

**MONTHLY SYLLABUS**

**SESSION-2016-17**

**CLASS-XI**

**SUBJECT : BEAUTY AND HAIR STUDIES (745)**

**THEORY : 50 / PRACTICAL : 50**

<b>MONTH</b>	<b>CONTENTS</b>
July 2016	<p style="text-align: center;"><b>THEORY</b></p> <p><b>UNIT I : MANICURE AND PEDICURE</b></p> <p>Nail malformation</p> <p>a) Nail disorders and nail diseases (only definition/knowledge to be given)</p> <p>b) Manicure and pedicure- types, preparation, procedure, massage technique, knowledge of raw material required, equipments and implements precautions and reminders</p> <p><b>UNIT II ANATOMY OF HAIR</b></p> <p>1. structure of hair</p> <p>2. types of hair</p> <p>3. hair growth</p> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>MANICURE AND PEDICURE</b></p> <p>a) Basic table setting</p> <p>b) Selection of nail shaping</p> <p>c) Procedure manicure</p> <ul style="list-style-type: none"><li>• Plain manicure</li><li>• Oil manicure</li><li>• French manicure</li><li>• Booth manicure</li><li>• Nail art</li></ul>

	<p>d) Procedure for pedicure  e) Paraffin, electric pedicure  f) Hand massage technique  g) Precaution &amp; reminder  h) Contraindication</p>
<p>August 2016</p>	<p style="text-align: center;"><b>THEORY</b></p> <p><b>UNIT III : SCALP MASSAGE</b></p> <p>Definition of massage  Massage manipulation  Benefits of massage  Trolley setting  Procedure of scalp massage  Shampooing &amp; conditioning  Trolley setting &amp; preparation of client &amp; procedure  Mehandi application on head precaution</p> <ul style="list-style-type: none"> <li>• Benefits</li> </ul> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>UNIT III : SCALP MASSAGE</b></p> <p>(a) Care of different hair types-- dry, oily damaged, under nourished chemically treatment, (b) selection of hair oil and hair mask, (c) basic trolley setting for head massage, (d) procedure of scalp massage, (e) precautions &amp; reminders, (f) contraindication.</p> <p><b>Shampoo and conditioning:</b> (1) Preparation the client for shampooing procedure (2) use of containers and rinse for different hair types (3) home remedies and professional remedies (4) mehandi application (5) precautions and reminders contraindication</p>

September 2016	<p style="text-align: center;"><b>01.09.2016 to 07.09.2016 - Revision</b></p> <p style="text-align: center;"><b>08.09.2016 to 22.09.2016 - First Term Exam</b></p> <p style="text-align: center;"><b>23.09.2016 to 30.09.2016 - Discussion of Question Papers</b></p>
October 2016	<p style="text-align: center;"><b>THEORY</b></p> <p><b>UNIT IV : BLEACHING</b></p> <p>Theory of bleach</p> <p>Patch test of bleach</p> <p>Types of bleach</p> <p>Knowledge of raw material implements</p> <p>Preparation and procedure of bleach</p> <p><b>UNIT V : PRINCIPLES OF CUTTING</b></p> <ol style="list-style-type: none"> <li>1) shape of head, sectioning, elevation, cutting lines</li> <li>2) hair growth patterns</li> <li>3) hair shaping</li> <li>4) precision hair cutting elevation</li> <li>5) procedure of hair cut</li> </ol> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>UNIT IV</b></p> <ol style="list-style-type: none"> <li>1) basic trolley setting for bleach</li> <li>2) patch test treatment</li> <li>3) procedure for different types of bleach</li> <li>4) cold compression(post bleach treatment)</li> <li>5) precaution and reminders</li> </ol> <p><b>UNIT V : BASIC HAIR CUTTING</b></p> <ol style="list-style-type: none"> <li>1) knowledge of cutting tools</li> <li>2) cleaning of cutting tools</li> <li>3) sectioning of hair according to the hair growth</li> </ol>

