalacia in adults 3. Bone pain 4. Muscle weakness and cramps	1. Nausea, 2. Constipation, loss of appetite, 3. Abdominal pain, vomiting, 4. Dry mouth 5. Frequent urination.	  

Sodium	Table Salt, Sea Salt, Processed Cheese, Meat and Fish	1. Maintaining water balance 2. Helps in transmission of nerve impulse	1. Low blood pressure 2. Rapid pulse 3. Dry mouth 4. Muscle cramps 5. Dehydration 6. Sunken features like sagging skin	1. Fluid retention 2. High blood pressure 3. Changes in urination 4. Extreme thirst	  
Potassium	Raisins, Peanuts, Dates, Vegetables & Fruits, Apricots, Tomato Juice, Baked Potatoes	1. Helps in transmission of nerve impulse 2. Helps secretion of insulin for blood sugar control 3. Maintains heart functioning	1. Muscle weakness 2. Loss of muscle tone 3. Fatigue 4. Mental apathy 5. Irregular heart beat	1. Difficulty in breathing 2. Irregular heart beat 3. Tingling and numbness in your extremities	  
Iron	Meat, Fish, Pumpkin seeds, Parsley, Almonds, Cashew Nuts	1. Transports oxygen and carbon dioxide to and from cells 2. Vital for hemoglobin production	1. Anaemia 2. Pale skin 3. Heavy menstruation 4. Breathlessness 5. Palpitations	1. Pain in chest, abdomen and groin region 2. Flushing of skin 3. Swelling of mouth and throat 4. Metallic taste	  

Iodine	Iodized salt, Seafood, Dairy Products	1. Helps in synthesis of thyroid hormones 2. Helps in brain development 3. Maintains BMR.	1. Weight gain 2. Goitre 3. Dry flaky skin 4. Intolerance to cold 5. In pregnant mothers it will lead to miscarriage and still birth	1. Thyroid cancer 2. Severe skin disorder 3. Weight loss	
Phosphorous	Cheddar Cheese, Nuts, Eggs, Red Meat, Brown Rice	1. Forms and maintains bone and teeth 2. Needed for milk secretion in lactating mothers 3. Builds muscle tissue	1. Osteoporosis 2. Loss of muscle control and strength 3. Convulsion 4. High blood pressure	1. Decreases bone density 2. Hardening of soft tissues and organs	

Water

Water is vital for human existence. We can live without food for extended period of time, but without water will result in death.

Functions of Water

1. It plays a vital role in the maintenance of body temperature.
2. It is an essential constituent of all cells of the body and the internal environment.
3. Water is a medium for most biochemical reactions within the body.
4. It is a valuable solvent in which various substances such as electrolytes, non-electrolytes, hormones, enzymes, vitamins are carried from one place to another.

5. It forms a part of fluids in body tissues; eg the amniotic fluid surrounds and protects the fetus during pregnancy.
6. Saliva is about 99.5% water which makes swallowing easier by moistening the food and finally helps in digestion.
7. Requirement of water varies according to climate, diet, activities and surface area of the body.

As a rule a person should take enough water to excrete about 1200 ml-1500 ml of urine per day. Normal intake of water ranges between 8 – 10 glasses per day.

Prevention of Dehydration: Dehydration can be prevented by taking sufficient amount of water as fluids. The correction of dehydration is called rehydration.

Oral Rehydration Salt: WHO, UNICEF formula consist of the NaCl – 3.5 g, NaHCO₃ – 2.5 g, KCl – 1.5 g and glucose 20 g to be dissolved in one litre of potable drinking water. Potable water is that which is safe and wholesome i.e, free from pathogenic agents and chemicals.

Roughage (Fibre)

Adequate peristalsis occurs in the bowel only when there is sufficient residue for the muscle wall to work on. Roughage is mainly provided by the cell walls of plants. It is found in green vegetables, wholegrain products (cereals), granary bread, bran etc.

Fibre Diets

Fiber or roughage is the name for carbohydrates found in the cell walls of plants. Fiber passes through the body without being absorbed and helps maintain a healthy large intestine (bowel) and controls both blood sugar and blood cholesterol bowels. Fiber gives a feeling of bulk and fullness; this reduces the desire to eat and therefore is an advantage when trying to lose weight

Adolescent: Nutritional Guidelines

Nutritional factors

1. Specific changes during adolescence that affect nutritional requirements are :
 - Increase in the growth rate
 - Height and weight increase
 - Changes in body composition
 - Attainment of sexual maturity

2. Growth rate is different for boys and girls. Since growth is early in girls, nutritional needs increase at an earlier age.
3. More food is needed by both sexes to support growth but the requirement of boys is higher as compared to girls because of greater lean body mass, and a more intense growth spurt.
4. Adequate energy and good quality protein is vital for both boys and girls to meet the needs of the growth spurt.
5. Due to rapid growth and bone mineralization, adequate calcium is important.
6. Iron is especially important for adolescent girls due to menstrual losses.
7. Need for iodine is increased in adolescence.

A day's sample diet plan for a 14 year old boy

Personal data

Age	14 years
Sex	Male
SES	MIG
Food Habits	Non-veg

Recommended Dietary Allowances

Energy	2750 Kcal
Protein	54 gm
Calcium	800 mg
Thiamine	1.2 mg

Food Exchange Plan

Food Groups	No. of Exchange	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
Milk	2	340	16	24	20
Meat	2	140	14	-	10
Pulse	2	200	14	34	-
Cereal	15	1050	30	225	-
Vegetable A	1	-	-	-	-

Food Groups	No. of Exchange	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
Vegetable B	3	120	6	21	-
Fruit	2	80	-	20	-
Sugar	8	160	-	40	-
Fat	8	360	-	-	40

Distribution of Exchanges & Menu Plan

Meal	Exchanges	No.	Menu
Breakfast	Milk Meat Cereal Sugar	0.7 1 1 3	Porridge Boiled egg
Mid Morning	Pulse Cereal Vegetable A Fruit Fat	1 3 0.5 1 3	Dry dal Spinach paranthas Orange
Lunch	Milk Pulse Cereal Vegetable A Vegetable B Fat	0.4 1 4 0.5 1 2	Kadhi Stuffed brinjals Boiled rice Salad
Tea	Milk Cereal Vegetable B Sugar Fat	0.4 2.5 0.5 2 1	Cold coffee Vegetable cutlets
Dinner	Milk Meat Cereal Vegetable B Fruit Sugar Fat	0.5 1 4.5 1.5 1 3 2	Pea keema curry Cauliflower & potato vegetable Chapatti Fruit custard

A day's sample diet plan for a 14 year old girl

Personal data

Age	14 years
Sex	Female
SES	MIG
Food Habits	Ovo-vegetarian

Recommended Dietary Allowances

Energy	2330 Kcal
Protein	51.9 gm
Calcium	800 mg
Iron	27 mg

Food Exchange Plan

Food Groups	No. of Exchange	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
Milk	2	340	16	24	20
Meat	1	70	7	-	5
Pulse	2	200	14	34	-
Cereal	14	980	28	168	-
Vegetable A	2	-	-	-	-
Vegetable B	3	120	6	21	-
Fruit	2	80	-	20	-
Sugar	8	160	-	40	-
Fat	7	315	-	-	35

Distribution of Exchanges & Menu Plan

Meal	Exchanges	No.	Menu
Breakfast	Milk	1	Porridge
	Meat	1	Boiled egg
	Cereal	1	
	Sugar	3	
Mid Morning	Cereal	2	Spinach paranthas
	Vegetable A	0.5	Orange
	Fruit	1	
	Fat	2	
Lunch	Milk	0.4	Kadhi
	Pulse	1	Stuffed brinjals
	Cereal	4	Boiled rice
	Vegetable A	0.5	Salad
	Vegetable B	1	
	Fat	2	
Tea	Milk	0.4	Cold coffee
	Cereal	2.5	Vegetable cutlets
	Vegetable B	0.5	
	Sugar	2	
	Fat	1	
Dinner	Milk	0.5	Pea Nutrinugget curry
	Pulse	1	Cauliflower & potato vegetable
	Cereal	4.5	Chapatti
	Vegetable B	1.5	Fruit custard
	Fruit	1	
	Sugar	3	
	Fat	2	

Calorie calculator–as per NIN

Activity Zones	Examples of Activities	Energy (Kcal/min)
1	Sleeping, resting, relaxing	1.0
2	Sitting (Light activities); eating, reading writing, listening, talking	1.5
3	Standing, standing (Light activity), washing face, shaving, combing, watering plants	2.3
4	Walking (Slow), driving, dusting, bathing, dressing, marketing, childcare	2.8
5	Light manual work, sweeping, cleaning utensils, washing clothes, other house chores	3.3
6	Warm-up & recreational activities, walking up/down stairs, cycling, fetching water	4.8
7	Manual work (moderate pace), loading/unloading, walking with load, harvesting, carpentry, plumbing	5.6
8	Practice of non-competitive sport/games, cycling (15 kmph), gymnastics, swimming, digging	6.0
9	High intense manual work & sports activities – tournaments, wood cutting, carrying heavy loads, running, jogging	7.8

Review Exercise

1. What is the definition of Health by W.H.O.?
2. What is the definition of Food?
3. What is the definition of Nutrition?
4. Write down the resources of carbohydrates?

5. Match the following

Carbohydrate

Eggs

Fat

Soyabean

Iron

Sweet Potato

Vitamin

Butter

Protein

Almonds

6. Sakshi is 12 year old girl and she is suffering from anemia. Her doctor has suggested her to take healthy and balanced diet which include food items rich in iron content prepare a balanced diet chart for her.

Break Fast

Mid Morning

Lunch

Tea

Dinner

7. Fill in the table

S. No	Nutrient	Source	Deficiency Disease
1.	Protein		
2.	Vitamin D		
3.	Iodine		
4.	Carbohydrate		
5.	Protein		

8. Fill in the blanks:-

- a) W.H.O Stands for _____ .
- b) _____ in the primary source of energy.
- c) Fat soluble vitamins are _____ .
- d) Deficiency of vitamin C leads to _____ .

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the meaning of Health, food and nutrition.
- Explain the different nutrients of balanced diet.

PART B

Discussed in class the following: -

- Dietary need of adolescent girl and boy.
- How to prepare the balanced diet chart for girl and boy.
- Function of different food groups and deficiency diseases of various nutrients.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to explain food, nutrition and health.		
Able to list various nutrients of balanced diet.		
Able to prepare diet chart as per the age group.		
Able to identify the diseases caused due to lack of particular food nutrient.		

Session-2: Yogic Sukshma Vyayama

Yoga

Yoga means “union” a sum of unity of two entities. Here it means the unison of self with God. It has been developed and practiced for thousands of years by our Sages and this is now known world over as a part of Indian Culture. It was first presented in a formal and systematic written work by Great Patanjali. The term Yoga was defined by sage Patanjali as “Chitta-Vriti-Nirodh”, which means as: Mind – its Fluctuations – and Control. The word ‘Yoga’ is derived from the Sanskrit root ‘yuj’ which means to join, to direct and concentrate the attention in order to use it for meditation. It is the communion of the human soul with Divinity. It provides us physical, mental, and spiritual well-being with a long life.

Path & Principles of Yoga

Ashtangyog

There are different ways to reach a desired common destination. In Yogic discipline there are four paths in an order of Yoga-Karma, Raja, Bhakti, and Jnana-all leading to the same centre of consciousness, Patanjali evolved eight stages on the path Yoga leads the individual from ignorance to knowledge, from darkness to light and from death to immortality.

- Yama
- Pranayama
- Dhyana
- Niyama
- Pratyahara
- Samadhi
- Asanas
- Dharana

Yogic Sukshma Vyayama/Light Exercises

- 1 Uccarana-sthala tatha Visuddha-cakra-Suddhi (Clearing the Pharynx)
- 2 Yogic prarthana (Prayer)
- 3 Buddhi-tatha-Dhrti-Sakti-Vikasaka (Developing the Mind and Will-power)
- 4 Smarana-sakti-vikasaka (Developing the Memory)
- 5 Medha-sakti-vikasaka (Developing the Intellect)
- 6 Netra-sakti-vikasaka (Improving the Eye-sight)
- 7 Kapola-sakti-varadhaka (rejuvenating the Cheeks)
- 8 Karna-sakti-varadhaka (Improving the power of Hearing)
- 9 Griva-sakti-vikasaka (Strengthening the Neck) [1]
- 10 Griva-sakti-vikasaka (Strengthening the Neck) [2]
- 11 Griva-sakti-vikasaka (Strengthening the Neck) [3]
- 12 SkandhatathaBahu-mula-sakti-vikasaka (Developing the strength of the Shoulder-blades and joints)
- 13 Bhuja-bandha-sakti-vikasaka (Strengthening the Upper arms)
- 14 Kaphoni-sakti-vikasaka (Strengthening the Elbow)
- 15 Bhuja-balli-sakti-vikasaka (Strengthening the Fore-arms)
- 16 Purna-bhuja sakti-vikasaka (Developing the Arms)
- 17 Mani-bandha-sakti-vikasaka (Developing the Wrists)
- 18 Kara-prstha-sakti-vikasaka (Developing the back of the Hands)
- 19 Kara-tala-sakti-vikasaka (Developing the palms)
- 20 Anguli-mula-sakti-vikasaka (Developing the Finger-joints)
- 21 Anguli-sakti-vikasaka (Strengthening the Fingers)

- 22 Vaksa-sthala-sakti-vikasaka (Developing the Chest) [1]
- 23 Vaksa-sthala-sakti-vikasaka (Developing the Chest) [2]
- 24 Udara-sakti-vikasaka (Developing the Abdominal muscles)-Ajagari[1]
- 25 Udara-sakti-vikasaka (Developing the Abdominal muscles) [2]
- 26 Udara-sakti-vikasaka (Developing the Abdominal muscles) [3]
- 27 Udara-sakti-vikasaka (Developing the Abdominal muscles) [4]
- 28 Udara-sakti-vikasaka (Developing the Abdominal muscles) [5]
- 29 Udara-sakti-vikasaka (Developing the Abdominal muscles) [6]
- 30 Udara-sakti-vikasaka (Developing the Abdominal muscles) [7]
- 31 Udara-sakti-vikasaka (Developing the Abdominal muscles) [8]
- 32 Udara-sakti-vikasaka (Developing the Abdominal muscles) [9]
- 33 Udara-sakti-vikasaka-Nauli (Developing the Abdominal muscles) [10]
- 34 Kati-sakti-vikasaka (Strengthening the Back) [1]
- 35 Kati-sakti-vikasaka (Strengthening the Back) [2]
- 36 Kati-sakti-vikasaka (Developing the strength of the Back) [3]
- 37 Kati-sakti-vikasaka (Developing the strength of the Back) [4]
- 38 Kati-sakti-vikasaka (Developing the strength of the Back) [5]
- 39 Muladhara-chakra-suddhi (Toning up the Bowels)
- 40 Upastha tatha Svadhisthana-chakra-suddhi (Cleansing and toning up the Bowels)
- 41 Kundalini-sakti-vikasaka (Developing the power of the Mystic coil)-(Kundalini)
- 42 Jangha-sakti-vikasaka (Developing the Thighs) [1]
- 43 Jangha-sakti-vikasaka (Developing the Thighs) [2]
- 44 Janu-sakti-vikasaka (Strengthening the Knees)
- 45 Pindali-sakti-vikasaka (Developing the Calves)
- 46 Pada-mula-sakti-vikasaka (Developing the strength of the Soles)
- 47 Gulpha-pada-prstha-pada-tala-sakti-vikasaka (Developing the strength of Ankles and the Feet)
- 48 Padanguli-sakti-vikasaka (Developing the Toes)

Yogic Sukshma Vyayama

1. Uccarana-Sthala Tatha Visuddha-Cakra-Suddhi

Posture: With your feet together and body erect, tilt your head slightly backward while keeping your eyes wide open and your mouth closed. The chin must be 2½" above the

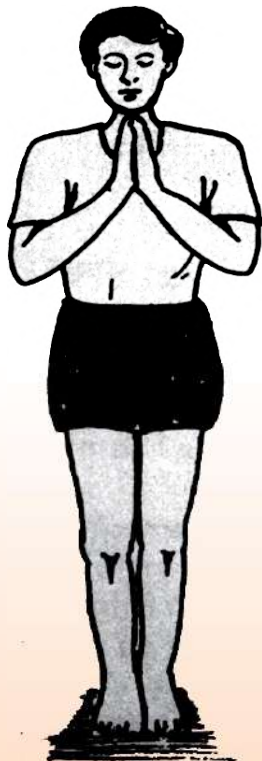
sterna notch (the cavity at the base of the throat) and held in to be in line with the eyes.

Exercise: Let your arms hang normally by the side. Concentrating on your vocal chords (larynx) inhale and exhale deeply and rapidly through the nose with the bellows effect.

Benefits: The rapidity and force of the breathing result in clearing, drying and ventilating the air passages. It clears the pharynx of phlegm. Lipping can be overcome and the voice becomes stronger and more resonant. The exercise is particularly beneficial to singers.



Uccarana-SthalaTathaVisuddha-Cakra-Suddhi



Prarthana

2. Prarthana

Posture: With eyes closed, feet together, the body erect, fold your hands with the thumbs on the throat-cavity (sterna-notch) and the forearms pressed against the chest.

Exercise: Concentrate your mind on the Supreme Being. As soon as you have attained this mental state, relax the pressure of your forearms and palms. As long as you are unsuccessful in achieving this state of mental concentration, keep the forearms pressed against the chest.

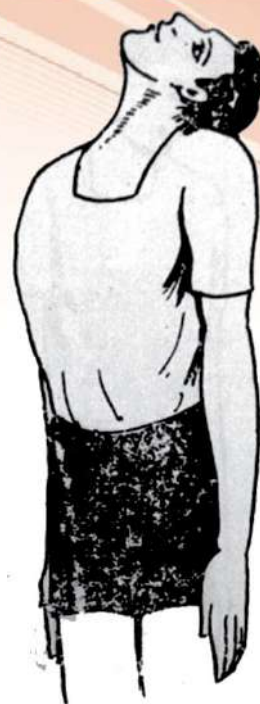
Benefits: It gives strength to triumph over worldly passions and improves concentration power.

3. Buddhi-Tatha-Dhrti-Sakti-Vikasaka

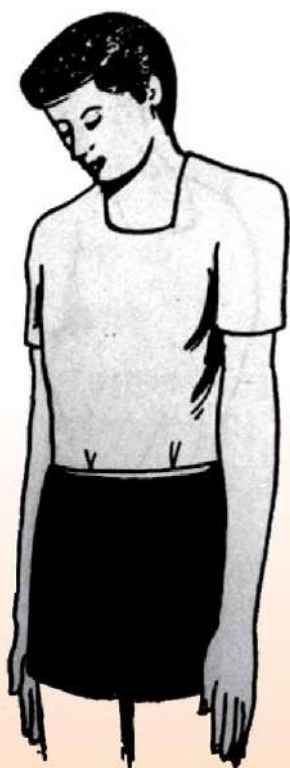
Posture: With your feet together, the body erects and the mouth closed, tilt you head back as far as it will go and keep the eyes wide open.

Exercise: Concentrating on the crown of your head, in-hale and exhale rapidly and vigorously through the nose with the bellows.

Benefits: This exercise develops the mind and will power.



Buddhi-Tatha-Dhrti-Sakti-Vikasaka



Smarana-Sakti-Vikasaka

4. Smarana-Sakti-Vikasaka

Posture: The same as in exercise No. 3 but instead of tilting the head backward it has to be held in the normal position and the eye must focus on a spot 5 ft. front of the toes.

Exercise: Concentrate on the Brahma-randhra, which is the Yogic name for the area just under the anterior fontenellae and through the nose inhale and exhale vigorously. 5 times to begin with.

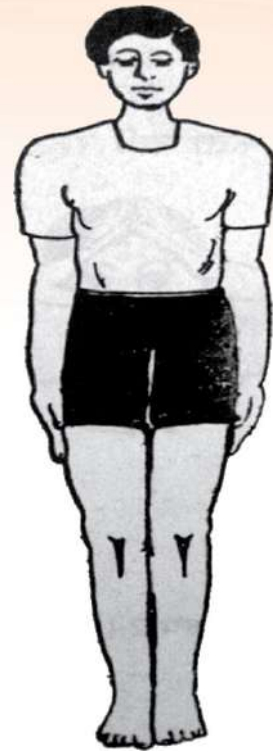
Benefits: This helps to improve mental fatigue and memory. It's useful for those whose work causes mental strain and nervous exhaustion.

5. Medha-Sakti-Vikasaka

Posture: Close your eyes, keeping your feet together and your back erect. Your chin should be lowered to rest on the sternal notch.

Exercise: According to Yogic science, the centre of intellectual vigour is in the depression at the back of the neck. Concentrate on this with all the force you possess. Then start the bellows breathing exercise inhaling and exhaling with equal force. In the beginning 5 times.

Benefits: By doing the Jālandharabandha exercise which contracts the cavity of the throat, the nectar that drips from the thousand-petal-lotus is not burnt up in the digestive system, and by controlling the life-force, kindles the kundalinī.



Medha-Sakti-Vikasaka



Netra-Sakti-Vikasaka

6. Netra-Sakti-Vikasaka

Posture: Stand with your feet close together, your back erect and your head tilted back as far as it will go.

Exercise: Concentrate with all your will, while looking at the spot between your two brows without blinking. The eyes must squint in doing so. When your eyes feel tired or start watering, discontinue the exercise and resume it after a short rest. For five minutes in the beginning.

Benefits: This exercise produces stimulation of the nasociliaryplexus of the autonomic nervous system, as well



as on the fibres of the nerves moving the eye-ball and internal structures of the eye. It improves the muscular power, balance and co-ordination of the various muscles that move the eye-ball.

“This trātaka exercise cures all the diseases of the eyes, and prevents drowsiness. One should keep this trātaka exercise secret like a well-guarded treasure.”

7. Kapola-Sakti-Vardhaka

Posture: With feet close together and standing erect, joint the tips of the fingers and close the nostrils with the two thumbs.

Exercise: Keeping the eyes open and pouting your lips (in the shape of a crow's beak), suck in the air vigorously through the mouth with a sibilant sound and blow out your cheeks. Now close your eyes and with your chin resting against the cavity of your throat (sternal notch), hold your breath as long as you can. Let the neck return to the normal posture, open your eyes, and exhale through the nose slowly and effortlessly. In the beginning five times.



Kapola-Sakti-Vardhaka

Benefits: The Kakimudra depends on aeration and oxygenation of the oral cavity. Since in normal breathing the mouth remains closed and fresh air does not enter it, germs multiply on teeth, gums etc., it must have a beneficial effect and many oral infections would be prevented and cured.

It gives your cheeks a fresh bloom. The teeth become stronger. Pyorrhoea, caries and halitosis are cured. Sunken cheeks fill up gradually and once again look normal. Pimples, boils etc. disappear

8. Karna-Sakti-Vardhaka

Posture: With the feet close together, stand erect.

Exercise: Close your mouth, plug your ears with the thumbs and place your index fingers on your eyes which should be kept shut. Your middle and third fingers should

Note that while holding the breath the cheeks should be kept fully puffed out.

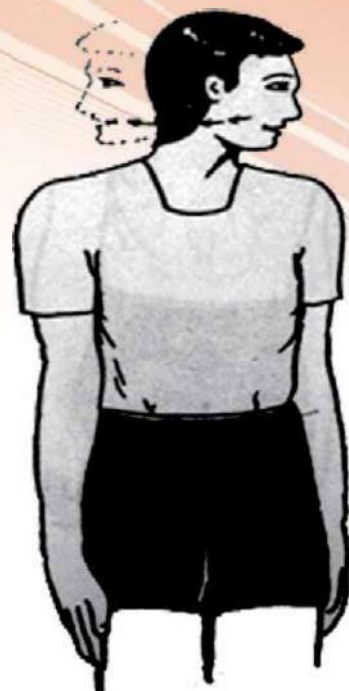
The Jalandharabandha (bent neck) which forms part of the whole process ensures stimulation of the endocrine glands as well as the nervous components, both somatic and autonomous, situated in this region. This exercise will cure many ailments of the ear and also impaired hearing.

9. Griva Sakti-Vikasaka (1)

Posture: Keeping your feet together, stand erect.

Exercise '1': Relaxing your neck, turn your head with a jerk first towards your right shoulder, then towards your left shoulder. In the beginning 10 times.

Exercise '2': Standing erect, jerk your head first forward, then backward. When it goes back it should touch the nape of your neck. When it is forward your chin should touch the sternal notch. Keep breathing normally. 10 times to begin with.



Griva Sakti-Vikasaka (1)



Griva Sakti-Vikasaka (2)

10. Griva Sakti-Vikasaka [2]

Posture: Keep your feet close together, your back straight, your mouth closed and your eyes wide open.

Exercise: Keep your chin in and rotate the head left to right and then right to left alternately. Breathe normally. Try to make your ear touch shoulder, taking particular care to avoid raising the shoulder. Five times to begin with.

11. Griva Sakti-Vikasaka [3]

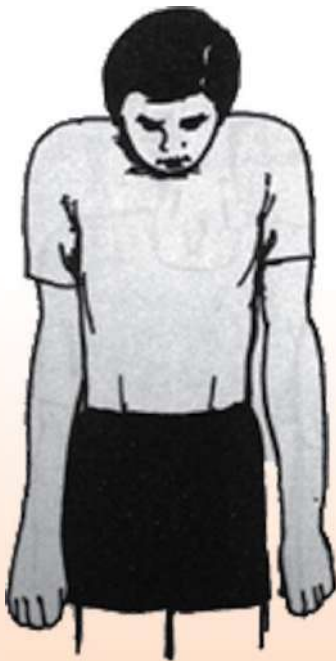
Posture: Keeping your feet close together, stand straight.

Exercise: Inhale and exhale through the nose ("Bellows effect") making the veins of your neck stand out. Blow out your stomach while inhaling, draw it in while exhaling. 25 times to begin with.

Benefits: These three exercises strengthen the neck and beautify it. Diseases peculiar to the throat, such as tonsillitis, laryngitis, pharyngitis etc. can be checked. The voice becomes resonant and speech defects such as lisping and stammering are completely removed. With perseverance, this exercise, in conjunction with a couple of others, yields marvelous results in cases of dumbness. Singers will derive great benefit from it.



Griva Sakti-Vikasaka (3)



Skandha Tatha Bahu-Mula-Sakti-Vikasaka

12. Skandha Tatha Bahu-Mula-Sakti-Vikasaka

Posture: Feet close together, your back straight, your fingers clenched into fists with the thumbs tucked in.

Exercise: With your mouth pouting and forming the shape of a crow's beak, such in air, blowing out your cheeks and hold your breath with your chin resting on the sternal notch. While holding your back straight move the shoulders vigorously and stiffly up and down, in a pumping motion. The arms should be kept rigidly straight at the side. Assume the normal posture and straightening your neck, open your eyes and exhale gradually through the nose. Repeat the process five times to begin with.

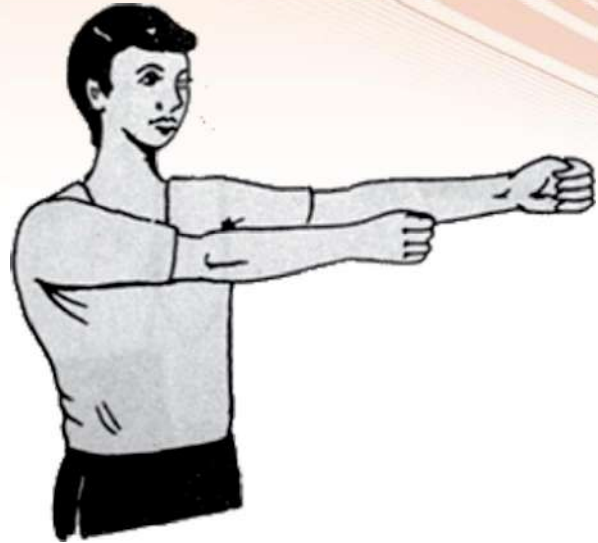
Benefits: The bones, blood vessels, the muscles and the nerves in the shoulders are toned up.

13. Bhuja-Bandha-Sakti-Vikasaka

Posture: Keep your feet close together, your hands formed into fists with the thumbs tucked in. Bend the elbows and raise the forearms at an angle of 90.

Exercise: Throw your arms vigorously forwards and backwards at shoulder level. The elbows must not go further back than the starting position. When pushed, the arms should be parallel to the ground. Breathe normally. In the beginning 25 times.

Benefits: Arms, which are under-developed with weak biceps, will develop good muscles. Heavy arms will become slender. The elbow-joints will receive unexpected strength; deformities of the arms and the shoulders will be cured. Constant practice of this exercise will make the arms like an elephant's trunk, and will be just as strong.



Bhuja-Bandha-Sakti-Vikasaka

14. Kaphoni-Sakti-Vikasaka

Posture 'A': Keeping the feet close together and standing straight, clench your fists with your thumbs tucked in the palms must come up to the level of the shoulders and then down straight. The elbows should remain stationary. The palms must not touch the shoulder when going up, nor touch the thighs when coming down.

Exercise '1': Raise your clenched fists forward to the level of the shoulders with a jerk, holding the upper arm stiff. Then bring them down, reverting to the original position. In the beginning 5 times.

Posture 'B': Keep your feet together, your body straight and your palms open and turned front with the fingers close together.

Exercise '2': Repeat the exercise '1' jerking your arms from the elbow up and down as before.

When doing this exercise,



Kaphoni-Sakti-Vikasaka

Benefits: This exercise cures malformation of the elbows and strengthens the joints. The circulation of blood in the arteries is accelerated bringing fresh strength to the entire length of the forearm beginning from the elbow. Constant practice gives women rounded forearms while those of men acquire strength.

15. Bhuja-Valli-Sakti-Vikasaka

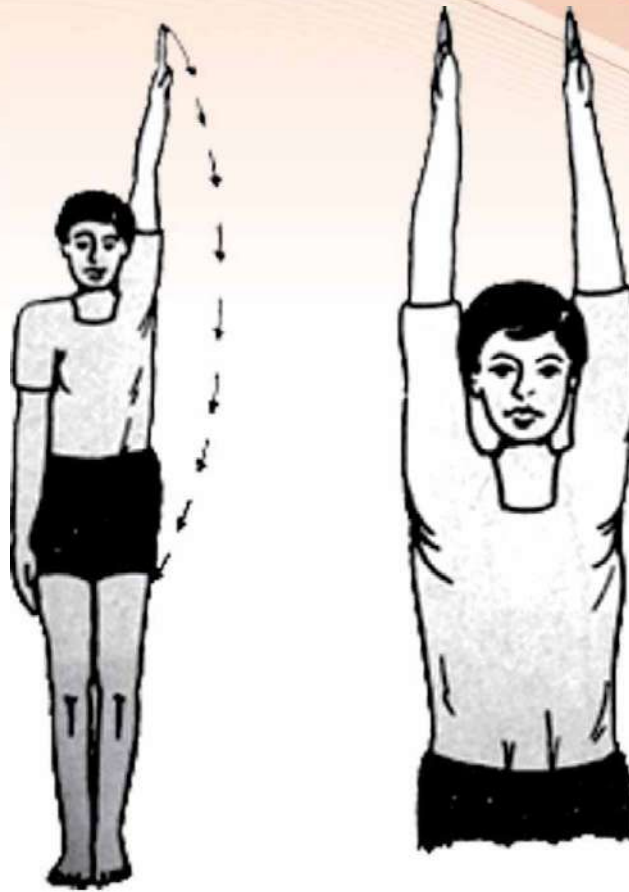
Posture: Feet together, the body straight, the arms by the sides.

Exercise '1': Begin with your right arm. Let it hang relaxed; then raise it sideways above your head with the palm outward. Bring it down in the same manner. The arm must not touch the head when going up, or the thigh when coming down. Palms must be open, with the fingers together.

Exercise '2': Repeat the exercise with your left arm.

Exercise '3': Now bring both arms into action. Both should go up and come down together but the arms should not touch the head nor the hands touch each other.

Benefits: Regular practice gives great strength to the arms while improving their shape.



Bhujang-Valli-Sakti-Vikasaka

16. Purna-Bhujang-Sakti-Vikasaka

Posture: Keep the feet together, body erect, the hands clenched into fists with the thumbs tucked in.

Exercise '1': Inhaling through the nose and holding your breath, swing your right arm forward and backward in a circle as many times as you can. When you cannot hold your breath any longer stop with your arm bent at the elbow and breathe out forcefully while thrusting your arm forward at shoulder level.

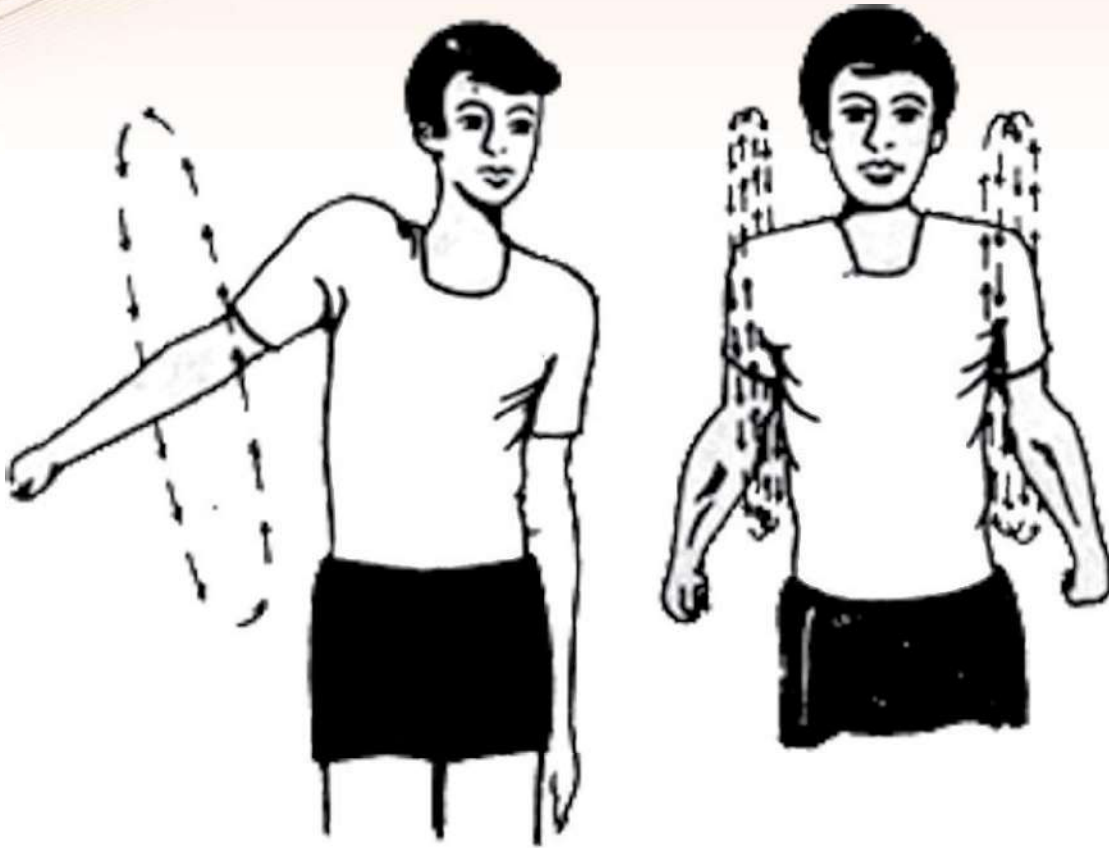
Exercise '2': Repeat the exercise 'A' in reverse, swinging the arm backward and then forward.

Exercise '3': Now repeat the exercise 'A' with the left arm.

Exercise '4': repeat the exercise 'B' with the left arm.

Exercise '5': With both hands clenched into fists, let both your arms describe a full upward circle, and exhale with a hissing sound.

Exercise '6': The same as exercise 'e' in reverse.



