

# COSMETOLOGY

TRADE THEORY

NSQF LEVEL - 4

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HANDBOOK FOR CRAFTS INSTRUCTOR  
TRAINING SCHEME

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Directorate General of Training

**DIRECTORATE GENERAL OF TRAINING  
MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP  
GOVERNMENT OF INDIA**



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A Comprehensive Training Program  
under Crafts Instructor Training Scheme (CITS)  
for Instructors

**HANDBOOK ON  
TECHNICAL INSTRUCTOR TRAINING  
MODULES**

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NOT TO BE REPUBLISHED

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**कौशल विकास एवं उद्यमिता मंत्रालय**  
**GOVERNMENT OF INDIA**  
**MINISTRY OF SKILL DEVELOPMENT**  
**AND ENTREPRENEURSHIP**



## Foreword

In today's rapidly evolving world, the role of skilled craftsmen and women is more crucial than ever. The Craft Instructor Training Scheme (CITS) stands at the forefront of this transformation, shaping the educators who will train the next generation of artisans and technicians. This book aims to provide an in-depth understanding of the subject, exploring its significance, methodologies, and impact on vocational training.

The Craft Instructor Training Scheme was established with the objective of enhancing the quality of instruction in industrial training institutes and other vocational training institutions. By equipping instructors with advanced skills and knowledge, the scheme ensures that they are well-prepared to impart high-quality training to their students. This, in turn, contributes to the creation of a highly skilled workforce capable of meeting the demands of modern industry.

The initial chapters provide the importance of specialized instructor training. Following this, detailed chapters delve into the curriculum covering advanced techniques, safety protocols, and instructional strategies. Each section is designed to offer both theoretical insights and practical applications, ensuring a well-rounded understanding of the subject.

The book offers recommendations for overcoming obstacles and enhancing the effectiveness of the program, with the ultimate goal of producing highly skilled instructors capable of shaping the future workforce.

This book is intended for a diverse audience, including current and aspiring instructors, vocational training administrators, policymakers, and industry stakeholders. It serves as a valuable resource for understanding the intricacies of the subject and its pivotal role in vocational education.

I extend my heartfelt gratitude to all contributors who have shared their experiences and expertise, enriching this book with their valuable insights. Special thanks to the contribution of the development team, reviewers and NIMI that have supported this endeavor, providing essential data and resources.

It is my sincere hope that this book will inspire and guide readers in their efforts to enhance vocational training, ultimately contributing to the development of a skilled and competent workforce.

**ATUL KUMAR TIWARI, I.A.S.**  
**Secretary, MSDE**

त्रिशलजीत सेठी  
महानिदेशक

Trishaljit Sethi, IPoS  
Director General



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ENTREPRENEURSHIP  
DIRECTORATE GENERAL OF TRAINING

## FOREWORD

The Craftsmen Training Scheme (CTS) implemented by the Directorate General of Training (DGT) provides skill training to the youth and ensures a steady flow of skilled manpower for the industry. It aims to raise quantitatively and qualitatively the industrial production by systematic training, and to reduce unemployment among the youth by providing them with employable skills.

The Craft Instructor Training Scheme (CITS) is an indispensable part of the Craftsmen Training Scheme (CTS). It offers comprehensive training both in 'skills' and in 'training methodology' to the instructor trainees to make them conversant with techniques of transferring hands-on skills.

I congratulate NIMI for taking the initiative of preparation of the course content for CITS. This will help institutionalize the mechanism for imparting training to the trainers all across the ecosystem. I also extend my gratitude to the Instructors and Officials of National Skill Training Institutes (NSTIs) and the DGT for their invaluable contribution in preparation of the CITS course content.

As we navigate the complexities of a rapidly changing world and the technological disruptions, the significance of CTS and CITS has increased manifold. It not only empowers individuals with practical skills but also lays the foundation for a prosperous future. I am confident that this book will serve as a guiding light to all instructor trainees for skill development and nation-building.

  
(Trishaljit Sethi)

## PREFACE

The Craft Instructor Training Scheme is an indispensable module of the Craftsmen Training Scheme, which has been an integral part of the Indian skill development industry since its inception. This program aims to equip instructors with the necessary skills and teaching methodology to effectively transfer hands-on skills to trainees and promote a holistic learning experience. The first Craft Instructor Training Institute was established in 1948, followed by six more institutes across India in 1960. Today, these institutes, including the National Skill Training Institute (formerly Central Training Institute for Instructors), offer the CITS course, which is mandated by the Directorate General of Training (DGT).

The Craft Instructor training program is designed to develop skilled manpower for industries. The course aims to offer instructors an opportunity to improve their instructional skills, engage learners effectively, offer impactful mentoring, and make efficient use of resources, leading to a more skilled workforce in various industries. The program emphasizes collaborative and innovative approaches to teaching, resulting in high-quality course delivery. Overall, the Craft Instructor Training Scheme is a pivotal program that helps instructors grow in their careers and make a significant contribution to society. This program is essential for developing skilled manpower and promoting a robust learning environment that benefits both trainees and instructors alike.

## ACKNOWLEDGEMENT

National Instructional Media Institute (NIMI) sincerely acknowledges with thanks for the co-operation and contribution extended by the following experts to bring out this Instructional material (**Trade Theory**) for **CITS Cosmetology (NSQF Level - 4)** under the **Beauty & Wellness Sector for Instructors**.

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NIMI also acknowledges with thanks, the invaluable efforts rendered by all other staff who have contributed for the development of this Instructional Material.

NIMI is grateful to all others who have directly or indirectly helped in developing this IMP.



## ABOUT THE TEXT BOOK

The Vocational Instructor Training Program is a comprehensive initiative designed to equip aspiring students with the necessary skills and knowledge to effectively teach in vocational education settings. This program encompasses a range of pedagogical strategies, instructional techniques, and subject-specific content tailored to the diverse vocational fields. Participants engage in coursework that covers curriculum development, assessment methods, classroom management, and the integration of industry-relevant technologies. Practical experience and hands-on training are emphasized, allowing participants to apply theoretical concepts in real-world teaching environments. Through collaborative learning experiences and mentorship opportunities, aspiring vocational instructors develop the confidence and competence to facilitate engaging and impactful learning experiences for their students. This training program aims to cultivate a new generation of educators who are not only proficient in their respective vocational fields but also adept at fostering the success and employability of their students in today's competitive workforce.

This text book covers communication, self-management, information and communication technology, entrepreneurial and green skills. It has been developed as per the learning outcome-based curriculum.

**G C Rama Murthy,**  
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## ✦ MODULE 1 : First aid Knowledge ✦

### LESSON 1 : Orientation & First-Aid knowledge

#### Objectives

At the end of this lesson you shall be able to:

- explain purpose of first-Aid
- define Identification & recoveries of different types of Injuries such as-burns, electric shock, loss of consciousness, external bleeding, high blood pressure
- explain Difference between Injuries & Emergencies.

#### Orientation & First-Aid knowledge



#### Explain purpose of First-Aid

First-aid can heal simple injuries or it may mean the difference between life and death in an emergency cuts, bits, sting, bleeding, choking, frost bite, heat stroke, hypothermia and causes will teach you to recognizing an emergency and gives first-aid to the injured person until ambulance arrives. This could mean the difference between life and death.

#### Purpose of First - Aid

- In case of an accident or injury first-aid treatment is to be given for immediate relief.
- In case of any accident if cuts occur or cause bleeding, first-aid treatment is to be given for immediate relief and to stop bleeding.
- In case of burn or electrical shock temporary relief can be given.

- Less consciousness or fainting, first-aid is to be given.
- In emergency first -aid can comfort all relieve temporarily till ambulance arrives.
- Emergency arises in every time of business and knowledge of first-aid measures is invaluable to the saloon manager and staff.

A physical or emergency ambulance should be called as soon as possible after any accident has occurred, both as a courtesy to the patron and as protection to the saloon. There are certain first aid treatments, however that the layman can give while awaiting medical assistance. Have a well-equipped first aid kit where it is within easy access when possible the saloon owner, manager and employees should take as course in first aid.

**A basic first aid kit should contain (Fig 1)**

- Triangular Bandages
- Crape (confirming or elastic) bandages of varying widths.
- Non-adhesive (non-stick) dressing of varying.
- Disposable gloves (medium and large) prefer mode of non-later material.
- Thermal blanket
- Notepad and pencil
- Adhesive tape (2.5cm wide preferable a permeable tape such as micro)
- One pair of tweezers.
- One pair of scissors
- First aid booklet
- Antiseptic
- Cotton
- Medicine

Fig 1



**Define Identification & recoveries of different types of Injuries such as-burns, electric shock, loss of consciousness, External bleeding, High Blood Pressure.**

Different types of Injuries

- Burns
- Electric shock
- Loss of consciousness
- Externally Bleeding
- High blood pressure

**1 Burns**

A burn is an injury to skin, or other tissues, caused by heat, electricity, chemicals, friction, or ultraviolet radiation (such as sunburn). Most burns are due to heat from hot liquids (called scalding), solids, or fire. Burns are classified as first degree, characterized by redness, second degree having watery blisters and 3rd degree involving deeper structures of the flesh, with possible charring tissues. In case of accidental burn, see that the patron gets immediate medical attention by physician. (Fig 2)



A quick, safe and temporary effective method of treating burns is to immediately apply ice or cold water to the affected area. (Fig 3)

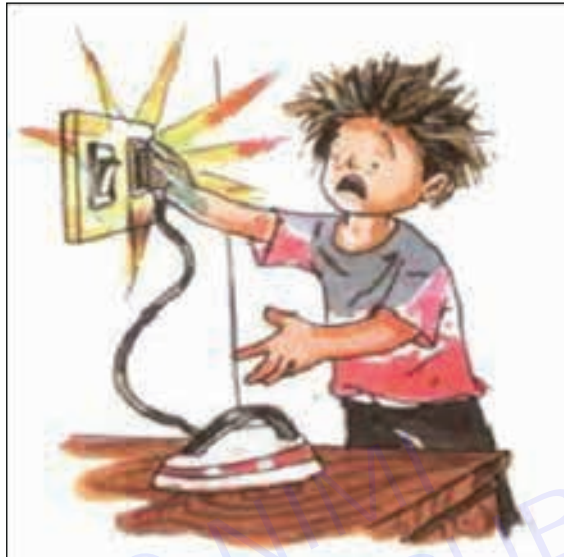


## 2 Electric Shock

An electric shock occurs when a person comes into contact with an electrical energy source. Electrical energy flows through a portion of the body, causing a shock. Exposure to electrical energy may result in no injury at all or may result in devastating damage or death. (Fig 4)

Burns are the most common injury from electric shock. When nerves are affected by an electric shock, the consequences include pain, tingling, numbness, weakness or difficulty moving a limb. These effects may clear up with time or be permanent. Electric injury can also affect the central nervous system.

