

GURUKUL EDUCATIONAL AND RESEARCH INSTITUTE

DIPLOMA IN BEAUTY THERAPIST

Subject and Syllabus



2022-23

Syllabus

DIPLOMA IN BEAUTY THERAPIST

DURATION:- 1 YEAR

896 FUNDAMENTALS OF SKIN CARE

Course Outcomes:

- To develop good appearance and behavior, practice tasks as per industry standards and demonstrate good communication skill.
- To prepare and maintain work area and maintain health, hygiene and safety at the work place.
- To perform basic skin care services including skin analysis, facials, make-up application and superfluous hair removal.
- To manage relationships with customers.
- To select suitable equipment and products required for the treatment.

Unit-1: Personal Skills for professional o Personality Development

- Personal Grooming
- Professional Ethics
- Communication Skills
- plan and organize service feedback files/documents.
- Plan and manage work routine based on salon procedure.
- Understand the client scheduling and bookings, maintaining work areas, equipment and product stocks to meet the schedule.
- Maintain accurate records of clients, treatments and product stock levels

Unit-2: Skin Structure

- Structure of Skin
- Layers of Skin
- Functions of Skin
- Analysis of the Skin
- Disorders of Skin
- Glands

Unit-3:Trolley Setting

- Select suitable materials and equipment.
- Carry out appropriate sterilization and disinfection of tools.
- Check and clean equipment according to procedures.
- Place and arrange all the products in the trolley as required for each treatment.

Unit-4: Basic Skin Care

- Cleansing
- Scrubbing
- Toning
- Moisturising

Unit-5: Basic Facial

- Basic Trolley setting for Facial
- Analysis of Skin
- Basic massage manipulation
- Preparation of client
- Procedure for Basic facial
- Contraindications
- Precaution and reminders

Unit-6: Make-up Services

- Color Wheel
- Skin tones
- Brow shaping
- Cleansing
- Toning
- Moisturising
- Different types
- of brushes
- Make-up products
- Selection of Sponges

Unit-7: Machines used for Facial Services

- Facial steamer
- High-frequency
- Galvanic
- Ultrasonic



- Faradic
- Vacuum suction
- Microcurrent/Electro-muscle stimulator
- Lymphatic drainage equipment
- Microdermabrasion
- Contraindications

FUNDAMENTALS OF SKIN CARE I

PRACTICAL

Trolley Setting

- Arrange the suitable products
- Arrange the equipment
- Practice in using of all equipment
- Ensure sterilizing & sanitizing

Basic Skin Care

- Analysis of the Skin Type
- Arrange the required material on trolley
- Select the products according to Skin Type
- Practice of Cleansing, toning
- Practice of Scrubbing
- Practice of Moisturizing

Basic Facial

- Arrange the Trolley
- Analysis of skin
- Different strokes of massage
- Pressure points of massage
- Select the products according to skin type
- Client consultation
- Draping the client
- Practice in giving facials according to types of skin
- Knowledge of Contraindications
- After Care



897 BASICS OF DEPILATION

Course Outcomes:

- To introduce students to the theory, fundamentals and tools of Depilation.
- To apply different methods and techniques of hair removal.
- To solve contra-actions that may occur after waxing treatments.

Unit-1: Threading

- Material required for threading
- Eyebrow shaping
- Threading and Tweezing
- Preparation of client
- Precautions and Reminders
- Contraindications

Unit-2: Bleaching

- Client consultation
- Basic trolley setting for bleach
- Patch Test / Pre-Bleach Treatment
- Procedure for different types of bleach cream
- Moisturizing / cold compression (post-bleach treatment)
- Precautions and Reminders
- Benefits of Bleach
- Contraindications
- Ensuring sterilization and sanitization

Unit-3: Waxing

- Client Consultation
- Preparation of the equipment and resources (wax)
- Temperature
- Types of Wax and Products
- Methods and techniques
- Practical demonstration; application and removal
- Body areas covered
- Aftercare advice
- Precautions and Reminders
- Contraindications

BASICS OF DEPILATION

PRACTICAL

Threading

- Trolley setting
- Client consultation
- Movement of thread
- Shapes of Eye brows according to face
- After Care

Bleaching

- Trolley setting
- Client consultation
- Patch test Procedure
- Ratio of Chemical mixture
- Bleaching Procedure
- After Care

Waxing

- Trolley Setting for Waxing
- Client consultation
- Preparation of client
- Prepare the wax
- Waxing Procedure
- Hygienic ways during wax application
- Use of sterilization and sanitization
- After Care



898 FUNDAMENTALS OF HAIR CARE

Course Outcomes:

- To introduce students to the theory, fundamentals and tools of Hair Care.
- To understand the basic structure of the hair and scalp and the influencing factors that may cause damage to the hair and skin.
- To understand the basics of professional conduct in the salon.

- To acquire knowledge of the basic structure of the hair and scalp, hair growth and the different hair types.
- To select suitable products and understand how shampooing and conditioning affect the hair and scalp.
- To advise and establish client's requirements and consult their records.