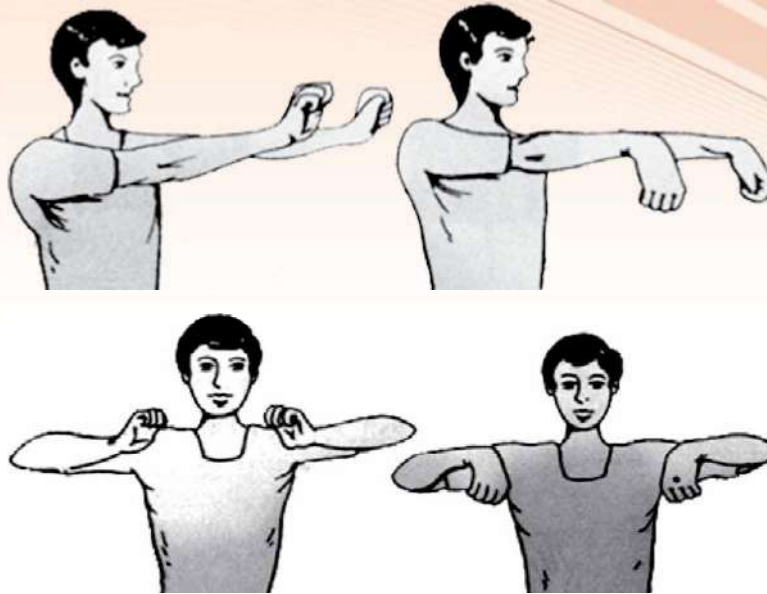
Purna-Bhuja-Sakti-Vikasaka

Benefits: This set of exercises tones up the nerves. The arms and hands become more shapely. The entire length of the arm becomes stronger.

17. Mani-Bandha-Sakti-Vikasaka

Posture: Stand with feet close together, with the body straight. Stretch out your two arms straight in front of you at shoulder level, keeping them parallel to the ground.

Exercise '1': With loosely clenched fists, let your wrists move the fists up and down with force. While bringing your first up and down, try to touch the forearm. The arms should be kept as stiff as possible. Five times to begin with.



Mani-Bandha-Sakti-Vikasaka

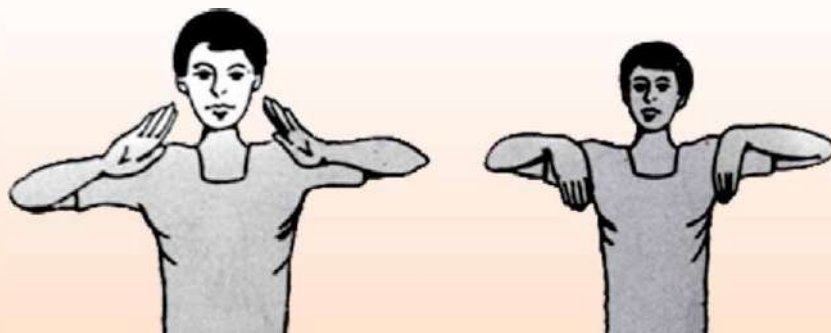
Exercise '2': Raise the arms, bent at the elbow, sideways to shoulder level. The wrists should be moved up and down as in exercise '1'. while doing so, the fists should try to touch the forearm. Five times to begin with.

18. Kara-Prstha-Sakti Vikasaka

Posture: Keep feet together, the body straight, the arms stretched out in front, parallel to the ground, at shoulder level. Palms open and the fingers close together.

Exercise '1': Move your wrists up and down as in exercise 17.

Exercise '2': As in exercise '2' of No. 17, but with the arms folded at the elbows with palms open, fingers together.



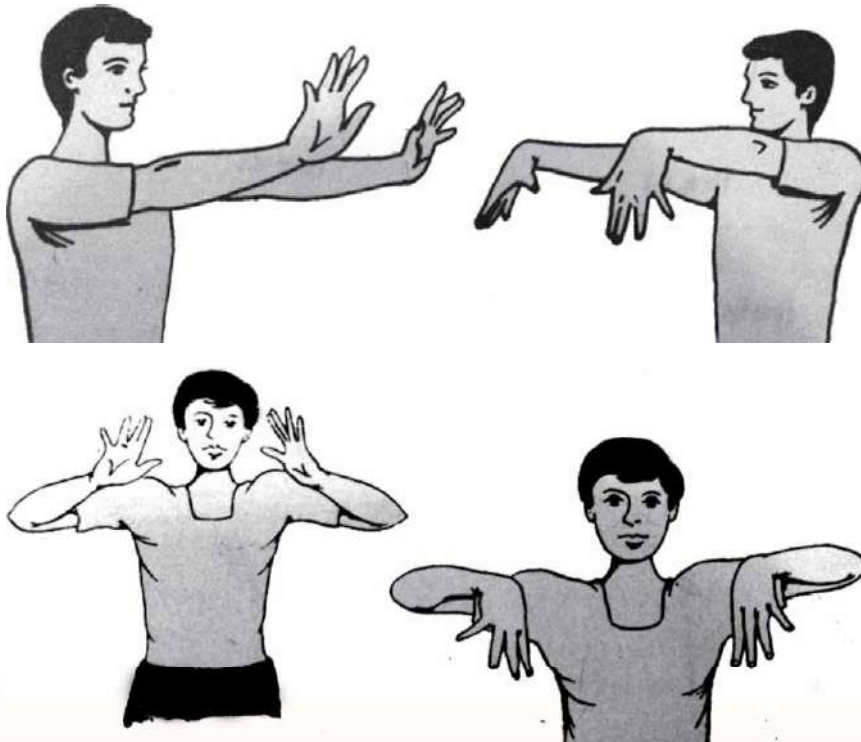
Kara-Prstha-Sakti

19. Kara-Tala-Sakti-Vikasaka

Posture: Keep your feet close together, the body straight. Stretch your arms forward, with the fingers spread out as far as possible. The arms should be kept parallel to the ground, at shoulder level.

Exercise '1': From the wrists let your hands move up and down vigorously. While bringing the palms up and down the fingers must try to touch the arm.

Exercise '2': With the same posture, raise your arms side-ways, bent at the elbows, keeping the fingers far apart from each other, and move the hands up and down as if the fingers were to touch the arm.



Kara-Tala-Sakti-Vikasaka

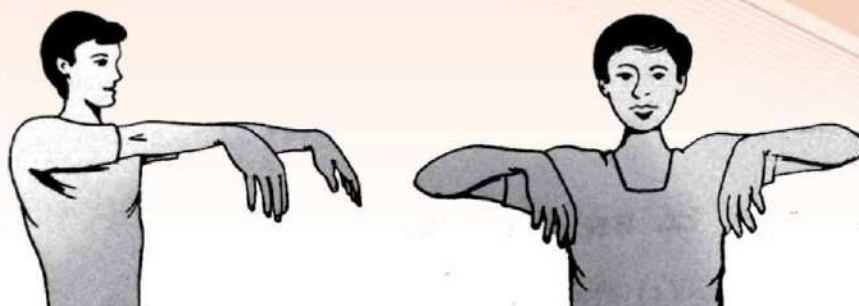
20. Anguli-Mula-Sakti-Vikasaka

Posture: With the feet together and the body relaxed, raise the arms forward, parallel to the ground, at shoulder level, the hands beyond the wrists should be relaxed and drooping.

Exercise '1': While stiffening the entire arm, the hand alone must be relaxed. Hold for five minutes to begin with.



Exercise '2': As at '1' but with the arms bent at the elbow. Do for five times to begin with.



Anguli-Mula-Sakti-Vikasaka

21. Anguli-Sakti-Vikasaka (Strengthening the Fingers)

Posture: Stand with the feet close together and the body erect. Throw out your arms in front, keeping them parallel to the ground at shoulder level.

Exercise '1': Let your fingers form the shape of the hood of a cobra, taking particular care to stiffen the entire length of the arms from the shoulder-joints to finger-tips. The exercise will not be effective if enough force is not put into it to make the arms tremble. Five minutes to begin with.

Exercise '2': Posture the same as for 'A'. Repeat the exercise '1', with the arms bent at the elbows. The fingers should be spread in the shape of a cobra's hood. Five minutes to begin with.



Anguli-Sakti-Vikasaka

Benefits: All the five exercises from 17 to 21 give strength to the wrist, the knuckles, the palms and the fingers. They are also supposed to stimulate the action of the heart. Many minor ailments are cured and the condition of the heart improves. The exercises are specially recommended to writers, typists, those who play musical instruments, weavers, sculptors, etc.

22. Vaksa-Sthala-Sakti-Vikasaka [1]

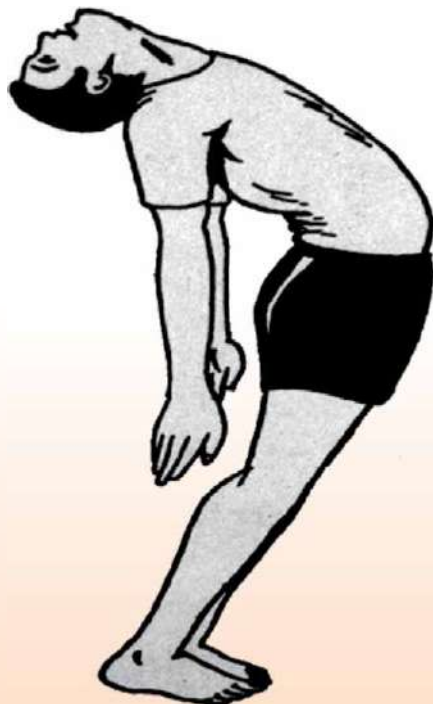
Posture: Stand with the feet together, body erect. Arms by your side, palms turned backwards with the fingers together

Exercise: Swing back your arms, describing a semi-circle. While doing this, inhale through the nose and lean back as far as possible and remain in that position as long as you can. Exhale slowly while reverting to the original position. 5 times to begin with.

Benefits: This exercise is helpful in many chest diseases. The chest expands and becomes strong. Tuberculosis, asthma and chronic bronchitis can be effectively tackled with the help of this exercise. Persons suffering from weakness of the heart should do this exercise for five times every morning.



Vaksa-Sthala-Sakti-Vikasaka [1]



Vaksa-Sthala-Sakti-Vikasaka [2]

23. Vaksa-Sthala-Sakti-Vikasaka [2]

Posture: Stand with the feet together, body erect, arms by your side with palms of the hands turned inwards.

Exercise: While inhaling through the nose, bend backward from the waist as far as you can go. At the same time raise your arms behind you as high as you can. Maintaining this posture as long as you can, exhale slowly while resuming your original position. Five times to begin with.

Benefits: This exercise is helpful in many chest diseases. The chest expands and becomes strong. Tuberculosis, asthma and chronic

bronchitis can be effectively tackled with the help of this exercise. Persons suffering from weakness of the heart should do this exercise for five times every morning. This exercise gives vitality and strength to the chest and back. The arms are also strengthened. Thin persons will find their protruding bones covered with healthy flesh. Regular practice of this exercise will keep the back straight throughout a man's life.

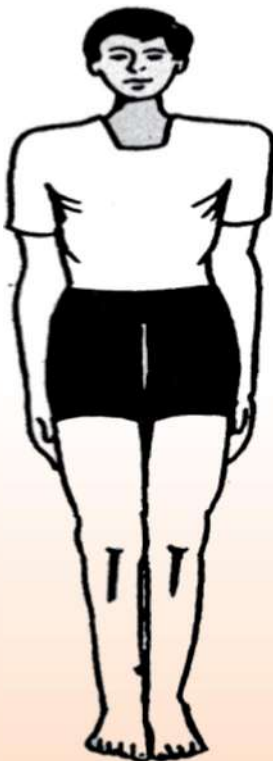
24. Udara-Sakti-Vikasaka [1]

Posture: With the feet together, stand erect.

Exercise: Inhale through the nose slowly. While doing so, distend your abdomen as much as you can. After holding the breath in this posture, release it slowly and gradually, while drawing in the abdomen as much as you can, till it becomes hollow. This exercise is also known as 'Uddiyanabandha'. Practice this exercise repeatedly. Five times to begin with.



Udara-Sakti-Vikasaka [1]



Udara-Sakti-Vikasaka [2]

25. Udara-Sakti-Vikasaka [2]

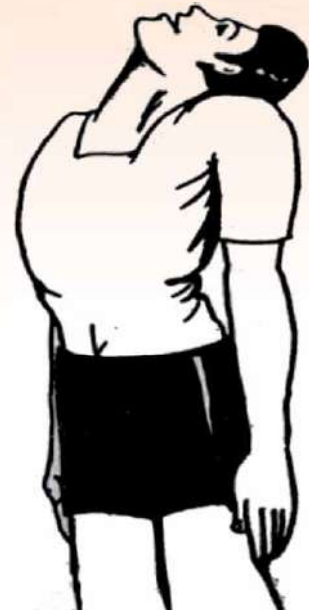
Posture: Stand erect with your feet together and your neck raised as inch above the normal.

Exercise: Breathing quickly and deeply through the nose (Bellows effect) distend your abdomen, and while exhaling, contract it. 5 times to begin with.

26. Udara-Sakti-Vikasaka [3]

Posture: With your feet together, stand erect and bend spot four to five feet forward from your head as far as it can go.

Exercise: Breathe in and out quickly (Bellows effect) while distending and contracting the stomach. 5 times to begin with.



Udara-Sakti-Vikasaka [3]



Udara-Sakti-Vikasaka [4]

27. Udara-Sakti-Vikasaka [4]

Posture: Stand erect with your feet together. Look at a spot four to five feet forward from your toes.

Exercise: Inhale and exhale sharply (bellows effect) distending and contracting your abdomen. 5 times to begin with.

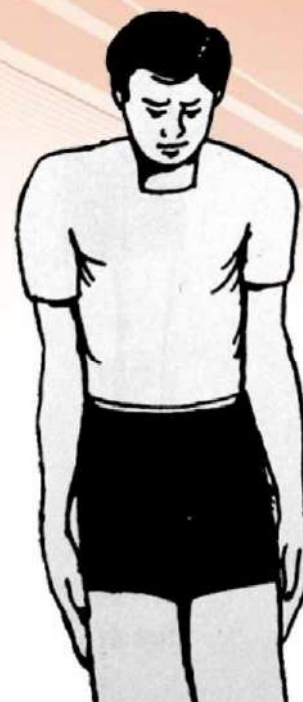


28. Udara-Sakti-Vikasaka [5]

Posture: Stand with your feet together and the body erect.

Exercise: Pouting your lips suck in the air, and at the same time lower your chin to touch the sterna notch. This exercise is also called Jalandharabandha. While holding the breath, close your eyes and puff out the cheeks. Exhale so gradually through the nose that there is no sound at all in doing so.

If you have held your breath for a considerable time, take particular care not to blow it out violently. That would be harmful. 5 times to begin with.



Udara-Sakti-Vikasaka [5]



Udara-Sakti-Vikasaka [6]

29. Udara-Sakti-Vikasaka [6]

Posture: With your feet close together, stand erect. Bend the upper part of your body forward at an angle of 60° and place your hands on your hips with the fingers at the back, thumbs front.

Exercise: Inhale and exhale sharply through the nose (Bellows effect) taking care at the same time to distend and contract your abdomen. 5 times to begin with.

30. Udara-Sakti-Vikasaka [7]

Posture: With your feet together, stand erect and hands on hips as in Exercise No. 29 then bend forward to an angle of 90°.

Exercise: Inhale and exhale sharply (Bellows effect). While inhaling, the abdomen must distend; while exhaling it must contract. 5 times to begin with.



Udara-Sakti-Vikasaka [7]



Udara-Sakti-Vikasaka [8]

31. Udara-Sakti-Vikasaka [8]

Posture: As in Exercise No. 29. With extending your back forward.

Exercise: Breathe out through the nose and without breathing in distend and contract your abdomen in rapid succession. After you have held your breath to the fullest limit of your endurance, breathe in slowly. Then breathe out and distend and contract your abdomen again. Care should be taken to see that while you are busy exercising your abdomen, your breathing remains suspended. 5 times to begin with.



32. Udara-Sakti-Vikasaka [9]

Posture: Do as in the Exercise No. 30.

Exercise: Do as in the Exercise No. 31. With extending your back forward.

The entire operation of rapidly distending and contracting the abdomen with suspended breathing is to be treated as single exercises.



Udara-Sakti-Vikasaka [9]

33. Udara-Sakti-Vikasaka [10]

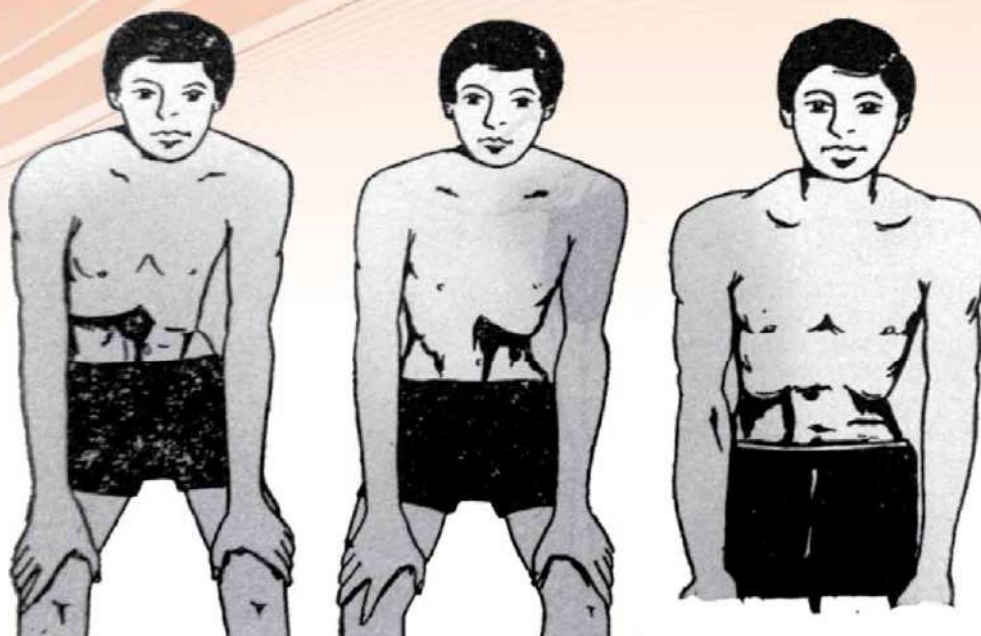
Posture: With feet two feet apart, place your hands on your knees and bend from the waist to form an angle of 90°.

Exercise: Exhale completely. Then contract your abdomen to the fullest extent. This is called the complete Uddaiyana. This done, stiffen the arms and allow the Nauli to stand out. Try to rotate it right and left, describing a circle. Five times to begin with. The Nauli is the recti abdominis which form the front linear wall of the abdominal cavity.

The exercises for the abdomen depend for their efficacy on three processes:-

1. Muscular contraction of the parietal abdominal muscles specially the rectus abdominis;
2. Stimulation of celiac and plexuses of the autonomic nervous system; and
3. Abdominal respiration.

Benefits: The Jalandharabandha and the Uddiyanabandha, both practiced in these abdominal exercises, are likely to result in the stimulation of the thyroid, parathyroid, adrenal and pancreas which should be a great over-all benefit to the body.



Udara-Sakti-Vikasaka [10]

The participation of the abdomen in the respiratory processes allows fuller respiration. The continuous massage of the abdominal parietes on account of muscular action improves the circulation and also prevents accumulation of fat.

The simultaneous activity of the somatic nerve, supplying the muscles of the autonomic nervous system, provides a means for the co-ordinate activity of the voluntary and non-voluntary nervous systems.

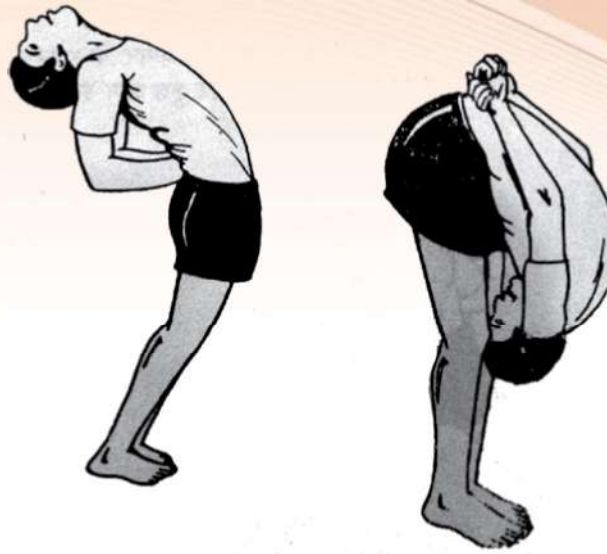
34. Kati-Sakti-Vikasaka [1]

Posture 'A': With your feet together, back straight, clench your right hand to form a fist with the thumb tucked in. Holding it behind your back place your left hand on the right wrist, both in contact with the back.

Exercise '1': Breathe deeply through the nose while bending backward as far as you can. Maintain this posture for a few moments. Then, while exhaling, bend forward and try to touch your knees with your head. Repeat this operation several times. Five times to begin with.

Posture 'B': As above except that the left hand should be formed into a fist with the right hand on the left wrist.

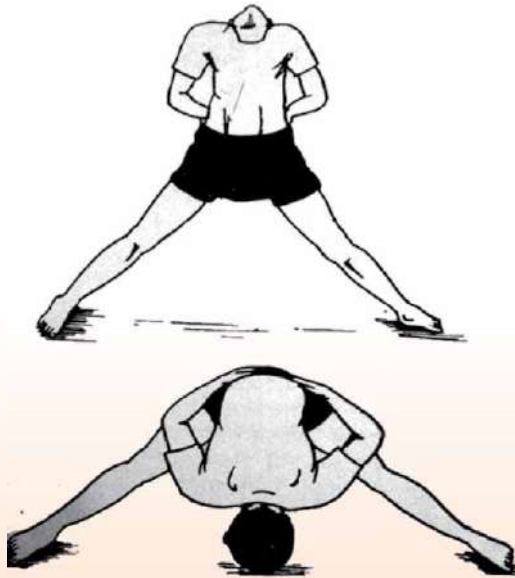
Exercise '2': As in Exercise '1'.



Kati-Sakti-Vikasaka [1]

35. Kati-Sakti-Vikasaka [2]

Posture: With your legs stretched apart as far as possible, arms on hips, keeping the fingers to the rear, and the thumbs in front.



Kati-Sakti-Vikasaka [2]

Exercise: Inhaling, bend back from the waist as far as you can go. Maintain this posture for some time. Then, while bending forward to touch the ground with your head, exhale gradually. Five times to begin with.

36. Kati-Sakti-Vikasaka [3]

Posture: With your feet together, stand erect.

Exercise: Inhaling, bend back with a jerk as far as you can. Exhaling, bend forward with a jerk trying to touch your knees with your head. Take care that during this exercise your hands do not touch your thighs or your knees.



Kati-Sakti-Vikasaka [3]

37. Kati-Sakti-Vikasaka [4]

Posture: With your feet together, stand erect with your arms stretched out sideways.

Exercise: With your arms spread out, bend the trunk to your left, as far as you can and return slowly to the normal position. Then bend towards your right. Five times to begin with.

While doing this exercise, particular care should be taken to see that your arms do not move up or down and that the trunk does not bend forward or backward. At the same time while bending to right or left you must stretch so that the hand touches the calf.

Repeat the exercise with your feet two feet apart. 5 time to begin with.



Kati-Sakti-Vikasaka [4]

38. Kati-Sakti-Vikasaka [5]

Posture: Stand with your feet two feet apart.

Exercise: While inhaling quickly, swing the trunk and the outstretched arms to describe a semi-circle to the right and exhale. Repeat the process, this time exhaling with the trunk turned to the left. Repeat this operation ten times to begin with.

Benefits: All the five exercises for the back make it supple and symmetrical. Regular practice removes all minor deformities of the back. Men and women under twenty-five can add to their height, while those between twenty-five and thirty will also find themselves taller than when they started. It is a boon for short persons. These exercises are specially good for strengthening the back.



Kati-Sakti-Vikasaka [5]

39. Muladhara-Chakra-Suddhi

Posture: Stand erect with feet together, the thighs pressed together and the neck relaxed.

Exercise: With the buttock pressed rigidly together contract the muscles of the rectum as if drawing in air through it. The breathing can be normal though, in fact, this exercises generally results in the suspension of breathing and the very violence of the effort makes the body tremble. Five minutes to begin with. Since this exercise is for the internal organs no illustration is possible.

Repeat the exercise with the feet separated by about 2-3 inches. Five minutes to begin with.

Benefits: "The inhalation of air through the rectum, Apana, results in locking it up and with the help of this Yogic device, Apana mixes with the vital air. This fusion results in the elimination of the products of the kidneys and the bowels, and slenderness replaces flabbiness."

40. Upastha Tatha Svadhisthana-Chakra-Suddhi

Posture: Stand erect, keeping your feet at a distance of 1½ feet from each other.

Exercise: With buttocks rigid, contract and draw upward the muscles of the rectum and of the genital organs. Breathing would automatically be suspended and your feet, knees and thighs will begin to tremble. As this particular exercises draws upon your energy very heavily, special care should be taken in doing it correctly.

Benefits: This exercise helps to stimulate the pelvic centre, creates stimulation of the pelvic plexus of nerves. This results in stimulation of the hypo gastricplexus of nerves. From both these centers, the nerve supply goes to the lower part of the intestinal tract as well as to the pelvic viscera and the sphincters of the genitor urinary system as well as of the anus. These exercises cure all the irregularities of the bowels, and ailments like diabetes, piles and fistula can be alleviated. The beneficial result of these exercises is of a lasting nature. Seminal disorders like spermetorrhoea can be effectively controlled. Women can derive a great deal of benefit from a regular practice of these exercises which are helpful in cases of Leucorrhoea and ailments connected with the genital organs.

41. Kundalini-Sakti-Vikasaka

Posture: Keeping a distance of two inches between your feet, stand erect.

Exercise: Hit your heels on your buttocks one after the other, with force. Care should be taken to bring the foot down on the original spot from which it was raised. 10 times to begin with.

“In the upper region of the knot resides the coil endowed with immense power. This powerful coil is the cause of the bondage of the ignorant and the emancipation of the Yogi.”

Benefits: *This operation kindles the forces of the “mystic-coil”.*

The ‘Kundalini’ is a mysterious, abstract concept of Yoga, signifying the ‘Grand Potential’. It has not been possible to explain it in terms of the known anatomical structures or physiological processes, although many theories and conjecture abound in literature. Even in spite of the great scientific, parapsychic and metaphysical interest aroused in this entity, it remains an engigma to modern medicine.



Kundalini-Sakti-Vikasaka

It is generally argued that the 'awakening' of this dormant 'potential' force results from the integration of the autonomous and voluntary nervous system.

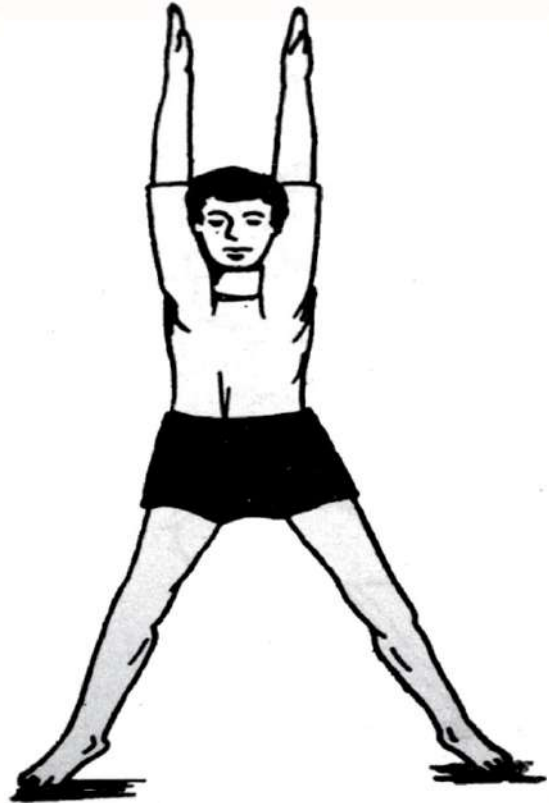
It is difficult to explain how the exercise described here can result in this unique phenomenon except perhaps through the integration of the activity of the lower most of the autonomous nerve plexuses.

42. Jangha-Sakti-Vikasaka [1]

Posture: Stand erect with your feet together.

Exercise '1': Inhale through the nose and at the same time throw up your arms while jumping up with your feet together and coming down on your toes with feet apart. While exhaling lower your arms, while jumping up and coming down on your toes with your feet together. Care should be taken to see that when coming down your arms do not touch your thighs, nor should your legs bend at the knees.

Exercise '2': The same as at '1' but the entire operation being in reverse. In the earlier exercise you inhaled when the arms were thrown up; in this one you should inhale when bringing them down, and exhale when throwing them up. 5 times to begin with.



Jangha-Sakti-Vikasaka [1]

43. Jangha-Sakti-Vikasaka [2]

Posture 'A': With the feet together, stand erect.

Exercise '1': Inhaling through the nose bend your knees gradually, with your arms held out before you, parallel to the ground. Stop when your thighs are parallel to the ground and try to maintain this position as long as you can. Take care to prevent the heels or the toes from rising from the ground. The knees must be together. Then begin to rise gradually, while exhaling.

Posture 'B': With your feet together, heels raised, body erect, spread your arms sideways, throwing your entire weight on the toes.

Exercise '2': Breathing in and spreading your knees apart bend your knees but without sitting on your heels. While in this position, hold your breath as long as you can. While rising exhale slowly. Breathe normally to begin with, if it is difficult to hold your breath. Five times to begin with.

Benefits: These exercises develop the thighs and make them shapely. You can cover long distances without tiring. Thin limbs acquire healthy flesh, while flabby ones get rid of the superfluous flesh. Within a very short time benefits of a lasting nature are noticed.



Jangha-Sakti-Vikasaka [2]

44. Janu-Sakti-Vikasaka

Posture: With the feet together, stand erect.

Exercise: Raise your foot forward with a jerk of the knee and then raise it backward and repeat while keeping the upper part of your body in the same erect position. After doing this exercise with one leg, repeat it with the other. When taking your leg back, the heel must touch the buttock. 5 times to begin with.

Benefits:- This exercise is good for rheumatic condition of the knees as it improves the circulation of blood in the region.



Janu-Sakti-Vikasaka

45. Pindali-Sakti-Vikasaka

Posture: With the feet together, stand erect, your hands clenched into fists, your neck relaxed.

Exercise: While inhaling through the nose, squat with your arms held out in front of you, keeping them parallel to the ground. Your feet should remain on the ground, with your knees closed. Go down as far as you can. Holding your breath, stand up while your arms describe one full circle.

Benefits: This exercise help to strengthen the calves muscles.

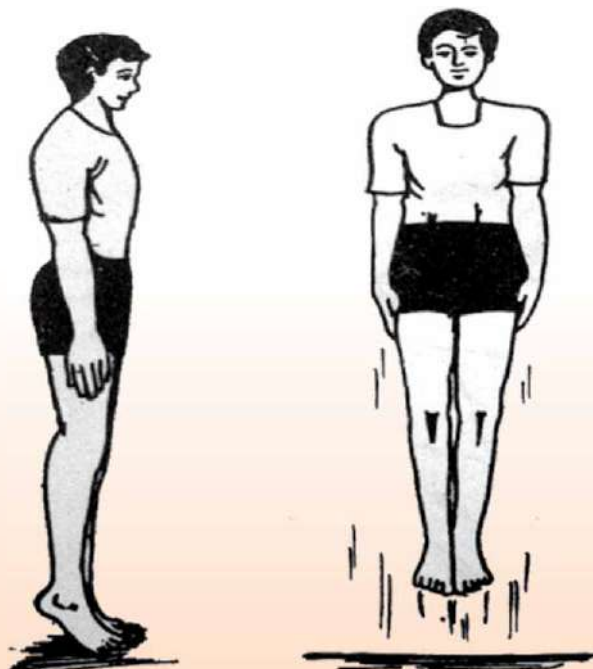


Pindali-Sakti-Vikasaka

46. Pada-Mula-Sakti-Vikasaka

Posture: Stand on your toes, body erect and relaxed.

Exercise '1': Throwing the weight of your body on the toes, raise and lower your body in a spring like motion. The heels and toes should be together throughout. 25 times to begin with.



Pada-Mula-Sakti-Vikasaka

Exercise '2': Balancing on the toes, jump up as high as you can, coming down on the toes. During this operation the toes should be used to maximum effect. Care should also be taken to maintain the original position of contact between the heels and the toes, and to bring them down on the spot from which you jumped. 5 times to begin with.

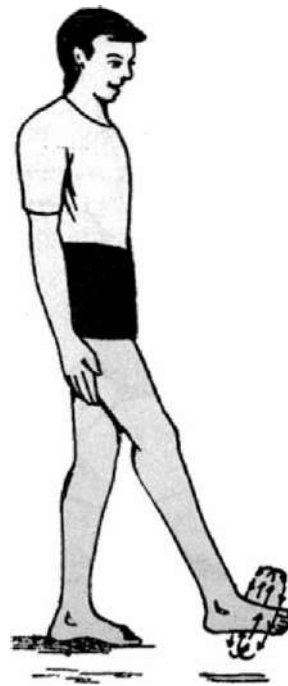
Benefits: This exercise gives the calves strength and symmetry, rheumatic conditions are cured. The calves become firm and the soles of the feet strong.

47. Gulpha-Pada-Prstha-Pada-Tala-Sakti-Vikasaka

Posture: With the feet together, stand erect.

Exercise: Stretching forward one foot and holding it about 9 inches off the ground, describe a circle first from to left, then from left to right, with the ankle. Repeat with the other foot. 5 times to begin with.

Benefits: The exercise relieves rheumatism of the ankles and strengthens the toes and the feet.



Gulpha-Pada-Prstha-Pada-Tala-Sakti-Vikasaka

48. Padanguli-Sakti-Vikasaka

Posture: Stand with the feet together, body erect and relaxed, and your arms spread out.

Exercise: With the toes held together, throw the entire weight of the body on your tips. Try to maintain your balance in this position as long as you can. Three minutes to begin with.

Benefits: This exercise strengthens the feet and the toes and their joints. Deformed toes improve in appearance.



Padanguli-Sakti-Vikasaka

It will be noticed that all the parts of the body are exercised in one way or another. The flow of blood through all the capillaries and arteries is thus improved. This is particularly helpful for the veins in the legs and feet which are normally adversely affected by the effect of gravity.

Review Exercise

1. What do you understand by the term Yoga?
2. What are the eight limbs of Ashtang Yoga?
3. Sweet voice can be obtained by doing which Suksham Vyayama ?
4. Wisdom and intellect can be gained by which Suksham Vyayama ?
5. Chest related problems can be cured by which Suksham Vyayama ?
6. One can have perfect shape on waste line by which Suksham Vyayama ?

7. Stomach related diseases and disorders can be cured by which Suksham Vyayama?
8. Legs and feet can be strengthened by which Suksham Vyayama ?
9. Match the following:-
- | | |
|-------------------------------|---------------|
| 1. Kapol Shakti Vikasaka | Ears |
| 2. Kati Shakti Vikasaka | Brain |
| 3. Mani Bandh Shakti Vikasaka | Face & Cheeks |
| 4. Karna Shakti Vikasaka | Arms & Hands |
| 5. Smaran Shakti Vikasaka | Waist |
10. Fill in the blanks:-
- Eight limbs of Yoga is known as _____ .
 - Janu Shakti Vikasak is good to improve rheumatic condition of the _____ .
 - To improve the concentration and memory power student should perform _____ regularly.
 - _____ exercise is beneficial for improving weak eye sight.
 - The _____ exercise is particularly beneficial for singers.
11. Manish is 12 yrs of age, his weight is 50 kg. due to his obesity he has become self conscious and cannot concentrate and his studies suggest few exercises (Yogic Suksham Vyayama) for him which can help him in overcoming the following problems.

Problem	Yogic Sukham Vyayama	Benefit
Lack of concentration	_____	_____
Poor Memory	_____	_____
Fat around belly area	_____	_____
Muscular pain in Leg region	_____	_____

12. Write down the benefits for the following Sukhsam Vyayams:-

1. Kati Shakti Vikaska

2. Udar Shakti Vikasa

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the eight paths of ashtang yoga.
- Explain the meaning of Yoga.

PART B

Discussed in class the following: -

- Benefits of doing various suksham vyayams.
- Benefits associated with doing various suksham vyayama.
- Benefits of proper breathing while doing suksham vyayama.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to perform all 1 -48 suksham vyayama in proper sequence.		
Able to list out benefits of all the suksham vyayams.		
Able to identify that which suksham vyayama is beneficial for which body part.		

Session-3: Basic Asanas

1. **Sukhasana:** This is an easy, comfortable posture for meditation for which one has to sit for a long period.

Posture: According to your convenience, sit crosslegged, placing the sole of one foot on the ankle of the other. Ensure that the bone of the ankle does not touch the floor.

Keep the spinal column straight. Keep the body tension-free. Place both hands on the feet or separately on the knees. Keeping the waist and spinal column straight keeps the body from tiring.

Benefits: The body does not tire and the mind remains restful. This enables one to sit for long periods during meeting and prayers. The body does not tire even if one sits in Sukhasana for many days.