Fig 4



The clothing should be loosened and the patron removed to a cool place. The head should be raised and tongue drawn forward to prevent strangulation. Apply artificial respiration.

## 3 Loss of Consciousness

Fainting, or syncope, is a sudden and temporary loss of consciousness. It usually happens when there is a slight decrease in the amount of oxygen reaching the brain.

### Fainting

Fainting is caused by a lack of blood flow to the brain, bad air, indigestion, nervous condition, unpleasant etc., and is characterized by fall or loss of muscular control. There is a temporary suspension of respiration and circulation. If there is a sign of fainting and before it actually occurs have the patron hold his/ her head between the knees, as this action may check the faintness by causing the blood to flow quickly to the head. (Fig 5)

### Treatment for Fainting

Consist of loosening all tight clothing, being sure there is fresh air in the room, and placing the patron in a reclining position with the head slightly lower than the body. If the patron is conscious, hold aromatic spirits of ammonia near his/ her nose or after stimulates such as hot coffee, tea or milk. If the patron is unconscious, apply cold applications of the face, chest and over the heart. Do not flush cold water in patients face. (Fig 6)

### Epileptic Fit

An epileptic fit is a nerve disorder characterized by unconsciousness, convulsion, contortions of the face, foaming at the mouth and rolling of eyes. In such case, call for immediate medical attention.


Emergency treatment consists of lying patron on the side and fixing wet cotton between the teeth to prevent biting off the tongue. (Fig 7)

Fig 5



Fig 6

### FAINTING




The illustration shows a person lying on the floor. A woman in a yellow shirt is kneeling beside them, adjusting their legs. A chair is used to prop up the person's legs. A blanket is placed over the person's body.

- 1 Lay the person down in a safe area and loosen tight clothing.
- 2 Raise the legs above chest level for 10-15 minutes.
- 3 Call for an ambulance if the person does not recover after 20 minutes.

**FIRST AID AS EASY AS 1-2-3!**

Fig 7



The illustration shows a man in a green shirt and brown trousers lying on the floor. He is convulsing, with his arms and legs twitching. His eyes are closed and his mouth is open.

#### Causes of seizures (fits)

- Head injuries
- Very low blood sugar
- Electrolyte imbalance

**4 External Bleeding**

Nose Bleed –Nose bleed is hemorrhage from the nose is treated by losing the collar and applying pads saturated with cool water to the face and back of the neck. (Fig 8)

Abrasions –When the skin is cut or broken by accident an antiseptic such as tincture of iodine, hydro-peroxide or mercurochrome should be applied. (Fig 9)

Fig 8



Fig 9



**6 High Blood Pressure**

Blood pressure (high) hyper tension can contribute to number of diseases including heart attack, Kidney failure or stroke. Hyper tension produces no symptoms. Hereditary factors obesity, a diet high is salt, smoking and a lock of physical ability, can all contribute to hyper tension. Call immediately doctor or pharmacist in case of heart attack or stroke. (Fig 10)

Fig 10

Blood Pressure Chart		
CLASSIFICATION	SYSTOLIC	DIASTOLIC
Normal	< 120 mm Hg	< 80 mm Hg
Elevated	120–129 mm Hg	< 80 mm Hg
High	≥ 130 mm Hg	≥ 80 mm Hg



**Explain Difference between Injuries & Emergencies**

- Injury may not be an emergency. In injury medical attention may be needed, but in an emergency immediate medical attention is needed.
- When we have serious health problems we go straight to emergency and injury is a wound and they may be bleeding

**In Case of Emergency**

Every saloon should have informatics that may be needed in case of an emergency, posted or placed (in clear view) near the telephone. The owner of the saloon or manager should have the names, addresses and telephone number or employees on file in case of emergency. The file that is kept for regular patrons also should have information that might be needed in case of an emergency. Address and telephone numbers for the following services should be placed near the saloon telephone-Fire station, police (local and state), emergency ambulance, nearest hospital emergency room, doctors, taxi service, telephone company and telephone numbers of persons and organizations that provide service.

Utility Service Company such as electricity, water, heat, air conditioning etc. also should be posted. Additional information to be included are the names and telephone numbers of the owner and/ or manager, custody and others, who might need to be called if something goes wrong in the saloon.

Each employee should know where exits are located and have to evacuate a building quickly in case of fire or other emergency. Fire extinguishers should be placed where they can be reached easily and employees should know have to use them. A well-stocked first aid kit should be kept within easy reach.

**Artificial Respiration**

To deal with occurrence such as severe electric shock, fainting, poisoning and gas suffocation the most currently acceptable methods are mouth to mouth breathing or mouth to nose breathing. (Fig 11)

Fig 11



## ✦ MODULE 2 : Dermatology and Skin Analysis ✦

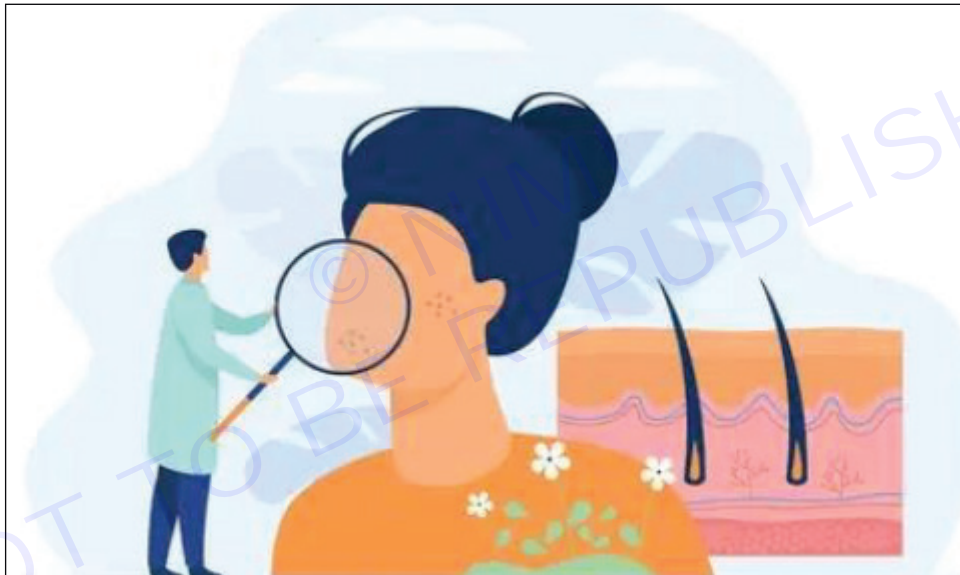
### LESSON 2 : Study of Dermatology

#### Objectives

At the end of this lesson you shall be able to:

- define Anatomy of skin
- explain disorder of sudoriferous gland
- describe disorder of sebaceous gland
- explain Pigmentation disorders
- define cosmetic allergy
- describe study of skin disorder.

#### Study of Dermatology



##### Define Anatomy of skin

Skin is the longest organ of the body and it is made up of multiple layers of tissues. The study of structure, function and diseases of the skin is called dermatology.

A healthy skin is slightly moist, soft and flexible and it is free from any diseases or disorders. A good complexion is an indication of the fine texture and healthy color of the skin.

##### Layers of the skin

If you count the layers within the layers, the skin has eight or even 10 layers. There are three main layers of skin (Fig 1)

- 1 Epidermis
- 2 Dermis
- 3 Hypodermis (subcutaneous tissue)

##### The Epidermis

The epidermis is the outermost skin layer. Its thickness depends on where it is on the body. It's thinnest on the eyelids and thickest on your palms and soles. It is made up of the following five layers (Fig 2)

