

**B.VOC BEAUTY THERAPY AND AESTHETICS  
ONE YEAR DIPLOMA IN BEAUTY THERAPY**

**ANATOMY AND PHYSIOLOGY  
ALLIED**

**Preamble**

The Course aims at helping the students to understand the anatomy and physiology of the human body with relevance to beauty therapy. It also enables the students to apply the beauty treatments confidently to improve the particular functioning of systems of the body.

**Syllabus**

**Unit-I**

The Skin – Structure of Skin, Functions and characteristics of Skin- Protection, Heat regulation, Excretion, Warning, Sensitivity, Nutrition, Moisture control. The types of Skin- The epidermis, Langerhan cells, Melanocyte cells, Stratum granulosum, Stratum lucidum, stratum corneum, The dermis

**Unit-II**

The hair - Structure and Functions of Hair and the surrounding Tissues, The three types of hair, Hair growth, factor affecting the growth rate and quantity of hair.

**Unit-III**

The nails - The structure and functions of nails, characteristics of nails-nail plate, free edge, the matrix, nail bed. Nail disease and disorder -the lunula, the hyponchium, the nail grooves, the perionychium, the nail walls, the eponychium, and the nail growth, examine and identify the nail with skin analysis visual / manual, contra indication and preventing treatment

**Unit IV**

The bones- identify the bones of the head, face, neck and shoulder girdle and their position Bones of the wrist, hand fingers and fore arm, structure and function of the lymphatic vessels of the lower leg, foot, hand and arm. The muscular system- the lower leg, foot, hand and arm Facial muscles, muscles of facial expression.

**Unit-V**

Circulatory system, functions of blood arteries, veins, blood composition and circulation and lymphatic system. Skin Diseases and Disorders- -bacterial infection, viral infection, fungal disease, sebaceous gland disorders, pigmentation disorder, skin allergies- contra indication and contra actions.

## **AESTHETIC TREATMENT LEVEL - I**

### **Preamble**

Explain the methods of cleaning, disinfecting, and sterilizing. Give thorough knowledge on, Hair removal methods, Skin bleaching, Manicure, Pedicure, Hair draping, Shampooing and conditioning and basic colouring.

### **Syllabus**

#### **UNIT I**

Introduction to cosmetology – History – Prospects –Life skills — Introduction to hygiene – Hygiene in work place –Contamination – Decontamination – Cleaning- Disinfection – Sanitation, Sterilization. Disinfecting non electrical tools and implements- Electrical tools and equipments – Work area maintenance- Storage of equipments – Health and safety

#### **UNIT II**

Hair removal methods- Temporary and permanent – Eyebrow hair removal – Eyebrow shaping equipment – Eyebrow shapes – Contra indication, Contra actions –Eyebrow measurement – Correcting shapes – Waxing types – Waxing method - Contra indication, Contra actions – Wax ingredients – Safety precautions –Re growth- In growing hair.

#### **UNIT III**

Introduction to Manicure and Pedicure, Manicure Equipments – Implements – Materials – preliminaries - Nail shape and length- Varnishing- Additional treatments- Hands and Arms massage –Pedicure- Preliminaries –Foot problems – Feet and Lower leg massage- Professional nail product- – Consultation –Importance of cuticle remover, Dead skin removal

#### **UNIT IV**

Introduction – Consultation – Skin analysis- Skin types – Magnifying lamp- Skin care products –Cleanser – Toner – Exfoliator – Moisturizer – Sunscreen – Serum- Massage cream – Mask -Massage – Physiological effect-Nerve point of face and neck- Guide lines for facial treatments Facial benefits- Problematic skin- Dry skin – Oily skin – Acne prone skin - Consultation and Homecare. Electrotherapy- Introduction – different types of machineries- magnifying lamp- indication & contra- indication – video derma scope-Hi-Frequency – advantages & disadvantages- Ultrasonic - indication & contra- indication –Galvanic- advantages & disadvantages

#### **UNIT V**

Draping for wet and dry hair services- Chemical hair services – Shampooing – Introduction – Shampoo selection –Implements – Materials - Brushing – Shampooing procedure- Shampooing for chemical services- pH balance- Conditioning Shampoo – Medicated shampoos – Dry shampoos- Colour or lightening shampoo- Conditioners- Conditioning methods- Benefits.

Introduction, Tools and accessories, skin colour analysis, skin preparation, Different types of foundation, Concealer, Face powder, eye Makeup, blusher, Lip colour, Analysing the face shape. Removing Techniques– Foundation – Face powder –Eye shadow- Eye liner – Blusher – Lip colour – mascara- Make up remover- Skin Make up for Occasions and Cosmetics - Casual, Interview, Professional, Party

## **BASIC BEAUTY TREATMENT PRACTICAL**

### **Preamble**

This course aims to help the students to get practical knowledge on threading, waxing, manicure, pedicure and skin bleaching. It also enables the students to perform various skin services to different type of clients.

### **Syllabus**

- **Threading**
- Forehead, Chin, Upper lip
- Full face
- Eyebrows

#### **Waxing**

- Full arms
- Under arms
- Full legs

#### **Manicure**

- Product and Material
- Procedure

#### **Pedicure**

- Product and Material
- Procedure

#### **Skin analysis**

- Magnifying lamp
- Skin analyser

## BASIC HAIR SERVICES PRACTICAL

### Preamble

This course aims to help the students to get practical knowledge on Shampooing and conditioning, Head massage, Basic hair colouring and cutting and Nail art, Mehandhi .It also enables the students to perform various skin services to various clients.

### Syllabus

#### **Hair Treatment-Level-I**

- Shampooing and conditioning
- Deep Conditioning
- Blow dry

Indian Head Massage

#### **Hair Coloring- Level-I**

- Touch up
- Global Color

#### **Basic Hair Cuts Level-I**

- Straight Cut
- U cut
- Forward Graduations

## FACIAL AND MAKE UP PRACTICAL

### Preamble

This course aims to help the students to get practical knowledge on Facial, Make up and saree drape. It also enables the students to perform the Facial and Make up to enhance skin texture.

### Syllabus

- **Facial**
- Skin type Analysis
- Cleansing
- Toning
- Exfoliation

- Steaming
  - Removal of Skin Blockage
  - Facial Massage
  - Pressure point
  - Application of face mask
- Make up Basics Level- I**
- Tools & Accessories of make up
  - Preparing skin for make up
  - Application technique

**Skin Electrotherapy**

- Video dermascope
- Hi frequency
- Galvanic
- Ultrasonic