Sukhasana

2. **Padmasana:** This asana is known as Padmasana or Kamalasana/Lotus pose

Posture: Sit on the ground with the heel of the left foot resting on the right thigh so as to be as close as possible to the navel. Then, the right foot should be placed on the left thigh in such a way that the heels touch each other as near the navel as possible. The vertebral column and the body from the waist upwards should be kept erect. Care should be taken that the knees touch the ground. The hands should be placed in the lap, palms upward. The whole procedure is to be repeated by altering the sequence in which the feet are placed on the thighs.



Padmasana

Padmasana seems and is difficult to perform in the beginning, but it is the asana which must be practiced by all-men, women and children, old and young alike. To facilitate it's practiced, the great seers invented Ardha-Padmasana or Half-Lotus posture.

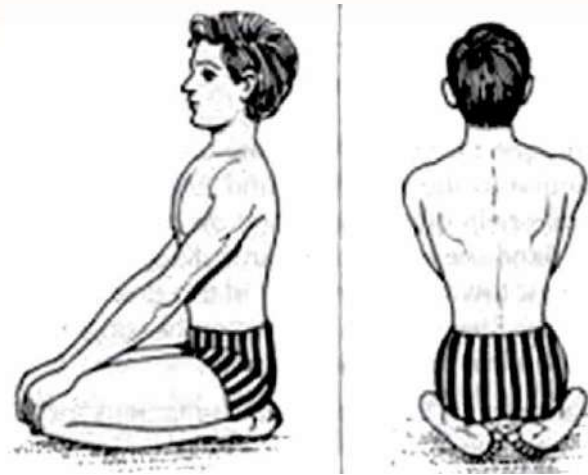
Benefits: This asana relieves constipation, indigestion and flatulence. It improves digestion and strengthens the thighs and calves. It is considered more useful to women than to men because it has a beneficial effect on the womb. This Padmasana annihilates all ailments. Although difficult, it is capable of being perfected by all intelligent persons on earth who practice it.

3. Vajrasana

Posture: Squatting on the toes and placing the heels beneath the anus, the hands are placed on the thighs while keeping the trunk and the neck erect. The asana can be performed also with the heels placed in either side of the buttocks.

Benefits: The body gets strong and firm from the practice of the asana. Hence the yogis have named it Vajrasana, implying that through its practice the body becomes like adamant or Vajra. Through this the toes, knees, legs and thighs get strong. It is extremely useful for those

who are prone to excessive sleep. It has proved useful for students and those who keep late hours at night. It should be practiced for 5 minutes after meals, when the flow of the nadis is usually downwards; the asana reverses this flow and it ascends and thus helps in the speedy digestion of food. The essence derived after the digestion of food is so wholesome and pure that the whole body, including the bones and the nadis, become like adamant.



Vajrasana

4. Gomukhasana

Posture: Sit on the ground with the left leg bent so that the heel touches the anus. The right leg also should be bent so that the right heel touches the left buttock. Care should be taken that the left foot remain straight; touching the ground, and the toes of the right foot also touch the ground. The right arm should be raised and bent at the elbow behind the shoulders towards the back. The left arm should be bent upwards behind the back so that all the eight fingers of both the hands are inter-locked. Then the right elbow should be lowered as far as possible. The process should be repeated

by starting the time on the right side instead of the left as described above. This would result in bringing the right foot near the anus. Irrespective of which way the asana is practiced, one knee must rest on the other.



Gomukhasana

Benefits: The practice of this asana gives strength to the feet, knees, and waist. The arms and shoulders develop. The chief and unique characteristic of this asana is that it is helpful in diseases of the lungs. Patients of asthma and phthisis (tuberculosis of the lungs) should specially practice it because the respiratory movement of the lung on the side on which it is performed is almost stopped and the other lungs work more rapidly and vigorously.

5. Janu – Sirsasana

Posture: Sit on the ground with legs stretched out. The left foot should then be placed on the right thigh so that the left heel is near the navel. Then, catching hold of the toes of the right foot with the left hand, the head should be made to touch the right knee and, carrying the right hand behind the back, as effort should be made to touch the left heel. This is Janu-Sirsasana. The asana should be repeated with the position of limbs reversed. The sole of the foot should be kept on the thigh. The extended foot is then held with both the hands for 10-15 minutes daily.



Janu – Sirsasana

Benefits: This asana improves circulation of blood. It is recommended for those with rigid bodies. It proves extremely useful in the treatment of hernia and enlargement of the testicles.

It removes bad odour from the secretions of the body. It is very easy to perform and equally useful to men and women.

All the different procedural modifications of this asana can be understood and learnt from a teacher of yoga.

6. Tadasana

Posture: With feet together, stand on the toes. The arms should be raised by the side of the ears, with the palms open. There are a number of variations of this asana. While keeping the body from the shoulders to the feet as before, the arms can swing back and forth, sideways or up and down at will or describe a circle, like palm leaves spreading out in all directions from the trunk of the tree.

**Tadasana**

Benefits: The body becomes well built and beautifully proportioned, nimble and agile through the practice of this asana. Height can also be increased. This is the only asana which can be practiced by women throughout the ten months of pregnancy, and it helps in making childbirth almost painless and in keeping the expectant mother healthy. The asana provides a wholesome, non-tiring, and bracing exercise which keeps the body nimble and active and in addition makes the delivery painless. During pregnancy women must practice this asana with great care and caution and in accordance with the instruction of a teacher. The Tadasana is also beneficial in sciatica and for those whose limbs are hyper-sensitive to cold.

7. Katicakrasana

Posture: Stand on the ground with feet twelve inches apart and arms out-stretched in front of the chest. Swing towards the right. The arm on which side the body is swinging should be kept straight while the other arm should be bent.



Katicakrasana

Benefits: The waist becomes slim and supple and the chest expands. It is recommended to persons of short stature. It relieves constipation and makes the lumbar region extraordinarily strong. The ribs acquire resilience whereby many respiratory ailments, even tuberculosis of the lungs, can be prevented. The shoulders, neck, arms, abdomen, back, and thighs are strengthened. It is equally useful for men as well as women.

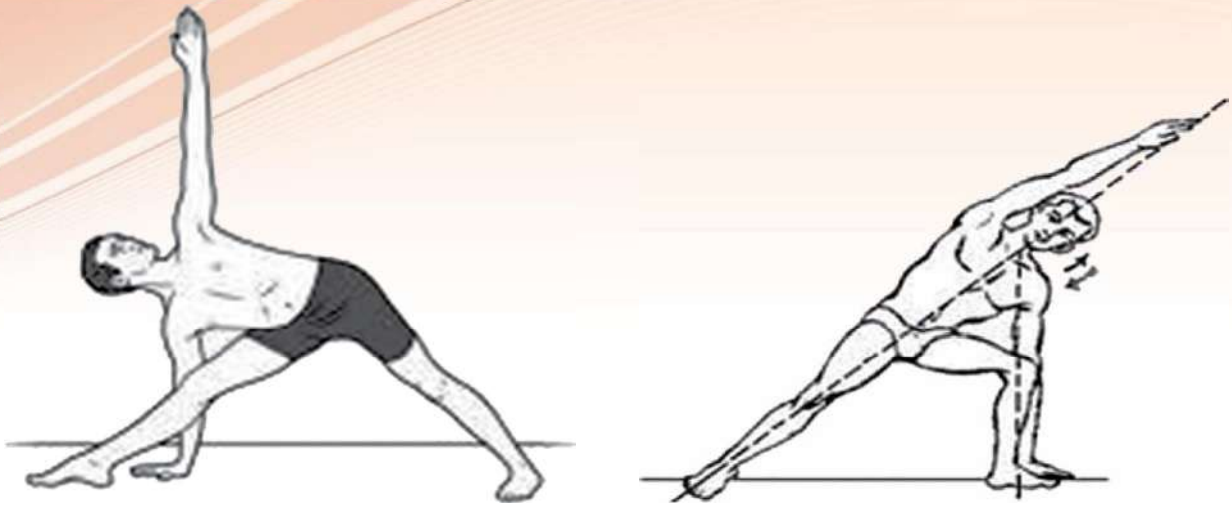
8. Trikonasana

When performed, this asana gives the appearance of a triangle hence the name of Trikonasana.

Posture: Stand with feet two to three feet apart and stretch both the arms sideways parallel to the ground, palms facing downwards. Bending at the waist, take the left arm down to touch the right foot, the head is turned right and the right arm is held upwards in line with the left arm, all the while looking at the right hand.

Then raising the trunk, return the arms to the horizontal position. The procedure is then repeated on the other side.

Exhale while lowering the trunk down and inhale while it is brought up.



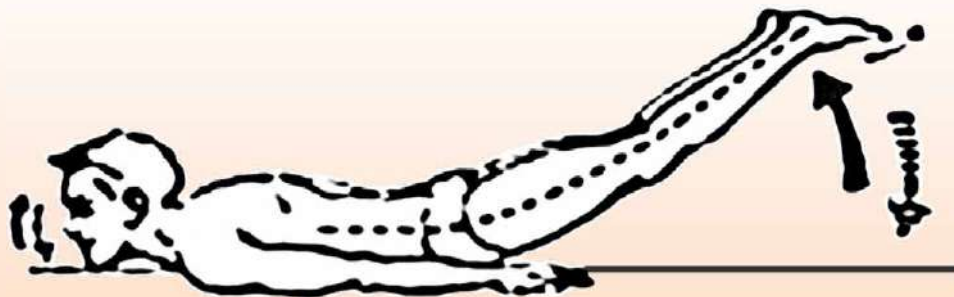
Trikonasana

Benefits: The bones below the knees become so strong that it is unlikely that one will ever fracture a bone or have a sprain. Those who have to climb a number of stairs, or those who go for mountaineering do not tire easily. This asana gives very good lateral movements to the spine. It makes the ankles, knees and thighs very strong and elastic.

9. Salabhasana

Posture: Lie on the abdomen and place the palms near the shoulders. The feet should be joined together and the body should be raised from the ground, as much as possible, above and below the waist. The body from the waist to the feet should be erect.

The feet should be joined together and the body above and below the waist should be raised above the ground as much as possible.

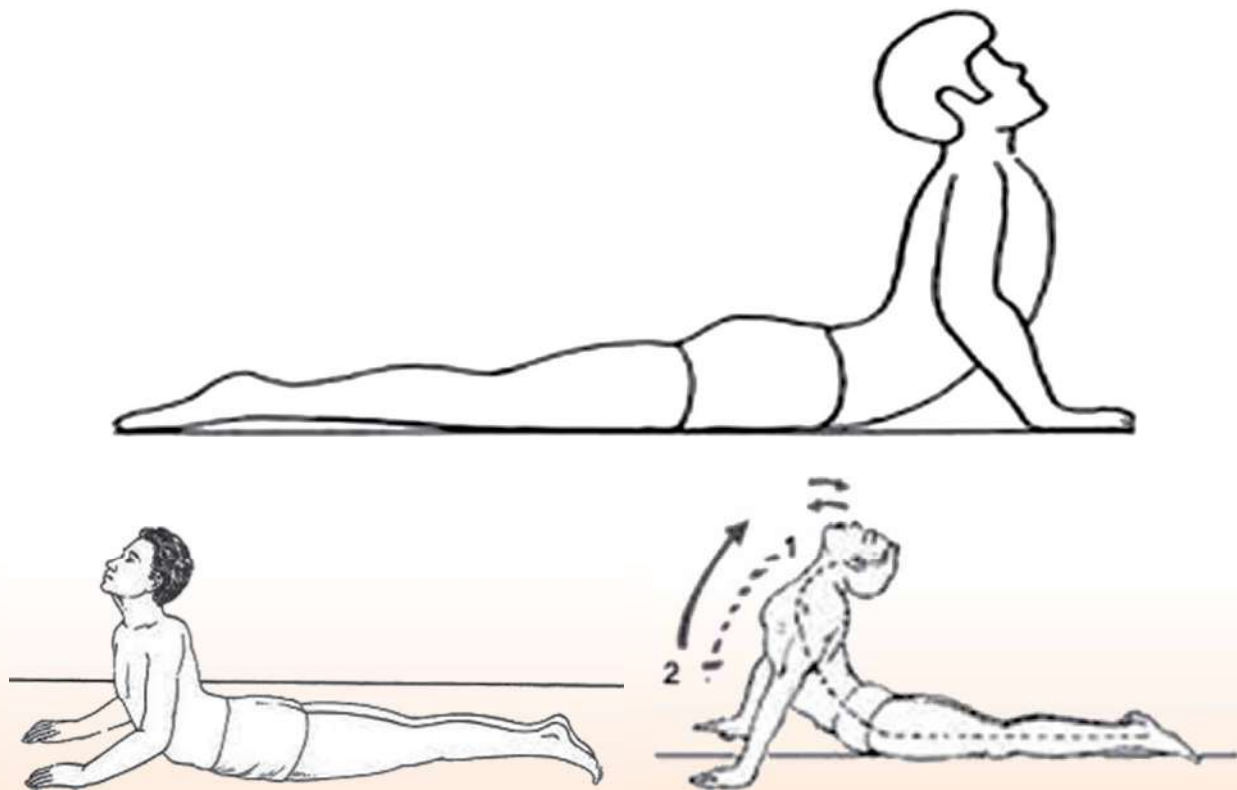


Salabhasana

Benefits: The chest broadens through the practice of this asana. The waist becomes resilient and supple. It is also very for the shoulders and abdomen. It relieves constipation and stimulates digestion. The asana is easy to perform and is also very useful. Women, in particular, need to practice it. Just as the locusts have a distinctive and highly developed faculty of hopping high, the practice of this asana sublimates many of man's faculties.

10. Bhujangasana

Posture: Lying on the abdomen, the lower limbs should be joined together and kept close to the ground. While the body from the toes to the navel touches the ground, the hands should be kept under the shoulders and, resting on them. The body above the navel should be lifted above the ground, as high as possible, so that it resembles the hood of a cobra.



Bhujangasana

Benefits: The practice of this asana relieves constipation, indigestion, and flatulence. It is very useful for patients with chronic constipation; it is useful for cleansing the whole gut from the mouth through the small and large intestines to the rectum.

Review Exercise

1. Padmasana is also known as _____
2. To help digest food _____ asana is beneficial.
3. Cow pose is also known as _____
4. _____ Asan is also known as Cobra Pose.
5. Match the following :

1. Bhujangasana	Triangular Pose
2. Padmasana	Cobra Pose
3. Gomukhasana	Lotus Pose
4. Trikonasana	Cow Pose
6. Suggest any one asana each for the following problems.
 1. Constipation _____ .
 2. Asthama _____ .
 3. Hernia _____ .
 4. Sciatica _____ .
 5. Poor Digestion _____ .
7. Savita is 25 yrs of age, she is suffering from respiratory problems since childhood, suggest her some asan which can help her lead a normal life. Suggest the asan along with the posture and benefits of the asana to her.



8. Write down the benefits of the following asanas.

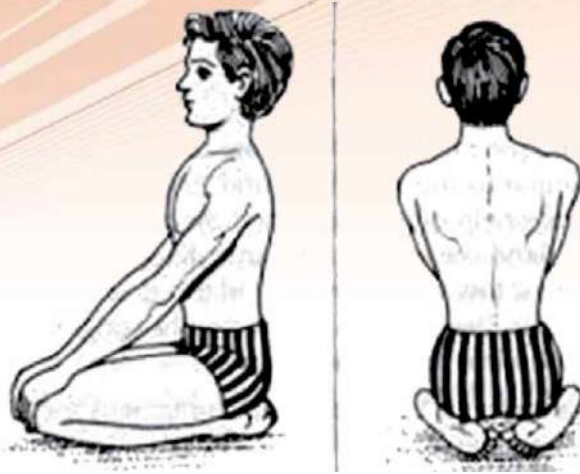
1.



2.



3.



Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the procedure and posture of doing various asanas.
- Explain the benefits of doing various asanas.

PART B

Discussed in class the following: -

- Different asana for curing different diseases.
- Benefits associated with doing various asanas.
- Benefits of proper breathing while doing asanas.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to perform all asana in proper manner.		
Able to list out benefits of all the asana.		
Able to identify that which asana is beneficial for which body part.		

Session-4: Basics of Alternate Therapies

1. Naturopathy

Basic Principles of Naturopathy

Naturopathy is a form of treatment of diseases through elements of nature. Nature is made of five elements-Jal (water), Vayu (air), Agni (fire), Akash (sky) and Prithvi (Earth). These elements also constitute our body. We get sick when there is imbalance in these elements and body just reacts to this imbalance by trying to get rid of impurities in form of cough, vomiting, fever etc. Therefore, it is beneficial to cure diseases not through drugs or surgery, but with help of these five elements of nature. Naturopathy says that our bodily functions are guided by nature's vital forces, therefore a holistic approach must be followed for curing ailments. Body has natural tendency to heal and naturopathy only facilitates the process of healing through energy of nature.

1. Belief in nature's healing powers and in body's inherent tendency to heal itself
2. Looking beyond symptoms to identify and treat underlying causes
3. Adoption of least invasive and most natural ways to cure
4. Teaching patients natural ways to maintain a good health
5. Viewing body as an integration of physical and spiritual aspects
6. Focusing on prevention, maintaining overall wellbeing

Elements of Body

According to **AYURVEDA** elements in the body are called as “**PANCHAMAHA BHUTAS**”.

Pancha means five and *Mahabhutas* are elemental source.



Five Elements of Ayurveda

The five great elements are **EARTH, WATER, FIRE, AIR, and ETHER** which make up the outer world of experience including physical body.

Each element represents a medium they are as follows:

- **Earth/Prithvi** – Represent solid which helps to give solidity and stability.
- **Water/Jal** – Represent liquid which helps for flowing motion and conversions.
- **Fire/Agni** – Represent radiant which helps in perception and chemical changes.
- **Air/Vayu** – Represent gaseous state which helps in subtle movements.
- **Ether/Akash** – Represent etheric form which helps in allowing interchange between all material medium.

Location of the Elements with Respect to Sense Organs are as Follows:

- Earth – Nose
- Water – Tongue
- Fire – Eyes
- Air – Skin
- Ether – Ear

All these Five Subtle Elements (Pancha Mahabhutas) are found in the material creation, from a grain of sand to the complex physiology of every human being. Balancing these PANCHA MAHABHUTAS in right way is the key to maintaining health and treating disease whether it is physical, mental, or spiritual.

2. Hydrotherapy

Hydrotherapy is also called as water therapy. In this water is used as healing source. Viscosity and many mineral components of water helps to get rid of various diseases which are as follows:

- **Spondylitis** – Inflammation in cervical vertebrae
- **Insomnia** – Sleeping disorder
- **Muscular Spasm** – Inability to perform particular action due to rigidity in muscle
- **Lumbago** – Pain around lumbar region
- **Sciatica** – Inability to walk due to peer pressure on sciatic nerve.
- **Inflammation of joints** – Swelling around joints.



Hydrotherapy

Types of Hydrotherapy

Wet Sheets Pack – In this the body is covered with the help of wet sheet. Wet sheet can either be cold or hot depending on which condition it has to be used and then again full body is covered with thermal blanket which induces sweating that is ultimately good for detoxification



Cold Bath – In this the body is sprayed with ice cool water showers mainly to stimulate blood circulation.

Compress – Compresses are of two types ie hot and cold. In cold compress the cloth is dipped in ice cold water and is wrapped around affected part whereas in hot compress the cloth is dipped in hot water and is wrapped around affected part and external heat for eg: infrared rays is given.

3. Colour Therapy

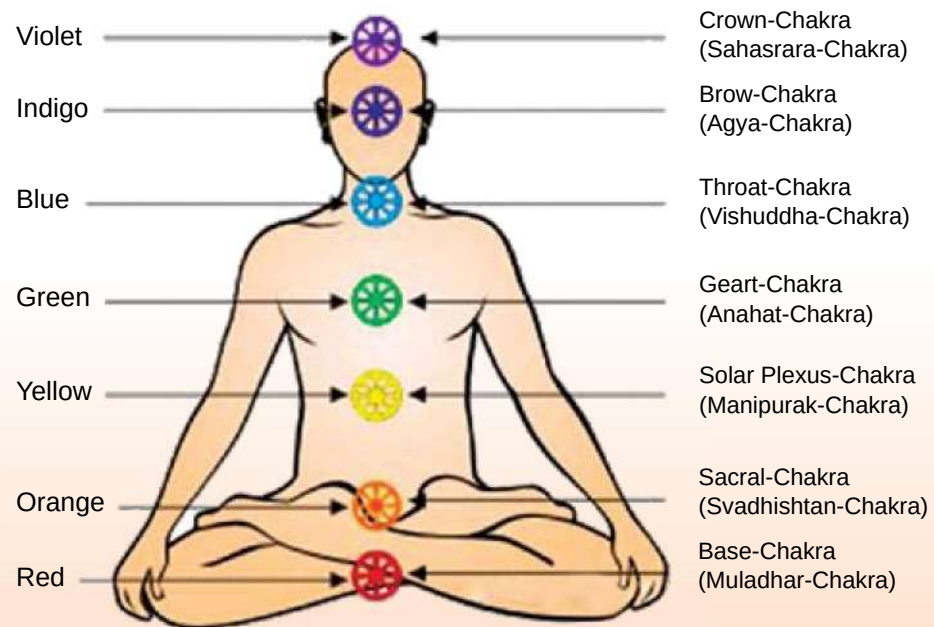
In this therapy specific colours according to the conditions are used so to remove energy blockages be it mentally or physically through sense of light.

Colours help to give emotional strength and balance our mind, channelizes our positive energy into right direction. For example bright colours helps to uplift our mind where as dark colors depresses our mind and energy.

Colours help to build our aura and are useful for spiritual healing. We can use these colours in our day to day life which helps to bring harmony in our surrounding as well as mind.

There are seven main energy centers in our body they are also called as **Chakras**. It can also be called as major plexus of arteries, veins and nerves.

Colour Therapy is also called as **Chromotherapy**.



Colour Therapy

Colour therapy uses colours to balance the chakras and aims for stimulating body's healing process.

- 1) **Violet** – Crown chakra at the top of the head relates to self knowledge and spiritual awareness. Violet colour governs the crown chakra .This colour helps spiritual healing, wisdom, purifies and filters our thoughts and thus helps in decision making process.
- 2) **Indigo** – Brow chakra is in the center of the forehead which relates to self responsibility. Indigo colour governs brow chakra. This colour helps to connect our body to unconscious self and make us realize that we are part of this universe. Indigo colour strengthens intuition and increases dream activity.
- 3) **Blue** – Throat chakra is situated in throat area which relates to self expression. Blue colour governs throat chakra. This colour pacifies our nervous system and help ability to communicate our needs and requirements.
- 4) **Green** – Heart chakra is situated in mid part of thorax (related organs are heart & breast) which relates to love. Green colour governs heart chakra. This colour helps to give and take love unconditionally so that we can love and nurture ourselves.
- 5) **Yellow** – Solar chakra is in above the navel area which relates to self personality, ego and intellect. Yellow colour governs solar chakra. This colour strengthens our ability to perceive and understand.
- 6) **Orange** – Sacral chakra is situated in lower abdomen which relates to self respect. Orange colour governs sacral chakra. This colour helps to remove all the inhibition and make us independent and social. Orange colour is considered as one of the best colour to stimulate emotionally.
- 7) **Red** – Base chakra is situated at the base of the spine which relates to self awareness. Red colour governs base chakra. This colour helps to absorb power from the earth and connects us to our physical body.

For Example

- 1) Use of colored lamps.
- 2) Use of bright light instead of dark colors.
- 3) Meditate in areas where there are lush green trees, near ocean blue or near colourful flowers.



4. Mud Therapy

In this therapy, different types of mud are used to absorb toxins from human body. Mud is known for its healing properties due to its mineral components that is magnesium, calcium, potassium, silicates, bromides and organic elements.



Mud Bath

For mud therapy mostly black mud, mud from Dead Sea, moor mud (mud which has higher concentration of organic residues i.e. herbs and flowers)

Types of Mud Therapy

They are of two types

- 1) Mud Pack
- 2) Mud Bath

Mud Pack – In this mud or muslin cloth dipped in mud is applied on affected part of the body. For making mud pack first mud is soaked in water for at least 30 min and then that mud is applied evenly on muslin cloth.

We can use such mud packs for eyes like eye pack which helps in relaxing the eyes, for head like a band dipped in mud tied all around head for migraine, for face mud can be directly applied over face for better complexion and to get rid of acne spots.

Mud Bath – In this the mud is applied all over the body in lying or sitting position in which the body is exposed to sunlight or any other external heat. This helps the mud to absorb toxin in a better way, stimulates blood circulation and also for removing dead skin. Mud

should be kept for at least 45 minutes and after that person is allowed to take bath in luke warm water.

Benefits of Mud Therapy

- 1) Skin Disorders like Psoriasis, Urticaria
- 2) Reduces Stiffness In Joints
- 3) Increases Blood Circulation
- 4) Help In Reducing Swelling And Relieves Pain
- 5) Removes Dead Skin, Deep Cleanses and Helps the Skin to Glow
- 6) Improves Skin Complexion



Mud Therapy

5. Ayurveda

Term Ayurveda: The term Ayurveda is the combination of two words AYUSH 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.



Ayurveda

Origin of Ayurveda

Ayurveda is attributed to Dhanvantari, 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.

Panchakarmas

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

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.

Review Exercise

1. Name five elements of the body.
2. What are the types of hydrotherapy?
3. Discuss about the benefits of hydrotherapy.
4. Write down the benefits of using orange and red color
5. Define term AYURVEDA?
6. Fill in the blanks:-
 1. Water therapy is also known as _____ .
 2. According to ayurveda elements in the body are known as _____ .
 3. Colour therapy is known as _____ .
 4. Ayurveda is a combination of two words _____ and _____ .
 5. The seven main energy centers in the body are known as _____ .
7. Name five elements of body related to following sense organs.
 1. _____ Ear
 2. _____ Eyes
 3. _____ Tongue
 4. _____ Skin
 5. _____ Nose

8. Complete the following table:-

S. No.	Colour chakra	Position of the chakra	Beneficial for
1.	_____	Throat Chakra	_____
2.	_____	_____	This colour help in absorbing power from the earth
3.	Orange	_____	_____
4.	_____	Mid part of thorax	_____
5.	Indigo	_____	_____
6.	_____	_____	This colour helps in spiritual healing & wisdom
7.	_____	Above the navel area	_____

9. Difference between:-

Mud Therapy

Hydrotherapy

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the basic principles of Naturopathy.
- Explain the elements of body as per Ayurveda.
- Explain the basics of hydrotherapy, colour therapy, mud therapy and panchkarma.

PART B

Discussed in class the following: -

- Benefits of doing naturopathy treatment.
- Benefits associated with doing various types of hydrotherapy treatments.
- Benefits of using right colour on body chakras to cure diseases.
- Benefits of mudtherapy ,ayurveda and panchkarma.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to do perform basic alternative therapies .		
Able to differentiate between therapies.		
Able to list benefits and precautions to be taken while giving these treatments.		

Exercise Questions Unit-1

Theory Questions

1. Write down the names of food nutrients?
2. What are the sources of fats?



3. What is the place of roughage in the food?
4. List down the types of Vitamins.
5. Tonsils and throat related diseases can be cured with Griva Shakti Vikasaka – Justify the statement?
6. ENT problem can be improved with the help of which Suksham Vyayama? Write names and explain in detail with benefits?
7. To strengthen lower back, what kind of Asanas is advised – Explain with benefits?
8. Asana purifies the body and mind and has preventive and curing effects – Justify?
9. How one can obtain balanced mind and body by Asanas?
10. Why it is important to do client consultation before any therapy?
11. What are the six principles of naturopathy?
12. Describe in detail about colour therapy?
13. What is mud therapy?
14. Explain the meaning of Panchakarma
15. Give detail about types of mud therapy and its benefit.

Practical Questions

1. Prepare a file and project report on study of Ashtang yoga with detail knowledge of Asana and Suksham Vyayama?
2. Demonstrate various Suksham Vyayama.
3. Demonstrate various Asanas.
4. Demonstrate which color should be used on different chakras of the human body.
5. Prepare balanced diet chart for 15 years old school going girl.

Activity

Suggest Asanas/Vyayama you would suggest to the customers.

Physical ailments	What will I suggest
Constipation	
Back ache	
Weak Eye	



UNIT - 2



Hand Care

Contents

Unit Overview & Description

- Overview
 - Knowledge and Skill Outcomes
 - Resource Material
 - Learning Outcomes
 - Assessment Plan
- Session 1: Manicure
- Session 2: Hand Reflexology
- Session 3: Removal of Superfluous Hair

Overview

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Manicure and Its Benefits
- Head Reflexology
- Removal of Superfluous Hair

Resource Material

1. Beauty Therapy the Foundation Level II, Lorraine Nordmann
2. Milady's Standard Nail Technology, 5th Edition
3. Manicure, Pedicure and Advanced Nail Techniques by Elaine Almond
4. Milady's Standard Cosmetology, ISBN-978-15625-3880-2

Learning Outcomes

Session	Topic	Outcomes
1	Manicure	- Identify the benefits of manicure - Identify do's and don'ts for manicure - Identify material and supplies - Procedure of manicure - Identify the types of manicure - Identify various tips of nail care, finger nail care
2	Hand Reflexology	- Understand definition of reflexology - Identify benefits
3	Removal of Superfluous Hair	- Identify the contraindications of hair removal - Identify the techniques of hair removal - Identify methods of using depilatory for hair removal - Identify various methods used (shaving/threading/shaping of eye brows), waxing of arms and legs

Assessment Plan: (For the Teachers)

Session	Topic	Assessment Method	Time Plan	Remarks
1	Manicure	Exercise: Question & Answer Audio Visual Aids; Practical demonstration by the learner		
2	Hand Reflexology	Exercise: Question & Answer Audio Visual Aids; Practical demonstration by the learner		
3	Removal of Superfluous Hair	Exercise: Question & Answer Audio Visual Aids; Practical demonstration by the learner		

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. 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.

Benefits of Manicure

The main purpose of the treatment is to improve the look and feel of your hands and fingernails. Another purpose is to clean, strengthen, shape, make attractive and sometimes even dress your nails. The other benefits associated with treatment include

- It improves the health and texture of your hands and fingernails
- It helps in preventing hang- nail formation
- It may help in treating sore or broken skin if present around the nails
- It helps in preventing nail damages like fragile tips, cuts or splits
- Massage that often accompanies manicure helps in improving the health of the skin by increasing blood circulation
- By improving the health of the skin, it discourages the wrinkling of the skin on hands.

Manicure Do's and Don'ts

Do's

- Wear gloves to protect your nails from detergents and chemicals, e.g. washing up, also do not forget the cold outside and then there is the gardening and the housework!
- Apply hand cream after putting your hands in water, also as extra treat for them at night apply a good moisturizing cream.
- Use an oily enamel remover, as this will prevent moisture loss from the nail plate and stop your nails drying out.

- Always use a base coat to protect the nail plate from discolouration, when applying coloured enamel to your nails.
- Apply hardeners to strengthen weak nails, but not too often, and be careful not to get it on your skin around the nail (Nail wall).
- Have regular manicures to maintain your nails. Or as I said before do one yourself!
- When filing your nails always file the nail from the outside in on both sides along your free edge to stop splitting, at 45° angle. (Just think of them like wood, if you go against the grain, this will cause splitting)

Don'ts

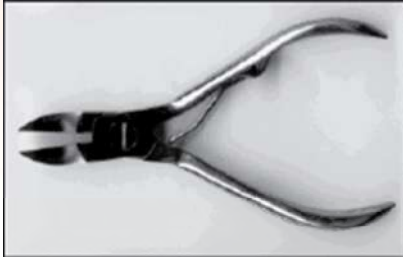
- Use your nails as tools, e.g. tightening things with your nails etc. This will cause them to break, become weak and splitting.
- Never use a metal files, as it will cause flaking nails.
- Paint coloured enamel straight on to the nail plate, this will discolour your nails.

Material & Supplies

- Trolley Setting for Manicure
- Bowl of warm water or finger bath
- **Nail clippers** – They are designed to cut the nails straight and not at an angle. They are very sharp and should always be kept clean like your other implements. Cut straight across the nail, not too short, always leave a small free edge.



- **Cuticle knife and clippers** – The cuticle knife is very sharp and you can easily damage your nail plate if not used correctly. Always use wet and at a 45-degree angle, as flat as possible against the nail plate.



- **Nail file/Emery boards** – To smooth off the free edges and shape the nail. When using an emery board remember that the darker side (Course side) is used to file your toenails and the paler side (finer side) is used for your fingernails. Always file at a 45-degree angle from the outside in on both sides. Don't use metal files, as these will cause your nails to flake.



- **Cuticle pusher/Hoof stick** – Often made from metal or orange wood. Used to push back the cuticles. Your hoof stick should always be wet so not to scratch or damage your nail plate in any way.



- **Buffing paste** – Buffing paste has a gritty consistency it is used along with a buffer to smooth out irregularities on the nail plate and give a shine if enameling is not required.



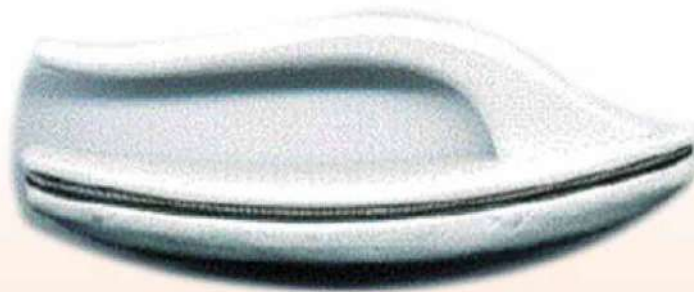
- **Nail scissors**



- **Brush**



- **Buffer** – A buffer normally has a handle and a convex pad that is covered by leather, which is replaceable after worn; it is used along with buffing paste. Use only in one direction. Don't do anymore than 12 – 15 strokes, as this will cause a build up of heat and cause drying.



- **Orange stick** – If you didn't want to use cotton buds, get your orange stick and a small piece of cotton wool, place your orange stick over the cotton wool and tightly wrap around. This will save you money! Please remember to use a clean tip with every application into your pot. Your orange stick is also used at the end of your manicure/pedicure to clean around the nails by dipping it in your enamel remover



and rubbing carefully over the enamel to be removed. You can also use it to clean under your nails if you are using a clear enamel. But again, keep your orange stick clean for next time.



• Manicure table

Supplies:

- Cuticle remover
- Massage lotion/cream
- Nail polish Base coat polish & ridge filler polish
- Color varnish
- Top coat or sealant
- Nail bindi stick-on jewels
- Nail polish remover or nail polish remover wipes
- Hand cream
- Sanitizing spray/towels
- Cotton balls/pads
- Hand towels

Preparation of Client & Procedure

Ensure the client is warm & comfortable

- Lighting must be efficient to avoid eyestrain & to allow the treatment to be performed competently.
- Ask the client to remove all jewelry from the area to be treated, to prevent jewelry being damaged by creams and to avoid obstruction during the massage.
- Place jewelry in a tissue-lined bowl where client can see it.



- Ensure that client is seated at the correct height and close enough to the manicurist.
- When the client is comfortably seated, wash your hands in front of the client.
- Consult the client record card & commence with the treatment.

Manicure Procedure

Always remember to keep your tools clean; if they are left dirty they may harbor germs and cause infections.

- Begin by cleaning your hands and remove any old enamel that you may have on your nails with the cotton wool and enamel remover.
- Decide on what shape you would like on your nails, cut them if needed, then use your emery board to file them.
- Take a cotton bud and remove a very small amount of buffing paste from the pot and smear on the top of your nail. With the buffer, buff your nails.
- With another cotton bud, remove a small amount of cuticle cream and apply to the cuticle of each nail. Massage this in circular movements.
- Soak your hands in warm soapy water containing an anti-bacterial liquid soap.
- Dry your hands carefully with the towel. Put a tipped orange stick into your cuticle remover and wipe over each cuticle. Dip your hoof stick in the disinfectant and carefully push



back your cuticles in movement described.

- Wet your cuticle knife to carefully lift the cuticle from the nail plate. Cuticle nippers to remove excess cuticle.
- Re-soak your hands then pat dry. It is important to remove cuticle remover from your hands after application. Dry and apply a good moisturizer all over the hand and arm up to the elbow, as this is a place everyone tends to forget. Give massage manipulations.
- Clean the nails with cotton wool and enamel remover again to remove any oil from the moisturizer that is left on the nail plate.
- Now comes the fun part, apply your base coat and wait for it to dry. Pick your coloured enamel or frosted enamel and paint on, wait for the enamel to dry and apply the topcoat to coloured enamels. If you do not wish to paint your nails then just quickly go over them again with the buffer for a lovely shine.
- One last thing, use your orange stick and enamel remover to remove all traces of enamel left on the skin to make a really neat job.