Unit-1: Anatomy of Hair

- Structure of hair
- Layers of Hair
- Functions of Hair
- Types of Hair
- Composition of Hair

Unit-2: Scalp Massage

- Definition of massage
- Massage manipulation
- Benefits of massage
- Trolley setting
- Procedure of scalp massage

Unit-3: Shampoo and Conditioning

- Types of shampoo & conditioners
- Trolley setting for shampoo
- Preparation of client
- Procedure of shampoo
- Procedure of conditioning
- Precautions and contraindications

Unit-4: Blow Dry

- Trolley setting
- Understand the tools and products
- Understand techniques of blow dry
- Procedure of Blow dry
- Effect of Blow dry
- Precautions and Reminders
- Use of sterilization and sanitization
- After Care

Fundamentals of Hair Care

(Practical)

Scalp Massage

- Trolley Setting
- Selection of Hair oil
- Care of Different types of Hair
- Sectioning of Hair o Application of Oil
- Procedure of Scalp massage
- Precautions and reminders

Shampoo and Conditioning

- Trolley setting
- Selecting the shampoo according to hair type
- Preparing the client for shampoo
- Application of Shampoo
- Rinsing of Hair
- Application of Conditioner
- Draping of Towel
- Precautions and contraindications
- After Care

Blow Dry

- Trolley setting o Understand the tools and products
- Understand techniques of blow drying
- Procedure of Blow drying o Effects of Blow drying
- Precautions and Reminders
- Use of sterilization and sanitization
- After Care

899 PEDICURE & MANICURE

Course Outcomes:

- To introduce students to the theory, fundamentals and tools of Hair Care.
- To identify the structure of the hand and foot
- To identify conditions of the nail and skin

- To have basic hygiene and safety measures to maintain a healthy environment in the beauty clinic
- To conduct a comprehensive client consultation
- To demonstrate skills in manicure and pedicure treatments.

Unit-1: Nails

- Structure of Nails
- Shape and texture of Nails
- Disorders of Nails

Unit-2: Hygiene and Safety

- Sanitization
- Disinfection
- Sterilization
- Disposal of Waste

Unit-3: Client Consultation

- Prepare Client's record
- Personal Presentation and ideal Behaviour

Unit-4: Manicure

- Prepare the trolley
- Arrange the products and tools
- Understand the structure of client's nails
- Procedure of Manicure
- Massage techniques
- Contraindications
- Nail paint application

Unit-5: Pedicure

- Prepare the trolley
- Arrange the products and tools
- Understand the structure of client's nails
- Procedure of Pedicure
- Massage techniques
- Contraindications
- Nail paint application



Pedicure & Manicure

(Practical)

Manicure

- Trolley setting
- Arrangement of Products and Tools
- Preparing the client
- Shape of Nails
- Conditions of Skin and nails of client
- Use of Different tools for Manicure
- Procedure of Manicure
- Massage Techniques
- Benefits and Contraindications
- Use of sterilization and sanitization
- After Care

Pedicure

- Trolley setting
- Arrangement of Products and Tools
- Preparing the client
- Shape of Nails
- Conditions of Skin and nails of client
- Use of Different tools for Pedicure
- Procedure of Pedicure
- Massage Techniques
- Benefits and Contraindications
- Use of sterilization and sanitization
- After Care



900 ANATOMY

Course Outcomes:

- To make students understand the fundamentals of Human Anatomy.
- To explain the functions of different body systems.
- To describe the structures of different body systems.

Detailed Contents:

Cell and cell organelles

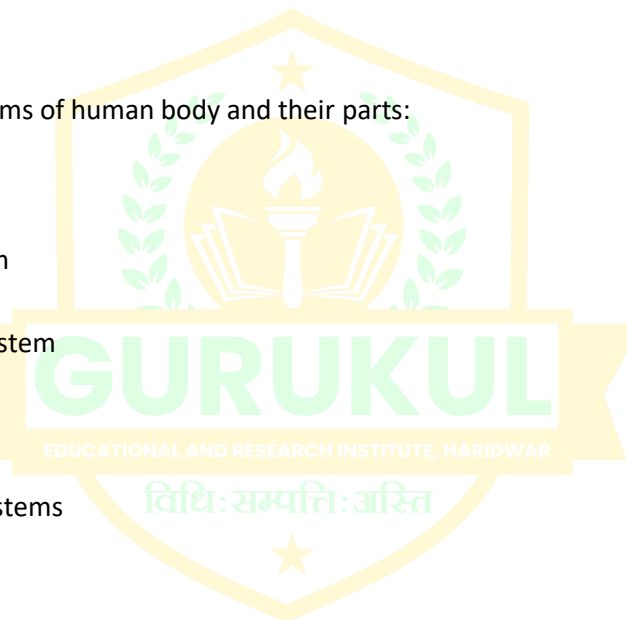
- 1) Structure and classification
- 2) Function
- 3) Cell division (Mitosis and Meiosis)