Fig 1

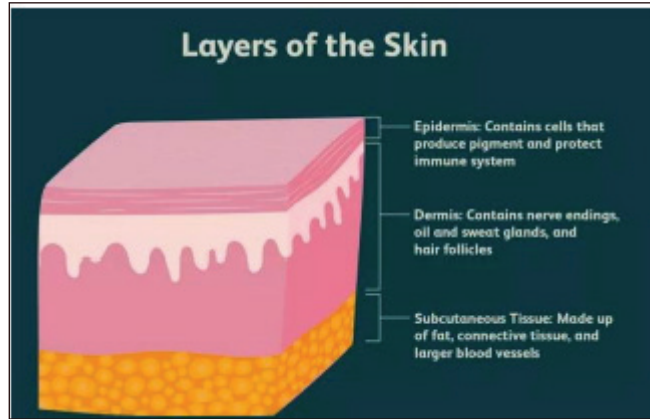
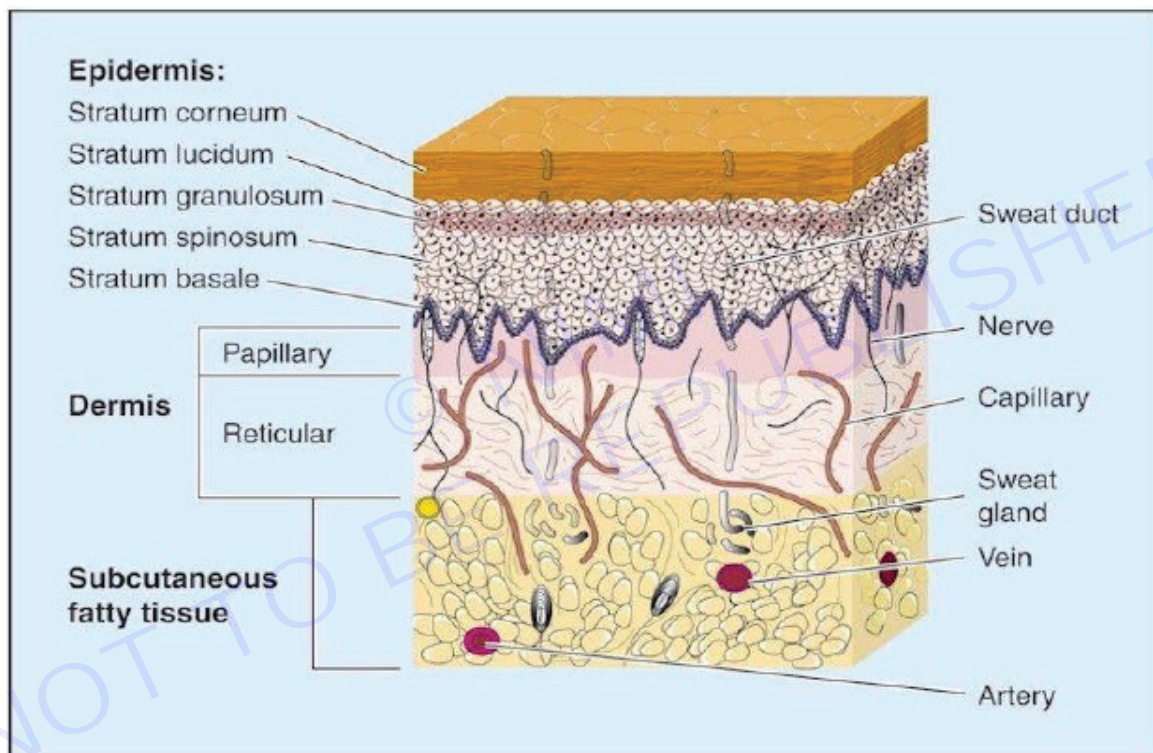


Fig 2



**1 Stratum Corneum**

The stratum corneum is the top layer of the epidermis. Its jobs are to:

- Helps your skin retain moisture
- Keep unwanted substances out of your body

It is made of dead, flattened cells called keratinocytes that are shed approximately every two weeks. Keratinocytes produce keratin, a fibrous protein that helps provide structure to your skin, hair, and nails.

**2 Stratum Lucidum**

The stratum lucidum is a separate layer only in the thicker epidermis on the palms of the hands and soles of the feet. In thinner areas, its cells and functions are incorporated into other layers. This layer is also made of dead, flattened keratinocytes. Its jobs are to:

- Allows the skin to stretch

- Contains a protein that helps skin cells degenerate
- Protects your palms and soles from the effects of friction
- Makes your skin waterproof

### 3 Stratum Granulosum

The stratum granulosum layer contains keratinocytes that are gradually being pushed toward the surface of the skin. While moving through this layer, cells start to lose their structure and characteristic and become more like the dead, flattened keratinocytes of the outermost layers.

This skin layer also contains lipids (a type of fatty acid) that help form a waterproof barrier that prevents your body from losing fluid through the skin.

### 4 Stratum Spinosum

The stratum spinosum, or squamous cell layer, is the thickest part of the epidermis. It contains:

- Newly formed keratinocytes
- Langerhans cells that help fight infection

### 5 Stratum germinativum (Basal layer)

Also called the basal cell layer, the stratum basale is the bottom layer of the epidermis. It contains several important types of cells.

- Column-shaped stem cells that push older keratinocytes toward the surface, where they flatten and die
- Melanocytes, which produce pigments that gives your skin its color
- Merkel cells, which sense touch

## The Dermis

The dermis is the middle layer of the skin. It contains connective tissue, blood vessels, capillaries, nerves, and hair follicles. It also contains different glands, including sebaceous glands that produce sebum (a body oil) and sweat glands that produce sweat. The dermis is split into two parts:-

### 1 Papillary Dermis

The papillary dermis is the thin, upper layer that contains capillaries (tiny blood vessels) that help regulate skin temperature and provide nutrients to the epidermis.

### 2 Reticular Dermis

The reticular dermis is the thick, lower layer that contains connective tissues and dense collagen bundles.

Collagen is the main protein that provides structure to skin and connective tissues. It gives skin elasticity and strength.

The thickness of the dermis varies by its location on the body. On the eyelids, it is roughly 0.6 millimetres thick. On the back, palms of hands, and soles of the feet, it's 3 millimetres thick.

## Hypodermis

The innermost layer of the skin is the hypodermis. Also known as subcutaneous tissue, it's mostly made up of Fat, Connective tissues, Larger blood vessels and Nerves.

The majority of your body fat is stored in the subcutaneous layer. It insulates you against changing temperatures and protects your muscles and internal organs from impacts and falls.

## Disorder of sudoriferous gland

The sweat gland consists of a coiled base and a tube like duct which terminates at the skin surface to form the sweat pore. Practically all parts of the body are supplied with sweat glands, which are more numerous on the palms, sole, forehead and the armpits. The sweat glands regulate body temperature and help to eliminate waste products from the body. There are several common disorders of the sweat glands:-

### 1 Bromhidrosis

Bromhidrosis is foul-smelling body odour related to your sweat. Perspiration itself actually has no odor. It's only when sweat encounters bacteria on the skin that a smell can emerge. Bromhidrosis can often be treated or prevented through changes to your hygiene habits. (Fig 1)

### 2 Anhidrosis

People with anhidrosis or hypohidrosis are unable to sweat when they are hot. A person with anhidrosis cannot sweat at all, and hypohidrosis means they sweat less than other people. If the condition affects a small area of the body, it is not usually dangerous, but anhidrosis or hypohidrosis of the entire body can result in overheating and eventually heatstroke, a potentially life-threatening condition.

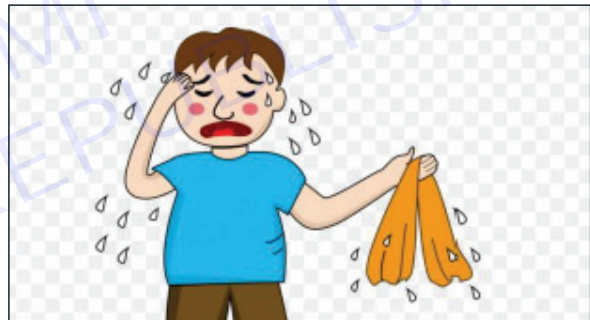
### 3 Hyperhidrosis

The main symptom of hyperhidrosis is heavy sweating. This condition happens when you sweat more than what your body needs to regulate your temperature. This goes beyond the sweating from being in a hot environment, exercising, or feeling anxious or stressed. The type of hyperhidrosis that usually affects the hands, feet, underarms or face. Hyperhidrosis treatment usually helps. It often begins with antiperspirants. If these don't help, you may need to try different medications and therapies. (Fig 2)

Fig 1



Fig 2



### 4 Miliaria rubra

Miliaria is a common skin disease caused by blockage of sweat ducts. Miliaria is frequently seen in hot, humid, or tropical climates, in patients in hospital, and in the neonatal period. Miliaria is also known as heat rash, sweat rash or prickly heat. (Fig 3)

Fig 3



### Describe disorder of sebaceous gland

Sebaceous glands are microscopic glands found in hair follicles that secrete sebum. Sebum is an oily substance that protects the skin from drying out. Sebaceous glands can clog, so keep the glands healthy by following a skin care routine that includes cleansing and moisturizing the skin. There are several common disorders of the sebaceous glands.

### 1 Blackheads/comedones

Blackheads form when a hair follicle in the skin becomes clogged or plugged. Dead skin cells and excess oil collect in the follicle's opening, which produces a bump. If the skin over the bump opens, the air exposure causes the plug to look black, thus forming a blackhead. They have dark or black surfaces and are generally very small. Blackheads are a mild form of acne and usually form on the face, especially on the nose and chin, but they can also appear on the back, chest, neck, arms, and shoulders. (Fig 4&5)

## 2 Whiteheads

Whiteheads are a type of acne caused by pores that have become clogged with excess dead skin cells, oil, or bacteria. When the pores close up, small white or flesh-colored bumps can form on the skin.<sup>1</sup> These raised bumps are commonly called whiteheads, but they can also be referred to as closed comedones or pimples. (Fig 4 & 5)