Massage Manipulation for Manicure

Three main types of massage movements are described below:





- **Effleurage:** These movements always begin and end the massage sequence; they are soothing, relaxing and stroking movements, performed in upward-movements.
- **Petrissage:** These are finger and palmer kneading movements, which are both relaxing and soothing to muscles. Slight pressure is applied with each movement, assisting the return of blood and lymph to the heart
- **Rotations:** These are circular movements, applied to joints to aid joint mobility

Types of Manicure

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 now a days 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 over worked 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 warms up oil and then uses it to massage the hands, nails, and cuticles. The oil is then wiped off with a damp towel and a complete manicure is performed.

Nail Care

Following points may be noted to take proper and good care of fingernails:

- By regularly pushing up the cuticles with an orange stick, more of the nail plate will be visible, which will ultimately make your nails look longer
- By filing your nails correctly, instead of using nail clippers, your nails will strengthen and can be easily formed into a shape that you desire.
- It is very important to keep your nails clean by washing them regularly, especially after doing outdoor activities.
- Wear gloves when gardening or washing dishes to protect your nails from bacteria as well as helping prevent your hands from drying out by harmful detergents and sunlight.
- When removing nail polish with cotton wool, try to avoid rubbing too hard, as this will put too much pressure on the nails.
- Try not to use your nails as a tool to perform other tasks as this often leads to nails splitting and tearing.
- Apply hand cream as often as you can, eg. each time after washing your hands.

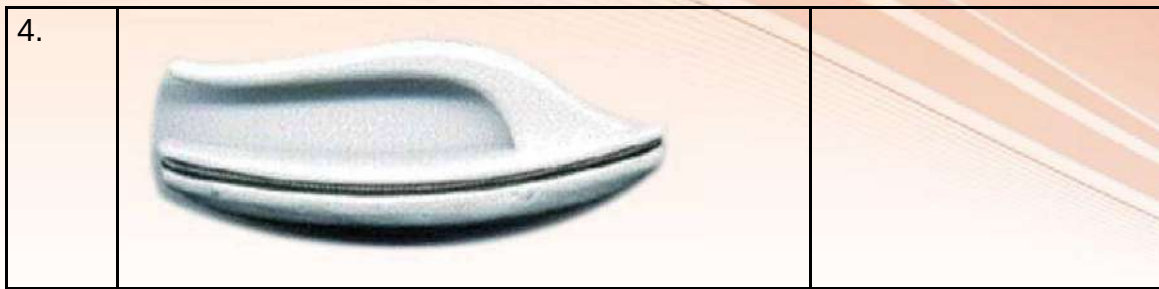
Contraindications

- Eczema
- Puss in the nails
- Rash, Burn or Blisters
- Fever
- Undiagnosed lumps and bumps
- Allergic to any nail products
- Nail disease

Review Questions

1. List the benefits of manicure.
2. List any 05 points of finger nail care.
3. List the tools and supplies used in manicure.
4. Why do we need to disinfect the hand during the manicure?
5. Identify the following implements:-

S. No	Picture of the implement/tool	Name
1.		
2.		
3.		



6. Fill in the blanks:-

- Manicure is derived from _____ word.
- Always file nails at _____ angle.
- _____ should be done to smooth out irregularities on the nail plate.
- Manicure is the combination of two words _____ and _____.

7. Match the following:

1	A clear or sheer pink nail polish is applied on the nail base followed by white nail paint on the tips of the nails	Oil Manicure
2	Special heated stones are used to massage the hands	Paraffin Manicure
3	Hands are dipped in warm wax bath especially good for chapped hands	French Manicure
4	Instead of water, warm oil is being used for dipping the hands and helps in curing dry cuticle and brittle nails	Stone Manicure

8. Rita is performing manicure on her client. She has forgotten some of the basic steps, help her in completing her manicure.

Step 1 Wash and disinfect the hand.

Step 2 Remove any old enamel.

Step 3 _____.

Step 4 Buff the nails.

Step 5 _____.

Step 6 _____ .

Step 7 Give massages manipulation to arms & hand.

Step 8 _____ .

9. Seema needs some guidance as how to take care of her hands and nails. Suggest her few important do's and don'ts of nails care.

Do's	Don'ts

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the procedure of performing manicure.
- Explain as how to choose material and supplies for manicure.
- Explain the benefits of doing manicure.
- List massage manipulations on hand & arm.

PART B

Discussed in class the following: -

- Benefits of doing manicure.
- Do's and Dont's of nail care and hand care.
- Benefits of doing different types of manicure procedure .

PART C : - Performance standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to do perform various massage manipulations .		
Able to differentiate between different types of manicure.		
Able to list benefits and precautions to be taken while giving these treatments.		

Session-2: Hand Reflexology

Introduction to Reflexology

“A natural healing art based on the principle that there are reflexes in the feet, hands and ears and their referral areas within zone related areas, which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes without the use of tools, crèmes or lotions, the hand being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body.”

Reflexologists divide the body into ten equal vertical zones, five on the right and five on the left. Concerns have been raised by medical professionals that treating potentially serious illnesses with reflexology, which has no proven efficacy, could delay the seeking of appropriate medical treatment.

Benefits of Reflexology

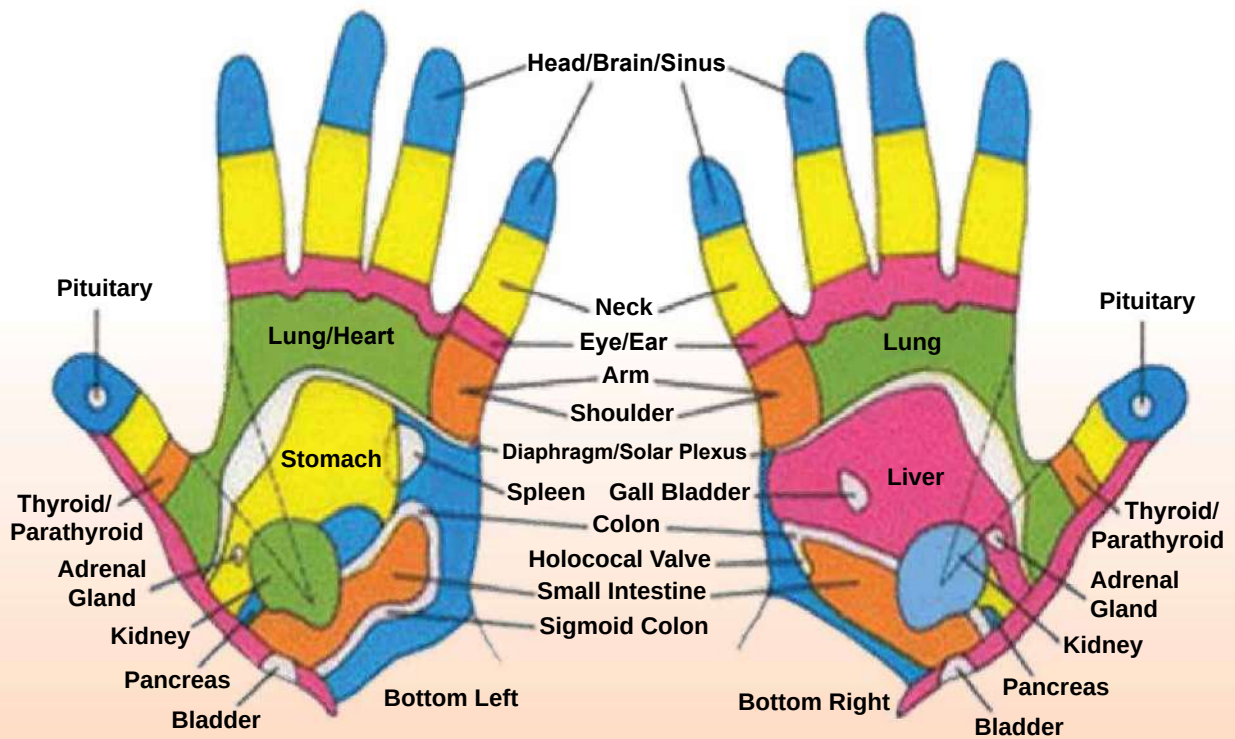
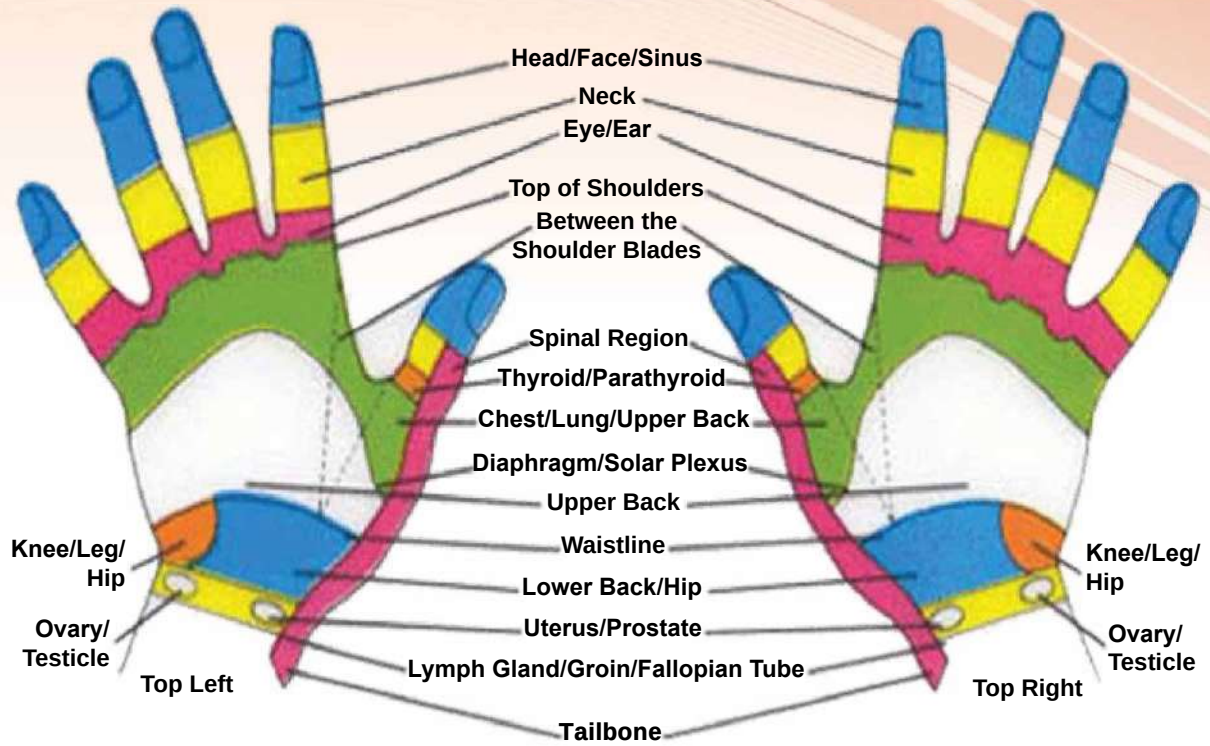
- Stress Reduction
- Improved Circulation



- Stimulated Nerve Function
- Improved Immune System
- Increased Energy

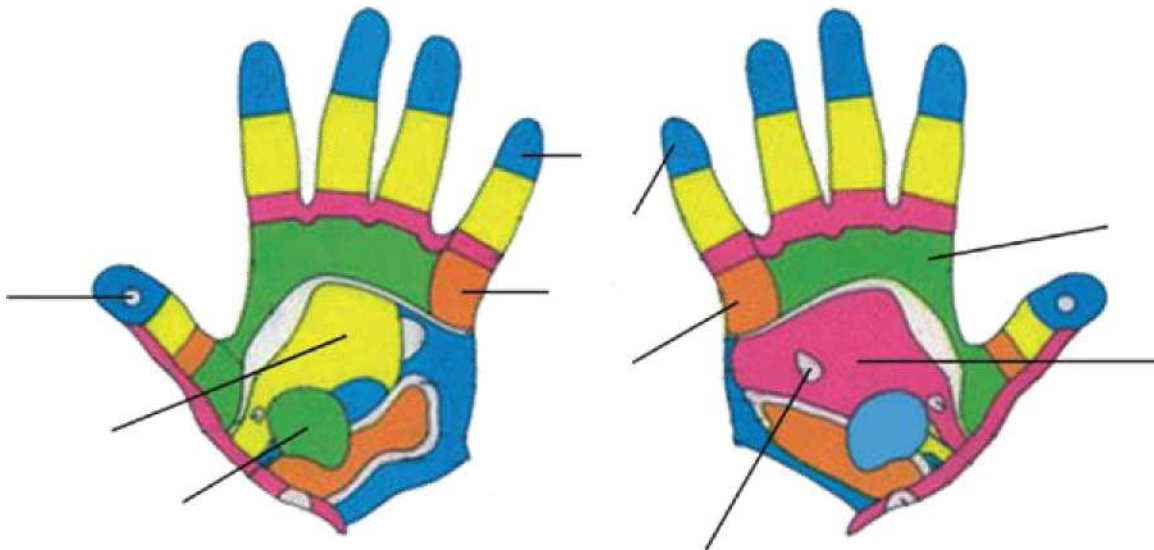
Reflexology can assist in conditions such as:

- Allergies
- Arthritis
- Asthma
- Back Problems
- Blood Pressure
- Constipation
- Gynecological Disorders
- Insomnia
- Knee Problems
- Muscle Tension
- Neck Problems
- Respiratory Problems
- Sinusitis
- Stress Disorders
- Thyroid Imbalance



Review Questions

1. Fill in the blanks:-
 - a Reflexology improves _____ and helps in promoting the natural function of the related body part.
 - b Reflexology divide the body in _____ equal vertical zones.
 - c _____ is applied on various reflexes using thumb.
 - d Reflexology can improve the _____ of the body.
2. Identify the following reflexology points on palm.



3. Write down five conditions which can be treated with reflexology.

1. _____
2. _____
3. _____
4. _____
5. _____

4. Write down five benefits of using reflexology on hands.

1. _____
2. _____
3. _____
4. _____
5. _____

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the meaning of reflexology.
- Explain different reflexology areas on palm associated with different body parts.

PART B

Discussed in class the following: -

- Benefits of doing reflexology on hands.
- Use of reflexology for curing different body conditions.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different reflexology areas on palms .		
Able to list benefits of doing reflexology.		
Able to list conditions which can be benefited by giving reflexology treatment.		

Session-3: Removal of Superfluous Hair

Superfluous Hair

Hair removal is a treatment to be given for unwanted hair known as superfluous hair. It is a industry not in India but all over the world minting money with various methods to remove superfluous hair. Unwanted or overly abundant hair is a common problem that

affects both men and women, for women fortunately a variety of hair removal methods are available, ranging from the fairly simple procedures of shaving and tweezing to more complex procedures that required special training. By understanding these methods and their effects, hair-removal specialists will be able to offer sound advice to clients, explain the problems clients may be having with their home hair-removal methods, and steer clients toward methods better suited to the client's need. Two major types of hair removal techniques are in use today: permanent and temporary. Salon techniques are generally limited to temporary methods.



Use of waxes for different parts of the body (paraffin wax, sugar wax etc)

Contraindications for Hair Removal

One of the main purposes of the client consultation is to determine the presence of any contraindications for hair removal. Facial waxing or tweezing should not be performed on those clients who have any of the following conditions or treatments:

- Very sensitive skin/sunburn
- Presence of pustules or papules
- Cosmetic or reconstructive surgery
- Open cuts and wound
- Recent scar/surgeries
- Inflammation/redness

Two methods are used to remove superfluous hair

Depilatory Method of Hair Removal

- i) Shaving
- ii) Depilatory cream

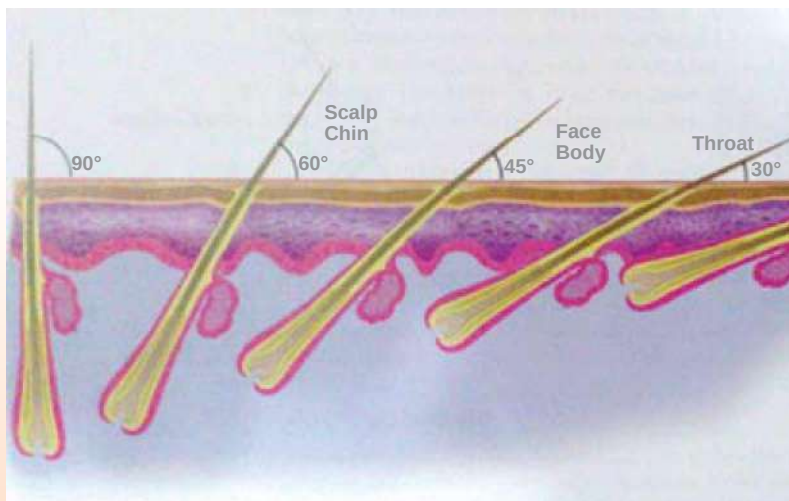
Epilatory Method Of Hair Removal

- i) Threading
- ii) Waxing
- iii) Laser/Thermolysis/Electrolysis

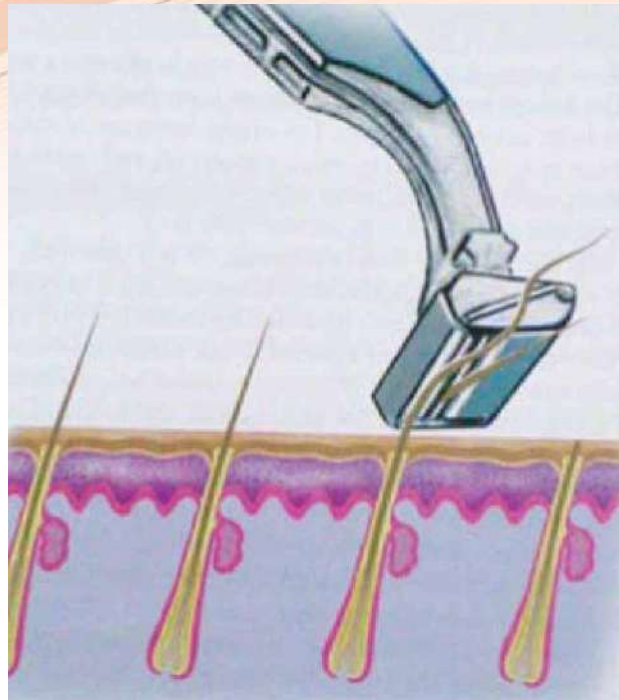
Depilatory Method of Hair Removal

i) Shaving

Shaving is the most common method of removing unwanted hair by men and women. However, more and more women are embracing the benefits of professional hair removal and are switching from shaving to waxing, electrolysis, or laser hair removal. Shaving is usually done with a manual or an electric razor on skin that is either wet and lathered or covered with a special foaming product. Shaving is not only removes unwanted hair indiscriminately removes finer vellus. Overtime, become terminal hair, thereby aggravating an already undesirable condition. It's a fast, inexpensive, painless and convenient treatment but hair grows back coarsely and more stubby in 1 to 4 days.



Types of growth of hair visible on skin surface



Shaving with Razor

ii) Depilatory Cream

Depilatory cream dissolves a hair just below the skin with the chemicals **calcium thioglycolate, sodium thioglycolate, sodium hydroxide**, agents that dissolve the hair on cattle hides. The keratin in hair is broken down, causing it to weaken and break away, broken hairs are washed away with the depilatory product. New hair, may be visible soon after, but if more depilatory product is applied to the area within a month, skin irritation can occur. It is relatively inexpensive, can be used in privacy and when hair grows back, it is softer than that after shaving but the results are not as long lasting as waxing, can have a nasty odor, can cause skin reactions because protective barrier is compromised when the depilatories are washed away.

Epilatory Method of Hair Removal

i) Threading

Threading is technique that has been used by India, Pakistan, Iran, Turkey, Egypt & Arabia. Threading is inexpensive treatment of hair removal. The most popular areas for threading are the eyebrows, hair line, the sideburns, the sides of face, the upper lip, the chin and under the jaw. Threading is a good alternative for those unable to tolerate

waxing on the face due to prescription and other product. But ineffective for the large parts of the body. If it is not be done carefully cuts or bruises may occur and give pain and scars on the skin.



The most popular areas for threading are the eyebrows, the area above the eyebrow up to the hairline, the sideburns, the sides of face, the upper lip, the chin, and under the jaw. The thread should be a strong, cotton, household thread, clean and sterilized. The thread should range in length from 24" cut to 30" cut. The shorter threads are easier to control when learning and developing the skill, and they are also better for practitioners with small hands. As the practitioner becomes more skilled, a larger loop of thread is more manageable.

Eye brow Arching

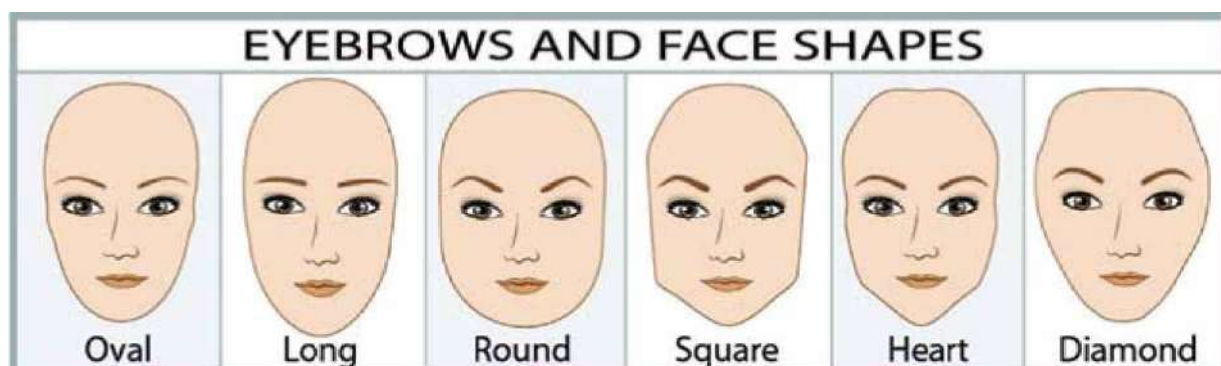
The correct shape of the eyebrows has a marked effect on the beauty and contour of the face shaping are the important features of the face. (The entire expression can be changed by the eyebrow line and eyebrow forms a significant point of structure in facial composition and it is a work of beauty expert to relate the structure to help emphasise good points and detract bad points.) The natural arch or the growth of the hair follows the bony structure or the curved line of the orbit (eye socket). The majority of persons have disorderly growth of hair both above and below the natural line. These hairs should be removed to give a clean cut and attractive appearance.

Implements and Materials for Eyebrow Arching

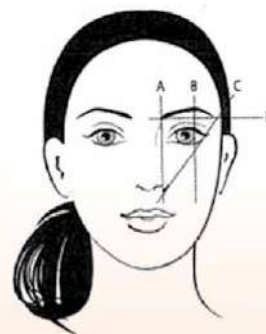
- Emollient cream
- Eyebrow pencil
- Thread
- Hand Mirror
- Cotton
- Eyebrow brush
- Powder
- Astringent lotion
- Cleansing tissue
- Tweezer
- Scissors

Measuring the Eyebrow to Decide Length

In order to determine the correct length of eyebrows, there are three main guidelines:



- Place an orange stick beside the nose and the inside corner of the eye. This is usually in line with the tear duct. Any hairs that grow between the eyes and beyond this point should be removed. If the client has a very broad nose, however, this guide is inappropriate : tweezing would commence near the middle of the brow. In this instance, use the tear duct at the inside corner of the eye as a guide.
- Place an orange stick in a line from the base of the nose (to the side of the nostril) to the outer corner of the eye. Any hairs that grow beyond this point should be removed.
- Place an orange stick in a vertical line from the centre of the eyelid. This is where the highest point of the arc should be.



Preparing the Patron for Eyebrow Arching

Procedure

- Seat the patron on facial chair in reclining position.
- Select type of arc according to the face shape and customers liking, suitable for her facial characteristics.

- Brush the brows and apply powder.
- Remove hair between brows and above brow line, when gradually proceed under the line. Extra care has to be taken while working under the brows. Stretch under and above the brows to maintain the tension.
- While working for thick growth it is advisable to use tweezer simultaneously to avoid cuts or bruises.
- Brush the brows to remove powder and scales. Cover patron's eyes with cotton pads moistened with antiseptic lotion.
- Brows around the surrounding skin may be softened by rubbing emollient cream into them

Use these guidelines when defining the eyebrow shape

1. **Start**
2. **Point of arch**
3. **End point of eyebrow**

Eyebrow Shaping

The entire expression can be changed by the eyebrow line. Select shape falls into the following categories as illustrated.

High Forehead: The eyebrow arch is slightly elevated to direct from the high forehead.

Low Forehead: A low arch gives more height to the very low forehead.

Wide Set Eyes: The eyes can be made to appear closer together by extending the eyebrow line to the inside corner of the eyes.

Close Set Eyes: To make the appear farther apart space brows. Farther the distance by widening the distance between them also slightly extend the brows outward.

Round Face: Arch the brows to make the face seem narrower. Start online directly above inside cover of eye and extend to ends of been pulled out leaving little sports in the brows darken them with the pencil. Using the eyebrow brush over is to soften the pencil mark.

Where the Arch is too High: Remove the superfluous hairs from the top of the brow and fill the part from the top of the brows.

Where Arch is too Low: Remove the superfluous hair from the lower part of the brow and build up the shape of the brow by means of the brow pencil.



Precautions & Reminders

- Threading is a inexpensive treatment and discomfort level is usually less than the waxing 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.

Threading Contraindications

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

ii) Waxing

Introduction

There are two major methods of waxing for hair removal. One is hard wax, also known as the nonstrip method. The other major wax method is the hot wax or strip method. This can include the honey-textured waxes and crème waxes. In addition to those waxes, there are various varieties in between, such as cold wax and sugar wax, and many with soothing additives.

Waxing Contraindications

If the client has any of the following, wax depilation must not be carried out:

- Skin disorders, such as bruising or recent hemorrhage.
- Loss of skin sensation
- Cuts/Abrasions
- Bruises
- Warts

Types of waxes

- **Warm waxes** are frequently made of mixtures of sugar, syrup and zinc oxide are also called honey wax.
- **Hot wax** It is relatively slow to use and used at quite a high temperature, extra care to must be taken to avoid burns.



- **Sugar wax** there are two methods of sugar wax hair removal- sugar paste and strip sugar. Sugar paste is applied to the skin, using the hands, in the direction of hair growth. The hairs embed in the wax, which is then removed swiftly against hair growth, removing the hairs. Strip sugar is similar in application and removal to warm wax and requires a wax removal strip to remove the wax, against hair growth. Sugar wax has pure sugar as the main ingredient, plus other natural ingredients such as lemon.

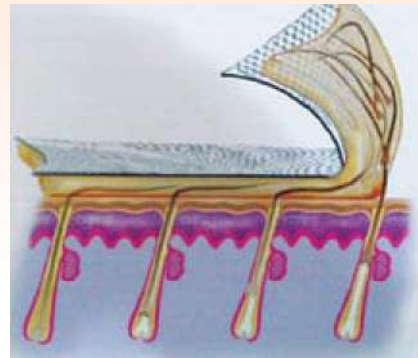
Equipment & Materials

- Room with privacy
- Table/Stool
- Antiseptic cleanser and towel
- Washable drapes for the client
- Applicator/Spatula
- Pretreatment lotion/Antiseptic lotion
- Dusting powder
- Ice cubes
- Soothing lotion
- Cotton
- Wax heater
- Waxing strips (disposable)

Good lighting is essential to a waxing treatment area. Fluorescent lights are the brightest and most economical with music because music makes a treatment most pleasurable. Wax heater are usually thermostatically controlled, but the wax should be always be tested on the skin of the technician on the inner forearms before its application on the client.

Make sure the table is at a comfortable height for working, check the posture and make sure you do not bend over, maintain safe distance with client.



Procedure**Types of Waxes****Removal of Wax**

- Use a towel to protect the client's remaining clothing.
- Wipe the area to be waxed with a professional antiseptic pre-wax cleansing lotion on cottonwool. Blot the area dry with tissues before applying the wax. While wiping the skin, look for contra-indications.
- If the client's skin is very greasy (she may for example have applied oil before coming to the clinic), cleanse it using an astringent lotion such as witchhazel. Use dusting powder with cottonwool on the treatment area before the application of wax.
- Apply wax on the area which is to be treated in the same direction of hair and press the disposable strip, with stretching the skin and pull the strip with sudden tug in the opposite direction of the hair growth.
- An after-wax lotion should be applied, using clean cottonwool, at the end of the treatment. This breaks down any wax residue, helps to guard against infection and irritation, and takes away any feelings of discomfort.

**1****3**



2



4

Waxing

Hygiene and Sanitation

- Use disposable equipment where possible to avoid cross-infection. Wear protective gloves during the treatment.
- Clients should not apply perfumed products to the area that was waxed for at least 24 hours.
- A clean and sanitary environment is not only important to meeting state requirements, it inspires client confidence. As the client leaves the room, tools should be washed with a germicidal soap and put in the sterilization unit. Wipe down surfaces and bottles with a disinfectant cleaner.

Points to Remember

- Hot wax is always applied in the direction of hair growth and removes against hair growth.
- It is always better to work from lesser hair growth to denser hair growth.
- The wax should not be applied to a large area.
- The strips should not end where there is still wax.
- The strip should be placed over the wax, always allowing a sufficient free edge to grasp easily.



Removal of strip in the opposite direction of hair growth

- Once the strip is placed over the wax, it only needs to be smoothed or rubbed once or twice to adhere to the wax and be effective.
- Do not prolong the anticipated moment of discomfort by excess rubbing.
- The pull of the strip should always be against the hair growth. It should be quick and decisive and as close to the skin as possible for minimal discomfort.

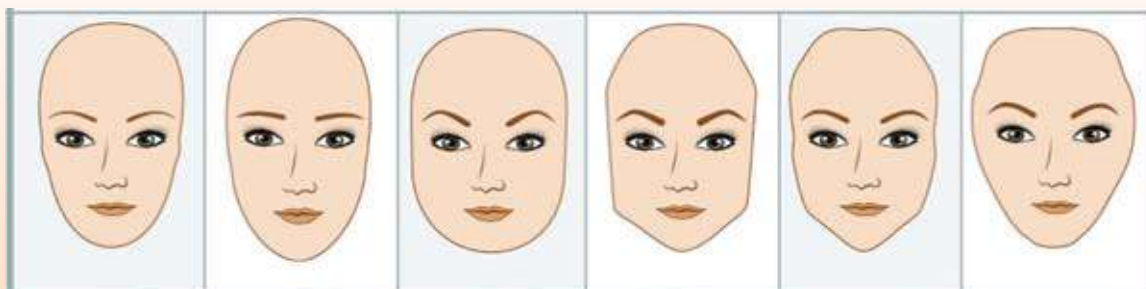
Review Questions

1. What do you understand by depilatory method?
2. Explain in short the epilatory method.
3. What kinds of methods are used to remove unwanted hair?
4. Write the material and implements used for eyebrow shaping?
5. What are the various types of waxes to remove superfluous hair?
6. Write the procedure of waxing.

7. Fill in the blanks

- a) Hair removal is a treatment to be given for unwanted hair known as _____.
- b) Two major types of hair removal techniques are in use today: _____ and _____.
- c) Depilatory method of hair removal are _____ and _____.
- d) _____, _____ and _____ are Epilatory methods of hair removal.
- e) _____ is the most common method of removing unwanted hair by men and women.
- f) Shaving is usually done with _____ on the skin.
- g) Threading is technique that has been used by _____, _____, & _____.
- h) The most popular areas for threading are the _____, _____ & _____.
- i) The thread should range in length from _____" cut to _____." cut.
- j) The natural arch or the growth of the hair follows the bony structure or the curved line of the _____.
- k) Use _____ equipment where possible to avoid cross-infection.
- l) As the client leaves the room, tools should be washed with a _____ and put in the _____ unit.
- m) Hot wax is always applied in the direction of _____.

8. Identify the facial shapes as per the eyebrow shape given



9. Write the contraindication of hair removal:-

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

10. Write down the implements and materials required for eyebrow arching

Implements	Materials

11. Ms. Geeta is performing waxing on her client, she has forgotten some steps, identify those steps

Step 1: Wipe the area to be waxed blot the area dry with tissues

Step 2: _____

Step 3: Apply wax on the area which is to be treated in the same direction of hair.

Step 4: Apply disposable waxing strips and remove.

Step 5: _____

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the different methods of removing superfluous hair from the body.
- Explain the contraindications of hair removal procedures.
- Explain the different methods used in Depilation and Epilation technique.

- Explain as how to perform different hair removing procedures.

PART B

Discussed in class the following:

- Merits and demerits of depilatory method of hair removal.
- Benefits of using epilatory method of hair removal by the means of threading , waxing and laser/thermolysis/electrolysis.
- Precautions and reminder to be taken care while doing hair removal .

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different hair removal techniques.		
Able to list benefits of using depilatory and epilatory method of hair removal.		
Able to identify hygiene and sanitation importance and precautions while doing treatment.		

Excercise Questions

Theory Questions

1. Define manicure and its benefits
2. What are the contraindications of manicure?
3. What are the hygiene and sterilization methods to be used for manicure.
4. Define Reflexology and write its benefits.
5. Differentiate between the term epilation and depilation.
6. Explain the judging of brow length with the help of illustration.
7. Describe the epilatory method of hair removal.

Practical Questions

1. Demonstrate the complete procedure of manicure.
2. Demonstrate the various massage movement for manicure.

3. Demonstrate eyebrow shaping using threading technique.
4. Demonstrate the procedure of hot wax on legs.
5. Demonstrate the trolley setting for the removal of superfluous hair.

Activity

List treatment you would suggest to the customers with following conditions.

Client's condition	What will I suggest
Dry Hands	
Unwanted hair on Arms	
Eyebrow shaping	





UNIT - 3



Contents

Unit Overview & Description

- Overview
 - Knowledge and Skill Outcomes
 - Resource Material
 - Learning Outcomes
 - Assessment Plan
- Session 1: Pedicure and Its Types
- Session 2: Hygiene and Sterilization
- Session 3: Foot Reflexology

Overview

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Pedicure and Its Types
- Reflexology
- Removal of Superfluous Hair

Resource Material

1. Beauty Therapy the Foundation Level II, Lorraine Nordmann
2. Milady's Standard Nail Technology, 5th Edition
3. Manicure, Pedicure and Advanced Nail Techniques by Elaine Almond
4. Milady's Standard Cosmetology, ISBN-978-15625-3880-2

Learning Outcomes

Session	Topic	Outcomes
1	Pedicure and Its Types	- Identify various tips of nail care and toe nail care - Identify the pedicure & its benefits - Differentiate between the types of pedicure
2	Hygiene and Sterilization	Identify various methods of sterilization and sanitation
3	Foot Reflexology	- Understand definition of reflexology - Identify benefits

Assessment Plan: (For the Teachers)

Session	Topic	Assessment Method	Remarks
1	Pedicure and Its Types	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
2	Hygiene and Sterilization	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
3	Foot Reflexology	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	

Session-1: Pedicure and Its Types

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 granular exfoliation, application of moisturizing creams, and a brief leg massage.



Benefits of Pedicure

- The health benefits are simply much more than what appears as a mere beauty treatment.
- The procedure is a potent means of exfoliation which essentially helps getting rid of the dead skin cells without causing any harm to the skin.
- The gentle massage with stones, especially the pumice stone, relieves tension in the muscles and reduces adamant muscle pain around the calves and ankles.
- The procedure further improves blood circulation which essentially keeps away most of damages and medical conditions away.
- Foot massaging certain areas may send the signals to the rest of the body and may consequently relieve the subsequent muscle tensions. This action further helps in bettering the health of the overall body.
- In many pedicures, the relieving effect may be simply more than just physical. As per experts, many scents and perfumes used in the process proves beneficial for rectifying circulation problems, improves the mood and enhances memory. For example, the scent of vanilla relaxes the nerves, the smell of sugar literally excites the body and the scent of lime when sniffed invigorates the brain.

Toe Nail Care

- Scrub your heels once a week using a body scrub to prevent hard skin building up. If the skin gets too hard and dry and has a white color, you can use a Pedi Rasp in the shower

- It is very important to keep your toe nails clean by washing them well when showering.
- Apply foot cream or rich body cream after showering, especially on the heels.
- Avoid walking on your bare feet as this can encourage bacteria growth as well as causing your heels to become hard and start cracking.
- By regularly pushing up the cuticles with an orange stick, more of the nail plate will be visible, which will ultimately make your toe nails look longer.
- By filing your nails correctly, your nails will strengthen and can be formed into an even square shape.
- When removing nail polish with cotton wool, try to avoid rubbing too hard, as this will put too much pressure on the toe nails and may effect nail growth.

