

Advance Diploma in Beauty & Wellness

Topics	Semester 1	Semester 2	Semester 3	Semester 4
Beauty	<ul style="list-style-type: none"> Theory of the following: <ul style="list-style-type: none"> -Basic anatomy & physiology -Fundamentals of skin -Types of skin -Depilation -Waxing Practicals of the following: <ul style="list-style-type: none"> -Preparation of the client -Threading -Waxing 	<ul style="list-style-type: none"> Theory of the following: <ul style="list-style-type: none"> -Basics of beauty therapies -Bleaching - Clean-up with kitchen/seasonal ingredients -Basic Facials -Introduction to facial electrotherapy Practicals of the following: <ul style="list-style-type: none"> -Preparation of the client -Bleaching procedure -Clean up with basic kitchen/seasonal ingredients, -Basic facials with different kinds of face packs in accordance to the skin types 	<ul style="list-style-type: none"> Theory & Practical of the following: <ul style="list-style-type: none"> -Preparation of the client -Skin sensitivity tests -Introduction to cosmetic peels -Studio-center -Advance facials 	<ul style="list-style-type: none"> • Internship/on the job training: Degree apprenticeship
Hair	<ul style="list-style-type: none"> Theory of the following: <ul style="list-style-type: none"> - Anatomy of Hair - Hair & Scalp Conditions - Types of Hair - Factors Affecting Hair Styles - Effect of Environmental Factors on hair - Tools and equipment - Scalp Analysis - Types of shampoo - Conditioner versus masks - Shampooing, Conditioning and Blow Drying Practicals of the following: <ul style="list-style-type: none"> - Preparation of the client - Scalp Analysis - Shampooing - Conditioning - Blast drying, Straight Blow Drying and Out Curls 	<ul style="list-style-type: none"> Theory of the following: <ul style="list-style-type: none"> - Basics of Hair Cut - Types of Head shapes - Tools & Equipment - Sectioning of hairs as per the cut Practical of the following: <ul style="list-style-type: none"> - Preparation of the client - Sectioning of hairs as per the cut - Types of cut - Techniques - Types of products available for achieving final look - Basic Hairdos 	<ul style="list-style-type: none"> Theory & Practical of the following: <ul style="list-style-type: none"> - Preparation of the client - Scalp Massage and Hair Spa - Semi-permanent waving -Chemical composition of hair - Hair analysis - Hair growth - Hair loss - Hair & scalp disorders - Principles of hair dressing - Hair styling & dressing - Hair designing as per the facial structure 	<ul style="list-style-type: none"> Theory & Practical of the following: <ul style="list-style-type: none"> - Preparation of the client -Different kinds of hair cuts - Different cutting techniques - Outcurls & Incurls - Chemical services for texturing - Indepth knowledge of hair bond - Perming - Permanent waving - Hair colouring - Hair colour application procedures
Make up	<ul style="list-style-type: none"> Theory of the following: <ul style="list-style-type: none"> - History of make-up - Colour theory - Fundamentals of make up - Identification of basic skin types (oily, dry, normal and combination) and skin tone (fair, dark, pink, yellow, pale); - Range of make-up products to suit skin tones and age groups. Practicals of the following: <ul style="list-style-type: none"> - Preparation of the client - Application of Basic Make-up, Day & Evening Make-up. - Simple Make-up Services 	<ul style="list-style-type: none"> Theory of the following: <ul style="list-style-type: none"> - Skin problems and its coverage - Face highlighting & contouring Practicals of the following: <ul style="list-style-type: none"> - Preparation of the client - Coverage and Occasional Make-ups - Face highlighting & contouring 	<ul style="list-style-type: none"> Theory & Practical of the following: <ul style="list-style-type: none"> - Preparation of the client - Different kinds of eye make-up - Various Bridal make-ups - Camouflaging - Corrective make-ups - Draping (Dupatta, Saree, etc.) 	<ul style="list-style-type: none"> Theory & Practical of the following: <ul style="list-style-type: none"> - Preparation of the client - Introduction to Fashion & Photographic make-ups
Nails	<ul style="list-style-type: none"> Theory & Practical of the following: <ul style="list-style-type: none"> -Anatomy of Nails on Hands & Feet -Preparation of Clients - Manicure -Pedicure -Process of applying nail polish -Mehendi Application on Hands 	<ul style="list-style-type: none"> Theory & Practical of the following: <ul style="list-style-type: none"> - Preparation of the client - Tools & Equipment -Safety precautions -Introduction about products -Importance of Cut, File and Polish -Various types of Pedicure and Manicure -Simple and Basic Nail Art Services -Mehndi Application on Feet 	<ul style="list-style-type: none"> Theory of the following: <ul style="list-style-type: none"> -Preparation of the client -Nail enhancement and overlay using liquid and powder (acrylic) -Nail enhancement and overlays using UV gel -Gel polish application -Electric filing -Refilling -Nail care tools -Nail Art -Safety precautions -Pre & Post care Practicals of the following: <ul style="list-style-type: none"> - Application of Mehndi on Hair 	<ul style="list-style-type: none"> Practicals of the following: <ul style="list-style-type: none"> -Preparation of the client -Nail enhancement and overlay using liquid and powder (acrylic) -Nail enhancement and overlays using UV gel -Gel polish application -Electric filing -Refilling -Nail care tools -Nail Art -Safety precautions -Pre & Post care
Spa	<ul style="list-style-type: none"> Theory of the following: <ul style="list-style-type: none"> - Spa therapy techniques (range of exfoliants, soaks, wraps packs and body massages) - Operational knowledge of tools and equipment involved in spa therapy - Range of rejuvenation products - Procedure for product selection - Different skin types and application of products based on skin types -Lymphatic drainage system of the body 	<ul style="list-style-type: none"> Practicals of the following: <ul style="list-style-type: none"> - Preparation of clients - Body treatments (scrub, wrap packs and various massages- Swedish Massage) - Foot rituals 	<ul style="list-style-type: none"> Theory & Practical of the following: <ul style="list-style-type: none"> - Preparation of the client - Introduction to different massage techniques (reflexology, deep tissue, lomilomi, etc.) 	<ul style="list-style-type: none"> Theory & Practical of the following: <ul style="list-style-type: none"> - Preparation of the client - Introduction to ayurvedic massages and concept
Communication & Management	<ul style="list-style-type: none"> • Communication Skills • Maintain Health & Safety at workplace: Hazards and risks at workplace • Prepare & maintain workarea • Beauty & Wellness Industry and its opportunities in India & Abroad 	<ul style="list-style-type: none"> • Personal Grooming • Customer Relationship • Employability Skills 	<ul style="list-style-type: none"> • Stocks and Inventory Management • Administration and Operational Management 	<ul style="list-style-type: none"> • Financial Management • Manage & Lead a team

Internship/Apprenticeship:
 Min. 3 months per semester starting from Semester 4 OR entire six months of internship/apprenticeship in Semester-4 as per the discretion of the college/university
 Internship/Apprenticeship will be inclusive of all the topics.
 Total duration of internship/apprenticeship during the Advance Diploma course is of 3-6 months in the entire program of 2 years.
 Note: The above mentioned syllabi needs to be completed prior respective B&WSSC assessments.