Fig 4

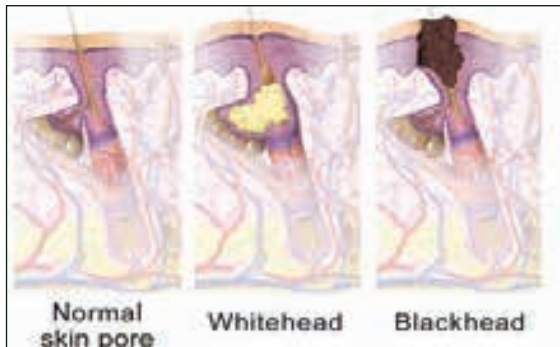


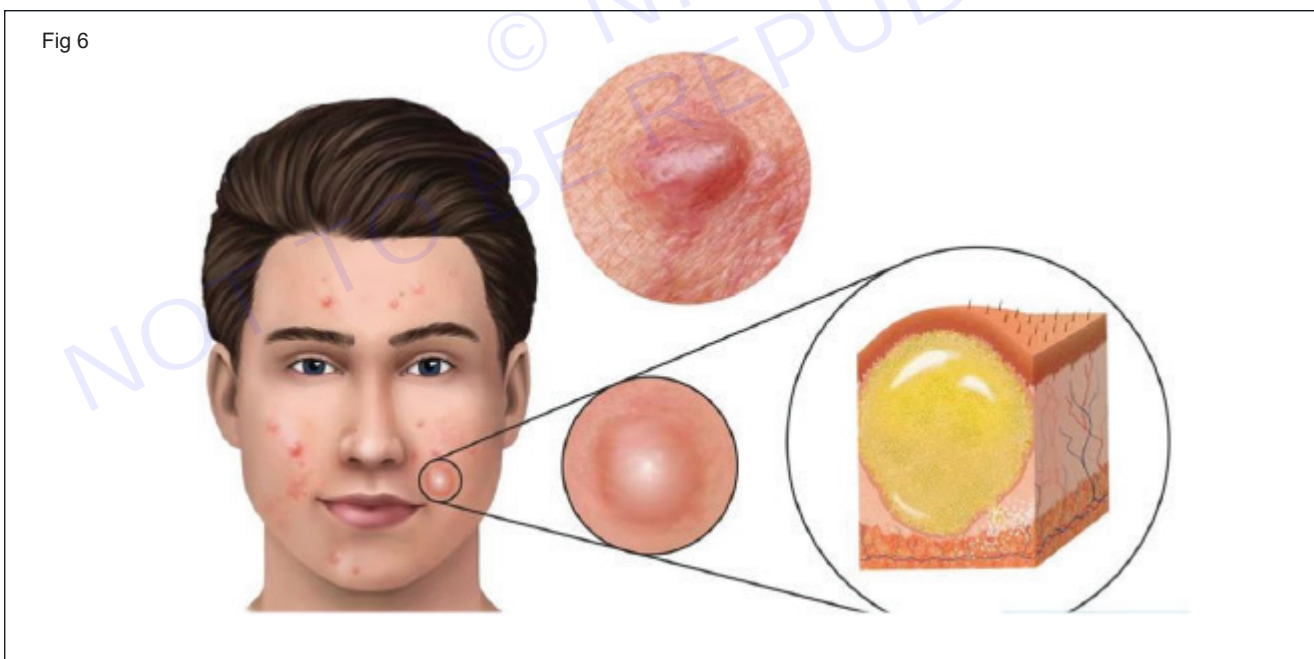
Fig 5



## 3 Acne

Acne is a common skin condition that happens when hair follicles under the skin become clogged. Sebum that helps keep skin from drying out and dead skin cells plug the pores, which leads to outbreaks of lesions, commonly called pimples or zits. The medical term for acne is acne vulgaris. Acne is most common among teenagers, though it affects people of all ages. Acne typically appears on your face, forehead, chest, upper back and shoulders because these areas of skin have the most oil (sebaceous) glands. (Fig 6)

Fig 6



## Pigmentation disorders

Pigmentation means coloring. Skin pigmentation disorders affect the color of skin. Skin gets its color from a pigment called melanin. Special cells in the skin make melanin. When these cells become damaged or unhealthy, it affects melanin production. Some pigmentation disorders affect just patches of skin. Others affect entire body.

If body makes too much melanin, skin gets darker. Pregnancy, Addison's disease, and sun exposure all can make your skin darker. If your body makes too little melanin, your skin gets lighter.

Vitiligo is a condition that causes patches of light skin.

Albinism is a genetic condition affecting a person's skin. A person with albinism may have no color, lighter than normal skin color, or patchy missing skin color. Infections, blisters and burns can also cause lighter skin.

### 1 Melasma

Melasma (also known as chloasma) is marked by tan or brown patches that may appear on the forehead, cheeks, upper lip, nose, and chin. Although this condition is often called the "pregnancy mask," men can also develop it. It may also occur in women who are taking birth control pills or postmenopausal estrogen. Melasma may go away after pregnancy, but if it remains, it can be treated with certain prescription creams and some over-the-counter skin care products. Remember to consult your dermatologist for a proper diagnosis of this condition before you choose to treat it yourself. If you have melasma, use a sunscreen at all times because sunlight will make the condition worse.

### 2 Albinism

Albinism, an inherited disorder, is caused by the absence of the pigment melanin, and results in no pigmentation in the skin, hair, or eyes. Albinos have an abnormal gene that restricts the production of melanin. There is no cure for albinism. People who have this disorder should use a sunscreen at all times because they are much more likely to get sun damage and skin cancer. Albinism can occur in any race, but is most common in Caucasians. In addition, almost all patients with albinism have problems with their eyes, such as decreased vision or abnormal eye movement, and should be seen by an ophthalmologist.

### 3 Vitiligo

Vitiligo is a condition where the body's immune system attacks pigment cells (melanocytes), causing pigment loss. Other immune system conditions associated with vitiligo include diabetes, pernicious anemia, thyroid disease, and Addison's disease. Vitiligo causes smooth, white skin patches, usually around the mouth and eyes, or on the back of the hands. In some people, these patches can appear all over the body.

### 4 Tan

Tan Caused by excessive exposure to the sun.

Any type of beauty product can cause an allergic reaction, including shampoo, makeup, or fragrances. Symptoms can be mild to severe and can occur within minutes of application or later after using the product.

## Cosmetic allergy

### Causes of a Cosmetic Allergy

Products and preservatives are the cause of most allergic reactions. These preservatives are linked to skin allergies. The beauty products that are most likely to cause a reaction are soaps, detergents, deodorants, eye make-up, moisturizers, nail polish, and lip stains.

### Symptoms of a Cosmetic Allergy

There are two types of symptoms that can occur. Irritant contact dermatitis is when the reaction causes damage on the skin, including burning, itching, stinging, and turning red. Blisters and oozing are common if you tend to scratch. The other type is called allergic contact dermatitis and the symptoms can include redness, swelling, hives, or itching. The first step to treating an allergic reaction to a cosmetic is to stop using the product immediately.

### Describe study of skin disorder

Skin disorders, such as acne and eczema, vary greatly in symptoms and severity. They can be temporary or permanent and may be painless or painful. Some can be life threatening. Some skin disorders have situational causes, while others may be genetic. While most skin disorders are minor, others can indicate a more serious issue. Contact a doctor if you believe you may have one of these common skin problems.

## MODULE 3 : Facials with Electrology

### LESSON 3 : Latest Facials with Electrology

#### Objectives

**At the end of this lesson you shall be able to:**

- define benefits and precautions of high frequency, galvanic, brushing machine, vacuum & spray machine, magnifying lamp, woods lamp
- explain benefits and precautions of facial vaporizer, ultra-sonic, micro dermabrasion (IPL, micro dermabrasion, micro needle & chemical peel).
- define knowledge of facial products and tools & equipment to be arranged on the trolley. Facials for: a) dehydrated skin b) anti-ageing c) anti acne d) anti pigmentation
- explain pigmentation disorders.

#### Latest Facials with Electrology



**Define Benefits and Precautions of high frequency, Galvanic, Brushing Machine, Vacuum & Spray machine, Magnifying lamp, woods lamp.**

#### High frequency

The high frequency current is characterized by a high rate of oscillation. It is also called Tesla Current, commonly called the Violet ray used for both scalp and facial treatments. The primary action of this current is thermal or heat producing. Because of its rapid oscillation, there are no muscular contractions. (Fig 1)

The electrodes for high frequency current are made of glass or metal. Their shapes vary, the facial electrode being flat and the scalp electrode being rake shaped. As the current passes through the glass electrode, tiny violet sparks are emitted. Quality high frequency electrodes are typically made of tempered glass and filled with either

- 1 Argon gas which produces a subtle violet coloured glow used for treating acne, scalp and hair.
- 2 Neon gas which produces an orange glow used for treating aging skin, scalp and hair. (Fig 2)



Fig 1



Fig 2

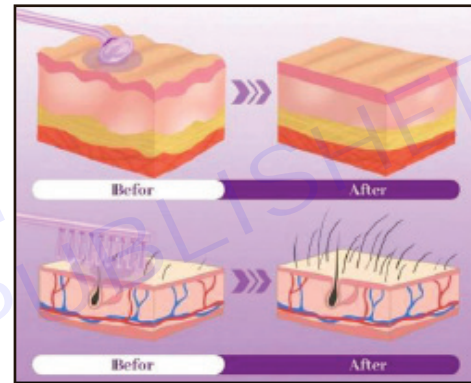


When the high frequency electrode is firmly inserted into the high frequency hand piece, a gentle alternating electrical current is generated by the high frequency machine which then passes through the attached glass electrode upon contact with the skin. All treatment given with high frequency current should be started with a mild current and gradually increased to the required strength. The length of the treatment depends on the condition to be treated. About 5 minutes should be allowed for a general facial or scalp treatment. For proper use, follow the instructions provided by the manufacturer of Tesla equipment.

**Benefits of high frequency**

- 1 Stimulates circulation of the blood.
- 2 Fades Dark Eye Circles and reduction in Eye Puffiness.
- 3 Softening of Fine Lines, Wrinkles, and Sagging Skin.
- 4 Reduction in Enlarged Pores, Blackheads and Acne.
- 5 It is also used to treat falling hair, itchy scalp, tight scalp and excessively oily or dry skin and scalp. (Fig 3)

Fig 3



**Precautions for high frequency**

- 1 Always follow manufacturer's instructions.
- 2 Contact must not be broken during treatment.
- 3 Try to avoid contact with any metal.
- 4 Use eye pads and gauze for direct high frequency current.
- 5 Sparking lift approximately 7mm away from the skin for giving spark.
- 6 Removed jewelry before stating treatment.
- 7 This treatment is not recommended during pregnancy.

**After care and home care advice**

- Discuss with client for normal product use.
- Don't use anything for at least 24 hours on the face
- Advise the client to avoid pricking or touching the skin especially with un-cleaned hands.

**Galvanic Machine**

A galvanic current is a low-level, continuous current that flows in one direction known as direct current (DC), just like the electricity from a battery. Chemical changes are produced when this current is passed through certain solutions containing acids or salts. Chemical effects also are produced when a galvanic current is passed through the tissues and fluids of the body. Galvanic treatments help in easing the muscles and tissues of the skin and allow them to carry more oxygen and blood, thereby restoring the skin's pH. (Fig 4)

Fig 4



### Desincrustation

One of the most popular uses of galvanic in facial treatments, is for desincrustation to remove congestion from the pores. When used in conjunction with an alkaline or negative-pH product, galvanic technology is able to achieve a deeper kind of cleansing for the skin.

