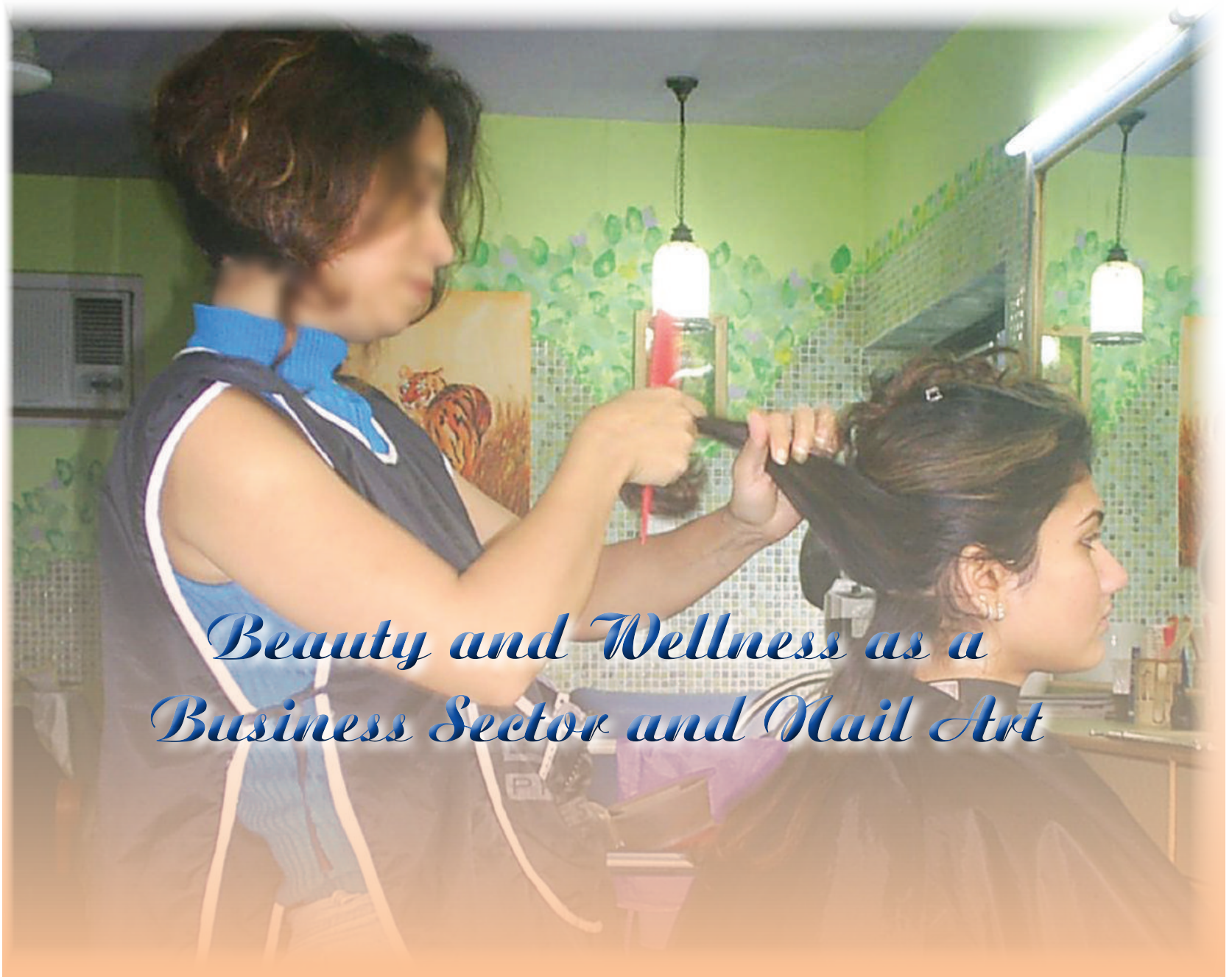


UNIT - 6



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Unit Overview & Description

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Unit Overview & Description

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Beauty and Wellness as a Business Sector
- Nail Art

