

# **DIPLOMA IN BEAUTY THERAPY**



## **PSGR KRISHNAMMAL COLLEGE FOR WOMEN**

College with Potential for Excellence

An Autonomous Institution Affiliated to Bharathiar University

Reaccredited with "A" Grade by NAAC, An ISO 9001:2008 Certified Institution

Peelamedu, Coimbatore - 641 004

Phone : 0422 - 4295959, Fax : 0422 - 2591255

E-mail : [principal@psgrkc.com](mailto:principal@psgrkc.com) Web : [www.psgrkc.com](http://www.psgrkc.com)

**1DIPLOMA IN BEAUTY THERAPY**  
**SCHEME OF EXAMINATIONS**

Part	Title of the paper	Total Ins Hrs/ Contact hrs	Duration of Exam	Exam Marks		Total Marks	
				Internal	End of the year		
I	Aesthetic treatment Theory-I DLB19S01	20	17	3	25	75	100
II	Basic skin services practical I- DLB19P01	80	77	3	40	60	100
II	Facial and Makeup Practical II- DLB19P02	80	77	3	40	60	100
II	Basic Hair services Practical III- DLB19P03	80	77	3	40	60	100
II	Hair setting and styling Practical IV- DLB19P04	80	77	3	40	60	100

**Question paper pattern for Examination**

<b>Section A</b>	<b>Choice base Questions</b>	<b>25 X 25= 25Marks</b>
<b>Section B</b>	<b>Open Choice 5 out of 8</b>	<b>5X2= 10Marks</b>
<b>Section C</b>	<b>Open Choice 4 out of 5</b>	<b>4X5= 20Marks</b>
<b>Section D</b>	<b>Open Choice 2 out of 3</b>	<b>2 X10=20 Marks</b>
<b>Total</b>		<b>75Marks</b>

## **AESTHETIC TREATMENT THEORY**

**Total Hours: 20 hrs**

### **OBJECTIVES:**

- Summarize the importance of cleaning, disinfecting, sanitation, and sterilization
- Define standard safety precautions
- Describe waxing, pedicure, manicure, facial and hair wash methods
- Identify the basic requirements for scalp and skin care
- Explain How to use colour theory when choosing cosmetics for makeup application

### **UNIT I**

**(4 hrs)**

Introduction to cosmetology –Personal health – Introduction to hygiene – Hygiene in work place – Cleaning- Disinfection – Sanitation, Sterilization. Disinfecting non electrical tools and implements- Electrical tools and equipments – Work area maintenance-- Health and safety

### **UNIT II**

**(4 hrs)**

Hair removal methods- Temporary and permanent – Eyebrow shapes –Eyebrow measurement – Waxing method – Wax ingredients — Types of bleaches–Patch test - Side effect- Introduction to Manicure and Pedicure, Manicure and pedicure Equipments- Hands and Arms massage-- Feet and Lower leg massage- Importance of cuticle remover and dead skin removal

### **UNIT III**

**(4 hrs)**

The Skin - Cells and Tissues Functions of Skin-Protection, Heat regulation, Excretion, Warning, Sensitivity, Nutrition, Moisture control The Structure of Skin- The epidermis , The dermis. The hair - Structure and Functions of Hair and the surrounding Tissues, The three types of hair, Hair growth, the nails - The structure and functions of nails, nail growth

### **UNIT IV**

**(4 hrs)**

Introduction – Consultation – Skin analysis- Skin types – Magnifying lamp- Skin care products – Cleanser – Toner – Exfoliator – Moisturizer – Sunscreen – Serum- Massage cream – Mask - Massage – Facial benefits— Introduction – Shampoo selection pH balance – Conditioning , Shampooing methods- Benefits. Colour Theory-Volume and developers- Grey coverage- Fashion coloring.