Cell Tissues

- Identify the four main tissue types
 - Discuss the functions of each tissue type.
1. Epithelial tissue
 2. Connective tissue
 3. Muscular tissue
 4. Nervous tissue

Different anatomical systems of human body and their parts:

1. Skeletal system
2. Muscular system
3. Respiratory system
4. Digestive System
5. Cardio vascular System
6. Lymphatic System
7. Excretory System
8. Endocrine System
9. Integumentary Systems
10. Sense Organs



902 BASICS OF BEAUTY THERAPIES

Course Outcomes:

- To prepare a treatment plan for face, body, feet and hand treatments and make-up.
- To identify and understand the key ingredients in products for face, hands and feet.
- To identify the type of skin and decide the treatment for that skin.
- To identify different cosmetics and various equipment for providing a service.
- To recognize contraindications, skin diseases and disorders relevant to facials.

Unit-1: Therapy for Dry skin o Skin Analysis of client

- Client consultation
- Preparing for the therapy
- Procedure of therapy
- Carry out electrotherapy
- Application of Packs
- Benefits and contraindications

Unit-2: Therapy for Normal Skin

- Skin Analysis of client
- Client consultation
- Preparing for the therapy
- Procedure of therapy
- Carry out of electrotherapy
- Application of Packs
- Benefits and contraindications

Unit-3: Therapy for Oily Skin

- Preparation of trolley
- Client consultation
- Skin Analysis of client
- Preparing for the therapy
- Procedure of therapy
- Carry out of electrotherapy
- Application of Packs
- Benefits and contraindications

Unit-4: Therapy for Disorder Skin

- Skin Analysis of client
- Client consultation
- Preparing for the therapy
- Procedure of therapy
- Carry out of electrotherapy
- Application of Packs
- Benefits and contraindications



Basics of Beauty Therapies

(Practical)

Therapy for Dry skin

- Consult the client
- Arrange the trolley
- Prepare the client
- Cleansing of skin
- Exfoliation of skin (use of Frimactor)
- Steaming (use of Steamer)
- Extraction of skin
- Use of machine according to skin (Ultrasonic)
- Application of Packs
- After care

Therapy for Normal Skin

- Consult the client
- Arrange the trolley
- Prepare the client
- Cleansing of skin
- Exfoliation of skin (use of Frimactor)
- Steaming (use of Steamer)
- Extraction of skin
- Massage
- Use of machine according to therapy (galvanic)
- Application of Packs

Therapy for Oily Skin

- Consult the client
- Arrange the trolley o Prepare the client
- Cleansing of skin o Exfoliation of skin (use of frimactor)
- Steaming (use of Steamer)
- Extraction of skin
- Massage
- Use of machine according to therapy (High Frequency)
- Application of Packs

Therapy for Disorder Skin



- Consult the client
- Arrange the trolley
- Prepare the client
- Cleansing of skin
- Exfoliation of skin
- Steaming (use of Steamer)
- Extraction of skin
- Massage o Use of machine according to therapy
- Application of Packs
- After care

903 BASICS OF HAIR CUTTING

Course Outcomes:

- To introduce students to the theory, fundamentals and tools of Hair cutting.
- To understand the basics of professional conduct in the salon.
- To acquire skills and abilities required for basic haircuts.
- To identify contra-indications that may restrict or limit provision of services.
- To use tools and products that are safe and fit for purpose.
- To carry out effective client consultation before commencing a service.

Unit-1: Client Consultation

- Consult the client
- Hair Analysis
- Density of Hair
- Draping
- Hair Shampoo

Unit-2: Handling the Scissors and Combs

- Parts of the Scissors
- Scissor Positions
- Holding the Scissors
- Styling Comb
- Holding Comb and Scissors

Unit-3: Principles of Hair Cutting

- Reference points
- Area of the head
- Lines and angles
- Elevation
- Cutting line
- Guidelines
- Overdirection
- Sectioning Combing

Unit-4: Basic Sectioning

- Applying the six Basic sectioning
- Basic Sub-sectioning

Unit-5: Basic Hair Cuts

- One length techniques
- Straight haircut
- U cut



Course Outcomes:

- To prepare for facial treatments using electrotherapy.
- To provide facial treatments using electrotherapy.
- To use the equipment safely and confidently.

Unit-1: High Frequency

- What is high frequency machine
- How does this machine work
- Direct and indirect current
- The difference between orange and violet electrodes
- Benefits of high frequency machine facial o Products used for high frequency therapy o Contraindications

Unit-2: Galvanic

- To perform application of desincrustation/ iontophoresis gel/solution.
- to know galvanic electrode preparation
- to know maintenance of galvanic electrodes
- Products used for treatment
- Risks and Precautions

Unit-3:Ultrasonic

- What is ultrasonic facial
- How does it work
- Benefits of Ultrasonic
- Products used for ultrasonic therapy
- Contraindications