### Iontophoresis

On the opposite end of the galvanic spectrum is the process of iontophoresis, which is used to treat the skin using ionic penetration. With an almost magnet-like effect, positively charged ions deliver water-based products and solutions deep into the epidermis. This promote lymphatic activity, helping to calm the skin, and promote repair.

Galvanic current treatments are painless, non-invasive and highly effective in local applications. The machine uses two electrodes, one with positive polarity and one with negative polarity.

The effects of the positive pole the body are just the opposite of those produce by the negative pole.

### Precaution for galvanic treatment

- 1 Galvanic procedures are not recommended for
  - Clients with pacemakers.
  - Clients with heart conditions.
  - Clients with metal implants – including body-piercings with metal rings, etc.
  - Clients with epilepsy.
  - Clients with diabetes.
- 2 Current may need reducing when working over areas like forehead and neck where these is less adipose tissue and the current feels stronger.
- 3 If the product is absorbed by the client's skin during the treatment it may be necessary to reapply. (Fig 5)
- 4 Below the level of sensitive, the beneficial effects of treatment are not received.

### After care and home care advice

- 1 Discuss the client's normal product that is used.
- 2 Do not use anything for at least 24 hours on the face.
- 3 Advice the clients to avoid pricking or touching the skin, especially with un-cleaned hand.
- 4 Drink plenty of water through out of the day.
- 5 Eat a diet rich in fruit and vegetable.

Fig 5



**Brushing machine**

Brushing machine is ideal for removing dead skin cells and to cleanse the skin of dirt, oil, and grime that clings to its surface. The revolving brushes also create a pleasant massage for client. Skin brushing machine is a professional device usually used to brush the skin before commencing further cosmetic treatment. But the skin brushing machine is gentle, great for our daily exfoliation beneath which nourishes and oxygenates the skin cells. (Fig 6)

The brushing machine is available with different types of brushes and soft scrapers for thin and sensitive skin and coarse brushes for thick oily skin. Both types of brushes are used on face, neck and body, as per the texture of the skin.

**Benefits of Brushing machine (Fig 7)**

- 1 Gently exfoliates, cleanses and smooth dry skin.
- 2 It is a One-step facial exfoliation treatment.
- 3 Gives skin useful glow.
- 4 Removed dry and flaky skin cells.
- 5 Reduces the appearance of fine lines and wrinkles.
- 6 It massages the skin.

Fig 6



Fig 7



**Precautions for brushing machine**

- 1 Do not use brushing machine on extremely thin, face skin, especially where the capillaries can be seen when the skin is stretched.
- 2 Do not use the machine on damage skin or with acne. Any strong movement on the skin may disrupt and spread the infection under the skin or to other surface pore opening.
- 3 Avoid brushing if there is infection, rashes, cuts or other open wounds.
- 4 Avoid brushing if there are varicose veins, eczema and toscas.

**Vacuum and spray machine**

Vacuum suction is an electrical lymphatic drainage treatment, the lymphatic vessels are stimulated helping to detoxify, improve lymph circulation, reduce puffiness, reduce fluid retention, increase blood flow, aid cellular regeneration as well as encouraging toning and lifting in the skin. An alternating current is used to create a negative pressure or suction to pause a physical change in the tissues due to the movement of lymph and tissue fluid. (Fig 8)

The spray machine is most often used to moist or spray the clients face with a hydration or toning solution. This is great to use often cleansing treatment or facial massage usually vacuumed suction and spray are attached with the same machine. The spray attachment is used to spray water, toner and any other liquids. After using the vacuumed suction to remove the dirt and black heads the spray machine is used to condition the skin by spraying freshener to all over the area are treated.

A bottle is to be attached in the tube or rubber and the hole of the bottle is to be covered by the therapist finger.

**Benefits of Vacuum and spray machine**

- 1 It cleans pores by suctioning out deeply embedded dirt and oil, while simultaneously giving your client a deep, penetrating massage. (Fig 9)

Fig 8



Fig 9



- 2 The spray is used to flush out the freshly vacuumed pores, thoroughly cleaning the surface of your client's skin.
- 3 It increases blood flow.
- 4 It tones and lift the skin.

**Precautions for Vacuum and spray machine**

- 1 The suction should not be set too high as this will feel uncomfortable and can cause bruising.
- 2 The cup must be carefully removed as dragging or pulling the skin will cause discomfort and bruising.
- 3 Spray is to be handling safely and clean the nozzle regularly.
- 4 It should spray from a distance minimum 3 inches.

**Magnifying lamp**

Magnifying lamp can be used as vision aid. It is used in a beauty salon to analyze the skin and scalp. It helps to see the client’s skin and scalp condition in a larger vision. We can see the pores of the skin clearly. So, it is beneficial to observe and to give treatment in a right way. (Fig 10)

Magnifying lamp can be adjusted in our exiting trolley base table top or any flat appliances with the lamp installed or just as a vision aid in a salon. Magnifying glass is used with a lamp power on and off switch of the lamp provides us the convenience to see the object clearly. Magnifying lamp is also attached to other beauty machines such as galvanic and high frequency.

**Benefits of Magnifying lamp**

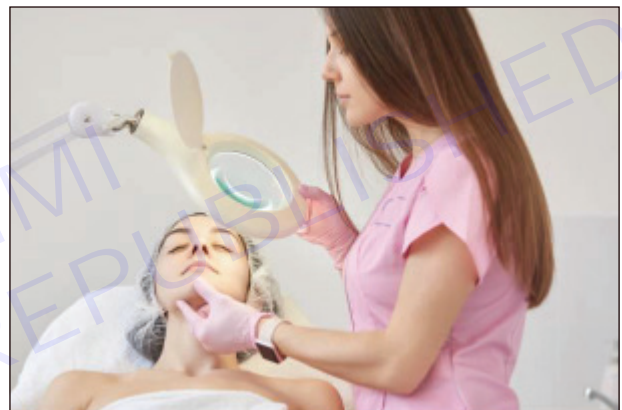
- 1 Magnifying lamp is helpful in skin and hair analysis.
- 2 It is helpful to give skin and hair treatment.(Fig 11)

**Precautions for Magnifying lamp**

Fig 10



Fig 11



- 1 Off the switch when it is not required.
- 2 Be careful when using the lamp, as the magnifying glass can be broken.
- 3 Cotton pad can be applied on eyes if client feel discomfort.

**Woods lamp**

A Woods lamp is a device that emits UV light the examination is performance in a dark room allowing the Woods light to shine directly on the affected area for a few seconds and looking for any changes in color or fluorescence. Normal skin does not fluorescence under the light of a woods lamp. If a fungal or bacterial infection or pigment can strengthen or lessen the suspicion of a particular diagnosis based on the color of fluorescence the effected being illuminated.

A Wood’s lamp examination is a simple test that can identify certain conditions on your skin, scalp and hair. It’s often used to help diagnose fungal, bacterial and parasitic infections. The lamp uses long-wave ultraviolet (UV) light to make certain cells show color or appear fluorescent. The tool, developed by American physicist Robert Wood, is also called: Blacklight test, Ultraviolet light test or Wood’s light test. (Fig 12)

Normal, healthy human skin under UV light looks bluish. Other colors on relatively healthy skin might be (Fig 13)

**White:** Areas of thick skin.

Fig 12



Fig 13



**Yellow:** Oily skin.

**Purple:** Dry or dehydrated skin

If your skin shows another color or glows (fluorescent or luminescent), it might reveal an infection or other condition. For example

Bright blue-white might indicate hypopigmentation or depigmentation (too little pigment).

Brown might identify hyperpigmentation (too much pigment).

Blue-green might reveal certain fungal infections.

Coral pink may suggest a bacterial infection.

White or gray spots on your scalp can indicate head lice.

#### Benefits of Woods lamp

- 1 Wood lamp is helpful to diagnose skin problems. It can be easily seen in the light.
- 2 It taken very less time to diagnose the skin.
- 3 It is painless
- 4 Client Feels comfort.

#### Precautions for Woods lamp

- 1 The room should be dark totally, only then it can be diagnosed clearly.
- 2 No lotion or cream should be applied before it.

#### Explain Benefits and Precautions of facial vaporizer, ultra-sonic, micro dermabrasion (IPL, micro dermabrasion, micro needle & chemical peel)

##### Facial vaporizer

The facial vaporizer is used after cleansing and analyzing to prepare the skin for treatment. The application of steam helps to stimulate circulation and relax the skin and tissues. Vapor also helps to oxygenate the skin and can be beneficial for the sinus and congestion. Facial vaporize is available in different models or sizes. It is also called facial sauna, steamer, micro-mist or steam inhaler. Some vaporize is equipped with an auto off tipping switch and a rotating directional steam nozzle. Some facial vaporizer is with optional ozone function and aroma therapy insert. (Fig 14)

### Benefits of facial vaporizer

The benefits of the like warm vapor mist are many when diffused on the skins surface to include the following: (Fig 15)

Fig 14



Fig 15



- 1 The vapor mist helps the pores to eliminate toxins.
- 2 The warm humid mist aids in opening the follicles, so that they can be properly cleansed.
- 3 The vapor penetrates deep into the follicles, to softens to deposits to grease, black heads, make up and dirt, so that these debris can be removed with ease.
- 4 The vapor mist temporarily softens superficial lines.
- 5 The vapor mist increases blood circulation by causing the blood vessel.
- 6 The action of the vapor imposes cell metabolism.

### Safety Precautions for facial vaporizer

- 1 Keep away the machines from children and infants.
- 2 When not in use always unplug the unit, and store in a cool, dry place.
- 3 The jar can be extremely hot during and immediately following use. Do not attempt to removed handle or insert the water jar when hot during operation immediately after use.
- 4 Maintain the proper water level, otherwise the unit may be shut down as a safety measure.
- 5 Ensure the water is properly assembled to the unit.