	<p>4) preparation of client</p> <p>5) procedure</p> <ul style="list-style-type: none"> <li>• trimming diagonal forward and backward hair cuts</li> <li>• blunt cut, tapered cut graduation in long and short hair</li> </ul> <p>6) precaution and reminders</p>
November 2016	<p style="text-align: center;"><b>THEORY</b></p> <p><b>UNIT VI : SKIN CARE</b></p> <p>1) facials -: structure of skin, types of skin, (normal/dry/oily/corn bination, knowledge of material implements and equipments</p> <p>2) facial massage -: basic massage manipulation, preparation of client, procedure for plain facial, precaution and reminders</p> <p>3) facial -: facial treatments for different skin types preparation, procedures and precautions</p> <ul style="list-style-type: none"> <li>• oily - galvanic treatment</li> <li>• dry paraffin, gauze facial</li> <li>• ageing thermo herb</li> <li>• face packs &amp; face masks according to skin types, contraindication</li> </ul> <p>4) superfluous hair -: factors responsible for super flow hair various method of hair removal depilatory method of hair removal</p> <ul style="list-style-type: none"> <li>• shaving</li> <li>• depilatory cream</li> </ul> <p>epilatory method of hair</p> <ul style="list-style-type: none"> <li>• threading</li> <li>• waxing</li> <li>• thermolysis electrolysis- only basic knowledge</li> </ul> <p style="text-align: center;"><b>PRACTICAL</b></p>

## **UNIT VII : FACIAL**

- 1) basic trolley setting for facial
- 2) analysis of skin
- 3) cleansing (pre facial)
- 4) deep cleansing treatment
- 5) massage manipulation ( face, neck, back)
- 6) use face massager
- 7) face pack & face mask as per the skin type, professional/ home remedies
- 8) application and removal
- 9) facial for different types of skin
  - oily skin- galvanic and exfoliation
  - dry skin- paraffin, gauze facial
  - ageing skin- thermo herb, precaution

### **Superfluous hair**

- 1) judging of brow length
- 2) shape of eye brow shaping
- 3) method of eye brow shaping
- 4) threading(self professional)
- 5) tweezing
  - basic trolley setting
  - preparation of client
  - procedure of depilatory method shaping and depilatory cream
- 6) procedure and epilatory method
  - threading
  - waxing - precaution and reminders

December 2016	<p style="text-align: center;"><b>THEORY</b></p> <p><b>UNIT VIII : BASIC HAIR STYLING</b></p> <p>Thermals</p> <ol style="list-style-type: none"> <li>1. pressing machine</li> <li>2. electric rollers</li> <li>3. curling tongue</li> <li>4. crimping machine</li> </ol> <p>Styling</p> <ol style="list-style-type: none"> <li>1. Factors to be considered rollers, curling tongue, crimp before styling (facial shaping, profession, age, occasions)</li> <li>2. judos</li> <li>3. plats/braids</li> <li>4. updous (use of accessories)</li> </ol>
<b>31/12/2016 TO 15/01/2017</b>	<b>WINTER BREAK</b>
January 2017	<p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>UNIT VIII : PROCEDURE OF PRESSING MACHINE</b></p> <p>Procedure of electric rollers, curling tongue, crimping machine</p>
February 2017	<p style="text-align: center;"><b>THEORY</b></p> <p><b>UNIT IX : WEB STYLING</b></p> <p>Roller Setting Blow drying</p> <p style="text-align: center;"><b>PRACTICAL</b></p> <p><b>UNIT IX : WET STYLING</b></p> <ol style="list-style-type: none"> <li>1. procedure of blow drying</li> <li>2. roller setting on base off base, half base</li> <li>3. gel styling – finger waving</li> </ol> <p style="text-align: center;"><b>From 11/02/2017 to 20/02/2017- REVISION</b></p>
March 2017	<p><b>21/02/2017 to 24/03/2017 - Annual exam</b></p> <p><b>31 March 2017 - Result declare</b></p>