Contraindications

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

- Fever
- Inflamed areas
- Skin problems – rash. Inflammation, lesions, frail skin and extreme discolorations
- High Blood Pressure
- Uncontrolled diabetes
- Varicose veins
- Unstable hypertension
- Warts
- Ingrown nails
- Recent scar tissue
- Severe bruising
- Undiagnosed lumps and swellings
- Diabetes-Permission from GP required

Pedicure should not be performed if a client has one of the following conditions

- Infectious diseases



- Ring worm
- Nail fungus
- Severe eczema
- Athletes foot

Materials & Supplies

Tools Required

- **Emery board (nail file):** To smooth off the free edges and shape the nail. When using an emery board remember that the darker side (Coarse side) is used to file your toenails and the paler side (finer side) is used for your fingernails. Always file at a 45-degree angle from the outside in on both sides. Never use the seesaw movement as this could damage your matrix causing deformed nails to grow. For a pedicure always file the nail straight across to prevent ingrowing nails. Don't use metal files, as these will cause your nails to flake.



- **Nail cutter**
- **Cuticle cutter:** These look very much like the cuticle nippers only larger, they are designed to cut the toenails straight and not at an angle. They are very sharp and should always be kept clean like your other implements used. Cut straight across the nail, not too short always leave a small free edge. Never cut them short, as this will cause ingrowing nails, which are very painful and can become infected.



- **Cuticle pusher**
- **Nail brush**



- **Orange stick:** Orange stick is used at the end of your manicure/pedicure to clean around the nails by dipping it in your enamel remover and rubbing carefully over the enamel to be removed. You can also use it to clean under your nails if you are using a clear enamel.



- **Pumice stone**

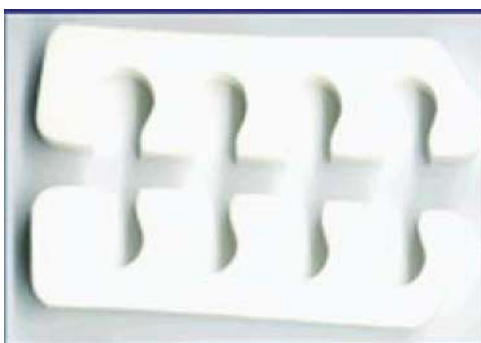


- **Foot scrapper**
- Two basins large enough for foot bath/foot spa
- **RASP:** Is used to remove hard skin from the feet. Also used is an exfoliant or a callus file, even a pumice stone. Only ever file the hard skin in one direction

carefully 7 – 8 strokes, if you remove too much hard skin at once this will make the foot sore.



- **Toe separator:** You can use toe dividers, which are placed between the toes, or you can use cotton wool this is used to separate the toes making sure that each toe doesn't knock the other when drying, it also makes it easier to apply the enamel.



Materials and supplies required

- Cotton
- Towel
- Plastic sheet
- Exfoliator
- Nail enamel remover
- Liquid soap or shampoo
- Luke warm water
- Antiseptic lotion
- Cuticle cream
- Massage cream
- Nail polish
- Foot powder
- Hydrogen peroxide

Preparation of Client & Procedure

Following are the key steps in client preparation for the procedure

- Advise the client to remove footwear for consultation
- Discuss and agree on the services that are acceptable to meet the client's needs
- Remove any existing nail polish, restoring nails to natural condition
- Clean the treatment area to identify the condition of nails and skin
- Establish and record the condition of clients' nail and skin
- Recognize contra indications and take necessary actions
- Prepare the work area for client to meet legal, hygiene and treatment requirements.

Pedicure Procedure

Always remember to keep your implements clean: if they are left dirty they may harbor germs and cause infections.

Preparation

- Before we begin, make sure you are properly prepared. Disinfect all hard surfaces, then wash your hands with soap and water and sanitize them with an instant hand sanitizer
- Make certain your rolling cart is fully stocked with a disinfection tray, Spa Pedicure products, other pedicuring products, implements, tools, towels and polishing products.



Trim the Nails

- All pedicure clients should have filled out the consultation form (client profile) covering medical history and other important information. Remember, you must proceed with caution if a client is diabetic, calling the client's physician for clearance

if you have any doubts, and never perform a pedicure in an extreme situation, such as open sores or infections of the foot or leg.



Filing of Nails

- Plan on the service taking around an hour to complete. This includes a six to seven minute massage per leg. When you do the service in the salon, complete each step on all five toes before going on to the next step.

Preparing the Bath

- Fill the foot bath with warm water—this means under 37°C, or a comfortable temperature. Add the water to agitate as it fills to create light foam in the bath.
- Let your client get settled in the chair with shoes, socks or nylons removed. You may provide a robe if the client so desires.
- Submerge both the client's feet in the warm water, adding more water if necessary to adjust the temperature to the client's comfort.
- Soak the clients feet for 5 minutes in the bath to take full advantage of the softening effects of Rice Bran and Vitamin E Oils. As they soak, remove your instruments from the disinfection unit and lay them on a clean, sanitized towel.



Disinfect the Foot

Procedure

- Begin by placing a clean, sanitized terry towel in your lap, and remove one foot from the water. Pat the foot dry and remove the enamel from the toenails.
- Gently massage for 2 to 3 minutes, concentrating on areas of extreme dryness, then rinse and pat dry.
- Wrap the foot in a clean towel.
- Unwrap the first foot and run the Callus Smoother over all calluses to reduce and smooth. Use a circular motion to reduce calluses in layers until the skin is pink and pliable. Rinse the foot and towel dry.



Exfoliate the Feet

- Do not return the foot to the bath as you use the Callus Smoother on the other foot. When both feet are clean, exfoliated, and dry, you are ready to proceed to the next portion of the service.
- Gently push back and remove non-living (true) cuticle from around the proximal and lateral nail folds, staying away from the eponychium.
- Trim the corner of the big toenail at a 45° angle. Using firm 'balance-point' positioning and holding the toenail trimmer like scissors- between thumb and middle finger, leaving the index finger free for balance- slide the tip of the trimmer under the corner at a 45° angle, so you can see the trimmer on the other side of the nail. Make sure you don't leave a hook or spike behind on the lateral nail edge.
- Guide a curette, small spoon tool or orangewood stick along the lateral nail edge in the direction of nail growth. Do this on both sides of the nail to remove non-living tissue and debris.

- After all five toenails have been pedicured, rinse the foot in the bath and pat dry.

Moisturize

- Cover the entire foot up to the top of the ankle, leaving no bare spots. Then wrap it in a clean, dry terry towel and let this foot rest while you work on the other foot.
- Pedicure the second foot in the same manner as the first.
- Cover the second foot with moisturizer, wrap it in a clean, dry terry towel and let this foot rest while you return to the first foot.



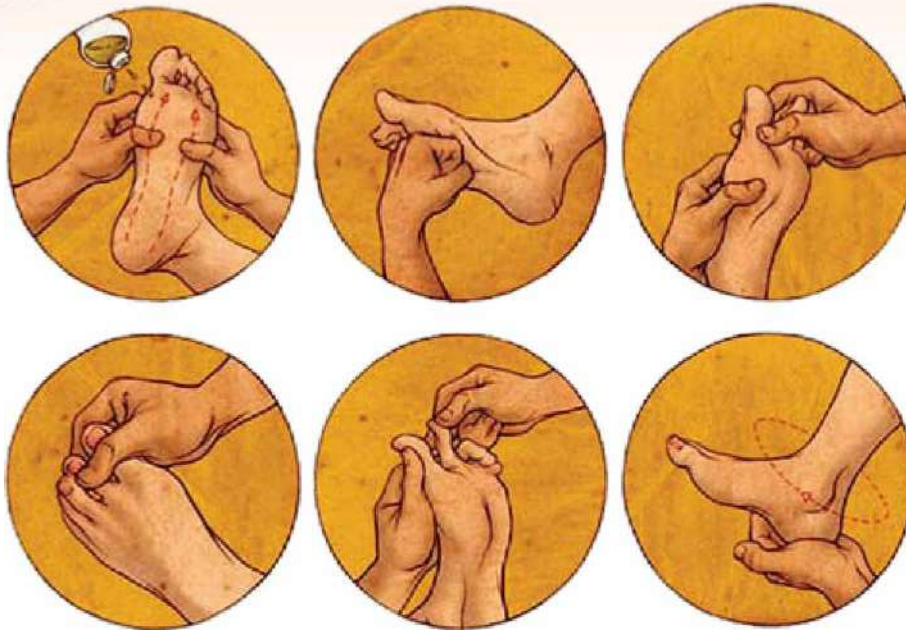
- Place the pedicure tools back into the disinfection unit.
- Unwrap the first foot and completely rinse the entire masque from the foot, using a soft brush or cloth if needed. Pat dry.
- Apply Nail Enamel – begin by placing toe Separators between the toes, apply one thin coat of base coat and allow it to dry, apply a thin coat of nail enamel and after it dries completely apply a one coat of top coat.
- Allow enough time for enamel completely cure and then apply foot powder on the soles.

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.



Give Massage Manipulation

- **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.

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 toe nails 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 nails 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.

Review Exercise

1. List the tools and supplies used in pedicure.
2. List any 05 points of toe nail care.
3. Paraffin wax pedicure is recommended for which type of skin condition?



4. Identify the type of pedicure:-

a)	White nail polish at the nail tips	
b)	Rubbing down calves and foot with stone and essential oil	
c)	Use of salt or sugar scrub and application of mud mask on foot	
d)	Application of warm wax on heels and feet to treat cracked heels	

5. Identify the following tools

a)		
b)		
c)		
d)		
e)		

6. Fill in the blanks:

- The word pedicure is derived from _____ word
- Trim the big toe nail at _____ angle
- Before applying nail paint, place _____ between the toes
- Paraffin wax used for pedicure is _____ substance that contains hydrating factors.

7. Give numbering to the following steps of pedicure in right order

1.	Apply nail paint and top coat	
2.	Disinfect the foot	
3.	Give massage manipulations	
4.	Soak the feet in warm soapy water	
5.	Trim and file the nails	
6.	Exfoliate the dead skin cells	
7.	Remove old nail paint	

8. Write six contraindications where pedicure should be cautiously performed

- _____
- _____
- _____
- _____
- _____
- _____

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the procedure of performing pedicure.
- Explain as how to choose material and supplies for pedicure.



- Explain the benefits of doing pedicure.
- List massage manipulations on foot.

PART B

Discussed in class the following: -

- Benefits of doing pedicure.
- Benefits of doing different types of pedicure.
- Benefits of massage manipulation on foot.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to do perform various massage manipulations .		
Able to differentiate between different types of pedicures.		
Able to list benefits and precautions to be taken while giving these treatments.		
Able to perform complete procedure of pedicure.		

Session-2: Hygiene and Sterilization (Same for Manicure also)

Sterilization is a term referring to any process that eliminates (removes) or kills all forms of microbial life, including transmissible agents (such as fungi, bacteria, viruses, spore forms, etc.) present on a surface, contained in a fluid, in medication, or in a compound such as biological culture media. Sterilization can be achieved by applying the proper combinations of heat, chemicals, irradiation, high pressure, and filtration.

All your tools must be washed in warm soapy water, then rinsed and then dried thoroughly before sterilizing them. This removes any debris and prevents contamination of the sterilizing method.

Few techniques for sterilizing of tools are

- **Autoclave:** High pressure steaming at a minimum of 121 degrees celsius for 15 minutes. The autoclave method is suitable for stainless steel and glass tools
- **Ultraviolet:** Used mainly to store already sterilized equipment. The UV method is only effective on the surfaces it touches, so the tools will need to be turned over

- **Glass Bead:** Glass beads are heated to 190 degrees celsius to 300 degrees celsius. They are kept at this temperature for 30- 60 minutes before use. Suitable only for very small items such as tweezers and cuticle pushers.
- **Chemical Sterilizers:** The most common chemical sterilizer is Barbicide. The tools are totally immersed in a solution of Barbicide or another chemical and water. Always follow the instructions to the letter. The chemicals are extremely strong and can cause harm to the skin, so be careful when handling them. Also always dry the tools well when removed from the solution.

Disinfectant

Disinfectants are substances that are applied to non-living objects to destroy microorganisms that are living on the objects. Disinfection does not necessarily kill all microorganisms, especially resistant bacteria spores; it is less effective than sterilization, which is an extreme physical and/or chemical process that kills all types of life. Disinfectants are different from other antimicrobial agents such as antibiotics, which destroy microorganisms within the body, and antiseptics, which destroy microorganisms on living tissue. Disinfectants are also different from biocides — the latter are intended to destroy all forms of life, not just microorganisms. Disinfectants work by destroying the cell wall of microbes or interfering with the metabolism.

Suggested methods of hygiene and sterilization for specific tools for manicure & pedicure

- **Beautician**
 - ♦ Hand wash with soap
 - ♦ Wear gloves for manicure and pedicure
 - ♦ Clean uniform
 - ♦ Keep nails short and filed
 - ♦ Hand sanitizer at the start of every treatment
 - ♦ Hair tied back
 - ♦ No jewellery
- **Client**
 - ♦ Jewellery to be removed for area being treated, hands or feet as the case may be



- ♦ Hand sanitizing
- ♦ Foot soaking
- ♦ Hands and feet to be checked for contra-indications
- **Trolley**
 - ♦ Always disinfect with surgical spirit at the end of the working day.
 - ♦ Always cover with couch roll.
- **Nail File**
 - ♦ Re-usable on clean hands but not indefinitely
 - ♦ Disposable when finished with
- **Orange Stick**
 - ♦ Disposable or re-usable when covered with cotton wool, but not indefinitely
- **Hoof Stick**
 - ♦ If plastic, chemical sterilization
 - ♦ If wooden, same as Orange stick

Any Sterilization Method is fine for the following

- Cuticle Nipper
- Nail Brush
- Cuticle Knife

Chemical Sterilizing, e.g. Barbicide for the following

- Pedicure Callous File
- Manicure Bowl

Chemical and Ultraviolet Methods (to be disinfected between clients with surgical spirit)

- Foot Bath
- Scissors

Autoclave, Ultraviolet, Chemical and Glass Bead Methods

- Toe Separators



Disposable, or Wipe with Surgical Spirit between clients

- Nail Clippers

Review Exercise

- Fill in the blanks
 - Sterilization is a term referring to any process that _____ or _____ all forms of microbial life, including transmissible agents.
 - UV stands for _____ rays.
 - Autoclave's High pressure steaming at a minimum of _____ degrees celsius for _____ minutes.
 - Autoclave method is suitable for _____ and _____ tools
 - The most common chemical sterilizer is _____ .
- Write the correct steps for decontamination of tools before sterilization.

Step 1: _____

Step 2: _____

Step 3: _____
- Write the different techniques of sterilization of tools.
 - _____
 - _____
 - _____
 - _____
- Match the following:

Autoclave	Barbicide
Glass Bead	sterilized Implements and equipments
Chemical Sterilizers	stainless steel and glass tools
Ultraviolet	tweezers and cuticle pushers



Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the meaning of hygiene and sterilization .
- Explain the different techniques used for sterilizing tools in beauty and wellness sector.

PART B

Discussed in class the following: -

- Different methods used to sterilize tools and equipments.
- How to sanitize the work area.

PART C : Performance Standards

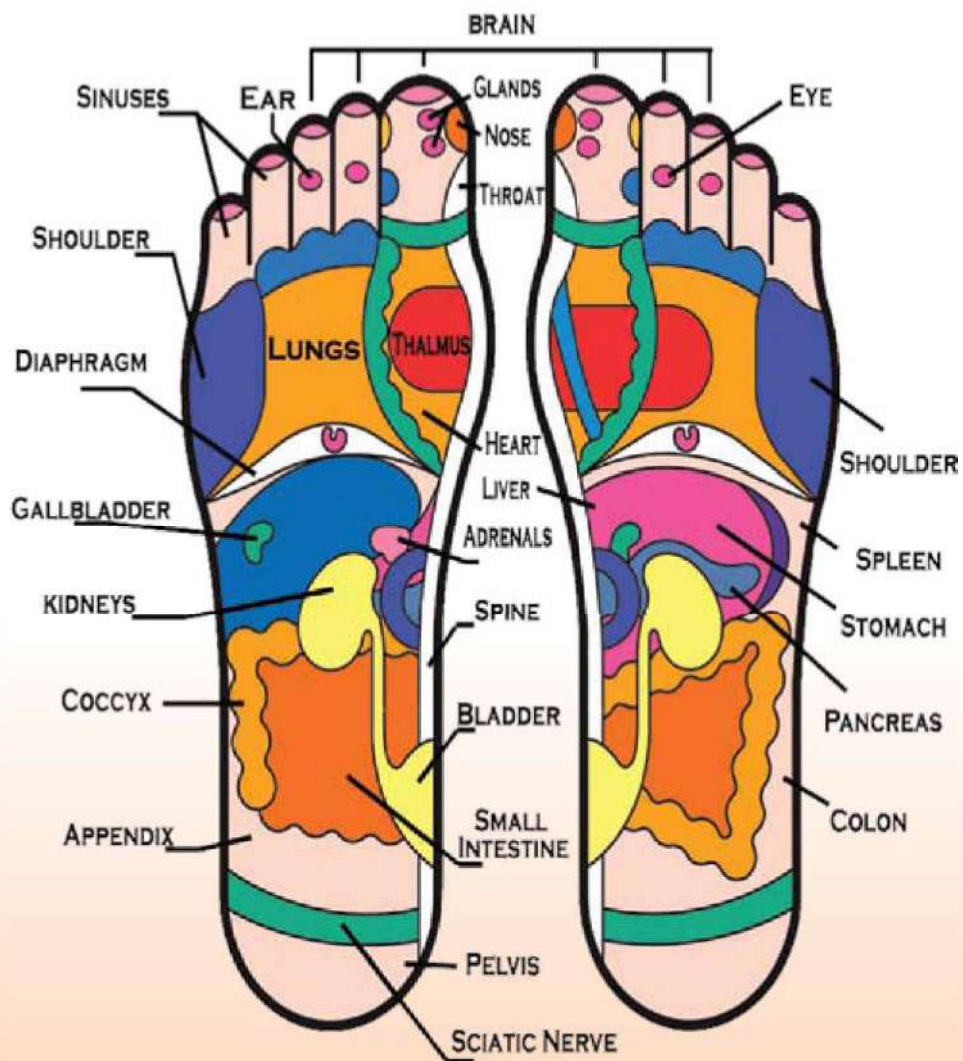
The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to use various methods of sterilization.		
Able to differentiate between different types of sanitation and sterilization techniques.		
Able to list precautions to be taken while doing sterilization in the work area.		

Session-3: Foot Reflexology

Use thumb pressure on reflex points as shown in the picture to gain the benefits.





1. Fill in the blanks:-

- a) Reflexology improves _____ and helps in promoting the natural function of the related body part.
- b) Reflexology divide the body in _____ equal vertical zones.
- c) _____ is applied on various reflexes using thumb.
- d) Reflexology can improve the _____ of the body.

2. Identify the following reflexology on foot.



3. Write down five conditions which can be treated with reflexology.

1. _____
2. _____
3. _____
4. _____
5. _____

4. Write down five benefits of using reflexology on foot

1. _____
2. _____
3. _____
4. _____
5. _____

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the meaning of reflexology.
- Explain different reflexology areas on foot associated with different body parts.

PART B

Discussed in class the following: -

- Benefits of doing reflexology on feet.
- Use of reflexology for curing different body conditions..

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different reflexology areas on feet.		
Able to list benefits of doing reflexology.		
Able to list conditions which can be benefited by giving reflexology treatment.		

Excercise Questions

Theory Questions

1. Define pedicure and its benefits.
2. What are the contra-indications of pedicure?

3. Write down five massage manipulation for pedicure.
4. What are the hygiene and sterilization methods to be used for pedicure.
5. Write down the benefits of reflexology.

Practical Questions

1. Demonstrate the complete procedure of pedicure.
2. Demonstrate the various massage movement for pedicure.
3. Demonstrate foot reflexology on client.
4. Demonstrate the procedure of sterilizing the tools & implements used in pedicure.

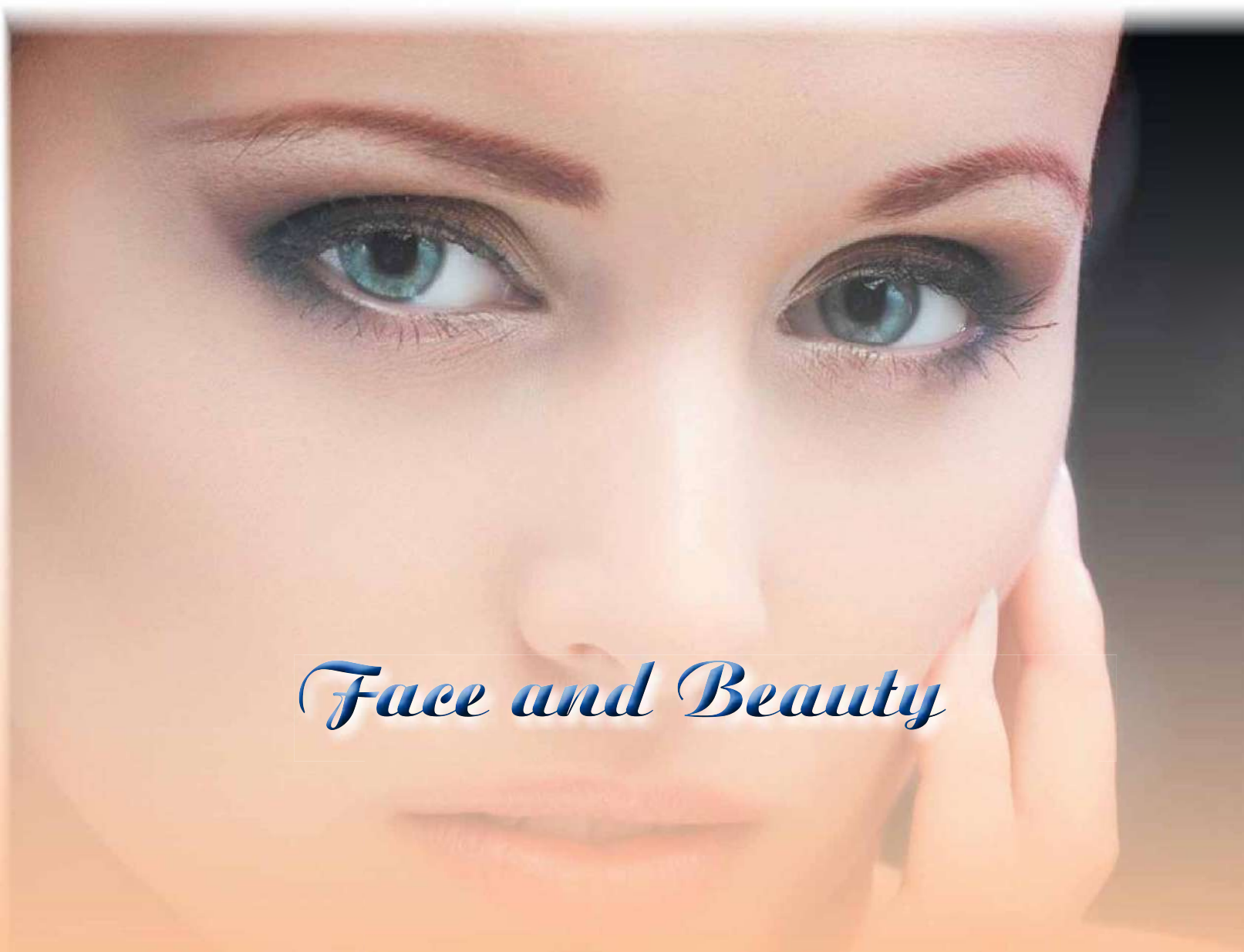
Activity

Suggest treatment you would suggest to the customers.

Client's condition	What will I suggest
Dry and Cracked Heels	
Chapped Nail Paint	
Foot Muscular pain	



UNIT - 4



Face and Beauty

Contents

Unit Overview & Description

- Overview
 - Knowledge and Skill Outcomes
 - Resource Material
 - Learning Outcomes
 - Assessment Plan
- Session 1: Identify Skin Types
- Session 2: Facial
- Session 3: Bleaching
- Session 4: Light Make up Application

Overview

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Types of Skin
- Trolley Setting
- Massage Manipulations
- Basic Facial
- Bleaching
- Light Make up

Resource Material

1. Beauty Therapy the foundation Level II, Lorraine Nordmann
2. Milady's Standard Nail Technology, 5th Edition
3. Milady's Standard Cosmetology, ISBN-978-15625-3880-2
4. Art and Science of Make up and Retailing I – CBSE publication

Learning Outcomes

Session	Topic	Learning outcomes
1	Identify Skin Types	- Identify the types of skin like normal, dry, oily combination - Identify the pH of skin
2	Facial	- Trolley Setting - Identify scientific massage manipulations - Procedure and precaution of Basic facial
3	Bleaching	Identify the techniques used for disguise the facial hair
4	Light Make up Application	- Contra-indications for make up - Identify various products used for make up - Cleansing procedure to be followed for make up - Analysis of facial shapes - Procedure for applying light makeup

Assessment Plan: (For the Teachers)

Session	Topic	Assessment Method	Remarks
1	Identify Skin Types	Exercise: Question & Answer	
2	Facial	Practical demonstration by the learner of various massage movements, trolley setting and basic facial	
3	Bleaching	Practical demonstration by the learner Exercise: Question & Answer	
4	Light Make up Application	Practical demonstration by the learner Exercise: Question & Answer	

Session-1: Identify Skin Types

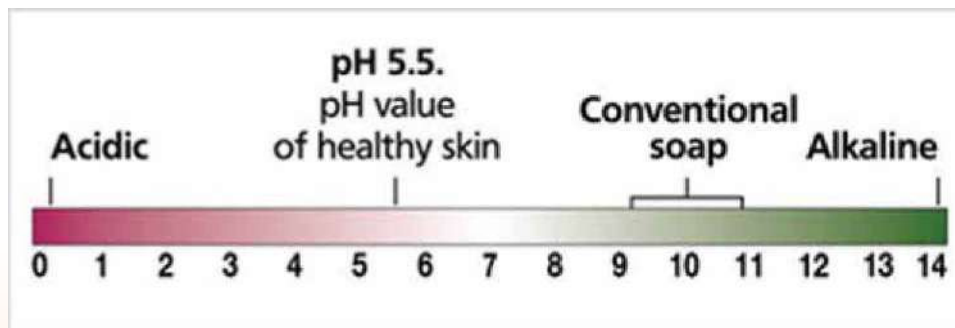
Skin is one of the largest organs in our body in surface area and weight. one of the main functions of a skin is to provide a barrier between inside body and exterior environment. Skin type changes from person to person. Determining you skin type is an important step in knowing how to treat skin, what products to use and how to have a perfect skin.

Skin pH

One of the most important roles of our skin is to protect our insides from the external environment, acting both as a barrier and a filter between outside and inside. In addition skin is involved in regulation our body's temperature. The pores of our skin are made up of a combination of oil and sweat glands helping to keep our skin healthy and elastic. When in balance, the combined excretion of oil and sweat from the skin's pores has a ph of about 5.5.

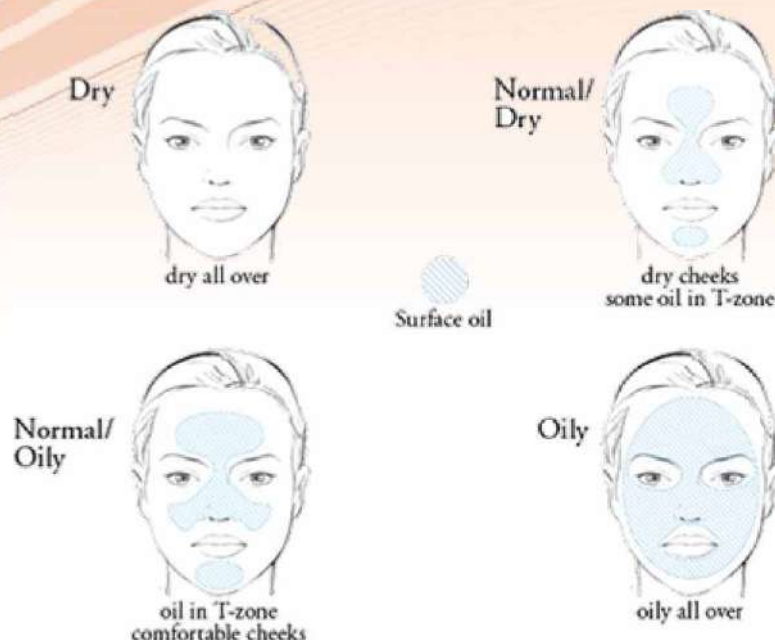
Importance of the skin's pH

One of the major reasons that radically alter the pH of the skin is soap. Soaps available are highly alkaline (pH range 9-11) and raise the skin's pH to be much more alkaline. This can be adjusted by using products such as herbal toner or rose water, depending on the skin type. These toners restore normal pH of the skin and thus provide an environment not conducive to the growth of bacteria.



Types of Skin

- Normal
- Dry
- Oily
- Combination
- Sensitive



Normal Skin

Few clients will have normal skin, as this skin type is very rare indeed. Normal skin has a good oil and water balance. The best example of normal skin is in children from birth up until puberty. When questioned, the client will usually report that they have very few problems with their skin.

Dry Skin

A dry skin is so called because it is either lacking in sebum or moisture, or both. It develops as a result of under activity of the sebaceous glands. The skin's natural oil, sebum, lubricates the corneum layer and in the absence of this oily coating the dead cells start to curl up and flake. The sebum coating also helps to prevent moisture loss through evaporation, and for this reason dry skin has difficulty retaining inner moisture. Although dry skin is hereditary, it can also develop as a result of the ageing process. The client will usually report that their skin feels tight and dry. They may also complain of sensitivity and premature ageing.

Oily Skin

Oily skin is hereditary, and develops due to an overproduction of sebum from the sebaceous glands. There is always a tendency for clients to overtreat their skin if it is oily; however, this can compound the problem as excessive stimulation results in stripping and irritating the skin, making it become dry and unbalanced. The skin's natural

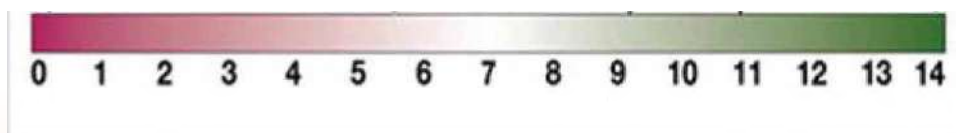
protection mechanism will then respond by producing more oil. The client will usually report that their skin develops a 'shine' during the course of a day, their skin often feels thick and dirty, due to the accumulation of the sebum and dead cells clogging the surface and suffer with blemishes.

Combination Skin

This is actually the most common skin type. As its name suggest, this skin is a bit of a mixture; typically the T-zone (central area of the face corresponding to the forehead, nose and chin) is oily and the cheeks and neck are dry/normal. Combination skin can therefore be both dry and oily at the same time.

Review Exercises

1. Fill in the blanks
 - a) pH value of healthy skin is _____ .
 - b) The skin lacking in sebum or moisture or both is known as _____ .
 - c) Over production of sebum from sebaceous glands leads to _____ .
 - d) T -zone area on face refers to _____ skin type
2. Label the pH scale as mentioned
 - a) Acidic
 - b) Alkaline
 - c) Healthy Skin



3. Match the following:

a) Dry all over the face b) Oil in T-zone area c) Dry cheeks and some oil on T-zone d) Oil all over the face	Oily skin type Dry skin type Combination skin type Normal
--	---

4. Ms. Geeta is 20 years young girl, she has oily skin type. Explain her reason for her skin type and the problems; she may face due to this skin type.

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the importance of skin pH.
- Explain the different types of skin.

PART B

Discussed in class the following: -

- Reason and factors responsible for having different skin types.
- Characteristics of different skin types.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different skin types		
Able to identify the pH factor of the skin.		
Able to differentiate between skin types and their problems.		

Session-2: Facial

1. Trolley Setting

Materials

- Massage Creams (Contain emollient and active ingredients according to the types of skin).
- Eye creams/Eye Gels (To prevent formation of lines and wrinkles around the eyes).
- Antiseptic Lotion
- Astringent
- Cleansers
- Oils
- Moisturizers
- Hand Sanitizer
- Massage Gel
- Face Pack/Mask



Vapozone

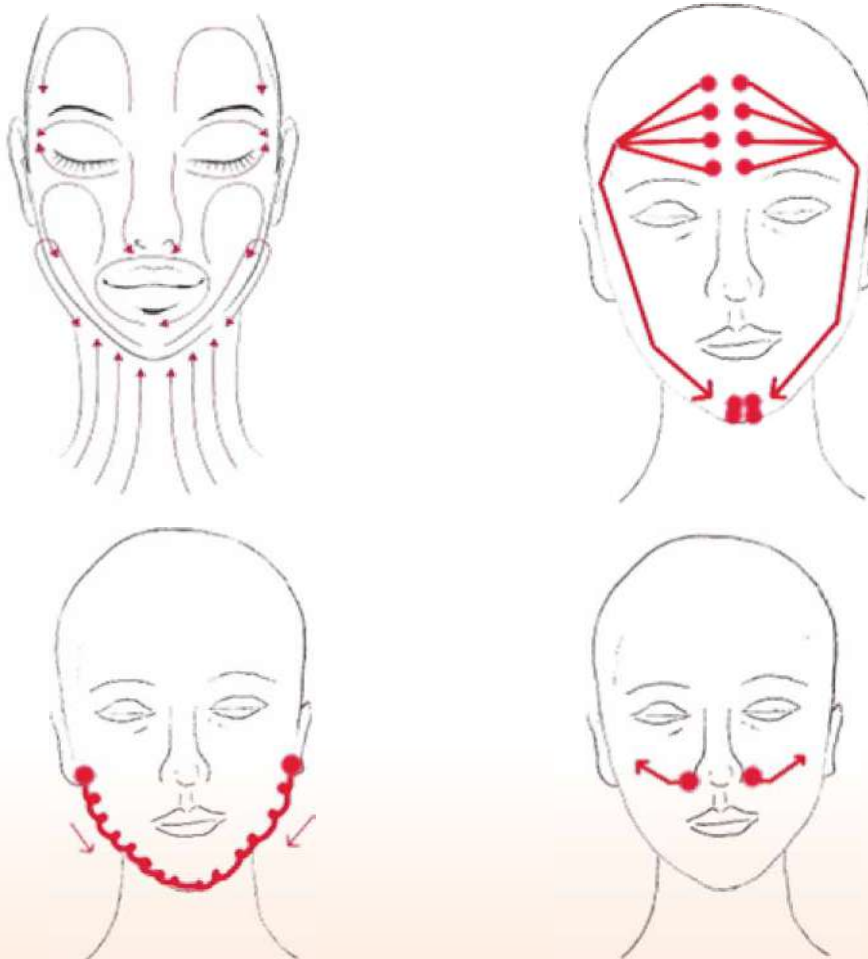
Equipment	Implements
Facial bed or chair	Sponge
Magnifying glass	Clean sheet
Vapozone	Cotton roll/Swabs
	Gauze
	Head band
	Towels
	Tissues
	Plastic Bowl
	Spatulas

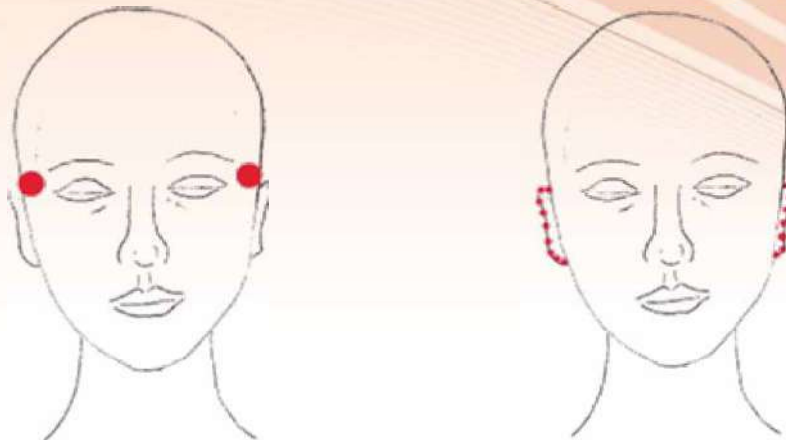


Comedone Extractor

2. Facial Massage Manipulations

Massage involves the application of external manipulations to the face or any other part of the body. This is accomplished by means of the hands or with the aid of electrical appliances, such as vibrator. The beneficial effects produced by massage depend upon the type, intensity and extent of the manipulations employed. Massaging must be performed systematically. It should never be a casual or irregular process. Consideration must be given to the condition of the skin and the general physical condition of the person.