### Ultra-sonic (ultra-sound)

An ultrasonic facial is a cosmetic procedure in which sound waves are used to penetrate into the skin and the energy from the sound waves stimulate cell repair and growth and increases blood circulation. Ultrasonic facials also tone and tighten the facial skin and can be used to treat the signs of aging. Ultra Sound utilize sonic vibrations one million times per second freeing us of all that labor of massaging by hand and finger pressure etc. Ultra sound penetrates into the deep texture of the skin even reaching muscles and fatty layers with warmth, micro vibration and cavitation for new reviving effects. (Fig 16)

### Benefits of Ultra-sonic (Fig 17)

- 1 Skin appears more youthful and healthy.
- 2 Skin looks Clear, lighten, smooth.
- 3 Firm the skin texture.
- 4 Reducing the appearance of both wrinkles and fat deposits.
- 5 Deep cleanse and moisturizer.
- 6 Enhance the skin texture, anti-wrinkle helps fight fatty areas, tighter and firms.

Fig 16



Fig 17



**Precautions for Ultra-sonic**

- 1 Always follow manufacturer's instructions.
- 2 Not recommended for pregnant women.
- 3 Should not be used on areas with infections, open wounds, skin abrasions, inflammations or tumors.
- 4 Connected must not be broken during treatment.
- 5 Not recommended for People with pacemakers, metallic on silicone implants.

**IPL (intense pulsed light)**

Intense Pulse Light therapy was invented by Dr. Patrick Bitters. Intense pulsed light (IPL) is a cosmetic skin treatment that may help reduce the signs of aging, remove unwanted hair, lighten darker patches of skin, and improve the appearance of scars and spider veins. IPL works in a similar way to laser therapy. The difference is that where laser therapy delivers a single wavelength of light energy, IPL delivers multiple wavelengths. This means that IPL can treat a larger area of skin in a shorter time than laser therapy. (Fig 18)

Fig 18





### Benefits of IPL (intense pulsed light)

- 1 IPL treatments can reduce the amount of body hair by up to 95% after a course of 6-8 sessions, and results can last for years or even permanently.
- 2 IPL treatment can be an effective way to treat a variety of skin conditions such as age spots, fine lines, acne, redness, and unwanted hair.

### Precautions for IPL (intense pulsed light)

- 1 Anyone planning on having IPL treatment should speak to a dermatologist about the potential benefits, side effects, and complications.
- 2 To prepare for the procedure, a dermatologist will usually ask people to avoid the following for 2 weeks. Sunbathing and tanning, waxing, chemical peels, collagen injections.
- 3 Immediately before and after therapy, people should also avoid using any perfume or deodorant on the treatment area.

### Micro Dermabrasion

Micro dermabrasion is a minimally invasive procedure to remove the uppermost layer of skin from your face or body. It can help improve the appearance of your skin and minimize wrinkles, age spots or other minor cosmetic concerns. Microdermabrasion removes the uppermost layer of skin. This can improve the look and feel of your skin, revealing smoother, more youthful-looking skin. Microdermabrasion can make the following skin conditions less noticeable. (Fig 19)

Fig 19



### Benefits Of Microdermabrasion

Helps new skin cells grow.

Reveals newer, undamaged skin.

Thickens collagen, which is a protein that keeps your skin firm.

### Precautions for Microdermabrasion

Microdermabrasion might not be right for everyone. Talk to your healthcare provider before getting this procedure if you have

Acne

Frequent skin rashes.

Moles, freckles, skin tags or other growths that change in size or shape or bleed.

Skin conditions such as eczema .

### Micro Needle Therapy

Microneedling is a minimally invasive procedure using thin needles. The procedure can help reduce the appearance of skin concerns such as acne scars, stretch marks or wrinkles. Most people get micro needling for cosmetic purposes, but it can also help with some medical conditions like Alopecia areata. Skin micro needling is also known as derma rolling, derma roller, skin rolling or collagen induction therapy (CIT). (Fig 20)

At the start of a professional treatment the practitioner will apply a local anesthetic cream before using the derma roller on patients face. This allows the high grade micro needles to painlessly penetrate the layer of the skin.

Fig 20



**Benefits Of Micro Needle Therapy**

- 1 Micro needling can help improve the appearance and texture of your skin.
- 2 It can minimize stretch marks, scars, wrinkles and other skin concerns.
- 3 It doesn't carry the risk of skin discoloration, unlike some facial rejuvenation procedures that use heat, light or lasers. This makes micro needling ideal for people with darker skin tones.

**Precautions for Micro Needle Therapy**

- 1 Avoid bleaching, waxing, tweezing, or using depilatory creams in the treatment area.
- 2 Use sunscreen with UVA/UVB protection with SPF 30 or higher after the treatment.
- 3 Avoid Saunas, Steam Rooms or Other Heat Treatments after the treatment.

**Chemical Peel**

A chemical peel, also known as chemexfoliation or derma peeling, uses a chemical solution to improve the appearance of your skin. In this treatment, a chemical solution is applied to your skin, which causes trauma or injury to your skin's layers. The skin layers eventually peel off revealing more youthful skin. The new skin is usually smoother with fewer lines and wrinkles, has a more even color and is brighter in complexion. Fig 19

Chemical peels are used to treat certain skin conditions or to improve your appearance by improving the tone and texture of your skin. Chemical peels are most commonly performed on your face, neck or hands. They can help reduce or improve: Fine lines under your eyes or around your mouth and wrinkling caused by sun damage, aging and hereditary factors.

**Benefits of Chemical peel**

Chemical peels can reduce or improve fine lines and wrinkles, acne, scars, uneven skin coloring and other skin imperfections. (Fig 21)

Fig 21



**Precautions for chemical peel**

- 1 Avoid tanning and direct sun exposure for two weeks before each treatment.
- 2 Apply topical products (such as hydroquinone) as instructed before treatment to prepare your skin.
- 3 If you have been prescribed oral antibiotics or an oral antiviral medicine, start taking it at least 24 hours before your chemical peel.

**Dehydrated skin**

This is a condition where the skin has limited or a lack of moisture in the skin. The level of humidity in the external environment, suns UV rays, excessive heating, prolonged or repeated contact with water are the causes of skin dehydration other factor in skin dehydration may be sources pollution, illness certain medications and smoking.

Signs and symptoms of skin dehydration are similar to a sun burn. The skin can feel tight and a burning sensation. The skin same times shows dry lines.

**Paraffin mask treatment**

Paraffin mask treatment is used for dry and dehydrated skin as because of this treatment the glands become active and the moisture of the skin remains in the skin.

**Note :** Thermo herb mask should not be done on very dry/ extra dry skin. After the application of thermo herb mask the clients skin feels hot sometime and then feels cold. If the client is suffering from high B.P. or fever, then thermo herb mask should not be used.

**Materials**

- 1 Paraffin Wax
- 2 Gauze Cloth
- 3 Cotton
- 4 Bowl
- 5 Toner
- 6 Pack Brush
- 7 Head Band
- 8 Massage Cream /Oil
- 9 Scrub
- 10 Cleanser
- 11 Vopourzone
- 12 Towel
- 13 Face pack
- 14 Moisturizer/ sunscreen etc.

**Anti-Ageing Skin**

When the ageing skin sags and wrinkles appear, skin loses its elasticity. The skin also becomes dehydrated.

**Thermo Herb Facial or Thermo Herb Mask**

Thermo herb facial is a mini face lift. Thermo herb pack removes the dead cell of the skin and tightens the skin. It also deep cleanses, restores balances and tightens the skin. Based on an ancient thermal mask, it has been improved with herbal extracts.

Thermo herb mask produces heat after its application by which the pores become open and the inner dirt and extract oil is absorbed by the mask. As it hardens, the mask becomes cold. It tightens the pores, helping to astringe the pores, minimizing wrinkles and improving skin elasticity.

**Materials**

- Cleanser
- Toner
- Scrub
- Massage Cream
- Gauze

- Thermo herb powder
- Head band
- Bowl
- Pack brush
- Cotton
- Towel
- Face pack
- Moisturizer/ sunscreen etc.

**Anti-Acne Facial**

The high frequency current is characterized by a high rate of oscillation. It is also called Tesla Current, commonly called the Violet ray used for both scalp and facial treatments. The primary action of this current is thermal or heat producing. It is most beneficial for Acne , Enlarged Pores, Blackheads.

**Materials**

- Cotton
- Cleanser
- Toner
- Head band
- Bowl
- Sanitizer
- High frequency machine
- Anti acne lotion
- Anti acne pack
- Black head remove
- Pack brush
- Cotton
- Towel
- Face pack
- Moisturizer/ sunscreen etc.

**Anti-Pigmentation**

To treat pigmentation ultra-sonic or galvanic machine can be used.

**Materials**

- Anti pigmentation facial kit.
- Galvanic machine or Ultra sonic machine.
- Spray unit
- Cotton
- Towel
- Head band
- Bowl
- Black head remove
- Pack brush
- Cotton
- Towel
- Face pack
- Moisturizer/ sunscreen etc.

## ✱ MODULE 4 - Spa Manicure/Pedicure, Nail Extension, Mending & Art ✱

### LESSON 4 : Spa Manicure/Pedicure

#### Objectives

At the end of this lesson, you will be able to:

- define knowledge of client consultation
- describe latest trend & product knowledge
- explain french manicure / pedicure
- explain surgical manicure / pedicure
- describe foot spa & hand spa
- define nail tips
- define nail wraps
- describe nail art
- state safety precautions
- define hygiene and sterilization.

#### Spa Manicure/Pedicure



#### Define knowledge of Client consultation

Client consultations are not only a legal requirement before treatment, but also an opportunity to discover what your client wants, along with possible contra-indications, and achieve the perfect end result. If it's your first meeting with this client, start by introducing yourself and telling them about your expertise. This will help a new client to feel at ease with you. Good communication with clients is essential.

The consultation is our first opportunity to educate the client and improve our profession. The client card is an ideal method for guiding the initial conversation and gathering essential information. Our role is to identify the client's needs and fulfill them.

