

Hair Styling & Beauty Therapy Skill

हेयर स्टाइलिंग एवं ब्यूटी थैरेपी कौशल उच्चस्तरी सेलून व ब्यूटी चैन में बेहद प्रचलित व मांग में है साथ ही स्वरोजगार में भी मददगार है

Course Name	Hair Styling & Beauty Therapy Skill	Course Code	BWS/Q0201-101
<p>Training Outcomes: After completing this programme, participants will be able to:</p> <ul style="list-style-type: none"> • Prepare and maintain work area • Perform basic blow-drying of hair • Shampoo, condition the hair and scalp • Perform basic hair cut • Apply colour to hair • Perform Indian head massage services • Maintain health and safety at the workplace • Perform tasks to assist the hair stylist performing advanced hair services • Create a positive impression at the workplace 			

CURRICULUM / SYLLABUS

Part-A (Domain Skills)

S. No.	Module	Duration (In Hours)
1.	<p>Introduction</p> <ul style="list-style-type: none"> • Identify the career opportunities and working methods within the beauty sector. • Identify and list the beauty services 	5:00
2.	<p>Prepare and maintain work area</p> <ul style="list-style-type: none"> • Prepare and maintain the work area. • Prepare client record cards. • Prepare clients for treatments. • Sterilize and disinfect the work area. • Improve personal presentation and ideal behaviour. • Identify ways to dispose of waste as per industrial standards. 	5:00
3.	<p>Provide basic skin care services</p> <ul style="list-style-type: none"> • Describe the anatomical structure of the skin: The layers of the epidermis: the dermis, the subcutaneous layer; the hair follicle, the hair shaft, the sebaceous gland, arrector pili muscle, sweat gland, and sensory nerve endings • Identify the functions of the skin: sensitivity, heat regulation, absorption, protection, excretion, secretion and vitamin D production • Identify the characteristics of the skin • Identify the effect of the natural ageing process on the skin, facial muscles and muscle tone • Apply facial and bleach techniques for clients • Recognize the skin types and skin conditions • Identify various environmental and lifestyle factors affecting the skin • Treat various skin conditions - psoriasis, eczema, acne, etc. 	15:00
4.	<p>Carry out basic depilation services</p> <ul style="list-style-type: none"> • Consult, plan and prepare clients for waxing treatments • Select equipment, materials, products, techniques and treatment for waxing • Identify contra-indications that affect or restrict waxing treatments • Work safely and effectively when providing waxing treatments • Use safe and effective methods of working when waxing 	15:00



S. No.	Module	Duration (In Hours)
5.	<p>Provide manicure and pedicure services</p> <ul style="list-style-type: none">Describe the anatomical structure of nailsExplain the functions and characteristics of nailsDescribe the process of nail growthExplain the anatomical structure of the skinUnderstand the bone structureApply massage on the muscles on the lower leg, foot, hand and armsInform the clients about nail diseases and disordersAnalyse the nail and skin by visual/manual examination to identify treatable conditions and contra-indications restricting or preventing serviceMention the products and tools suitable to carry the procedure - products: exfoliant, enamel remover, nail enamels, cuticle cream; tools: pedicure clipper, foot scrapper, nail brush, nail file, cuticle nippers, cuticle knife, emery boards, nail scissors, nail clippersApply various pedicure and manicure techniques:filing, buffing, application of cuticle cream, removal of cuticle, cuticle pushing, polishingMention the contra-actions and respective necessary actions	20:00
6.	<p>Perform simple make-up services</p> <ul style="list-style-type: none">Perform the make-up procedures using materials, equipment and techniques correctly and safely to meet the needs of the clientIdentify basic skin types and skin tone correctlyMention suitable beauty services plan to meet the client's needs, based on skin types, constraints and client preferencesSelect suitable skin care and make-up products to meet the client's needsUse make-up removers, cleansers and toners to remove make-upMake different bindi designsClean, tone and moisturize the skin to suit the client's skin type and needs in the correct sequence, applying correct techniquesSelect the correct make-up products to enhance facial features, to suit the client's needs and achieve the desired effect, using make-up products: foundation, powder, blusher, mascara, eye shadows, eye liner, eyebrow pencil, lip liner and lip stick/gloss, etc.Adapt the make-up procedure using materials, equipment and techniques correctly and safely to meet the needs of the client, wherever requiredCheck the client's comfort and well-being throughout the service	20:00
7.	<p>Provide simple hair dressing services to produce common hair dos</p> <ul style="list-style-type: none">Describe the hair structure and hair shaft structure: arrector pili muscle, hair follicle, inner root sheath, cuticle layer), outer root sheath, vitreous membrane, connective tissue sheath, sebaceous gland shaft: medulla, cortex, cuticleCheck the hair and scalp conditionsEnsure the contra-indications for hair processes and relevant necessary actionPlan the style according to the occasionCheck factors like previous history, hair cut/style, texture, length, density, growth patterns, skin tone, face shape, lifestyle, existing curlSelect various hair accessories: Pins, clips, false hair, parandas, nets, veils, fresh flowers (gajra), etc.Make various hair styles: Plait, twists, braids, knots, chignon, pleat, rolls, ringlets, smooth blow dry, curly blow dry, tonging; as per client's requirementStraighten or blow dry hair as per requirement	15:00