Massage Manipulation

Basic Massage Manipulations

The primary rule in the application of massage manipulations is: “When massaging any part of the head, face or neck, all pressure should be applied in an upward direction.” This rule should be followed in all massaging services, whether they are intended to stimulate, relax or soothe the skin. When applying rotary manipulations, the same rule applies because the pressure should be applied on the upward swing of the movement.

The basic manipulations used in massage are as follows:

1. **Effleurage:** This is a light, continuous movement applied in a slow and rhythmic manner over the skin. No pressure is employed. Over large surfaces, the palm is used; while over small surfaces, the fingertips are employed. Effleurage is frequently applied to the forehead, face and scalp for its soothing and relaxing effects.
2. **Petrissage:** In this movement, the skin and flesh are grasped between the thumb and fingers. As the tissues are lifted from their underlying structures, they are squeezed. Rolled or pinched with a light, firm pressure. This movement exerts an invigorating effect on the part being treated.
3. **Friction:** This movement requires pressure on the skin while it is being moved over the underlying structures. The fingers or palms are employed in this movement. Friction has a marked influence on the circulation and glandular activity of the skin.
4. **Percussion or Tapotement:** This form of massage is the most stimulating. It should be applied with care and discretion. Tapping movements are gentler than slapping movements. Percussion movements tone the muscles and impart a healthy glow

to the part being massaged. In tapping, the fingertips are brought down against the skin in rapid succession, whereas in slapping, the whole palm is used to strike the skin. Hacking movement employs the outer ulnar borders of the hands which are struck against the skin in alternate succession. In facial massage, only light digital tapping is used.

5. **Vibrations:** The fingertips or vibrator are used to transmit a trembling movement to the skin and its underlying structures. To prevent over-stimulation, this movement should be used sparingly and should never exceed a few seconds duration on any one spot.

There are many different massage sequences which are to be followed for facial massage.

1. Spreading the cream on the shoulders.
2. Thumb kneading to the shoulders.
3. Finger kneading to the shoulders.
4. Vibration to the shoulders.
5. Circular massage on the neck.
6. Hand cupped on the neck.
7. Knuckling on the neck.
8. Circular on the mandible.
9. Flick-ups
10. Lifting the eyebrows.
11. Inner and outer eye circles.
12. Circling on the chin, nose and temple.
13. Lifting the mandible.
14. Knuckling along the jawline
15. Upward tapping.
16. The scissor movement.

Benefits of Massage

- Dead cells are loosened and shed, improves the appearance of the skin.
- The muscles receive an improved supply of oxygenated blood, essential for cell growth. Muscle are toned up and improved.
- The increased blood circulation in the area warms the tissues.

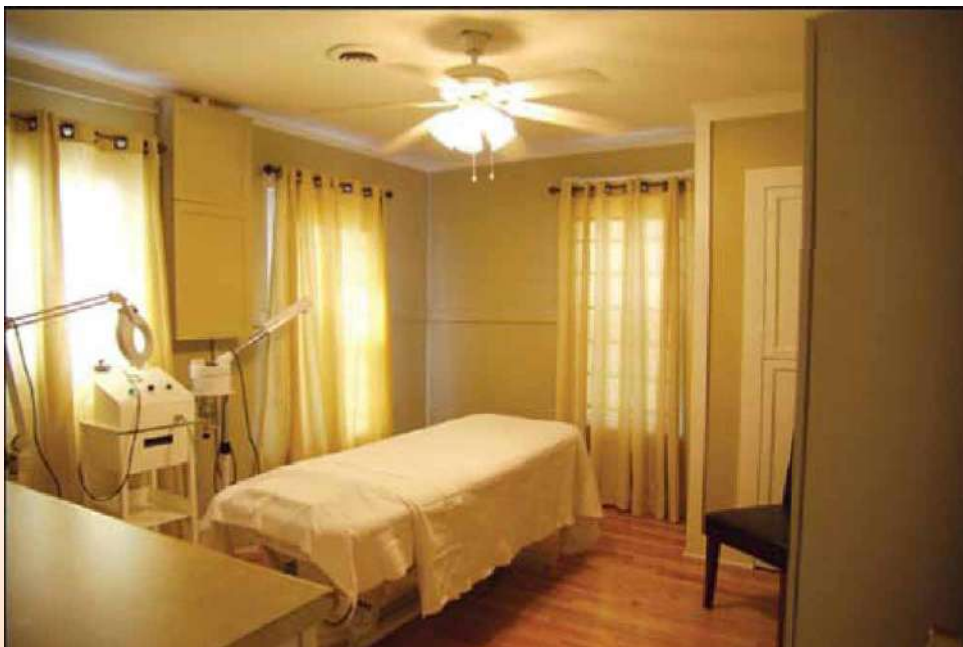


- Blood capillaries are dilated and bring blood to the skin surface, this improves skin color.
- The increased temperature of the skin relaxes the pores and follicles; this helps absorption of the massage cream.
- Sensory nerves can be soothed or stimulated, this helps to maintain the skin natural oil and moisture balance (sebaceous glands increase the production of sebum and sweat).
- The skin and all its structures are nourished and soften lines and wrinkles.
- The skin is rendered soft and pliable.
- The lymphatic circulation and the venous blood circulation increases, helps to remove waste products and toxins.

3. Basic Facial

Preparation of Client

Before the preparation of the client the preparation of treatment area is integral part of the facial services to provide a professional image and service, the environment should be clean, comfortable, well equipped and relaxing.



Facial room



Following factors are important:

- The room should be warm and comfortable, with blankets provided for additional warmth and comfort.
- Lighting should ideally be subdued to create a feeling of relaxation.
- The room should be free of noise with peaceful atmosphere may be added by relaxing music.

After greeting a client warmly make her comfortable when lying on the facial bed or chair, jewellery should be removed and placed safely with the client's belongings. If the client is wearing contact lenses should be advised to remove them prior to treatment to avoid any discomfort. Clothing of the upper body should be removed and large towel or toweling wrap, secured under the arms and around the front of the chest. After these preparations, settle the client on the bed wrapping her in a blanket, secure client's here away from the face with the help of head band or wrap.

Procedure of Basic Facial

- **Facial cleansing procedure:-**Cleansing is designed to remove all traces of make-up, surface secretions, dirt and other pollutants, and dead skin cells from the surface of the skin so the therapist can accurately assess the client's skin prior to devising the treatment plan. If permitted to build up, these materials could lead to the formation of comedones, pustules and other skin blemishes.
- **Apply a cleansing product** to your hand and warm before applying to the skin.



Starting at the neck with a sweeping movement, use both hands to spread the cleanser upward on the chin, jaws, cheeks, and the base of the nose to the temples and along the sides and the bridge of the nose. Make small circular movements with your fingertips around the nostrils and sides of the nose. Continue the upward sweeping movements between the brow and across the forehead to the temples.

- **Remove the cleanser** with facial sponges, tissues, moist cotton pads, or warm, moist towels. Start at the forehead and follow the contours of the face. Remove all the cleanser from one area of the face before proceeding to the next. Finish with the neck, chest, and back.
- **Steam the face** mildly with warm, moist towels or with a facial steamer to open the pores so they can be cleansed of oil and comedones. Cover the client's eyes with cotton pads moistened with distilled water. Steam helps to soften superficial lines and increases blood circulation to the surface of the skin. Use comedone extractor, if required.
- **Massage with cream/gel** using the same procedure as for the cleanser. Massage the face, using the facial manipulations.
- Remove massage cream with tissues, warm, moist towels, moist cleansing pads, or sponges. Follow the same procedure as for removing cleanser.
- Apply a **mask/pack** formulated for the client's skin condition with the help of natural bristle brush, starting at the neck. Use long slow strokes from the center outward and proceed to the jawline and apply the mask on a face from the center outward on one-half of the face, then the other.



- Allow it to remain on the face for five to ten minutes. Remove the mask with a wet cotton pledgets or sponges.
- Apply toner/astringent and finally moisturizer or sunscreen.

Cleanup and Sanitation

- Remove the head covering and show the client to the dressing room, offering assistance if needed.
- Discard all disposable supplies and materials.
- Close product containers tightly, clean them, and put them away in their proper places. Return unused cosmetics and other items to the dispensary.
- Place used towels, coverlets, head covers, and other linens in hamper.
- Sanitize your workstation, including the facial bed.
- Wash your hands with soap and warm water.

Precautions & Reminders

- There are numbers of special problems that must be considered when you are performing a facial. These include dry skin, oily skin, and blackheads, and acne.
- Wash hand before and after treatment.
- Using clean towels and linen for each client.
- Checking that the client has no infectious conditions.
- Using a spatula to remove products from jars.
- Replacing tops on bottles and jars immediately after use to avoid contamination.
- Sterilizing all implements before use.
- Keep checking the client's skin reaction during treatment.
- While using vapor zone use distilled water to prevent calcium and mineral deposits building up in the machine.
- Keep the steam outlet directed away from the client and any other equipment/ materials while the water is heating.
- Turn the steam outlet away from the client before turning the machine off and move it to a safe place immediately after treatment.

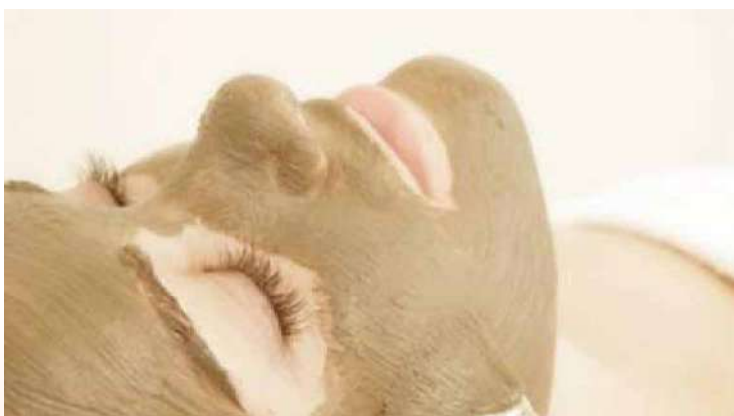


- Always follow the manufacturer's instructions regarding preparation, application and removal.
- It is important to ensure that the mask is set before removal.
- Apply soothing eye pads once the mask application is complete.
- Remove masks with damp warm sponges or cotton pads using an upward motion. Repeat until all traces of the mask have been removed and finally apply a light application of toner before proceeding to the last stages of the facial.
- Review with the client any concerns they had at the initial consultation stage; this will provide a basis for discussing your own findings.
- Make suggestions about future courses of treatment and the results that can be expected.

Masks & Packs

Face masks contain a variety of different ingredients to have a deep cleansing, toning or nourishing effect on the skin.

Masks & Packs are special cosmetic preparations applied to the face to benefit and beautify the skin.



Clay Mask

A **mask** is usually a setting product, which means that it dries after application and provides a complete closure to the environment on top of the skin.

- **Clay masks** are clay preparations used to stimulate circulation and temporarily contract the pores of the skin. They contain clay, kaolin, or silica and absorb sebum good for oily skin and combination skin. Clay masks are applied with a mask brush and are allowed to set for about 10 minutes.



Rose water and orange-flower water for mixing the pack and/masks are very popular have stimulating and toning effect. **Witchhazel** has a soothing effect on blemishes and suitable for greasy skin. Masks should be kept on the skin for 10 to 15 minutes.

Applying the Masks

The mask is usually applied as the final facial treatment, because of its cleansing, refining and soothing effects upon the skin. The methods of preparation, application and removal are different for the various face-mask types.

- Prepare the mask for application.
- Using the sterilized mask brush or spatula, begin to apply the mask. The usual sequence of mask application is neck, chin, cheeks, nose, and forehead.
- Apply the mask quickly and evenly so that it has maximum effect on the whole face. Don't apply it too thickly; as well as making mask removal difficult, this is wasteful as only the part that is in contact with the skin has any effect. Keep the mask clear of the nostrils, the lips, the eyebrows and the hairline.
- To relax the client, apply cottonwool eye pads dampened with rose water.
- Leave the mask for the recommended time or according to the effect required. Take account also of the sensitivity of the skin and your client's comfort.
- Remove the mask and eye pads, apply the appropriate toning lotion using dampened cottonwool. Blot the skin dry with a facial tissue.
- Remove the handband, and tidy the client's hair.
- Record the results on her record card.

Review Exercises

1. Fill in the blanks
 - a Massage involves the application of external _____ to the face or any other part of the body.
 - b Massaging must be performed _____ .
 - c When massaging any part of the head, face or neck, all pressure should be applied in an _____ direction
 - d Facial room should be clean, _____ & _____ .
 - e _____ should be used for removing of comedon.
 - f Steam is used to open the _____ so they can be cleansed.

- g Clay mask contains clay and _____ .
- h _____ is used for mixing of face pack and mask.

2. Write down the equipments, implements and materials required for facial.

Equipment	Implements	Materials

3. Write the basic manipulations used in massage.

- a _____
- b _____
- c _____
- d _____
- e _____

4. Mark the direction of facial massage movements on the face given below.



5. Write the benefits of massage.

- a _____
- b _____
- c _____
- d _____
- e _____

6. Ms Rita is giving facial to the client in saloon, what precaution /reminder she should follow while giving the facial treatment to the client.

7. During the consultation, client asks for brief outline of the facial treatment, which will be performed on her along with the benefits. Ms. Rita explains the query as under Outline of the facial.

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____

8. Benefits of facial.

- a _____
- b _____
- c _____
- d _____
- e _____

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the benefits of doing basic facial as treatment.
- Explain the material and supplies used in giving facial treatment.
- Explain the different massage manipulations.
- Explain the complete procedure of giving facial to the client.

PART B

Discussed in class the following: -

- Explain the benefits of facial massage manipulations.
- Benefits of using mask and packs on face.
- Precautions and reminders to be taken care during facial treatment.
- Cleanup and sanitation process during and after facial treatment.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different skin types		
Able to select material and supplies as per the requirement .		
Able to perform complete basic facial treatment.		
Able to differentiate between face pack and mask.		

Session-3: Bleaching

Bleaching is a temporary solution to facial hair which will disguise rather than remove hair. Facial hair bleach usually comes as a powder and cream, which should be mixed together before applying. Skin Whitening, skin lightening and skin bleaching refers to the practice of using chemical substances in an attempt to lighten skin tone or provide an even skin complexion by lessening the concentration of melanin. Bleach refers to a number of chemicals that remove color, lighten via oxidation.

Types of Bleaches

Powdered Bleach: This is done by adding bleaching powder with liquid hydrogen peroxide and ammonia. If powder bleach is used for eliminating dark spot and freckles then bleaches should be applied only to that area of dark spots and freckles.



Cream Bleach: This is available at any drugstore or at chemist shops and used in most of the beauty parlors. It is used for Skin brightening.

Protein Bleach: It is mild bleach, in which butter pack is used to ensure a soft supple skin. Ammonia is used to lighten the hair and remove tanning. Protein Bleach is a blessing for those who have a sensitive/oily skin.



Gold Bleach: In gold beach Aqua activator is used along with the Gold cream bleach, which helps in activating the bleaching action to give you a fairer and glowing skin.

Oxy bleach: It's a special type of bleach which is especially good for the tanned and sensitive skin. It helps oxygen to penetrate the skin. It is a healthy way to bleach.

Benefits of Bleaching

It's fast and easy method. Bleaching cream can be found at any drug store fairly cheap, and you can bleach right in your own home. Large areas of hair can be bleached at the same time, with the entire process only taking minutes from start to finish.

The Cons of Bleaching

- Bleaching facial and body hair doesn't give you a smooth and hairless surface.
- Not all hair or skin types can benefit. Don't count on bleaching disguising long or thick hair-only finer ones, like on the face or arms. Bleached hair on dark or tan skin, can still stand out because of the color contrast (light hair against dark skin).
- It can temporarily lighten dark skin tones. The lighter skin tone can last for up to 3 days.

Trolley Setting

Materials Required:

Bowl (Glass or Plastic)	Neck cape	Applicator Brush
Cotton wool	Head Band	Hydrogen Peroxide (20 Volumes)
Sponge	Gloves (Rubber)	Liquid Ammonia
Towels	Bleaching Powder	Dropper and Rose Water

Patch Test: A Patch Test is necessary before proceeding with the bleach. This should be performed at least 24 hours prior to bleaching process. If reaction occurs, do not bleach.

Procedure for Powder Bleach

1. Remove the jewellery and make up
2. Cleanse the face and neck thoroughly
3. Prepare the client using head band and wrap the towel or neck cape
4. Prepare the bleach pack by mixing two tea spoons of bleaching powder, 5-6 drops of liquid ammonia and hydrogen peroxide (20 volumes) as per requirement to make a smooth paste
5. Cover the client's eyes with cotton dipped in Rose water
6. Apply bleach pack in upward and outward movements. Leave for 10- 15 minutes and clean the face with tap water.
7. Apply moisturizer

Note: Use oil bleach/cream bleach as per manufacturer's direction

Precautions of Bleaching

There are several things to keep in mind before using bleach for lightening your facial or body hair

- Use bleach meant for facial or body hair.
- Do patch test.
- Don't use near eyes, inside nose, ears, scar tissue, warts, moles. Bleach shouldn't be used over sunburned, irritated, inflamed or chapped skin, or an area that is freshly tweezed or shaved.
- Don't use on extremely exfoliated skin.
- Keep packaged product away from heat and sun. Store bleaching products in a cool, dry place
- Don't use a metal dish to mix bleach or apply bleach using anything metal
- Keep bleached area out of direct sunlight for at least 24 hours
- Ventilation: Always make sure the area you are using bleach in is well-ventilated- open the windows.

Review Questions

1. Fill in the blanks:
 - a. _____ type of bleach is good for sensitive skin.
 - b. _____ volumes of hydrogen peroxide should be used for bleaching the facial hair.
 - c. Bleaching should be done only after doing _____.
 - d. _____ should always be done before doing bleaching on the face.
 - e. One should never use _____ dish to mix bleach or to apply bleach
2. True and false
 - a. Bleaching can remove the facial hair by its root.
 - b. After bleach avoid direct sunlight for at least 24 hours
 - c. Bleach should not be used near eyes , nose, ear and nostril area



- d. Bleaching is permanent form of disguising facial and body hair
- e. Bleaching product should be kept in dry and cool place away from heat and sun.

3. Write down step by step procedure for using powder bleach

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

Step 5: _____

Step 6: _____

Step 7: _____

4. Write different type of bleaches:-

a) _____

b) _____

c) _____

d) _____

e) _____

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the term bleaching.
- Explain the types of bleaches available in the market.
- Explain the material and supplies used for doing bleaching.
- Explain the procedure of performing bleaching on client.

PART B

Discussed in class the following: -

- Pros and cons of bleaching.



- Importance of patch test.
- How to choose right type of bleach for a client.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different skin bleaches		
Able to select material and supplies as per the requirement .		
Able to perform complete bleaching treatment.		
Able to differentiate between different types of bleach.		

Session-4: Light Make-up Application

The main objective of applying make-up is to enhance the natural beauty of the face by emphasizing on good features while minimizing less attractive features. Make-up is an art and as a make-up artist one must have the fundamental knowledge of –

- 1) Structure of face.
- 2) Colors and their relationship to one another.
- 3) Principles of optical illusion.



There is no fixed pattern for applying make-up; application may vary from client to client based on her individual needs; the make-up artist must take following points in consideration while planning a make-up for her client:

- 1) Type of face make-up.
- 2) Hairstyle.
- 3) Harmony of color in the clothing. Eye, hair and skin.
- 4) Individuality of facial features.
- 5) Personality of the client.
- 6) Age.
- 7) Profession.
- 8) Occasion.

Contraindications

Part of the skin analysis procedure also involves identifying any contra-indications before you begin the demonstration. These are existing skin conditions or problems. Sometimes you won't be able to do any demonstration on the client. But this happens rarely. More likely will be the situation where you need to alter the demonstration or product recommendations.

Contraindications or untreatable conditions are conditions which prevent a treatment being performed. For example if the client has scabies, an infectious disease of the skin, you cannot do any treatments on this highly contagious condition until it has cleared. Treatments must not be conducted where contagious diseases are present or there is evidence of infection (redness, pus, tenderness and swelling). Refer your client to a medical practitioner.

General contra-indications to lash and brow treatments include:

- Bacterial, viral or fungal infections such as:
 - Herpes, warts – viral infections
 - Impetigo (also known as 'school sores')
 - fungal infection



Injury/Surgery scar

- Micro – organism infections such as scabies and pediculosis (Lice)
- Boils and carbuncles
- bruising or swelling in the treatment area
- cuts and abrasions in the treatment area
- recent scars in the treatment area



Bacterial infection



Fungal infection

Prepare the client for make-up

Any service begins with a warm greeting. You should introduce yourself to the client. Whilst you are doing that you should make some initial assessments about the client's style and requirements.

The make-up station should be an area that is specifically lit for make-up applications. Lighting as close as possible to natural light is the first choice for a make-up service.

You will also need to ensure that the area is cool so that the make-up does not become too warm and change colour or 'run'. The make-up station should have a large mirror so that the client can see you working and can ask questions about the different stages of the make-up process.

Before you apply any make-up to your client you need to ensure that your client feels at ease and is protected at all times. It is important the client is seated comfortably at your eye level. The whole face should be clearly visible to allow the work to proceed efficiently. Adjust the chair before beginning the make-up service. Ensure the client does not have to stretch their neck to see you. And ensure that you are standing in a comfortable position so that you can apply the make-up without continuously bending your back.

Cover the client's clothes with a protective covering, such as a cape. The salon will be liable for any damage done to clothing or jewellery from make-up spills. Use a headband or clips to pull back the hair. If the client is having their hair done as well, then the make-up needs to be applied last. If the client wants a brow shape this is best performed a few days before the make-up service as the skin will be red and prone to possible infection.



Consult with the client

Your client will come to you with specific needs and expectations. Clarify these needs by questioning the client to confirm your understanding of their expectations, negotiate the various aspects of the service and answer any questions they may have. Encourage the client to raise any concerns so that you can discuss it with them and offer solutions. When questioning the client, listen carefully to their main concerns about their skin and make-up requirements.

Identify the image that the client is trying to create. For example, does the client want the make-up service to be suitable for:

- business
- pleasure
- social occasions
- a certain time of the day
- special occasion such as a ball or wedding.

Identify skin type and condition

In order to design a suitable make-up plan for your client, you need to consider the following:

- skin type
- skin condition
- contraindications.

Cleanse face

Skin cleansing is the first essential requirement for a make-up service because it prepares the skin for the make-up service by removing dirt, make-up, excess sweat and oil. However, you need to select a cleanser that is suitable for your client's skin type and condition. The cleansing process is completed by applying a toner and moisturizer to the skin.



Cleansers

The choice of cleanser should be made to suit the client's skin type. The age of the client must also be considered as well as any skin problems they may have.



Type of Cleanser	Description and Action
Cleansing Milks	These come in various consistencies and are formulated for the skin type nominated by the manufacturer. Depending on the ingredients these cleansers can be lightweight (sensitive or dry skin) and thicker emulsions (suitable for removing heavy make-up from an oily skin or for use on an oily/combination skin).
Foaming cleansers	Foaming cleansers are suitable for clients who have been in the habit of using soap and like a foaming action. If formulated correctly then the client's skin will feel fresh and clean but not tight.
Cleansing bars	They are usually pH balanced soaps that allow the skin to be cleansed without irritating.
Medicated cleansers	These are for mild to moderate acne and very oily skins that are prone to breakouts.
Cleansing granules	These softly textured creams contain smooth spherical granules, which remove the surface of the skin and the top of blocked pores, giving the skin a clean, fresh look. They tend to have a drying effect. They are usually worked in with gentle circular frictions and then rinsed off.
Eye make-up remover	These specialized products are designed to remove eye make-up without irritating. They are usually in a cream or a liquid form. Liquid removers are most suited to non-water proof eye make-up, whilst cream removers are more suitable for waterproof eye make-up. Both should be wiped clean from the eye area after use.

Cleansing Procedure

1. Eyelids and Lashes

Ensure the client's eyes are closed, then place an oblong piece of dampened cotton wool beneath the lashes of the left eye.

1. Eye make-up remover, either on a cotton bud or small squares of damp cotton wool, should be wiped down and outwards over the top lid. This should be repeated until all eye make-up is removed from the top lid.
2. Ask the client to open their eyes and gently wipe away any remaining colour or mascara.
3. Ask the client to close their eyes and wipe over the area with a dampened cotton square to remove any remaining make-up remover.
4. Dispose of soiled cotton wool.
5. Repeat the procedure on the right eye.

Note: Do not re-use any cotton buds or wool on the second eye as this can cause cross-infection.

2. The Lips

The following procedure is recommended for lip cleansing:

1. Using two folded squares of dampened cotton wool with a small amount of cleanser applied to them, support the left side of the mouth and gently wipe towards the right. Repeat this movement three times.
2. Fold the soiled tissue in on itself and use it to support the right side of the mouth and wipe towards the left. Repeat this movement three times.
3. Check the lips for remaining lipstick.
4. Dispose of soiled cotton wool.

3. The Face

With damp hands, wet the client's face.

1. Place an amount of cleanser about the size of a ten-cent piece into the palm of the hand and add a little water. Rub hands together gently to mix and warm.
2. Mould hands to the mandible (jaw) and stroke alternatively four times.
3. Circle with fingers on cheeks, inward towards the nose.
4. Alternate circles on flare of the nose, slide up the bridge of the nose.
5. Stroke the forehead alternatively, touching the nose.
6. Make small circles on forehead, down to the temples.



7. Make figure eights on the temples, down the hairline, inwards towards the flare of the nose and slide fingers up the bridge of the nose.
8. Slide fingers gently over the eyelids from inside to outside, under eyes, through the eyebrows and under the eyes three times.
9. Using the middle finger, slide it over the top lip six times and through the mandible depression six times.
10. Slide hands down the neck, interlock fingers and pull upwards along the mandible six times.
11. Slide down to the left shoulder and stroke one hand after the other around the décolletage and up the throat to the right side.
12. Mould the mandible with the right and left hands.
13. Slide to the temples with light pressure and lift hands off.
14. Remove cleansing product.

4. Cleanser Removal

1. With two damp sponges, clean the neckline and throat first, one hand after the other from the left to right.
2. Slide through the mandible right then left.
3. Slide up the forehead, gently stroking all over.
4. Clean the sponges in water.
5. Placing on the forehead with the left hand, slide gently over the left eyelid, left cheek, left side of the mouth to the outside of the face. Place the left hand on the forehead.
6. Repeat step 4 on the right side.
7. Clean the sponges in water.
8. Hold the left side of the mouth and wipe through with the right hand, fold the sponge and repeat with the opposite hand.
9. Slide to the temple, pause with slight pressure and lift off.
10. Place a tissue over the face and blot.

Apply toner and moisturizer suitable to the client's skin type. Refer to product manual for suggestions.

On completion of the cleansing sequence the client should be free from tension, relaxed and starting to unwind.



Analyze client's facial shape and features for a make-up

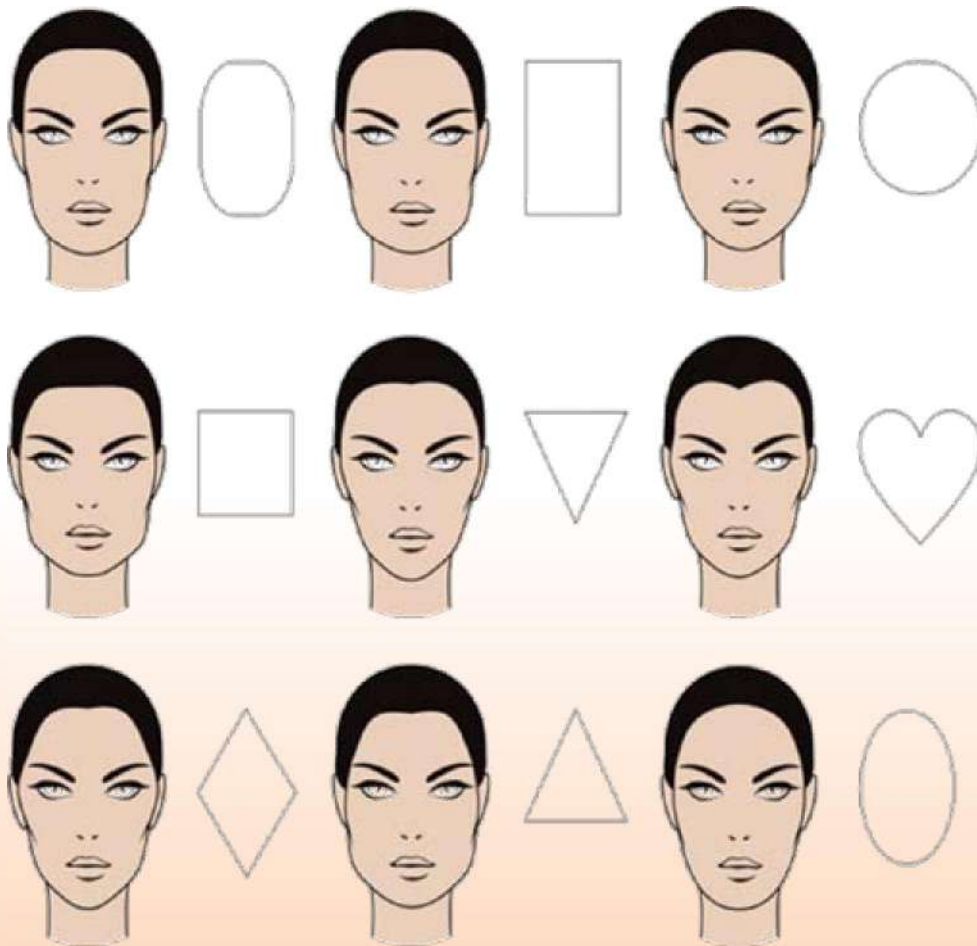
The first step in designing the make-up is to know the 'canvas' that you are going to work on. Doing this accurately will mean that you achieve the best result. There are four things you need to consider:

- The client's facial shape
- The image the client wants to create

Facial Shapes

Facial shapes are influenced by the structure of facial bones. There are six basic facial shapes although most people will have a combination of these shapes. The oval is considered the ideal facial shape. The following is a list of the dominant face shapes:

Oval – length of this face is about 1.5 times longer than its width. The jaw line is softly curved and the features are even and regular.



Triangular – like a pyramid the jaw appears wider and the forehead and cheekbones are narrow.

Diamond – the face appears widest at the cheekbones and has a narrow forehead and chin. Round – a full open face where length and breadth are similar, with a softly rounded chin.

Long – a face that is long and narrow with a thin overall appearance and a long more pointed chin.

Square – a broad forehead and jaw, this face is angular.

Select suitable products

Most products come in different forms to suit different skins and design factors. You will find products in powders, creams, liquids and gels and in all types of packaging. The variety of products available for make-up application includes the following:

- foundations
- powders
- concealers
- eye cosmetics
- lip cosmetics

Foundation

Foundation is used to give the skin a more youthful, smooth appearance. It also enhances the skin's appearance, evens out imperfections and provides a base for the make-up procedure.



Different formulations perform different roles and it is important that you choose the right one for the client.

Foundation type	Formulation	Skin Type	Comment
Liquid	Oil based	Dry Normal Mature Combination	These give a light to medium coverage.
Liquid	Water based	Oily Normal Combination skin (oily areas)	The water evaporates quickly so they need to be applied promptly. They give a light to medium coverage.
Cream	Oil based	Dry Normal Mature	Blends easily. Gives a heavy coverage.
Gel	Water based	Black, unblemished skin Tanned skin Where a client wants a very natural look	Sheer and non greasy coverage
Compact or cake	Oil, wax or powder	Dry Normal Blemished	Heavy coverage. Effective in covering scars and pigmentation.
Mousse	Oil	Normal Combination.	Light to medium coverage depending on your application technique.
Mineral	Micronize-d minerals	All Skin types	Non-comedogenic and natural. Gives a good, light coverage.

Concealers

Concealers are used to hide any blemishes or unwanted colour in the skin. They are normally cream based and are available in light, medium and dark. They can be found in:



- stick form – creamy long lasting formulation
- tube – lightweight long lasting formulation
- wand – lightweight long lasting formulation.

Some concealers are available in light colours for use under and around the eyes. Concealers are usually applied before the foundation.

Powders

Powders set the foundation, reduce shine by absorbing oil and give a smooth, matte finish. Pressed powder are compacted and held together with binders.



They include:

- loose powders based on talc that are lightweight and translucent and allow the colour to show through.
- compact or pressed translucent colour range more suitable for touching up during the day.

Blushers

Blushers help to define facial contour. They are available in the following forms:

- powder compact
- powder loose
- cream
- liquid
- gel



Blushers

Eye Cosmetics

These cosmetics add definition and colour to the eye area. Eye cosmetics include eye shadows, eyeliners, eyebrow pencils and mascaras.

Eye shadows are used to emphasize the eyes and are available in:

- creams
- powders - pressed or dry
- crayon



Eyeliners

Eyeliners add definition by outlining and emphasizing the eyes. These are available in:

- pencil
- liquid
- powder compressed



Eyebrow Colour

These are used to fill in sparse patches, darken the eyebrows and correct the shape. These are available in:

- pencil
- powder
- mascara

Mascaras

Mascara darkens, thickens, lengthens and so defines the eyelashes. These are available in:

- liquid
- block
- cream



Mascaras

Lip Cosmetics

Lip cosmetics include lip liners, lipstick, lip gloss and lip balms.

Lip cosmetics are used to define the mouth and enhance the shape of the lips.

Lip liners are used to outline or correct the shape of the lips. They also help keep the lipstick from 'bleeding' or spreading from the lips to the surrounding skin.

Lipsticks

Some lipsticks are designed to last longer than the standard lipstick. Lipsticks are available in different forms such as matt, frosted, translucent and cream.



Lip Gloss

Lip gloss can be added to the lipstick or used on its own. It adds shine and translucent but is short lived.

Lip Balm

These are colorless products that are designed to enhance and protect the quality of the skin on the lips.

Select tools and equipment

Make-up tools and equipment include the following:

Make-up tools	Comment
Sponges	Good for blending foundation, concealer and powder. Often in a wedge shape which makes them easier to use. Thicker end is used on the face and the thinner end for blending around the eye.
Brushes	Good quality brushes are essential to a professional make-up. You will need a variety of sizes and shapes. You will also need about three sets so that you can clean and disinfect them between clients.
Lash curler	For use before or after mascara.
Disposable mascara wands	These ensure that the mascara does not become infected. Do not double-dip wand into the mascara as you will transfer bacteria from the client to the mascara.
Hair clips or headband	To hold back the client's hair.
Cape	To protect the client's clothing.
Tissues	To blot make-up and lipstick and to protect client's hair and clothes.
Spatulas and orange sticks	Disposable items that allow you to hygienically remove a little of the product from the container for use on the client, Do not double-dip.
Cotton Buds	Great for fixing mistakes.
Make-up palettes	Allow you to mix and prepare products prior to application.
Tweezers	To remove hair or to use when applying false eyelashes.
Make-up Equipment	Comment
Make-up chair or couch	If it is a beauty couch it will need to have an adjustable head.
Trolley or shelf	To put all your tools and products on.
Bright lighting	This is essential so that the client can clearly see the make-up and you can easily apply the products.
Magnifying lamp	To check the skin for contraindications and areas requiring special attention.
Hand held mirror	For client use so that they can see their make-up from different.

makeup brushes

Liner/brow



For applying liner, or shading your eyebrows

Crease



For applying shadow right in your crease

Medium Shadow



For applying basic powder shadow

Eye Smudge



creame Shadow

Mostly to smudge powder along your lower lash line



Large Shadow

For applying cream shadows



For applying basic powder shadow.

Small Shadow



Basic powder shadow brush

Beauty

Blender



Used for blending foundation or concealer

Bronzer Brush



Used for pressed powders

Kabuki Brush



Mostly used for blush

Application Techniques of Make-up Products

Concealer	Match the colour to nearby skin. If used under eyes to conceal dark circles use lightly and make sure you blend the concealer into the surrounding areas. If covering a blemish colour selection is important as a concealer that is lighter than the surrounding skin colour will highlight the blemish rather than conceal it. Concealer is removed from the container with a spatula and applied with a clean concealer brush, fingertips or sponge.	
Foundation	Match the colour selection to the client skin tone and colour. Foundation should blend smoothly and there should be no demarcation line visible between the skin and where the make-up stops. Pay particular attention to the jawline. Foundation is applied with fingertips or a sponge.	
Face Powder	Match the colour to the skin. Use a brush or powder puff. Blend with the brush and remove any excess.	
Eye Shadow	To bring out the eyes choose colours contrasting or complementary colours. Your client may also want the eye shadow to match the colour of the clothing. You can also look at the flecks of colour in the iris and match the eye shadow. Blending is important. Eye shadows can be listed under three headings: 1. Highlighters – lighter than the client's skin colour. Used to highlight specific areas e.g. under the brow bone.	