Client consultation is very important to a manicurist. She/he can offer new and latest enhancements and treatments for nails. Look of the nails, examine and point out peeling or cracks that need may to be mended. single nail mend with gel, is the way to turn manicure clients into is the enhancement clients. Ask the client what shape and length she has been wearing lately and how that has been working for her. Also discuss her choices and advise her based on your training.

Ask about her lifestyle, works, holidays and home life. Discuss and analyze with her that those factors affect her nails. Ask questions and fill the consultation form. (Fig 1)

Client Record Cards confirm that your client's medical background and suitability has been assessed and that they have been informed of and agree to follow aftercare instructions and maintenance. To keep track of client

treatments is one of the most important reasons to keep client records up to date. It provides a clear record of products or treatments that a client has had to help you track progress and replicate the same service in the future. Each client should have their own record card, whether this be physical or digital. As a minimum, a record card should include the client's name, date of birth, address, telephone number, email address, an emergency contact, known allergies, sometimes medications the client takes on a regular basis. (Fig 2)

Fig 1



Fig 2

Manicure / Pedicure - Client Record Card	
Surname:	Have you ever had a nail infection? <input type="checkbox"/> Yes <input type="checkbox"/> No
Forename:	Have you ever had an allergic reaction? <input type="checkbox"/> Yes <input type="checkbox"/> No
Date of Birth:	Do you take any medication? <input type="checkbox"/> Yes <input type="checkbox"/> No
Age:	Are you pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No
Street:	Do you smoke? <input type="checkbox"/> Yes <input type="checkbox"/> No
Town:	Do you do a lot of work around your home? <input type="checkbox"/> Yes <input type="checkbox"/> No
Postcode:	Do you use hand lotion? <input type="checkbox"/> Yes <input type="checkbox"/> No
Phone:	Do you have any skin conditions pertaining to your hands or feet (eczema or scabies)? <input type="checkbox"/> Yes <input type="checkbox"/> No
Mobile:	Do you have any broken skin? <input type="checkbox"/> Yes <input type="checkbox"/> No
Email:	Do you also use sprays that take a nail? <input type="checkbox"/> Yes <input type="checkbox"/> No
General Practitioner:	Do you have history of picking or biting at your nails or cuticles? <input type="checkbox"/> Yes <input type="checkbox"/> No
Phone:	<input type="checkbox"/> L <input type="checkbox"/> R <input type="checkbox"/> B <input type="checkbox"/> G <input type="checkbox"/> O <input type="checkbox"/> K <input type="checkbox"/> A <input type="checkbox"/> S <input type="checkbox"/> P <input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> T <input type="checkbox"/> N <input type="checkbox"/> Y <input type="checkbox"/> C <input type="checkbox"/> H <input type="checkbox"/> Q <input type="checkbox"/> X <input type="checkbox"/> J <input type="checkbox"/> I <input type="checkbox"/> K <input type="checkbox"/> L <input type="checkbox"/> M <input type="checkbox"/> N <input type="checkbox"/> O <input type="checkbox"/> P <input type="checkbox"/> Q <input type="checkbox"/> R <input type="checkbox"/> S <input type="checkbox"/> T <input type="checkbox"/> U <input type="checkbox"/> V <input type="checkbox"/> W <input type="checkbox"/> X <input type="checkbox"/> Y <input type="checkbox"/> Z <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> * <input type="checkbox"/> #
Address:	Note:

**Describe latest trend & product knowledge**

It is always important to a manicurist/ pedicurist to have the knowledge of latest trend and products. She should be updated with the latest trend and product so she can provide a complete service in the nail industry. The latest trends in the manicure service market revolve around personalization and creativity. The Manicure Service Market exhibits promising growth potential due to rising beauty consciousness and the desire for well-groomed nails. Nail painting, sketching, spray painting, patch nails, crystal nails, and gel nails constitute key service types within the market.

In the market there is always new products with different quality and manufacturers, all are of different speciality and effects. Eco-friendly and non-toxic nail products are gaining attraction. So, to keep updated with latest product knowledge is very essential. (Fig 3) and (Fig 4)

Fig 3



Fig 4



**Explain French manicure / pedicure**

French manicure is done like plain manicure but after completing them the nail tip of free edge is painted by white color after shaping the nail. The nail plate is covered by light pink or nude color shade of nail varnish (nail polish). But some client prefers to apply top coat only on nail plate just after whitening the free edge. The French nail designs are simple, beautiful, and will never go out of style. But now this trend is also changing as the white tip shade is replaced by the different shade matching with client's dress color. (Fig 5) and (Fig 6)

Fig 5



Fig 6



If someone want a polished look, a classical French manicure does wonderful. The style of manicure is easy. There are 3 parts to do a French manicure: -

- 1 Getting the nails ready.
- 2 Applying polish
- 3 Getting the perfect tips.

**Explain Surgical manicure / pedicure**

When the surgical instruments or implements are used in manicure and pedicure it is called surgical manicure/ pedicure. There is some manicure set which contains the tools of surgical stainless steel and used professionally in a saloon to take care of hands and feet. Some nails required special attention during manicure and pedicure for example-dry, brittle, damaged, hard or soft peeling nails, ingrown nails, weak, ridged and hang nails. These type of nails needs to take care with medical instruments and medical solutions, nails will be shaped, buffed and re-hydrated with oils leaving the feet rejuvenated, revitalised and glowing, whilst calluses and corns will be removed using a surgical blade. During the treatment, removal of damaged nail tissue, dead skin, and hangnails performed to prevent future complications.

The tools used in surgical manicure/pedicure are made from a top-quality stainless steel used in production of surgical instruments. These are reliable for everyday professional use in a manicure/pedicure saloon. These have highest cutting properties. (Fig 7) and (Fig 8).

Fig 7



Fig 8



**Describe Foot spa & Hand spa**

The word SPA is an acronym of the Latin phrase literally called “Sanum per aquam ,” which means “healing through water”. SPA is a centre for healing and nourishing mind, body and spirit.

Our hands and feet are constantly exposed to everyday stress, tiredness and often do not receive the care and attention they deserve. At a hand and foot treatment spa, includes luxurious treatments such as gentle exfoliation, relaxing massage, deep moisturizing, and professional nail care. Foot and hand SPA are done for relaxation and rejuvenate the skin of foot and hand by cleaning and massage. So it can be done in regular therapy for long-term, stress survival. (Fig 9) and (Fig 10).

Fig 9



Fig 10



**Benefits of hand and foot spa**

- 1 One of the main benefits of hand and foot Spa is that it reduces stress and anxiety.
- 2 Lifts Depression and Improves Mood.
- 3 It Relief hand and foot pain.
- 4 It improves Blood circulation.
- 5 It improve Better Sleep Habits.
- 6 Healthy Feet and Hands.

**Define Nail Tips**

Nail tips are also known as fake nails, false nails, nail extension or fashion nails. Length of the natural nails can also be extended by use of nail tips. They are made out of acrylic plastic and placed on natural nail tips. They are glued onto the nail plate and form a base for applying gel or acrylic or plastic nail tips. You can choose nail tips that cover the full nail plate or ones that just partially cover the nail. (Fig 11)

Fig 11



Fig 12





It's important to ensure that the nail tip perfectly fits the size and shape of the natural nail plate in order to ensure they remain on securely and also to prevent damage to the natural nail. Nail tips come in a number of different sizes, and it can also be shape of the natural nail using a file and buffer.

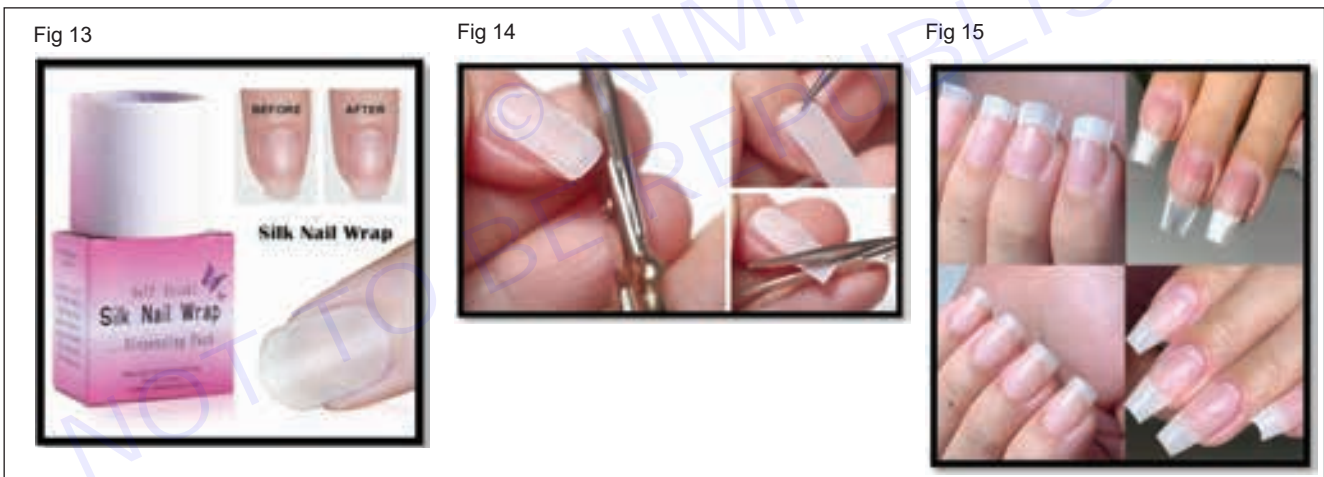
Once the sides of your nail tips align perfectly with the natural nail, nail tips are stuck down using a small amount of nail glue at the point it meets the nail bed. Hold for 10 seconds and use a pinching tool or some tweezers if needed to make sure the sides are securely stuck down. (Fig 12)

**Define Nail Wraps**

In spite of the best of care, nails will occasionally split, crack or break. There is variety of nail repair techniques available. A basic nail repair technique is called nail wrap technique. Nail wraps are one type of overlay that can be used over nail tips. Nail wraps are also used to repair or strengthen natural nails or to create nail extensions. Nail wrap resin is used to coat and secure fabric wraps to the natural nail and nail tip. With proper application, our nail wraps typically stay on for up to 10-14 days. This varies depending on the lifestyle, nail structure and natural nail oiliness of the wearer.