S. No.	Module	Duration (In Hours)
8.	Carry out application of simple mehendi/henna designs <ul style="list-style-type: none">• Appreciate the importance of right consistency of mehendi mixture• Identify contra-indications and contra-actions for mehendi application• Carry out the procedure to prepare and store mehendi• Carry out a skin sensitivity test• Make simple design elements used in mehendi design• Identify the risks of using sub-standard products• Identify various parts of the body commonly used for mehendi application• List factors impacting customer comfort and satisfaction while undergoing the process of mehendi application• Identify factors impacting the resultant colour of the applied mehendi• Provide aftercare advice to improve mehendi service	15:00
13.	Perform basic blow drying of hair <ul style="list-style-type: none">• Understand the hair structure and hair shaft• Describe the structure of the skin and scalp• Identify hair and scalp conditions and causes and contra-indications to hair services• Identify the defects of hair• Explain the composition of hair• Identify different hair types• Describe the hair cycle• Describe procedures and effects of blow-drying and finishing services• List the factors that influence blow-dry and finishing services• Explain the science of blow-dry and finishing hair• List the tools, equipment, products and techniques used to blow-drying and finishing hair• Practise blow-dry and finishing hair	10:00
14.	Shampoo, condition the hair and scalp <ul style="list-style-type: none">• Prepare to shampoo and condition the hair and scalp• Identify the condition of the hair and scalp using suitable consultation techniques• Select products, tools and equipment suitable for the client's hair and scalp condition• Shampoo and condition the hair and scalp• Use massage techniques to meet the needs of the client• Provide suitable aftercare advice	10:00
15.	Perform basic hair cut <ul style="list-style-type: none">• Identify the factors that influence haircutting services• List the tools, products and equipment for haircutting services• Prepare for haircutting services• Prepare the client's hair prior to cutting in straight cut, "V" or "U"• Follow suitable hair cutting guidelines provided in organisational standards, training or manuals• Discuss with the client, during the cutting service, to proceed towards the desired look• Perform the basic one length haircut to achieve the desired look• Perform haircut using various techniques: Scissors over comb, clipper over comb, freehand, thinning	20:00



S. No.	Module	Duration (In Hours)
	<ul style="list-style-type: none">Create suitable neckline shapes as per client preference, Shapes: Tapered, round, square	
16.	Apply colour to hair <ul style="list-style-type: none">Prepare self, the client and work area for colouring servicesUse suitable consultation techniques to identify service objectivesEvaluate the potential of the hair to achieve the desired lookProvide clear recommendations to the client based on influencing factorsProvide colouring services	20:00
17.	Perform Indian head Massage <ul style="list-style-type: none">Prepare for scalp massage servicesExplain the science of shampooing, conditioning and treating the hair and scalpSelect products, tools and equipment suitable for the client's hair and scalp conditionCarry out scalp massage servicesAdapt massage techniques to take account of influencing factorsProvide suitable aftercare advice	15:00
18.	Perform tasks to assist the hair stylist performing advanced hair services <ul style="list-style-type: none">Maintain effective and safe methods of working when assisting in colouring and lightening servicesRemove colouring and lightening productsMaintain effective and safe methods of working when assisting in perming servicesRemove chemicals as part of the perming processNeutralise hair as part of the perming processMaintain effective and safe methods of working when assisting in relaxing servicesRemove chemical relaxers and normalise the hair	15:00
19.	Maintain health and safety at the workplace <ul style="list-style-type: none">Identify contra-indications related to beauty treatmentsFollow the process and products to sterilize and disinfect equipment/ toolsUnderstand the manufacturer's instructions related to equipment and product use and cleaningDevelop knowledge of applicable legislation relating to the workplace (for example, health and safety, workplace regulations, use of work equipment, control of substances hazardous to health, etc.)Develop knowledge of cautions of use of products, fire precautions, hygiene practice, disposal of waste, environmental protectionUnderstand how to handle, use and store products, tools and equipment safely to meet with the manufacturer's instructions	5:00
20.	Create a positive impression at the workplace <ul style="list-style-type: none">Behave in a professional manner when dealing with clientsManage client expectations properlyAdapt methods of communication to suit different situations and client needsUse effective consultation techniques to identify treatment objectivesProvide clear recommendations to the clientMaintain client confidentialityUse retail sales techniques to meet client requirementsOrganise service feedback files/documentsManage work routine based on salon procedureManage the client scheduling and bookingsMaintain the work area, equipment and product stocks to meet the schedule	5:00



Skilling Youth
Enriching Livelihoods

Mukhyamantri Yuva Kaushal Yojna (MMYKY)



S. No.	Module	Duration (In Hours)
	<ul style="list-style-type: none">Maintain accurate records of clients, treatments and product stock levelsAccept feedback in a positive manner and work on the shortcomings	
Sub Total		210:00

Part-B (Soft Skills)

S. No.	Topics	Duration (In Hours)
1.	Development Competency/ Proficiency in English/Vernacular	10:00
2.	Effective Communication	10:00
3.	Self & time Management	10:00
4.	Motivational Techniques	05:00
5.	Interpersonal Skill Development	05:00
6.	Computer Literacy	20:00
7.	Life Skills	05:00
8.	Entrepreneurship	15:00
9.	Occupational Safety, Health and Environment Education	10:00
Sub Total		90:00

Total Course Duration : 300:00 Hours