	2. Base colour – close to the client's skin colour and is often used to even out the skin colour on the lid. It is applied all over the lid and other colours are added. 3. Contour colour – used to camouflage a particular area. To apply, remove the eye shadow from the container with a clean spatula and use a clean brush to apply to the area. Blend.	
Eyebrow Cosmetics	Eyebrow cosmetics should not be an obvious contrast to the client's natural colour. Sharpen the pencil and wipe with a clean tissue before and after use.	
Eyeliner	This can be applied before or after eye shadow. Most client prefer the colour to match the eyelashes, but you can use contrasting colours if they prefer. You must be very careful when applying eyeliner and you must ask the client to stay very still. Use gentle short strokes and use the pencil at a parallel angle to the eye. You may need to pull the skin taut to ensure a straight application. Sharpen the pencil and wipe with a clean tissue before and after use.	 

Mascara	Ask the client to keep very still and to apply from the base of the eyelashes to the tips. You may need to ask the client to look up when doing the bottom lashes and to look down when doing the top lashes. Use a disposable wand and never double dip. You can comb with a lash separator if there are clumps.	
Blusher	If using a powder blush then apply after the face powder. If using a cream blush then apply after the foundation. The direction of application is always towards the hairline. With powder blusher stroke the contour brush over the blusher and then tap lightly to remove any excess. With all blushers build up colour slowly.	
Lip Liner	Choose a lip liner that closely matches the lipstick colour you have chosen. Sharpen the lip liner pencil and wipe with a clean tissue before and after use.	
Lip Colour	Lip colour selection depends on the client's preferences, eye colour, skin colour and lip shape. Remove a small amount of the lipstick with a spatula. Use a lip brush to dip into the lipstick on the spatula and apply to the lips. Outline the lips using the brush tip and then fill in. You aim is for the lips to look symmetrical.	

Review Questions

1. Ms Sushma is the make-up artist and she must have the fundamental knowledge of the following:-

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

2. Explain the action of following cleansers

	Types of cleanser	Action of cleanser
a)	Cleansing Milk	
b)	Cleansing bars	
c)	Eye make-up remover	
d)	Foaming cleanser	

3. Write down the cleansing procedures for the following:-

- a) Cleansing of Eye make-up

- b) Cleansing of lip make-up



4. Identify the skin type as per the foundation type given as under

	Foundation type	Skin type
a)	Liquid water based	
b)	Cream oil based	
c)	Gel water based	
d)	Compact or cake	
e)	Mousse	
f)	Mineral	

5. Write down the use of following make up tools/equipments/brushes

	Make up tools/equipments/brushes	Comments
a)	Sponges	
b)	Cake	
c)	Tweezers	
d)	Lash curler	
e)	Magnifying lamp	
f)	Make-up Palettes	
g)	Hand held mirror	
h)	Make-up brushes	
i)	Trolley or shelf	
j)	Tissue	

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the objectives of doing make-up.
- Explain the contraindications of make-up.
- Explain the process of analyzing facial shapes for make-up.
- Explain the procedure of cleansing .
- Explain as how to select different make up products as per skin type.
- Explain the procedure and application technique of using different make-up products.

PART B

Discussed in class the following: -

- Points to be considered before starting make-up.
- How to give consultation to the client before starting make-up.
- Benefits and importance of proper cleansing.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different facial shapes.		
Able to select material and supplies and make-up product as per the type of make-up.		
Able to perform complete light make-up.		
Able to differentiate between different types of make-up products as per the need.		
Able to select and apply make-up as per skin type.		

Learning Activities

- Pair up with a fellow student or a work colleague and fill out the following consultation card. Fill in the lights haded portion only you will complete the card as you work through section A, B and C.

Sample make-up consultation card

Client details

Name: _____ Date of birth: _____

Address: _____

Business Ph.: _____ Home Ph.: _____

Occupation: _____

Client needs and occasions: _____

Special comments and requests: _____

Contraindications

- ☐ contagious diseases
- ☐ any abnormality (eg sun burn)
- ☐ any trauma in the area eg bruising
- ☐ client needs and occasions:

Precautions

- ☐ allergies
- ☐ skin sensitivity
- ☐ any abnormal skin areas
- ☐ contact lenses

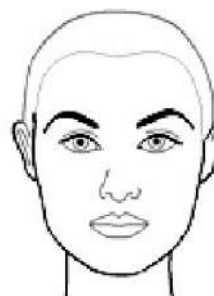
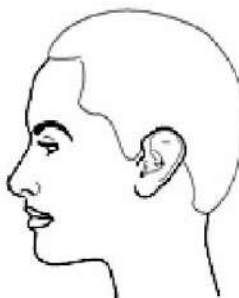
Medical information

Doctor's name: _____

List any medications which cause skin sensitivity or dry eyes

Skin type

- ☐ oily
- ☐ dry
- ☐ combination



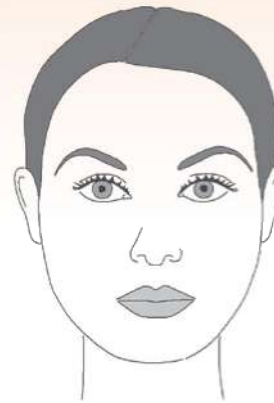
Areas requiring highlighting or camouflaging

b) Learning activity

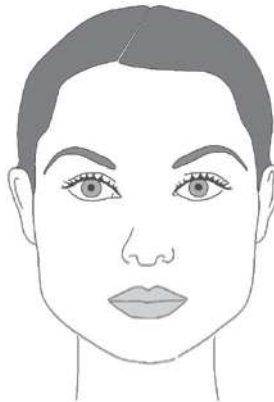
Use the information above to label each of the facial shapes below.



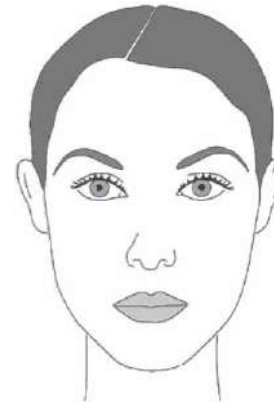
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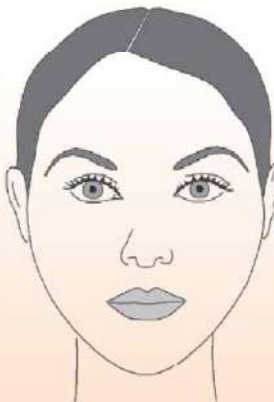
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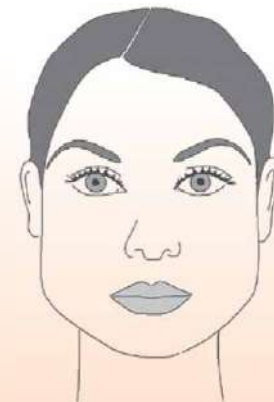
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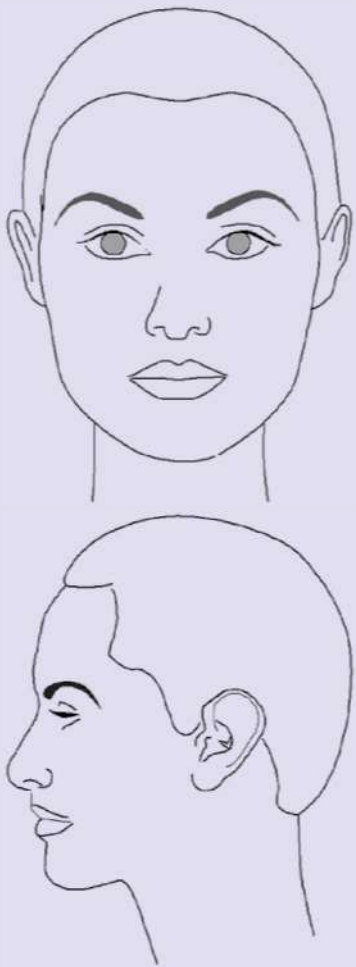
5.....



6.....

Refer to the Suggested answers section at the end.

c) Sample make-up plan

	Make-up products	Application techniques
	foundation	
	concealer	
	Face powder	
	blusher	
	Eyebrow make-up	
	Eye shadow	
	eyeliner	
	mascara	
	lipstick	
	Lipliner	
	other	

Exercise Question

Theory Questions

1. Write different types of Skin.
2. How would you analyze the skin for facial treatment?
3. What causes the dryness of the facial skin.
4. What kind of preparation should be made before giving a basic facial?
5. Briefly outline the procedure of basic facial.

6. Sterilization is important before starting a basic facial. Justify.
7. What are the benefits of basic facial?
8. Explain functions of pack.
9. Write down the different types of bleaches.
10. Write down the precaution of bleaches.
11. Write down procedure of bleaching and its precaution.
12. Write down procedure of light make-up.

Practical Questions

1. Demonstrate the use of clay mask.
2. Demonstrate the plain facial on the client.
3. Demonstrate the bleaching on face and neck.
4. Demonstrate the light make-up on the model.





UNIT - 5



Hair Care



Contents

Unit Overview & Description

- Overview
 - Knowledge and Skill Outcomes
 - Resource Material
 - Learning Outcomes
 - Assessment Plan
- Session 1: Introduction to Shampoo, Hair Conditioner and Rinses
Session 2: Shampooing & Conditioning
Session 3: Henna or Mehendi Application on Head
Session 4: Hair Cutting Techniques
Session 5: Blow Drying
Session 6: Hair Styling and Designing

Overview

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Shampoo
- Hair Conditioner & Rinses
- Preparation and Procedure for Shampooing & Conditioning
- Henna or Mehendi Application on Head
- Hair Cutting and Styling
- Blow Drying
- Hair Styling and Designing

Resource Material

1. Beauty Therapy the Foundation Level II, Lorraine Nordmann
2. NVQ 2 Hair Dressing ; ISBN 978-0-4354-6202-4
3. Milady's Standard Cosmetology, ISBN-978-15625-3880-2
4. Reagents/Prentice – Hall Text book of Cosmetology by Mary Healy

Learning Outcomes

Session	Topic	Outcomes
1	Introduction to Shampoo, Hair Conditioner and Rinses	- Identify types of shampoo - Identify types of conditioner and rinses
2	Shampooing & Conditioning	- Identify material and supplies - Identify the procedure of shampooing and conditioning
3	Henna or Mehendi Application on Head	- List of Material and supplements used for henna application - Identify the procedure of henna or mehendi application on head
4	Hair Cutting Techniques	- Identify various implements and materials - Identify sectioning - Identify medium length cut
5	Blow Drying	Identify the blow drying technique
6	Hair Styling and Designing	List different types of braids on long hair

Assessment Plan: (For the Teachers)

Session	Topic	Assessment Method	Remarks
1	Introduction to Shampoo, Hair Conditioner and Rinses	Exercise: Question & Answer Audio Visual Aids	
2	Shampooing & Conditioning	Exercise: Question & Answer Audio Visual Aids; Practical demonstration by the learner	
3	Henna or Mehendi Application on Head	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
4	Hair Cutting Techniques	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
5	Blow Drying	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
6	Hair Styling and Designing	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	

Session-1: Introduction to Shampoo, Hair Conditioner and Rinses

Shampoo could be any of various liquid or cream preparations of soap or detergent used to wash the hair and scalp. Conditioner is a substance used, often after shampooing, to detangle and improve the condition of the hair. Like shampoo, it is applied to wet hair and then rinsed out after applying. Shampoos are designed to cleanse the hair and scalp by removing oil, dirt, dandruff, dead skin, environmental pollutants and other contaminant particles that gradually build up in the hair. They form the heart of hair care daily routine. A good shampoo does not interfere with the production of sebum or natural oil secretion. Shampoo cannot change the process of overactive oil glands.

History

The word shampoo is derived from the word “Campo” in 1762. Shampoo had originated in Bengal region. It was introduced as head massage and contained alkali, natural oils and fragrance. The modern shampoo was first introduced in 1930 which contains synthetic surfactants.

Washing with shampoo does not dry out hair because an ideal shampoo will not cause drying of hair or scalp or stimulates greasy scalp.

Composition of Shampoo

Shampoo is generally made by combining a surfactant, most often sodium lauryl sulfate and/or sodium laurethsulfate with a co-surfactant, most often cocamidopropylbetaine in water to form a thick, viscous liquid. Other essential ingredients include salt (sodium chloride), which is used to adjust the viscosity, a preservative and fragrance.[9] Other ingredients are generally included in shampoo formulations to maximize the following qualities:

- Pleasing foam
- Easy rinsing
- Minimal skin/eye irritation
- Feels thick and/or creamy
- Pleasant fragrance
- Low toxicity
- Good biodegradability
- Slightly acidic (pH less than 7)
- No damage to hair

Many shampoos are pearlescent. This effect is achieved by addition of tiny flakes of suitable materials, e.g. glycol distearate, chemically derived from stearic acid, which may have either animal or vegetable origins. Glycol distearate is a wax. Many shampoos also include silicone to provide conditioning benefits.

Types of Shampoos

Shampoo contains detergents which remove dirt and grease from hair and can be rinsed off with water.

All shampoos fall into two **categories**:

1. Cleaners – those need a follow up conditioners.
2. Shampoo + Conditioners – these shampoo plays double role of a shampoo and a conditioners most shampoos available are in this category only other special shampoo are as follows:
 - **Daily use Shampoo**- They are very gentle and have low amounts of cleansers and generally contains conditioners.
 - **Dry Shampoo**- They are called powder shampoo as they are applied directly onto the dry hairs and them brushed out. They don't really clean the hair but they are helpful when you can't shampoo hairs because of cold weather, pronged illness, in hurry, or in long travel these shampoo help.
 - **Baby Shampoo**-These are special shampoos for babies who have very fine hairs. These are very mild shampoo preparations.
 - **Shampoo for color treated hairs**- These shampoos are rich in natural oils and moisture so that they can restore water to the hair shaft. They are low in alkalinity. They don't have saturated castor oils so that the color doesn't strip.
 - **Shampoos for permed or processed hairs**- They are rich in moisturizes and protein and are low in alkalinity. They are made for damaged or chemically treated hair as these hair tangles easily; use instant conditioners after each shampooing service.
 - **Medicated Shampoos/Anti-dandruff shampoos** – Apart from regular ingredients for daily use shampoos they contains some special chemicals in ingredients to remove dandruff such azonic. Tar derivatives, anti-bacterial as well as antifungal etc.
 - ◆ **Anti lice Shampoo** – Applied in proper manner they can kill the lice these shampoos contains Gama benzene hexa chloride as permethrin, a carbaryl or melathion etc.



- **pH Balance Shampoo-** These shampoos have pH factor similar to the stains hair, which is between 4.5 to the 5.5. They counteracts the effect of chemicals on the scalp.
- **Herbal Shampoos-** These shampoos are prepared with plant extract and herbs. There natural shampoos are beneficial for all types of hairs. They contain shikakai, amla, trifala etc.
- **Two-in-one Shampoo:** Contains detergent to clean your hair and few drops of conditioner to moisturize your hair. Gives quick results because your hair can be shampooed and conditioned at the same time.
- **Peroxide Shampoo:** This shampoo is used to give hair brightening and highlighting affect. These shampoos are strong and can lighten the natural color of hair and thus should not be used on regular basis.

Hair Conditioners & Rinses

Natural oil sebum secreted by scalp helps to keep hair glossy, sometimes there oil glands may not produce enough oil in this case conditioning adds brilliance to the hair, especially dry hair can be benefited to get a luminous shine. All types of hair require conditioning Conditioners help the hairs that has been exposed to excess sunlight, bleaching, and faulty diet. Conditioners help to find in moisture and keep the hair smooth & self-conditioning, helps in removing tangles and makes the hair easy to manage conditioners should be applied to freshly shampoo hair that has been blotted by with a towel to remove excess moisture.

History – For centuries natural oils have been used to condition human hair. This natural product oil is still used today. Modern conditioner was created in 20th century called brilliantine. Conditioners were made with silicon, fatty alcohols and some ammonium compounds. These chemical products allow the benefits of hair conditioner without feeling greasy or heavy hair conditioner is a thicker substance which coats the cuticle of the hair.

Hair Rinse

Hair rinse is the product you use to coat your hair after shampooing & conditioning. The main aim of hair rinse is to restore the acid-alkaline balance of the scalp. Hair rinses gives luster and volume to hair. There are two types of hair rinses natural and chemical. Chemical based rinses are available in the market. Some commonly used natural rinses are Natural rinses are Tea Rinse, Lemon Rinse, Beer Rinse, Vinegar Rinse, Chamomile Rinse.

Hair Conditioners

When considering the question of how hair conditioner works you first need to know about the structure of hair. Hair, as you may know, is composed of a protein called keratin. This fact is important because keratin has a high percentage of those amino acids which have negative charges sticking out, like the hairs on a nettle.

The next thing you need to know is that most hair conditioners contain positively charged molecules called cationic surfactants. Soap, shampoo, and other cleaners contain surfactants (also called detergents) that are anionic; that is, negatively charged. These cleaners are very effective at removing dirt, but they also remove natural oils and positive charges from the hair.

The positively charged surfactants in hair conditioner are attracted to the negative charges in your hair, and do not rinse out completely with water. When the hair dries, it is coated with a thin film, which adds weight, makes the hair easier to comb, and prevents static electricity from building up and 'frizzing' the hair.

Types of Conditioners

Conditioners add brilliance to all types of hairs, especially the dry hairs. Sebum the natural oil secreted by the scalp helps to keep the hair glossy sometimes oil glands may not produce enough oil or other factors may affect the production of sebum

Glossy hair has cuticle scales that lie flat and neatly overlap. In this condition, hair reflects the light. Chemical perming or colouring and rough handling of hairs conspire to lift the cuticle, which allows moisture to be lost from the cortex which in turns make the hair dry and luster less and prone to tangle. Hairs get thinner and break easily. To put the shine back and to repair the split ends, it is necessary to use a specific conditioner.

- **Basic Conditioners** – They coat the hair with a fine film temporarily smooth the cuticle and making the hair shiny & soft. They should leave on the scalp for few minutes before rinsing out. They are available for all hair types. The restore body and acid volume to the hairs. They include protein and polymer fibers.
- **Conditioning Sprays** – They are used prior to styling and form a protective barrier against the harmful effects of heat. They are also good for reducing static electricity on flyway hairs.
- **Intensive Conditioners** – These helps the hair to retain their natural moisture good for split, dry – frizzy or difficult to managed hairs.
- **Leave in Conditioner** – Apply after shampoo but don't rinse off. These form a barrier around your hair, which reduces damage from heat styling. Available in form of spray, liquid and monssier.



- **Hot Oils** – Good for very dry and damaged hairs. They give an intensive, deep nourishing treatment. Olive and Almond oil is good for dry hairs. They coats the hair shaft and repairs a damaged cuticles.
- **Deep Conditioners** – This is used of excessively brittle & broken hairs. They contains large amount of protein and it should be applied over a long time for absorption.
- **Restructurants**- Good for flat hairs which is damaged and lost its elasticity. They penetrate the cortex and helping to repair the inner part of damaged hair.
- **Color/Perm Conditioner** – They are specially designed for chemically treated hairs. Add a protective film around porous areas of hair it helps in preventing colour loss. After perm it helps to stabilize the hair and helps to keep the bounce in curls.
- **Split end treatment/Serum** – They condition the damaged hairs. As an intermediate solution, hair can't be temporarily sealed from the ends. They worked on newly washed hair, they surround the hairs with a microscopic film that leaves the hair shaft smoother.

Review Questions

1. Give one word answer for the following:
 - a) These shampoos are prepared with plant extract and herbs _____ .
 - b) These shampoos are used to give hair brightening and highlighting effect _____ .
 - c) These shampoos can be applied directly on dry hair and then brushed out _____ .
 - d) These conditioners are applied on wet hair after shampoo but are not rinsed off _____ .
2. Explain to the client purpose of using following hair care products:
 - 1) Shampoo _____

2) Rinse _____

3) Conditioner _____

3. Suggest a type of shampoo and conditioner for the following:

	Shampoo	Conditioner
a)	05 yr old Babita	
b)	Mrs. Ahuja with chemically treated hair	
c)	15 yr old school going girl with lice problem	
d)	Mr. Gulati suffering from high fever for last 10 days	
e)	Itchy and irritated scalp with split ends	

4. Ms. Nidhi wanted to purchase a good quality shampoo for herself. Explain her the qualities of good shampoo so that she can select a good product.



5. Differentiate between the two:

Conditioner	Rinses
_____	_____
_____	_____
_____	_____
_____	_____

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the history , composition and type of shampoos.
- Explain the history, composition and type of hair conditioner and rinses.

PART B

Discussed in class the following: -

- Benefits of using correct shampoo for the hair.
- Benefits and purpose of using hair conditioners and rinses.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different types of shampoos.		
Able to select right type of shampoo as per the hair condition.		
Able to identify different types of conditioners and rinses.		
Able to select right type of conditioner as per the hair type.		

Session-2: Shampooing & Conditioning

Trolley Setting

This is a preparation of work unit which is based on the type of shampooing and procedure to be followed. This unit is to provide hair shampooing and conditioning service to the client. You will develop the ability to perform a variety of manual hair shampooing techniques using a range of different products and equipments. This unit will also develop your ability to provide after care advice to the clients.

Following are the common list of equipment and material used for shampooing:

Equipment

- Shampoo basin
- Hot and Cold spray unit
- Shampoo chair

Material

- Gloves
- Neck cape
- Towels
- Combs
- Brushes
- Cotton
- Eye pads

Cosmetics

- Shampoo & Conditioner (as required)

Preparation of the Client

Instructions for Draping the Clients

- Wash your hands.
- Ask your client to remove all the jewellery and glasses and secure in safe place.
- Pull the client's hair up into a clip turn the client's shirt colour inward and place a towel lengthwise over the clients shoulders and cross the towel ends in front. You may secure the crossed ends with a clip.



- Position a plastic cover over the towel and secure it. Pull the back of the cape over the outside of the shampoo chair to prevent wetting the client's clothes.
- Examine the scalp and hair thoroughly before washing. Begin at the ends of the hair and brush the hair to remove any tangles.
- You can use either a front wash basin or backwash basin.



Procedure of Hair Shampooing & Conditioning

- Seat client comfortably.
- Turn on water and test temperature before applying to client's scalp and wet hair thoroughly.
- Apply appropriate shampoo effectively to the hair using circular movement on the head.
- Turn the water on and check the temperature before rinsing the first shampoo application.
- Apply second shampoo application using circular movement and continue until hairs lather well and all the hair has been covered. If hairs do not lather well due to excessive build up of a product or grease, you may need to repeat with a third shampoo.



Wet the hair thoroughly



Apply Shampoo

- After rinsing the shampoo thoroughly, apply conditioner and leave for 2-3 minutes or as per the directions given by the manufacturer.
- Thoroughly rinse off the conditioner from the scalp and hair.
- Wrap the towel securely to avoid drips.



Massage the Scalp to remove oil & debris and thoroughly rinse off the shampoo

Disposal of Waste Material

There are two kinds of tools commonly used in shampooing & conditioning in salon: non-porous which can be disinfected and are generally reusable and porous which are either one-use only disposable items or require specific cleaning protocol. Know what each implement you use is, as it directly affects your ability to comply with state laws and keep clients safe.

Porous items are made of cloth, wood, or other absorbent materials. Porous items include cotton, paper mats, towels, and buffer blocks. Porous items that are damaged or destroyed by cleaning or disinfection procedures are single-use items (disposable) and must be thrown away after one use.

- Porous items of any type (including those that say they can be disinfected) that are contaminated by blood, body fluid, broken skin (skin that is not intact), infections, or unhealthy conditions must be thrown in the trash.
- Towels, chamois, and similar items can be cleaned in a washing machine with regular detergent at the end of each day.

Non-porous items are made of hard materials like metal, plastic, or glass, and include nippers, scissors, combs, metal

- All non-porous tools can be (and must be) disinfected even if they do not contact blood or unhealthy conditions. These are all multi-use items.
- To clean a non-porous item, clean all visible debris then completely immerse the tool for 10 minutes in a disinfectant, bleach solution (1 part bleach to 9 parts water), or 70% or higher isopropyl or ethyl alcohol.
- Other items that are not designed to touch skin, and are used in waterless products such as nail polish, acrylic monomer and powder, or light-cured gels, do not spread germs and do not need to be disinfected. Brushes that are used to remove debris from a shampoo basin, must be properly cleaned and disinfected between each use.

Products	How	Why
Aerosols	Fully empty. Don't bend or pierce container. Place in bin that will not contain hot ashes.	Highly flammable. Gasses may ignite.
Chemical waste	Dilute with water. Wash down basin	Contact with chemicals can be harmful, but are less effective when diluted.
Sharps/Glass	Wrap up any sharps in paper or tissue before disposal in cardboard box.	Sharps and glass can be dangerous if not securely contained.
Recyclable containers	Fully clean and dry containers before clearly marking them	

Safety Practices in Shampooing & Conditioning

- Read and follow manufacturers' instructions for products used in the salon. Labels include information about how to use the product safely, expiration dates, safety precautions to be followed in case of a spill or reaction, and proper disposal. Also, be sure to follow local and state regulations for chemical disposal.
- Have a Material Safety Data Sheet (MSDS) on file in your salon for every product used in the salon that could cause injury or harm. MSDS include important information about reactions, spills, ingredients, and disposal of chemicals. Make certain that the information on the MSDS is read and understood by all salon workers. Most states require MSDS to be available upon request by an inspector, and a fine might be levied for salons that don't have them, so keep MSDS for all of your products in an easily accessible location. Many manufacturers have MSDS on their websites that can be easily downloaded.
- Proper ventilation in salons is essential for client and worker safety and comfort. Make certain that your ventilation system provides fresh air intake as well as exhaustion of stale air. Air control in the salon reduces your exposure to airborne particles and bacteria as well as reduces your inhalation of product vapors, creating a healthier work environment.
- Use a ventilation system that directs airborne debris (like filing dust) away from the breathing zone (the two foot square area between your mouth and nose and your work area) of you and your client. A mask can also be worn for further protection.
- Use a metal trash can with a lid (a self-closing trashcan is ideal) to reduce vapors from soiled material getting into the salon. This also reduces odor.
- Smoking should never be permitted in a salon, nor should lighted candles be used anywhere. Store all chemicals in closed containers, always away from any sources of heat or ignition.

Precautions

- The client must be adequately protected from water so clothes should be completely covered by a gown and towels tucked well down at the nape. If a front wash is to be used the client should be given a face cloth to protect their eyes and possibly make-up.
- Hairs must be untangles before Shampooing.
- The temperature of the water should be checked on the wrist or the back of the hand before using.



- Correct shampoo should be used for the type of hairs.
- Liquid shampoo should be allowed to run over the back of the hand then the scalp to minimize coldness.
- Cream shampoo should be applied to the palm of the hand before being evenly distributed over the whole head.
- Friction hand massage should be used in circular movements from hairline to crown throughout the whole head.
- Care must be taken to ensure that the hair is thoroughly rinsed after each massage.
- After shampooing hair should be towel dried and untangle away from the face.

Contraindications

- Do not use in case of hyper sensitivity from any chemical.
- In case of accidental contact with eyes rinse with plenty of water.
- If shampoo or conditioner gets on your clothes, face or any other part of the body it should be completely washed immediately to prevent skin irritation.
- Stop using the product if any of the following occurs – difficulty in breathing, skin or eye irritation, scalp irritation or redness on the scalp.

Review Questions

1. Fill in the blanks
 - a) Test the _____ of water before wetting client's hair.
 - b) _____ should be applied after the shampooing.
 - c) Shampoo should be applied using _____ movement.
 - d) Porous material used in shampooing is generally _____ type.



2. Prepare a shampoo station for a client, List the following on the table given below:

S. No.	Equipment	Material	Cosmetics
1.			
2.			
3.			

3. True or false:

- Before giving any hair treatment, hair and scalp analysis is necessary. (T/F)
- Towel should be secured onto the neck cape. (T/F)
- Porous items can be used again for different clients. (T/F)
- After shampooing hair should be towel dried before detangling them. (T/F)
- Temperature of water should be checked before starting the procedure of shampooing. (T/F)
- Detangling of hair should be done before proceeding for head wash (T/F)

4. Somya has joined the hair salon recently and is not familiar with the process of shampooing, instruct her as now she should prepare a client and how to proceed for the service.

Preparation of the client _____

Procedure of shampooing/conditioning _____



Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the procedure of preparing client for shampooing .
- Explain the procedure of shampooing and conditioning.
- Explain the right method of disposal of porous and non porous items.

PART B

Discussed in class the following: -

- Precautions and reminder to be followed during shampooing and conditioning process.
- Contraindications of shampooing and conditioning.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare client and work station for shampooing.		
Able to give shampooing and conditioning service to the client.		
Able to dispose porous and non porous items after use.		
Able to identify contraindications of shampooing.		

Session-3: Henna or Mehendi Application on Head

Mehndi is a natural plant not a chemical or ink. It grows in a hot temperature. It gives only one colour that is orange – reddish tone. It's scientific term is Lawsonialneamis. After applying henna to your hair you should give 1-2 weeks break for another hair treatment. About 200-300 gms of Henna powder is needed for an average length of hair every time.



Material and implements used

- Henna
- Towels
- Dye cape
- Double boiler
- Rubber gloves
- Wide tooth comb
- Clips hairbrush
- Shampoo + Rinse
- Plastic bowl

Henna preparation

Preparing the henna, gather the following:

- Towels (use old ones, they will get stained)
- Plastic bowl
- Large spoon for stirring
- Plastic cling wrap
- Acidic liquid such as lemon juice, apple cider vinegar or orange juice (if desired)
- Water (preferably filtered)
- Dry henna powder, enough for your length of hair
- Tint brush
- Disposable latex or vinyl gloves

Place the dry henna powder in the bowl. Add a small amount of the acidic liquid to the powder and enough water to make a paste that is the consistency of yogurt. Stir well to remove lumps. Cover the bowl with plastic wrap and let set until the dye releases from the henna, usually around 12 hours at 70 degrees F (21 degrees C).





Drape towel around shoulders to protect clothing and cover surfaces of the area that you will be in when you apply your henna. Put on the gloves. To apply henna, section hair and apply it to one section at a time until all of your hair is covered, making sure that you get it all the way down to the roots.

After you have your hair covered with the henna, wrap your hair in plastic wrap, then cover it with a shower cap. It's important to keep the henna moist while it is processing. Allow it to remain on the hair for 2 to 4 hours. Rinse out with water. Shampoo and condition, if desired

Tips

- To make removal of the henna easier, use some conditioner. Rinse the henna with water, then work some conditioner in and rinse again. Repeat if necessary.
- To speed up the processing time, use heat, such as a bonnet style hair dryer or a heat cap. For every 30 minutes of heat applied reduce the processing time by 1/2.
- Henna will stain. Make sure to clean up and spills immediately, and wear old clothes when applying.
- If your scalp is sensitive or your hair is normally dry, use orange juice for your acidic liquid, or don't use any acidic liquid at all, just use water.
- If your henna is too bright after 48 hours have passed, you can do another application.
- If your hair color is getting too dark, try applying it to the roots only when you do touch-ups.

Henna Color Choices

The reds are the most used, have the least amount of additives, and- if they are pure are completely safe. The browns and blonds are available too.

Henna does not lighten hair. It won't lift the color, like commercial dyes can do. So you must get a shade that somewhat matches your own, or is darker. Brunettes can easily go red; blonds can go brunette or red. But there's no way a brunette can go blond.

A Few Words of Caution

- Do not use henna over commercially colored hair. It's safest to wait at least 2 months after a commercial dye job, before using henna. Do strand test before applying henna on chemically coloured hair.
- About a week or so before you're planning to henna, use a clarifying shampoo. That will help strip out the old color.
- Be sure you're buying a brand of henna that does not contain metallic salts. These are extremely unhealthy. They may be labeled on the box as compound henna dye, or they may not be listed at all.
- How can you tell if your henna contains metallic salts if they're not listed in the ingredients? If your strand test leaves your hair swatch brittle or dried-out, or if the color "takes" very quickly, that probably means it contains metallic salts. Don't use it.
- Black henna is alright to use as long as it's made with Indigo.

Procedure

- Seat and prepare the client.
- Cover the clients clothing with Dye Cape.
- Mix and heat henna in a double boiler.
- Mix 3 table spoon of henna.
- Two table spoon strong coffee or tea decoction.
- One egg
- 1 Teaspoon ground fenugreek powder.
- ½ tea spoon of coconut oil.
- 1 cup of soaked dried Amla.
- Measure and mix the ingredients until smooth. Blend well shampoo hair.
- Use only one application of shampoo and rinse with water.



- Towel Dry, leave hair little moist so the henna will reach the deep surface and action will be faster.
- Protect hands with rubber gloves.
- Comb and part the hair in four sections.
- Apply henna paste.
- Check the henna temperature.
- Use brush or gloved hand for application.
- Start from nape and work upward with making 1 inch partings.
- Work quickly and apply thoroughly so that colouring will be equivalent.
- Leave 1 inch around face line free from henna until rest of hair has started to develop colour.
- Apply henna to face line to avoid discolouration.
- Put cap on to avoid dripping.
- Test the desired shade by judging the time, you can apply steamed towel to faster the action.
- Rinse out henna with water spray.
- Shampoo hair to remove stains from the scalp & set hair in desired style.
- Clean and sterilize equipments and make out record of the clients.

Benefits

- Henna gives the colour to your hair.
- It makes the hair healthy, strong, thick and silky.
- Henna is considered to be a natural conditioner for hair.
- Henna makes hair manageable and tangle free.
- Henna don't gives any side effect like other chemical hair colours do.
- It helps to control dandruff.

Contraindications

- Although rare but henna reaction may occur, when contacted with skin.
- May give symptoms of itching, redness and even scaly dryness.
- Those with naphthalene sensitivity, or has ever been advised by the physician not to use aspirin and anti-inflammatory drugs should not apply Henna.
- People with traumatic symptoms are advised not to use henna.



Sanitation techniques for shampooing, conditioning & hair care:

- Sweep floors clean after each client service, especially after every shampooing and conditioning service.
- Deposit all waste materials in a waste receptacle with a self-closing lid.
- Mop floors and vacuum carpets daily.
- Control all types of dust.
- Keep windows, screens, and curtains clean.
- Regularly clean fans, ventilation systems, and humidifiers.
- Keep all work areas well lit.
- Keep rest rooms clean and tidy. Remember to clean bathroom door handles.
- Provide toilet tissue, paper towels, and pump-type liquid soap in the rest room.
- Provide disposable drinking cups.
- Avoid touching your face, mouth, or eye areas during services.
- If you drop an implement on the floor, disinfect it before using it again. Properly clean and disinfect all tools and implements after each use and store them in a clean, covered container.
- Do not place any tools, combs, rollers, or hairpins in your mouth.
- Keep the outside of all containers clean.
- Make sure all containers are properly marked, tightly closed, and properly stored.
- Wear clean, freshly laundered clothing.
- Empty waste receptacles regularly throughout the day.
- Prohibit eating, drinking, and smoking in areas where services are performed.
- Never place food in refrigerators used to store salon products.
- Keep the salon free from insects and rodents.
- Clean and disinfect all work surfaces, including manicure tables, aesthetic beds, workstations, and chairs, between client services. Clean shampoo bowls and disinfect the neck of the bowl after each client.
- Use only freshly laundered or new disposable linens on clients. Use separate closed containers for soiled linens. Use disposable towels or tissues whenever



possible. Use neck strips or towels to ensure that there is no skin contact shampoo capes. Disinfect all linens during the wash cycle with detergent and bleach.

- Monitor air quality in the salon. Four to ten air changes per hour are recommended for public buildings. Air changes remove suspended particles such as hair spray, nail filings, and microscopic particles.

Review Questions

1. True or False
 - a) Strand test should be done before applying Henna on Chemically coloured hair (T/F).
 - b) Natural colour of Henna is orange (red) (T/F)
 - c) Henna cannot be used as natural hair conditioner (T/F)
 - d) Henna should not be applied for sensitive scalp condition (T/F).
2. List the material supplies and implements used for henna application.

3. Prepare a henna mask for a client using 200 gm of henna powder.

4. Write down five benefits of henna application.

1.

2.

3.



4. _____
5. _____
5. Fill in the blanks:
- The natural colour of henna is _____ .
 - Black henna is alright to use as long as its made with _____ .
 - Henna should not contain _____ salts.
 - Do not use henna over commercially coloured hair for at least _____ months.
 - To speed up the processing time of henna use _____ .

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the procedure of preparing client for henna application on head.
- Explain the process of preparing henna pack.
- Explain procedure of applying henna on head.

