

Title of Vocational Programme : Assistant Beauty Therapist
Faculty : Arts
Department : Home Science

This course covers the basics tasks that a beautician is expected on a daily basis. The focus of this course is more on the language and communication aspect using the beauty treatments as a background.

This programme is aimed At training candidates for the Job of a “Assistant Beauty Therapist” in the “Beauty and Salons” Sub Sector / Industry and aims at building the following key competencies amongst the learner.

Credits : 3	Programme : Vocational
Max. Marks : 100	Min. Passing Marks : 33
Department: Home Science	Course Code : ABT
Duration Of Program: One Semester (02 Semester)	

Total no. of Lecturs-Tutorials-Practical(In hours per week):LTP : 1.0.2

Unit	Topics	No. of Lectures
Unit-I Theory	<ul style="list-style-type: none"> ● <u>Skin and its care</u> <ul style="list-style-type: none"> → Definition and meaning of skin → Types of Skin → Skin care routine ● <u>Hair and its care</u> <ul style="list-style-type: none"> → Hair Structure → Shaft structure → Types of hair → Hair care routing ● <u>Nails</u> <ul style="list-style-type: none"> → Anatomical structure of nails → Nails care routine ● <u>Setting up a beauty clinic</u> <ul style="list-style-type: none"> → Basic requirements of a beauty clinic ● <u>Preparation and maintenance of work area</u> ● <u>Basic skin care service</u> 	15
Unit-II Practical	<ul style="list-style-type: none"> ● Identify the career opportunities and working methods within the beauty sector. ● Identify the functions of the skin sensitivity, heat regulation, protection, uses of sunscreen cream. ● Apply facial and bleach techniques for clients. ● Differentiate between various types of specialist skin products and methods. ● Recommend different types of masks and their effects on the skin like cream, warm oil, clay, Peel off, thermal etc. 	60

	<ul style="list-style-type: none"> ● Explain the advantages and disadvantages of threading as per the shape and proportion of the eyebrows in relation to facial features and existing eyebrow shape. ● Select equipment, materials, products, technique and treatment for waxing. ● Use safe and effective methods of working when waxing. ● Apply various methods of hair removal and their effects like threading, sugaring, tweezing, electrical depilatory, intensive pulse light. ● List the methods to carry out the threading technique ● Apply various pedicure and manicure techniques, filing, buffing, applications of cuticle cream, removed of cuticle pushing polishing. ● Select the correct makeup products to enhance facial features, to suit the client' needs and achieve the desired effect, using makeup products foundation, power, blusher, mascara, eye shadow, eye liner, eyebrow pencil, lip liner and lip stick/ gloss etc. ● Drape costumes on customer using correct techniques and without discomfort to the customer. ● Check factors like previous history, hair cut / style, texture, length, density, growth patterns, skin tone, face shape ● Identify contra indication and contra-action for mehendi application. ● Make simple design elements used in mehendi design. 	
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