Resource Material

1. Beauty Therapy the Foundation Level II, Lorraine Nordmann
2. Nail Technology and Retailing I – CBSE Publication
3. Milady's Standard Cosmetology, ISBN-978-15625-3880-2



Learning Outcomes

Session	Topic	Outcomes
1	Beauty and Wellness as a Business Sector	<ul style="list-style-type: none">• Introduction to beauty and wellness as a business sector• Career options in beauty and wellness industry in India.
2	Nail Art	<ul style="list-style-type: none">• Creating design and samples according to client's requirements• Use of various tools and cosmetics to create nail design.• Knowledge of nail tape application, bullion beads, pierced nail charm, confetti decoration and foil art.

Assessment Plan: (For the Teachers)

Session	Topic	Assessment Method	Time Plan	Remarks
1	Beauty and Wellness as a Business Sector	Exercise: Question & Answer Audio Visual Aids		
2	Nail Art	Exercise: Question & Answer Audio Visual Aids		

Session 1: Beauty and Wellness as a Business Sector

Aims towards empowering the future citizens with knowledge of wellness enhancing lifestyle and therapies with proven therapies and practices from all over the world including ancient Indian wellness wisdom. The education of wellness is more appropriate through vocational stream, as the subject is more of ‘Doing’ than ‘knowing’. The subject will work towards skilling the youth and make them employable, contributing significantly to the nation’s economic development and progress.

- Indian beauty and wellness industry accounts for INR 1500 Crores.
- Fastest growing industry with around 30% growth rate, least effected by recession.
- Approximately 4000 Spas and salons in India alone, requiring around 20,000 therapists each year for coming few years.



Class X: Beauty and Wellness

- Receptionists, therapists, trainers, managers, manufacturers of equipment and products.
- Qualities required – Hard working, good communication skills, positivity and compassion.

Benefits of a Vocational Career in Beauty and Wellness sector

- Skills based Vocation
- Employability
- Decent starting salaries and perks
- Fast Growth and Development
- Well paying, respectable jobs
- Entrepreneurship relatively easy
- Skills are mobile
- Huge demand predicted for foreseeable future

Career Options-Beauty and wellness sector

- Cosmetologist
- Aroma therapist
- Nail Artist
- Make up Artist
- Beauty Therapist
- Beauty Technologist
- Hair Stylists
- Estheticians
- Hair Dressers
- Perm Specialists
- Spa Therapist
- Hair Designer
- Hair Colorist
- Beauty advise



- Counselors
- Free lancers
- Manicurist
- Pedicurist

Review Questions

1. List the benefits of a vocational career in Beauty and Wellness sector.

2. Ms Namita has shifted from small town to Delhi. She is looking for the career in Beauty and Wellness sector. Explain new the career options available in the industry.

3. Explain the growth rate of Beauty and Wellness industry in India.



Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain the importance of beauty and wellness sector.
- Explain the career options in beauty and wellness sector in India.