### **UNIT V**

**(4 hrs)**

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, Colour Wheel- Eye shadow, Blushers, Corrective Lip make up Contour cosmetics

### Reference Books

<b>S. No.</b>	<b>Author</b>	<b>Title of the Book</b>	<b>Publishers</b>	<b>Year of publication</b>
I.	Lorraine Nordmann	Beauty Therapy The Foundations - Level two	Habia cengage, UK	2012

## **BASIC SKIN SERVICES**

**Total hours: 80 Hrs**

- |  |                 |
|--|-----------------|
| <b>I. Threading</b>  | <b>(10 Hrs)</b> |
| <ul style="list-style-type: none"><li>• Forehead, Chin, Upper lip</li><li>• Full face</li><li>• Eyebrows</li></ul> |                 |
| <b>II. Waxing</b>  | <b>(20 Hrs)</b> |
| <ul style="list-style-type: none"><li>• Full arms</li><li>• Under arms</li><li>• Full legs</li></ul>               |                 |
| <b>III. Manicure</b>   | <b>(15 Hrs)</b> |
| <ul style="list-style-type: none"><li>• Product and Material</li><li>• Procedure</li></ul>                         |                 |
| <b>IV. Pedicure</b>  | <b>(20 Hrs)</b> |
| <ul style="list-style-type: none"><li>• Product and Material</li><li>• Procedure</li></ul>                         |                 |
| <b>V. Bleaching</b>  | <b>(15 Hrs)</b> |
| <ul style="list-style-type: none"><li>• Herbal Bleach</li><li>• Cream Bleach</li></ul>                             |                 |

## **FACIAL AND MAKE UP PRACTICAL II**

**Total Hours: 80 Hrs**

- |             |  |                 |
|-------------|--|-----------------|
| <b>I.</b>   | <b>Facial</b>  | <b>(20 hrs)</b> |
|             | <ul style="list-style-type: none"><li>• Skin type Analysis</li><li>• Cleansing</li><li>• Toning</li><li>• Exfoliation</li><li>• Steaming</li><li>• Removal of Skin Blockage</li><li>• Facial Massage</li><li>• Pressure point</li><li>• Application of face mask</li></ul> |                 |
| <b>II.</b>  | <b>Advance Facial</b>  | <b>(10 hrs)</b> |
|             | <ul style="list-style-type: none"><li>• Gold Facial</li><li>• Skin Whitening</li><li>• Acne treatment</li></ul>  |                 |
| <b>III.</b> | <b>Make up Basics Level- I</b>   | <b>(30 hrs)</b> |
|             | <ul style="list-style-type: none"><li>• Tools &amp; Accessories of make up</li><li>• Preparing skin for make up</li><li>• Application technique</li></ul>  |                 |
| <b>IV.</b>  | <b>Saree Draping</b>   | <b>(20 hrs)</b> |
|             | <ul style="list-style-type: none"><li>• Tamil Nadu</li><li>• Kerala</li><li>• Gujarat Style</li><li>• Marathi Style</li><li>• Bengali</li><li>• Contemporary Style</li></ul>   |                 |

## **BASIC HAIR SERVICES PRACTICAL III**

**Total Hours: 80 Hrs**

<b>I.</b>	<b>Hair Services</b>	<b>(10 hrs)</b>
	<ul style="list-style-type: none"><li>• Shampooing and conditioning</li><li>• Deep Conditioning</li></ul>	
<b>II.</b>	<b>Indian Head Massage</b>	<b>( 10 hrs)</b>
<b>III.</b>	<b>Hair Coloring</b>	<b>(25 hrs)</b>
	<ul style="list-style-type: none"><li>• Touch up</li><li>• Global Color</li><li>• Fashion coloring</li></ul>	
<b>IV.</b>	<b>Basic Hair Cuts</b>	<b>(20 Hrs)</b>
	<ul style="list-style-type: none"><li>• Straight Cut</li><li>• U cut</li><li>• Forward Graduations</li></ul>	
<b>V.</b>	<b>Hair spa</b>	<b>(10 hrs)</b>
<b>VI.</b>	<b>Anti Dandruff Treatment</b>	<b>(10 hrs)</b>

## **HAIR SETTING AND STYLING**

**Total Hours: 80 hrs**

### **I. Thermal Hair Setting (40 hrs)**

- Blow drying
- Hair Ironing
- Tong and Twist
- Hot Rollers

### **II. Hair Setting (35 hrs)**

- Pony Tail
- Puff or Bum pits
- Braiding
- Hair up Dos
- French Braid
- French plait

### **III. Nail Art (5 hrs)**

- Basic Nail Polishing
- French polish
- Basic Nail Art
- Mehandhi Application