

Certificate Course in Beauty & Wellness

Topics	Semester 1
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
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

<p>Make up</p>	<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
<p>Nails</p>	<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
<p>Spa</p>	<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
<p>Communication & Management</p>	<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