PART B

Discussed in class the following: -

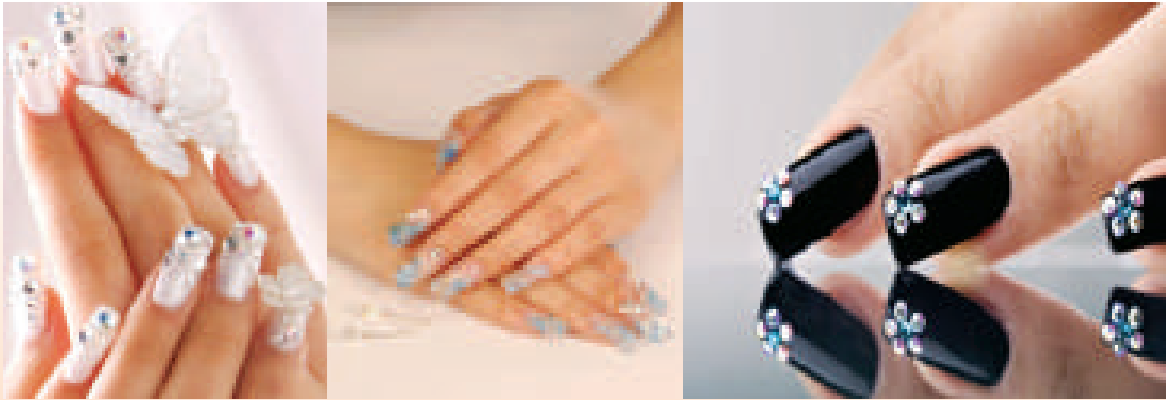
- Selection of right career option.
- Benefits of vocational career in beauty and wellness sector.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to understand the importance of vocational career.		
Able to suggest right career option in beauty and wellness sector.		
Able to understand the growth in beauty and wellness sector.		

Session 2: Nail Art



Layered Nail Art

By layering the polish colours it is possible to create beautiful designs, such as stripes, V shapes and multi coloured swirls. By layering the different colours while making a different line of design on each layer you create layered polish designs.



Procedure for layered polish design

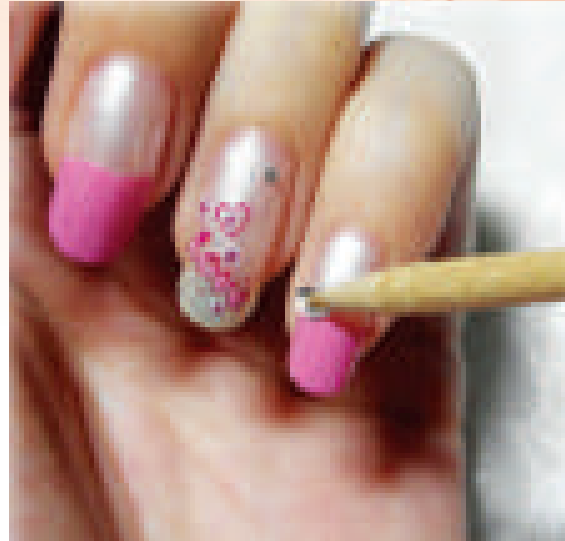
You will need several colours of polish that complement each other, an orangewood stick and polish remover.

- Prepare the nails by sanitizing the nail beds.
- Apply a base coat and let dry.
- Apply one coat of coloured polish as the base colour.
- Apply second coat of base colour, making it thinner at the free edge and let it dry thoroughly to prevent smudging.
- After the base layers are dry, use a second colour to paint the end of the nail at an angle leaving a space so that the base colour is still visible. Stop here or layer several more times using another colour or switching between the two, always making sure that the polish is thinner at the free edge.

Rhinestone application

Nails can be elegantly enhanced with rhinestones of various colours. The rhinestones are placed on the nail into wet polish. When the polish dries the rhinestone will be stuck to the nail. You can use the rhinestones on other methods of nail art to create intriguing designs.





Procedure for rhinestone application

You will need clear polish, an orangewood stick and nail rhinestones.

- Prepare the nails by sanitizing the nail beds.
- Polish the nails in the regular manner up to and including the second layer of colour.
- Determine where you want to place the rhinestones.
- Apply a small amount of clear polish to the end of an orangewood stick.
- Touch the wet end of the stick to the top of the rhinestone.
- Press the rhinestone into the wet polish in the chosen position and repeat the process until all gems have been placed on the nails. You may use tweezers to apply the gems if you prefer.

Finish with a coat of topcoat to seal the design. Do not apply it too quickly or air bubbles may appear.

Nail tape application

Nails can be decorated with nail tape, which is available in different colours and thickness. Gold and silver are the most popular. The tape can be used alone or as part of another design.