PART B

Discussed in class the following: -

- Precautions to be taken while preparing henna.
- Benefits of applying henna pack on hair.
- Contraindications of applying henna.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare client and work station for henna application.		
Able to prepare henna pack.		
Able to apply henna on head.		
Able to identify contraindications of henna application.		

Session-4: Hair Cutting Techniques

A haircut, hairdo, or hairstyle, refers to the styling of hair, usually on the human scalp. The fashioning of hair can be considered an aspect of personal grooming, fashion, and cosmetics.

Hair style is a statement one makes with hair. The way hair is styled has mostly to do with personal taste and hair texture. There are many ways to style hair. The most popular ways to style are by cutting, blow drying, and hair styling using products or letting it dry naturally.

Tools and their Uses



Wide-tooth, Tall, Barber and Styling Combs



Types of Brushes.

Anyone cutting hair is only as good as his tools. You need to understand the function and characteristics of your tools, how to use them in way that is safe for both yourself and your client, and how to position your body so that your energy and effectiveness are maximized and protected.

Haircutting tools – For best results in haircut use only superior implements from a reliable manufacturer, use them properly, and take good care of them.

- **Haircutting shears** – Mainly used to cut blunt or straight lines in hair. May also be used to “slide cut,” and for other texturizing techniques. The words shears and scissors are sometimes used interchangeably.
- **Thinning shears** – Mainly used to remove bulk from the hair. Sometimes referred to as texturizing shears, tapering shears, or notching shears. Many different types of thinning shears are used today, with varying amounts of teeth in the blades. A general rule of thumb is that the more teeth there are, the less hair is removed. Notching shears are usually designed to remove more, hair with larger teeth set farther apart.

- **Straight razor or razor shaper** – Mainly used when a softer effect is desired on the ends of the hair. Razors can be used to create an entire haircut, to thin hair out, or to texturize in certain areas. Razors come in different shapes and sizes, with or without guards.
- **Clippers** – Mainly used when creating short tapers, short haircuts, fades, and flat tops. Clippers can be used without a guard to “shave” hair right to the scalp, with cutting guards at various lengths, or in the “clipper-over-comb” technique. Two types of clippers available in the market 1) manual, 2) electric.
- **Wide-tooth comb**- Mainly used to detangle hair. Rarely used when performing a haircut.
- **Sectioning clutches**- These come in a variety of shapes, styles, and sizes and can be made of plastic or metal. These comes in large or small sizes.
- **Barber comb**- Mainly used for close tapers in the nape and sides when using the shears-over-comb technique. The narrow end of the comb allows the shears to get very close to the head.
- **Styling or cutting comb**- Also referred to as all-purpose comb, used for most haircutting procedures. It can be 6 to 8 inches (15 to 20 cm) in length and has fine teeth at one end, wider teeth at the other.

Professional Hairdressing Scissors



Holding the Shears

Properly holding tools is important can help to avoid muscles strain in hands, arms, neck & back.

- Open your right hand (left hand if you are left-handed), and place the ring finger in the finer grip of the still blade and the little finger in the finger brace (tang)
- Place the thumb in the finger grip (thumb grip) of the moving blade.
- Practice opening and closing the shears. Concentrate on moving only your thumb. A great way to get the feel of this is to lay the still blade against the palm or forefinger of your other hand, which holds it still while you move the other blade with your thumb.

Holding the Shears and Comb

During the hair cutting process, you will be holding both the comb and the shears at the same time. You may be tempted to put the comb down while cutting, but in the long run this wastes a lot of time. It is best to learn early how to hold both tools during the entire haircutting process.

- **Palming the shears** – Remove your thumb from the thumb grip, leaving your ring and little fingers in the grip and finger rest. Curl your fingers in to “palm” the shears, which keeps them closed while you comb or part the hair. This allows you to hold the comb and the shears at the same time.
- **Tension** – Tension in hair cutting is the amount of pressure applied when combing and holding a subsection, created by stretching or pulling the subsection. Tension ranges from minimum to maximum. You control tension with your fingers when you hold the subsection of hair between them. The teeth of the comb also affect tension; greater tension can be achieved with closer and finer teeth. Consistent tension is important for consistent, even results in a haircut. Use maximum tension on straight hair where you want precise lines. With curly or hair, however, a lot of tension will result in the hair shrinking even more than usual when it is dry.



Use of Scissor for Cutting

The shear, or scissor is the instrument that is used for most hair shaping or hair cutting. Shears come in various lengths and weights and differ in the quality of the steel they are made from.

A tapering or thinning shear is used to thin the hair where there is too much bulk. It may also be used to blend in and shape a haircut that has left the hair with stubby, blunt ends. These shears may have notched edges on just one blade or on both of them. They are available with from thirty to forty six teeth. Tapering shears with only one notched blade remove more hair than do shears with double notched blades. This is because hair that fits between the blade notches is not removed when the blades are closed over the hair strand, and there are more notches on a double notched blade. The more teeth the shear has, the finer the thinning.

Sectioning for Haircuts

The purpose of sectioning for a haircut is to determine the actual size of the head. Sectioning is very important because the most important part of any haircut is determining the distribution of hair to the top, the two sides, the crown, and the nape. If you consider that sectioning is done for this reason alone, you will understand why all haircuts require similar sectioning, based on the bone structure of the individual head. Depending on the style you want to achieve, the angles of the cut will vary in direction within the various sections.



Sectioning for the Top

The correct amount of hair to be parted off for the top section. The small protrusions on either side of the head, starting at the center part on the top of the head, run your fingers lightly down the side of your head toward the ear. The top section extends back to the highest point of the head. This highest point is easier to see by making a center part in the hair and then looking at the patron's head from the side.

Sectioning for the Nape

The crown section of hair pinned up out of the way, you have the right amount of hair that belongs in the nape section. To determine the width of the section by placing your fingers behind the ears and feeling for the projection of the end of the temporal bones.

By using these bones as your guide, the exact amount of the hair for the nape, and it will be centered exactly in the middle of the back of the head.

Sectioning for the Sides

After the top, crown, and nape have been sectioned off, the sides have been outlined. Now see the division between the top section, the crown section, and the nape section. Hair partings within the section are determined by the type of haircut to be given.

For a layered haircut, vertical parting are used within the sections. For a one-length cut, horizontal partings are used. The angle used for each of the partings will vary depending upon the style. The sides and the nape section are parted in the same manner.

Safety in Haircutting

It is absolutely essential for you to keep in mind that when you are cutting hair, accidents can happen. You will be handling sharp tools and instruments, and you must always safeguard yourself and your client by following the proper precautions.

- Always palm the shears and the clippers when combing or parting the hair. This keeps the points of the shears closed and pointed away from the client while combing, which prevents you from cutting yourself or the client. Palming the shears also reduces strain on the index finger and thumb while combing the hair.
- At the time of cutting around the ears or in the case of shorter haircuts, take extra care not to accidentally cut the ear.
- While cutting bangs or any area close to the skin, balance the shears by placing the tip of the index finger of your left hand (right hand if you cut left-handed) on the pivot point. This prevents the client from being accidentally poked with the shears if she moves suddenly. This also helps to balance your shears and cut a cleaner line.
- At the time of working with electric clipper always use a guard. Once you are comfortable with holding, palming, and cutting with the razor, you may practice without a guard, but always let your instructor be your guide.

A Medium-Length Haircut

This type of haircut is perfect for extremely fine hair. It can vary in length from the chinline to just above the shoulders.

Materials & implements

Shampoo apron and towel

Shampoo Comb

Clips Shears Razor



Procedure

1. Drape the patron and shampoo the hair.
2. Determine the basic sections, using the bone structure of the patron's head.
3. Part the hair into four sections for this particular style. Notice that the top section has been divided in the center and that each half of the section has been combined with the side section
4. Part off the lower third of hair in the nape section and clip the rest of the hair up out of your way. The part will extend across the nape from the bones behind each ear.
5. Comb the hair that is hanging down from each side toward the center of the head. Hold your comb vertically from the protrusion of the occipital bone to the hairline to establish the middle of the section.
6. Hold the hair with your fingers, position your shears horizontally, and cut off at the desired length. Notice that the natural inverted curve has perfect proportions from shorter center to longer sides. This is the rest of using the bone structure of the individual head to determine the sections.
7. Comb the hair to the center, using the first cut as a guide. Again cut straight across. The lengths should fall evenly. This helps to create weight and makes fine hair look thicker.

8. Following the outline of the ear, part of strip of hair from nape section to the front hairline.
9. Comb this strip, the guideline hair, back toward the nape section. Use the shears in a horizontal positions and place the hair in the same length as the nape section.
10. Comb down the rest of the side hair and all of the top section to blend in with the guideline just completed.
11. Following the angle of the hairline, part off a narrow strip of hair to use as a guide.
12. Insert the comb parallel to the hairline (with the teeth of the comb toward the face) into this strip of hair. Move the hair toward the face and then down to the angle of the guideline hair.
13. Cut the hair at the same length and angle.
14. Continue cutting the top and side section together using the same narrow, angled, vertical partings as above.
15. Cut the opposite side of the head in the same manner.
16. The finished side should blend evenly with the back, with the top hair the same length as the guideline hair.
17. Part off a curved narrow strip of hair across the bottom of the crown section.
18. Comb this strip of hair toward the center of the head. The hair length and angle should follow the guide established in the nape section.
19. Continue cutting the crown section, using narrow partings and following the established curve.
20. The finished haircut should be the same length from top hair to nape and should follow a continuous line from back to front. This creates the weight necessary to give thinner hair a fuller look.
21. Blow-dry the haircut. In order to get a true reading of the haircut, it best to perform a smooth blow-dry, with very little lift at the scalp.
22. Once the haircut is dry, have the client stand. Check the line in the mirror. You should see an even, horizontal line all the way around the head. This is the time to



clean up any hair at the neckline and to check where the hair falls when dry. Use the wide teeth of the comb to connect the crown area. If this section was left longer during the haircut, Now is the time to connect it into the line.

23. Remove the drape and neck strip from the client and dispose of properly.
24. Brush loose hair from the client's neck and face. Escort the client to the reception area.

Review Questions

1. List hair cutting tools used in the salon:
 1. _____ 3. _____ 5. _____
 2. _____ 4. _____ 6. _____
2. Fill in the blanks:
 - a) _____ shears are mainly used to remove bulk from the hair.
 - b) Two types of clippers are available in the market 1) _____ & 2) _____
 - c) _____ in hair cutting is the amount of pressure applied when combing and holding a subsection.
 - d) The purpose of _____ for hair cut is to determine the actual size of the head.
 - e) For a layered hair cut _____ Parting are used within the sections.
3. True or false.
 - a) Guard should be used while working with clippers (T/F)
 - b) Cutting hair at 0° angle will create weight and makes fine hair look thicker. (T/F)
 - c) During hair cutting, one must hold comb in one hand and sheaw in another hand. (T/F)
 - d) For one length cut horizontal parting are used. (T/F)



4. Short answer question:

a) Sectioning for the top.

b) Holding the shears.

c) Types of hair cutting shears.



Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain as how to use different hair cutting tools and implements.
- Explain the correct method of holding shears.
- Explain the importance of sectioning and sub sectioning in hair cutting.
- Explain the procedure of giving medium length hair cut.

PART B

Discussed in class the following: -

- Precautions to be taken while giving hair cut.
- Cleaning up of cutting station after hair cut.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare client and work station for hair cut.		
Able to select right tool and implements for hair cutting.		
Able to do sectioning for hair cutting.		
Able to give medium length hair cut to the client.		

Session-5: Blow Drying

Blow drying is the technique of drying and styling damp hair in one operation-has revolutionized the hairstyling world. Today's women desire hairstyles that require the least time and effort to maintain. The selection of styling tools, techniques, and products must relate to the client's lifestyle.

Tools for Blow-Dry Styling

The following the basic tools used for blow-drying techniques.



The Blow Dryer



A blow-dryer is an electrical device designed for drying and styling hair in a single service. Its main parts are a handle, a slotted nozzle, a small fan, a heating element, and speed/heat controls. Some also come with cooling buttons. The temperature control panel helps to produce a steady stream of air at the desired temperature. The blow-dryer's nozzle attachment, or concentrator, is a directional feature that can direct the air stream to any section of the hair more intensely. The diffuser attachment causes the air to flow more softly and helps to accentuate or keep textural definition.

To keep your blow-dryer as safe and effective as possible, make sure that it is always perfectly clean and free of dirt, grease, and hair before using. Dirt or hair in the device could cause extreme heat and hair burn. The air intake at the back of the dryer must be kept clear at all times. If this intake is covered and air cannot pass through freely, the dryer element could burn out.

Combs and Picks

Combs and picks are designed to distribute and part the hair. They come in a wide variety of sizes and shapes to adapt to many styling options. The length and spacing of the teeth may vary from one comb to another. Teeth that are closely spaced remove definition from the curl, thus creating a smooth surface, while widely spaced teeth shape larger sections of hair for more surface texture. Combs with picks at one end lift the hair away from the head.

Brushes

When choosing a styling brush, take into account the texture, length, and styling needs of the hair that you are working with. Brushes come in many sizes, shapes, and materials.

- A **classic styling brush** is a half-rounded rubber-based brush with smooth round-ended nylon quills, usually in either seven or nine rows. They are heat resistant and antistatic, ideal for smoothing and untangling all types of hair. While they are perfect for blow-drying precision haircuts where not too much volume is desired, they are less suitable for smooth classic shapes with rounded edges. Excellent airflow through the brush is also a feature of the classic styling brush.
- **Paddle brushes**, with their large, flat bases, are well suited for mid-to longer-length hair.
- **Grooming brushes** are generally oval with pure natural bristles or quills of bristle and nylon mix. The nylon bristles stimulate the circulation of blood to the scalp.
- **Vent brushes**, with their ventilated design, are used to speed up the blow-drying process, and are ideal for blow-drying fine hair.
- **Round brushes** come in different diameters. The client's hair should be able to wrap twice around the brush. Round brushes normally have natural bristles. Large



round brushes can be used to lift the hair at the scalp. Some round brushes have metal cylinder bases so that the heat from the blow-dryer is transferred to the metal base, creating a stronger curl.

- **A teasing brush** is a nylon styling brush that has a tail for sectioning, along with a narrow row of bristles. Teasing brushes are perfect for backcombing hair and then smoothing out the hair into a style, using the sides of the bristles.
- **Sectioning clutches.** These clutches are usually metal or plastic and have long prongs to hold wet or dry sections of hair in place. It is important to keep whatever wet hair you are not working on sectioned off in clutches so that the wet hair does not sit over the dry hair, especially when drying long hair.



Roll the Hair to the Base



Full Base Section for Blow-Drying.

Styling Materials

- **Styling lotions.** It is known as “liquid tools”. They give a style more hold and can add shine and curl, or take curl away.
- **Foam or mousse** is a light, airy, whipped styling product that resembles shaves foam. It builds moderate body and volume into the hair. Massage it into damp hair to highlight textural movement, or blow-dry it straight for styles in which body without texture is desired. Foam is good for fine hair because it does not weigh the hair down. It will hold for six to eight hours in dry conditions. Conditioning foams are excellent for drier, more porous hair.
- **Gel** is a thickened styling preparation- firm-bodied and usually clear or transparent- that comes in a tube or bottle and probably has the strongest hold of all products, other than a finishing spritz or spray. It creates the strongest control for slicked or molded styles and distinct texture definition when spread with the fingers. When

brushed out, it creates long-lasting body. Gel that produces the longest hold may overwhelm fine hair because of its high resin level. This is not a concern if fine hair is molded into the lines of the style and does not get brushed through when dry. **Liquid gels or texturizers** are lighter and more viscous, or liquid, in form. They allow for easy styling, defining, and molding. With bushing, they add volume and body to the style. **Straightening gels** relax the hair for a smooth, straight look, with the most hold in dry outdoor conditions, when applied to damp hair that is wavy, curly, or extremely curly and then blow-dried.



Finished Style

- **Volumizers** are sprayed into the base of fine, wet hair add volume to the shape, especially at the base
- **Hair spray, or finishing spray**, is applied in the form of a mist to hold a style in position. It is the most widely used hairstyling product. Available in a variety of holding strengths, in both aerosol or nonaerosol sprays, it is useful for all hair types and effective in dry or damp weather.



Hair being diffused

Procedure

Blow-Drying

Implements and Materials

- blow-dryer with attachments
- wide-tooth comb
- styling cape
- styling lotion
- round brush
- neck strip

Preparation for all Hair Types

1. After shampooing, return the client to the seated position and comb out any tangles in the hair. Remove excess moisture from the hair by blotting with a towel.
2. Place a clean neck strip on the client and drape with a cutting or styling cape.



Use of roll on brush-for volume

Blow-Drying for Different Hair Types and Lengths

- Distribute styling product through the hair with your fingers, and comb through with a wide-tooth comb.
- Using the comb, mold the hair into the desired shape while still wet.
- For volume and lift, similar to that which you would get from a roller set, use a small round brush. Apply a mousse or spray volumizer at the base. Section and part the hair according to the size of the curl desired.
- Insert the round brush at the base of the curl. The degree of lift determines the type of volume you will achieve. Using the techniques you have learned in roller setting, dry each section either full base or half base. For maximum lift, insert the brush on



base and direct the hair section up at a 125 degree angle. Roll the hair down to the base with medium tension. Direct the stream of air from the blow-dryer over the curl in a back-and-fourth motion.

- When the section is completely dry, press the cooling button and cool down the section to strengthen the curl formation.
- Release the brush by unwinding the section from the brush. (Pulling it out could cause the hair to get tangled in the brush.) For less lift at the scalp, begin by holding the section at a 90 or 70 degree angle, following the same procedure. Make sure the scalp and hair are completely dry before combing out the style or the shape will not last. Finish with hair spray.

To blow-dry blunt or long layered, straight to wavy hair into a smooth straight style.

- Attach the nozzle or concentrator attachment to the blow-dryer for more controlled styling. Part and section the hair so that only the section you are drying is not in clips. Apply a light gel.
- Using 1 inch subsections, start your first section at the nape of the neck and use a classic styling brush to dry the hair straight and smooth. Place the brush under the first section and hold the hair low.
- Work up to the crown, continuing to take 1 inch sections. On the longer sections toward the top of the crown.
- Continue using the same technique to keep the shape flat and straight, continue using low elevation.
- To direct the fringe away from the face, brush the fringe back and push the hair slightly forward with the brush, creating a curved shaping, place the dryer on a slow setting and point the nozzle toward the brush. The fringe, when dry, will fall away from the face and slightly to the side, for a soft look.



Review Questions

1. Explain the action of various brushes as under.

1.		
2.		
3.		
4.		
5.		

2. Explain the function of following styling products used in blow drying technique.

1.	Styling Lotion	
2.	Mousse	
3.	Gel	
4.	Volumizers	
5.	Hair Spray	

- The degree of lift determine the type of volume you will achieve whole blow drying. (T/F)
- The blow dryers nozzle attachment can direct the air stream to any one section of the hair more intensely. (T/F)
- Removing tangles is not necessary before starting blow drying procedure. (T/F)
- For maximum volume, hair section should be directed up at 125° angle. (T/F)
- Sectioning and sub sectioning is important to get the proper finish. (T/F)

4. Write down the step by step procedure for giving blow drying to medium length hair.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the bottom of the page, there is a solid orange-colored band or margin. There is no handwriting or other markings on the paper.

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the technique of blow drying.
- Explain the benefits of blow drying.
- Explain the use of different tools and brushes for blow drying.
- Explain the use of various styling material used in blow drying.

PART B

Discussed in class the following: -

- Precautions to be taken while doing blow drying.
- Selection of right kind of tool and styling product for blow drying.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare client and work station for blow drying.		
Able to select right product and tools for blow drying.		
Able to do sectioning for blow drying.		
Able to give blow drying service on blunt or layered hair cut..		

Session-6: Hair Styling and Designing

Braiding styles can be broadly classified as visible and invisible. A visible braid is a three strand braid that employs the underhand technique, in which strands of hair are woven under the center strand. An invisible braid or inverted braid. Also a three-strand braid, is produced by overlapping the strands of hair on top of each other.

The following procedures will provide you with an overview of braiding styles commonly done in the salon, starting with the most basic and moving on to more complex styles, including braided extensions.

Invisible Braid

The invisible braid uses an overhand pick-up technique. It can be done on the scalp or off the scalp, with or without extensions. This style is ideal for long hair, but can also be executed successfully on hair that is layered. Layered hair must first be dampened slightly and gelled, however, to hold shorter strands in place. Procedure 21 demonstrates one braid down the back of the head.

Rope Braid

The rope braid is made with two strands that are twisted around each other. It can be done on hair that is all one length as well as on long, layered hair. Remember to add to both sides before you twist the right side over the left.

Fishtail Braid

The fishtail braid is a simple two-strand braid in which hair is picked up from the sides and added to the strands as they are crossed over each other. It is best done on dry, nonlayered hair that is at least shoulder length.

Procedure for Invisible Braid

Implements and Materials

- Styling cape
- Rubber band or fabric-covered
- Tail comb
- Neck strip

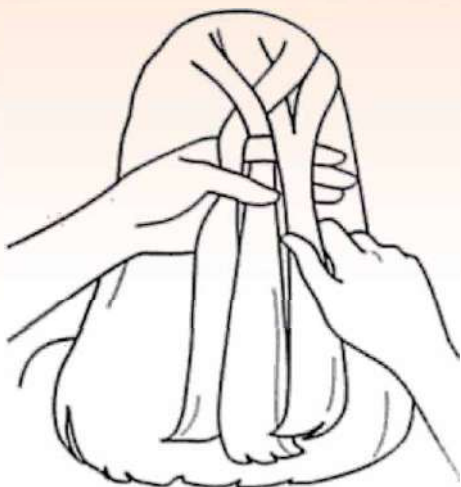


Preparation

Shampoo and condition the client's hair, then comb and blow-dry. If the client has shampooed at home, brush the hair with a paddle brush.

Procedure

 1. Take triangular section of hair.	 2. Divide hair in three strands and switch all strands on your left hand.
---	--



3. Gather small section of hair from your right hand side of head and add to right strand.



4. Bring the strand you have just added to, over to the middle and bring the middle strand to the right.



5. Now switch hands keeping all strands separate, so your left hand will be free.



6. Gather a section of hair from the left side of the head. Add this to the left strand.

 7. You will now bring the left strand over to the middle and bring the middle section to the left. As you follow these steps, try to keep your hands close to the head so braid will be tight.	 8. Repeat steps 2 and 3 until there is no hair available to add. Finish style fasten with rubber band.
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Finished Hair Style (Invisible)

Procedure for Rope Braid



1. Separate the ponytails into 3 strands. Hold two strands in left hand and one in right hand.



2. Wind the strand in your right hand around your index finger to the right. Then switch hands so that all 3 strands are in your right hand, separated with your fingers. Hold onto wound strand, so it does not unravel.



3. Bring the wound strand over so it is now on the left. Then switch all 3 strands back to the left hand.



4. Now your right hand can wind the right strand again. Repeat steps 2 and 3 to the end of the ponytail. Do Not release or the rope will unravel.



Procedure for Fishtail Braid

1. Take a triangular section from the front. If the client has a fringe, begin behind the fringe. Divide this section into two strands.
2. Cross the right strand over the left strand. Place both strands in the right hand.
3. Pick up a 1 inch section on the left side. Cross this section over the left strand and add it to the right strand.
4. Put both strands in the one hand.
5. Pick up a 1 inch strand. Cross this over the right strand add to the left stand to achieve "X" shape.
6. Repeat step 3 and put both strand in the right hand, moving your hand down toward the nape with each new strand picked up. Secure the hair with rubber band.





Review Questions

1. Name three types of braids:

- 1) _____
- 2) _____
- 3) _____

2. Identify the braids shown below:



3. List the material and supplies required for hair styling and designing.

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment

activity.

PART A

- Explain the importance of hairstyling and designing.
- Explain the types of braids.
- Explain the tools and material required for styling the hair.
- Explain the procedure of making braids.

PART B

Discussed in class the following: -

- Selection of right kind of tool and styling product .

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare client for styling.		
Able to select right tools for braiding.		
Able to differentiate between types of braids .		
Able to design hair by the means of all three types of braids.		

Exercise Questions

Theory Questions

1. List the qualities of good shampoo.
2. Name the main ingredient of Anti Lice shampoo?
3. Name few commonly used natural rinses.
4. Why conditioner is used after shampooing?
5. List the types of conditioner available in the market.
6. What is the purpose of hair sectioning?
7. Write the various techniques of hair sectioning?
8. What is the role of thinning shear?
9. What are the safety measures taken during a haircut.



10. What is medium length haircut?
11. Write down the tools used for blow-drying.
12. How can you avoid burning the client's scalp during blow-drying?

Practical Questions

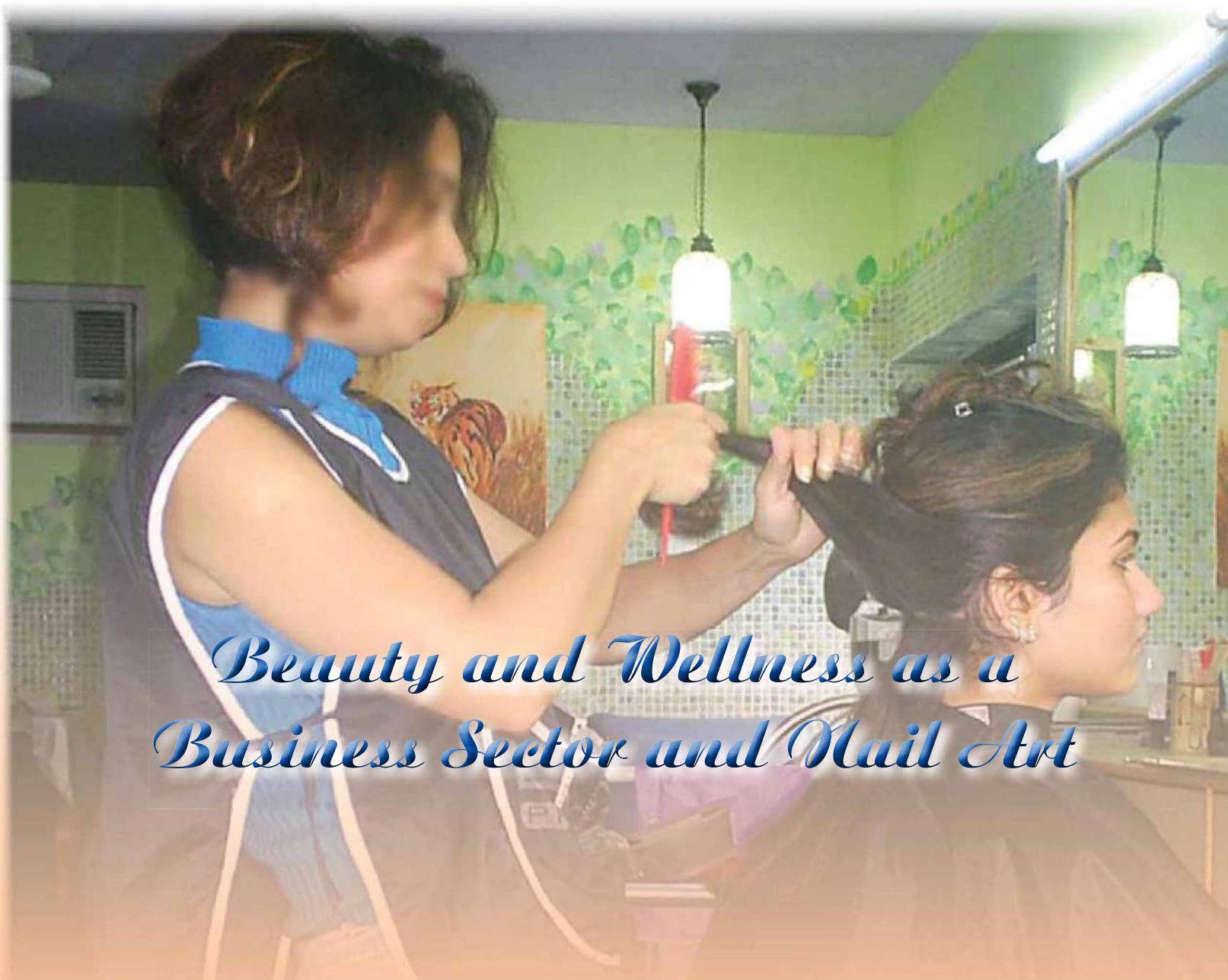
1. Demonstrate the procedure of shampooing.
2. Demonstrate the procedure of application of head henna.
3. Demonstrate the procedure of using various styling lotions used in blow-dry styling.
4. Demonstrate blow-drying on blunt cut.
5. Demonstrate the medium length cut using 0 degrees elevation.

Case study

Ms. Sarita is suffering from dry and split ends condition, what treatment would you suggest for her?



UNIT - 6



*Beauty and Wellness as a
Business Sector and Nail Art*

Contents

Unit Overview & Description

- Overview
 - Knowledge and Skill Outcomes
 - Resource Material
 - Learning Outcomes
 - Assessment Plan
- Session 1: Beauty and Wellness as a Business Sector
- Session 2: Nail Art

Overview

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Beauty and Wellness as a Business Sector
- Nail Art

Resource Material

1. Beauty Therapy the Foundation Level II, Lorraine Nordmann
2. Nail Technology and Retailing I – CBSE Publication
3. Milady's Standard Cosmetology, ISBN-978-15625-3880-2

Learning Outcomes

Session	Topic	Outcomes
1	Beauty and Wellness as a Business Sector	• Introduction to beauty and wellness as a business sector • Career options in beauty and wellness industry in India.
2	Nail Art	• Creating design and samples according to client's requirements • Use of various tools and cosmetics to create nail design. • Knowledge of nail tape application, bullion beads, pierced nail charm, confetti decoration and foil art.

Assessment Plan: (For the Teachers)

Session	Topic	Assessment Method	Time Plan	Remarks
1	Beauty and Wellness as a Business Sector	Exercise: Question & Answer Audio Visual Aids		
2	Nail Art	Exercise: Question & Answer Audio Visual Aids		

Session-1: Beauty and Wellness as a Business Sector

Aims towards empowering the future citizens with knowledge of wellness enhancing lifestyle and therapies with proven therapies and practices from all over the world including ancient Indian wellness wisdom. The education of wellness is more appropriate through vocational stream, as the subject is more of 'Doing' than 'Knowing'. The subject will work towards skilling the youth and make them employable, contributing significantly to the nation's economic development and progress.

- Indian beauty and wellness industry accounts for INR 1500 Crores.
- Fastest growing industry with around 30% growth rate, least effected by recession.
- Approximately 4000 Spas and salons in India alone, requiring around 20,000 therapists each year for coming few years.

- Receptionists, therapists, trainers, managers, manufacturers of equipment and products.
- Qualities required – Hard working, good communication skills, positivity and compassion.

Benefits of a Vocational Career in Beauty and Wellness sector

- Skills based Vocation
- Employability
- Decent starting salaries and perks
- Fast Growth and Development
- Well paying, respectable jobs
- Entrepreneurship relatively easy
- Skills are mobile
- Huge demand predicted for foreseeable future

Career Options-Beauty and Wellness sector

- Cosmetologist
- Aroma Therapist
- Nail Artist
- Make up Artist
- Beauty Therapist
- Beauty Technologist
- Hair Stylists
- Estheticians
- Hair Dressers
- Perm Specialists
- Spa Therapist
- Hair Designer
- Hair Colorist
- Beauty Advise

- Counselors
- Free lancers
- Manicurist
- Pedicurist

Review Questions

1. List the benefits of a vocational career in Beauty and Wellness sector.

2. Ms Namita has shifted from small town to Delhi. She is looking for the career in Beauty and Wellness sector. Explain new the career options available in the industry.

3. Explain the growth rate of Beauty and Wellness industry in India.



Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the importance of beauty and wellness sector.
- Explain the career options in beauty and wellness sector in India.

PART B

Discussed in class the following: -

- Selection of right career option.
- Benefits of vocational career in beauty and wellness sector.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to understand the importance of vocational career.		
Able to suggest right career option in beauty and wellness sector.		
Able to understand the growth in beauty and wellness sector.		

Session-2: Nail Art



Layered Nail Art

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.

Rhinestone Application

Nails can be elegantly enhanced with rhinestones of various colours. The rhinestones are placed on the nail into wet polish. When the polish dries the rhinestone will be stuck to the nail. You can use the rhinestones on other methods of nail art to create intriguing designs.



Procedure for rhinestone application

You will need clear polish, an orangewood stick and nail rhinestones.

- Prepare the nails by sanitizing the nail beds.
- Polish the nails in the regular manner up to and including the second layer of colour.
- Determine where you want to place the rhinestones.
- Apply a small amount of clear polish to the end of an orangewood stick.
- Touch the wet end of the stick to the top of the rhinestone.
- Press the rhinestone into the wet polish in the chosen position and repeat the process until all gems have been placed on the nails. You may use tweezers to apply the gems if you prefer.

Finish with a coat of topcoat to seal the design. Do not apply it too quickly or air bubbles may appear.

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.

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.

Pierced Nail Charm

Pierced charms come in many designs and can be plain or made of real gold or plated gold and be embedded with diamonds and other jewels. To attach a nail charm, a hole is drilled through the free edge of the nail with a tiny hand drill, then a gold charm is screwed in and bolted at the back. Charms can be applied to the natural nail but an artificial nail is much stronger. It is advisable to artificially coat the nail wearing the charm.

You will need clear polish, a nail charm, a hand drill for the piercing and tweezers.



Procedure for pierced nail charm

- Prepare the nails by sanitizing the nail beds.
- Prepare the hand drill by following the manufacturer's instructions.
- Either paint the nail and let it dry, or drill the hole and then paint the nail. Whichever way is chosen, the charm is applied after polish is dry.
- Choose a location for the charm that will not weaken the nail or cause it to break. It must go on the free edge of the nail, not too close to the edge as the weight may weaken the nail, and not too close to the nail bed as it will be too difficult to put the bolt on the back.

- Support the free edge by placing the finger firmly on the table- upside down is recommended as there is more support for the finger. Place the drill bit on the nail where you want the hole drilled.
- Twist the drill clockwise while pressing down. Keep twisting and pressing till the drill bit makes the hole. Drill the hole straight or the charm will not lie flat.
- Dust the area and use the wrench end of the drill to remove the bolt from the back of the charm.
- Hold the charm with tweezers and place it into the hole and position it.
- Using the wrench end of the drill, screw the bolt onto the back of the charm. Do not over tighten. Apply clear polish on the back of the bolt to keep it from turning.
- Check that the charm is positioned correctly. Clear polish can then be applied over the top of the charm to keep it from catching hair or snagging clothes.
- Trim off the back of the screw if it is sticking out unnecessarily.

Confetti Decoration

Confetti is made from tiny strips of foil that are available in many colours. It can be used alone or with other forms of nail art.



Procedure for confetti decoration

You will need confetti, clear polish, and an orangewood stick or tweezers.

- Prepare the nails by sanitizing the nail beds.
- Polish nails in the regular manner and let polish dry completely.
- Apply clear polish in the position where you want the confetti to be applied.
- Brush a small amount of clear polish onto the end of an orangewood stick and touch the confetti lightly to pick some up. Tweezers may also be used.
- Apply the confetti onto the clear polish on the nail. It can be clustered or applied piece by piece to create or finish a design.

- Clean the ends of the orangewood stick with polish remover and then use the flat side of the stick and press the confetti gently down on the nail. Make sure you press all the confetti onto the nail so that it is flat.
- Cover with clear polish slowly to avoid bubbles. Let dry and apply a second coat of clear to thoroughly seal the design.

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

1. List six nail art techniques:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

2. Identify the nail art technique.

1.		
2.		
3.		
4.		
5.		

3. Explain the process of applying foil nail art to the client.

4. Explain Difference between:

Confetti decoration

Bullion bead

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the procedure of applying different types of nail art.
- Explain the material and supplies required for nail art techniques.

PART B

Discussed in class the following: -

- Selection of right material and supplies for nail art.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to select right material for nail art.		
Able to differentiate between forms of nail art.		
Able to apply different nail art on client.		

Exercise Questions

Theory Questions

1. List the carrier option available in Beauty & Wellness sector.
2. List the supplies required for confetti decoration.
3. What is Nail Art? Explain the procedure of Pierced nail charm in detail.
4. Why is it necessary for a client to return to the Nail Technician? When they want to remove their nail charm.

Practical Questions

1. Demonstrate the foil art on client.
2. Demonstrate the tape art on client.
3. Demonstrate the confetti art on client.
4. Demonstrate the bullion art on client.
5. Demonstrate the Rhinestone art on client.
6. Demonstrate the Pierced nail charm on client.







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