National Council of Vocational and Research Training
NewDelhi-110058
BEAUTY CULTURE AND SPA
Course Code: BEA-373
CERTIFICATE IN ADVANCED COSMETOLOGY AND HAIR DRESSING

DETAILED SYLLABUS
FOR VOCATIONAL TRAINING PROGRAMME

COURSE TITLE   : CERTIFICATE IN BEAUTY AND HAIR DRESSING
COURSE CODE   : HEA-373
MEDIUM   : ENGLISH
QUALIFICATION   : 8th Pass
DURATION   : 6 MONTHS
CLASS TIMES   : 10:00am – 04:00pm

MARK ALLOTMENT

THEORY   : 300 Marks
PRACTICAL   : 200 Marks
INTERNAL   : 100 Marks
TOTAL MARKS   : 600 Marks
PASSING MARKS   : 40/100

CERTIFICATE IN BEAUTY AND HAIR DRESSING

PAPER-I :   BASICS OF BEAUTY
PAPER-II :   HAIR DRESSING
PAPER-III : BEAUTYCARE AND BODYCARE

CourseDuration: 6 Months   **Mode:** Theory + Practical

Eligibility: Open for All

Skin Science & Professional Studies

- History of Skin Care
- Professional Ethics, Behavior & Personal Grooming
- Anatomy & Physiology
- Skin System & Functions of Skin
- Skin Types & pH Level
- Lymphatic System – Face
- Muscles of Face, Neck & Shoulder
- Skin Disorders & Infection Control
- The Cell & Body Metabolism

Massage Theory & Techniques

- Theory of Massage Different
- Massage Techniques
- Benefits & Contraindications

Nail Technology

- Structure & Function of Nail
- Nail Disorders & Symptoms
- Nail Shapes
- Nail Art with Polish
- Temporary Nail Application
- French Nail Polish Application
- Manicure & Pedicure Theory
- Advance Manicure & Pedicure
- Paraffin Wax Manicure & Pedicure
- Aroma Manicure & Pedicure
- Anti-Tan Manicure & Pedicure
- Hot Oil Manicure

Hair Removal & Basic Skin Treatments

- Tweezing & Threading
- All Types of Waxing
- Bleach & De-Tan

Advanced Skin Treatments & Facials

- High Frequency, Galvanic, Ultrasonic, Faradic & Vacuum Suction
- Skin Analysis

- Client Draping & Facial Room Setting
- Preparing the Trolley & Fundamentals of Facial
- Face Cleanup & Basic Facial
- Deep Cleansing, Fruit, Gold & Sterling Silver Facial
- Acne, Hyperpigmentation, Anti-Tan & Anti-Aging Treatments
- Skin Whitening Facial
- NMES Treatment

Body Treatments

- Aroma Body Massage
- Body Bleach & De-Tan
- Body Polishing

Hair Science & Cutting

- Hair Theory & Structure
- Hair & Scalp Analysis
- Hair Wash & Conditioning
- Hair Tools & Trolley Knowledge
- Basic Hair Cutting Techniques
- One Length, U, V, Layer & Bob Cuts
- Classic Round, Square & Inversion Variations
- Bangs, Front Hair Cut & Split End Trimming

Hair Treatments & Styling

- Head Massage Theory & Techniques
- Oil & Aroma Oil Head Massage Hair Spa
- Benefits & Treatments
- Anti Hairfall & Anti Dandruff Treatments
- Permanent Straightening & Smoothing
- Keratin Treatment
- Temporary Hair Styling
- Hair Do & Braids

Hair Colour

- Hair Colour Introduction
- Colour Theory, Colour Wheel & Types of Colour
- Mixing Ratio & Application Techniques
- Client Colour Consultation
- Grey Hair Coverage
- Global Colour, Highlighting, Fashion Colour & Balayage
- Post Hair Care, Precautions & Procedures

Makeup Artistry

- History & Importance of Makeup
- Face Cleaning & Skin Exfoliation
- Importance of CTMP
- Makeup Room & Trolley Setting
- Makeup Products & Brush Knowledge
- Face, Eye & Lip Shape Correction
- Colour Theory & Colour Wheel
- Required Makeup Products & Makeup Theory
- Self Makeup
- Day, Party, Engagement, Haldi & Mehndi Makeup
- Bridal, HD Bridal & Advance Bridal Makeup

Extra Curriculum (Value Added Modules)

- Client Consultation & Communication Skills
- Salon Hygiene, Safety & Professional SOPs
- Product Knowledge & Ingredient Reading
- Time Management & Work Ethics
- Retail Selling & Upselling Skills
- Portfolio Creation & Before–After Photography
- Social Media Marketing for Beauty Professionals
- Salon Management Basics
- Client Aftercare & Home Care Advice
- Career Guidance, Freelancing & Placement Support

BOOKS RECOMMENDED 1. Text book of cosmetology – Mary Healy
2. The Science of Hair Care – Charles Zviak
3. Start Hair Dressing – Martin Green
4. Hair – Benzyl Franklin
5. Herbal Receipes for beauty care – Parvesh Honda
6. Beauty and skin care – Indu Puri
7. Shahnaz Hussain Beauty book – Shanaz Hussain