Procedure for nail tape application

You will need self-adhesive nail tape, clear polish and sharp nippers or small sharp scissors.

- Prepare the nails by sanitizing the nail beds.
- Polish the nails in the regular manner. If applying nail tape over another design, the design must be dry.
- Hold the end of the tape in one hand and hold the roll of tape, sticky side down, in the other. Be careful not to touch the back of the tape or it will not be sticky enough.



- Place the tape on the nail in the desired position and cut the tape off at the end of the roll, leaving the ends long until the pattern is complete.
- Use an orangewood stick to press the tape firmly in place. Place a small drop of clear polish under the ends if they stick up, let dry a little and then press again.
- Be sure that there are no air bubbles under the tape and that the ends are well pressed down. To avoid air bubbles, do not apply the topcoat too quickly.
- Continue to apply the tape in this manner until the design is complete.
- Trim all the tape ends with nippers or scissors.
- Apply clear polish over the top to seal your work, making sure that the ends of the tape have also been covered.
- Allow to dry and check that tape ends are safe and secure. If they are not, apply another coat of clear to secure them.

Bullion beads

Bullion beads are used to create or enhance nail designs. The beads are available in many colours but the gold and silver are the most popular.



Procedure for bullion beads

You will need bullion beads in desired colours, clear polish and an orangewood stick.

- Prepare the nails by sanitizing the nail beds.
- Polish the nails with the chosen colour in the regular manner and allow to dry. Let the base dry completely before starting the design.
- Apply clear polish on the nail in the area where the beads are to be placed.



- Dip the wet nail surface into the beads so that they stick into the wet clear polish. Arrange the edges of the design with the orangewood stick. If covering a small area, apply the beads the same way the gemstones are applied with an orangewood stick.
- If using two different coloured sets of beads, repeat the process with the second colour. Continue the coating and dipping process until the design is complete.
- Cover the design with two coats of clear polish to seal the beads.

Pierced nail charm

Pierced charms come in many designs and can be plain or made of real gold or plated gold and be embedded with diamonds and other jewels. To attach a nail charm, a hole is drilled through the free edge of the nail with a tiny hand drill, then a gold charm is screwed in and bolted at the back. Charms can be applied to the natural nail but an artificial nail is much stronger. It is advisable to artificially coat the nail wearing the charm.

You will need clear polish, a nail charm, a hand drill for the piercing and tweezers.



Procedure for pierced nail charm

- Prepare the nails by sanitizing the nail beds.
- Prepare the hand drill by following the manufacturer's instructions.
- Either paint the nail and let it dry, or drill the hole and then paint the nail. Whichever way is chosen, the charm is applied after polish is dry.
- Choose a location for the charm that will not weaken the nail or cause it to break. It must go on the free edge of the nail, not too close to the edge as the weight may weaken the nail, and not too close to the nail bed as it will be too difficult to put the bolt on the back.



- Support the free edge by placing the finger firmly on the table- upside down is recommended as there is more support for the finger. Place the drill bit on the nail where you want the hole drilled.
- Twist the drill clockwise while pressing down. Keep twisting and pressing till the drill bit makes the hole. Drill the hole straight or the charm will not lie flat.
- Dust the area and use the wrench end of the drill to remove the bolt from the back of the charm.
- Hold the charm with tweezers and place it into the hole and position it.
- Using the wrench end of the drill, screw the bolt onto the back of the charm. Do not over tighten. Apply clear polish on the back of the bolt to keep it from turning.
- Check that the charm is positioned correctly. Clear polish can then be applied over the top of the charm to keep it from catching hair or snagging clothes.
- Trim off the back of the screw if it is sticking out unnecessarily.

Confetti decoration

Confetti is made from tiny strips of foil that are available in many colours. It can be used alone or with other forms of nail art.



Procedure for confetti decoration

You will need confetti, clear polish, and an orangewood stick or tweezers.

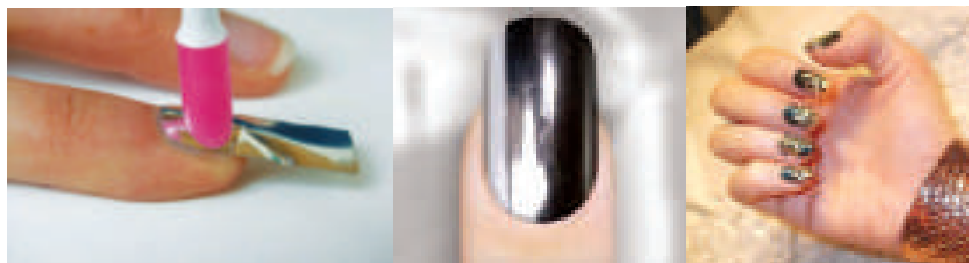
- Prepare the nails by sanitizing the nail beds.
- Polish nails in the regular manner and let polish dry completely.
- Apply clear polish in the position where you want the confetti to be applied.
- Brush a small amount of clear polish onto the end of an orangewood stick and touch the confetti lightly to pick some up. Tweezers may also be used.
- Apply the confetti onto the clear polish on the nail. It can be clustered or applied piece by piece to create or finish a design.



- Clean the ends of the orangewood stick with polish remover and then use the flat side of the stick and press the confetti gently down on the nail. Make sure you press all the confetti onto the nail so that it is flat.
- Cover with clear polish slowly to avoid bubbles. Let dry and apply a second coat of clear to thoroughly seal the design.

Foil Art

Every foil art design comes out differently. To make any two nails exactly the same is impossible but they can be kept similar by using the same method on each nail. The foil is supplied on thin cellophane backing. Special emulsion glue is painted on the area of the nail where you want the foil to be applied. After the glue is dry, the foil is pressed onto the nail and the cellophane backing is peeled away.



Procedure for foil art

You will need foil in desired colour or colours, emulsion glue, small scissors and an orangewood stick.

- Prepare the nails by sanitizing the nail beds.
- Polish nails in the regular manner and let polish dry completely. The foil will not work if the polish is not dry.
- Apply the emulsion glue to the area of the nail where the foil is to be applied.
- Let glue dry just until it turns clear and then gently press a cut a piece of foil onto the glue.
- Gently pull the edge of the foil away from the nail so that the colour adheres to the glue and the clear cellophane backing is removed.
- If another colour is required, press it over the same area to blend the colours. The foil will stick to the glue where the first colour did not.
- To make fancy designs, more emulsion can be added to different areas of the nail and other colours added separately.
- Cover the design with clear polish to seal and protect.



Review Questions

1. List six nail art techniques:
- a)

b)

c)

d)

e)

f)
2. Identify the nail art technique.

1.		
2.		
3.		
4.		
5.		



3. Explain the process of applying foil nail art to the client.

4. Explain Difference between:

Confetti decoration

Bullion bead

Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain the procedure of applying different types of nail art.
- Explain the material and supplies required for nail art techniques.

PART B

Discussed in class the following: -

- Selection of right material and supplies for nail art.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to select right material for nail art.		
Able to differentiate between forms of nail art.		
Able to apply different nail art on client.		



Exercise Questions Unit-6

Theory Questions

1. List the carrier option available in Beauty & Wellness sector.
2. List the supplies required for confetti decoration.
3. What is Nail Art? Explain the procedure of Pierced nail charm in detail
4. Why is it necessary for a client to return to the Nail Technician? When they want to remove their nail charm.

Practical Questions

1. Demonstrate the foil art on client
2. Demonstrate the tape art on client
3. Demonstrate the confetti art on client
4. Demonstrate the bullion art on client
5. Demonstrate the Rhinestone art on client
6. Demonstrate the Pierced nail charm on client