**Types of nail wraps**

- 1 Silk wraps- silk wraps are strong, lightweight, smooth when applied to nails. They become almost transparent when adhesive is applied. (Fig 13)
- 2 Linen wraps - linen is thicker than silk or fibre glass. Linen is strong and lasts a long time. (Fig 14)
- 3 Fibreglass –it has a loose weave, which makes for easy penetration of the adhesive. It's especially strong and durable. (Fig 15)
- 4 Paper wraps- paper wraps are temporary and rarely used. They are made of very thin paper and dissolve in acetone and non acetone remover.



**Describe Nail art**

Nail art is a technique involving the decoration of nails with the help of nail paint, colors, stones, brushes or other decorative materials. It is used to create designs ranging from simple to elaborate. Nail art is a creative activity that draws pictures or designs fingernails. It a type of art. These days fingernails and toenails are seen by some as important points of beauty. In some cultures, nail art is linked to femininity. Also, it is a type of fashion activity, related to manicuring. Readymade nail art designs are also available in the market. Some latest trending nail arts are- Naked French nails, cat eye nails, Aqua nails, ombre nail art and junk nail art etc. (Fig 16)

**There are three types of nail art techniques**

- 1 Freehand nail art (Fig 17)
- 2 Airbrushing (Fig 18)
- 3 Nail art stickers and stencils. (Fig 19)

Fig 16

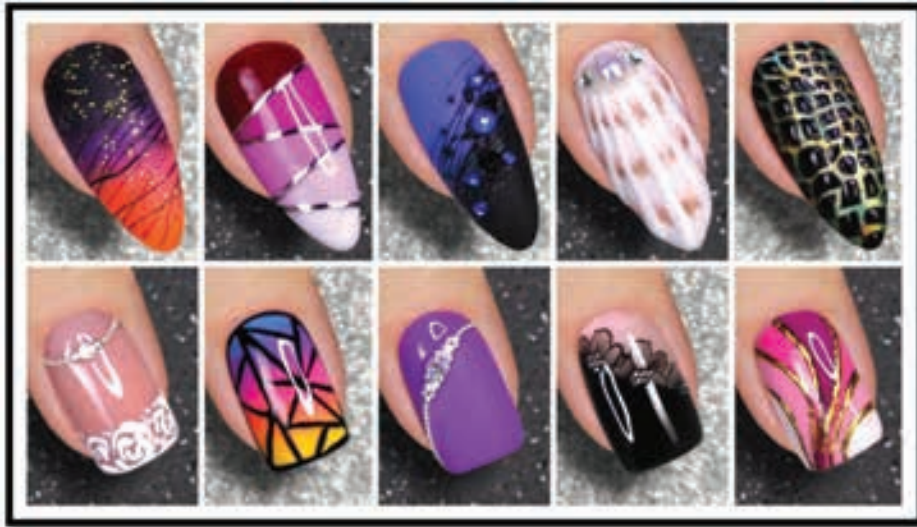


Fig 17



Fig 18



Fig 19



### State safety precautions

For the health and safety of both the nail technician/manicurist and client, some safety precautions are to be followed

- 1 All the tools and materials are to be sterilized prior and after use.
- 2 Prior to treatment both the client and technician should wash their hands with a mild antiseptic cleanser and then dry them on soft disposable paper towels. This will help to prevent cross-infection and make the working area pleasant for both.
- 3 Manicurist or nail technician should identify disorders or diseases of hand and nail from bacteria and fungus and should be able to determine what can be service and what must be refer to a physician for treatment.
- 4 Before artificial nail application the natural nail should be sterilized by using an appropriate solution. This reduces the risk of infection.
- 5 Always fill the client record card.
- 6 If gloves are used, they must be changed between clients and between procedures on the same clients if needed.
- 7 Sanitize the working area before and after each service.

### Define hygiene and sterilization (Fig 20)

- 1 Every spa saloon must be well-lighted, heated and ventilated, and must be kept in a clean and sanitary condition.

- 2 The walls, curtains and floor coverings in a spa saloon must be washed and kept clean.
- 3 The premises must be kept free from rodent, flies or similar insets.
- 4 All hair, cotton or other waste materials must be removed from the floor without delay and deposited in a closed container.
- 5 Each manicurist must wear a clean uniform while working on client.
- 6 Dogs, cats, birds or other pets should not be permitted in a spa saloon.

Fig 20

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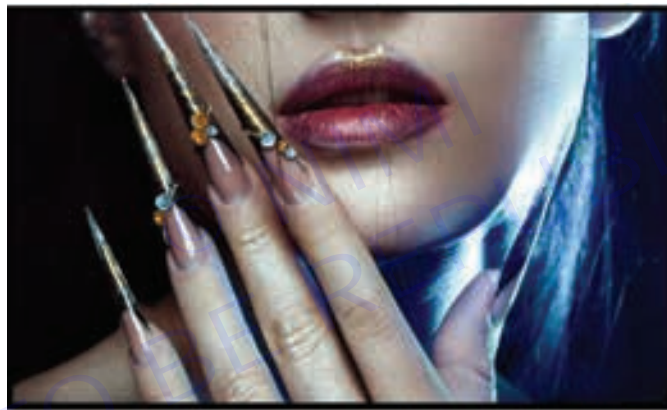
## LESSON 5 - 7 : Nail Extension

### Objectives

At the end of this lesson, you will be able to:

- define anatomy of nail
- describe knowledge of acrylic nails
- explain selection of right products
- explain nail care, infection and care
- describe purpose of acrylic nails
- define removing of acrylic nails
- state after care and refill
- define knowledge of gel nails
- describe purpose of gel nails
- explain selection of right products
- describe knowledge about uv lamps
- state removing of gel nails, after care and refill.

### Anatomy of Nail



#### Define anatomy of Nail

Nail is an appendage of the skin. The condition of nail reflects the general health of body. The normal healthy nail is flexible, shiny and appears slightly pink in color. Its surface is smooth, Curved and unspotted without any follows line.

The technical terms of nail is 'onyx'. Study of nail is called "Onychology". The average nail growth in normal adult is 1/8th inch per month.

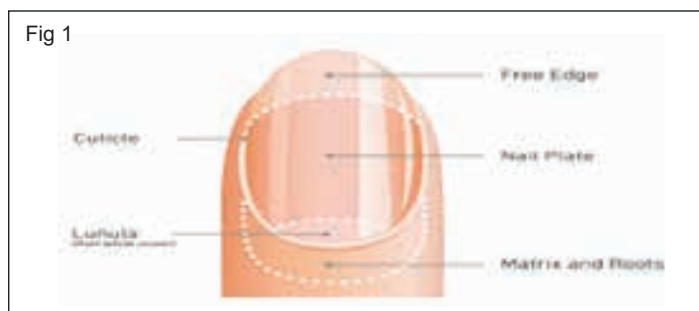
#### Composition of nail:

The nail is composed mainly of keratin a protein substance. The horny nail plate contains no blood nerves or blood vessels. The nail is whitish in appearance and allows the pinkish color of the nail bed to be seen.

#### Structure of Nail (Fig 1)

Nail is mainly consist of 3 parts :

- 1 Nail root
- 2 Nail body
- 3 Free edge



**1 Nail root**

The nail root is at base of the nail it is placed under the skin. It originates from an actively growing tissue which is called nail matrix.

**2 Nail body**

It is visible protein of nail that rest upon and is attached to the nail bed and also called nail plate attached to the nail bed. The pink color of the nail plate is due to the blood vessels in the nail bed. The nail root is at base of the nail it is placed under the skin.

The nail body extend from the root of the nail to the free edge.

**3 Free edge**

The free edge is the end portion of the nail plate that reaches over the fingers tip.

**Structure adjoining the nail (Fig 2)**

**1 Nail bed**

The nail bed is the portion of the skin upon with the nail plate rests. It is supplied with many blood vessels which provide the nourishment necessary for continued growth of the nail. The nail bed also is supplied with nerves.

**2 Matrix**

The matrix is the part of the nail bed that extends under the nail root and contains nerves and blood vessels. the matrix will continue to grow as long as it is received nourishment and remain in healthy condition. However the growth of the nail may be recorded if the individual is in poor health, if a nail disorder or disease is present or if them is an injury to the nail matrix.

**3 Lunula**

The lunular or half-moon is located at the base of the nail, the light color of the lunular may be due to the reflection of light where the matrix and the connective tissue of the nail bed join.

Part surrounding the nail:

**a Cuticle**

The cuticle is the over lapping epidermis around the nail. A normal cuticle should loos and flexible.

**b Eponychium**

The eponychium is the extension of the cuticle at the base of the nail body, which partly overlap the lunular.

**c Hyponychium**

The hyponychium is portion of the epidermis under the free edge of the nail.

**d Nail wall:**

The nail wall are the folds of the skin over lapping the side of the nails.



Fig 2

**Describe Knowledge of Acrylic nails**

Nail extensions are artificial nails created by using a nail product to extend the nail. The most common nail extensions are

- i Acrylic Nail
- ii Gel Nail

Acrylic nails are artificial nail extensions composed of acrylic plastic. The process involves putting acrylic nail extensions over your natural nails. Whether want to enhance your nail shape or extend the length of your nails

- acrylic nail extensions are one of the easiest ways to do so. For those who have brittle nails that break easily and who find it hard to grow out their own nails, acrylic nails can give the best canvas to try the trending nail art designs. If you want to add extra length, you can get a tip glued to the end of your nail bed and then get the acrylic gel over the top. (Fig 3)

**Explain selection of right products**

Acrylic extensions require two components: monomer and polymer, to create extensions.

The most essential product that is needed for acrylic nails are acrylic powder and acrylic liquid so, the selection of acrylic powder is very important. Acrylic powder consistency very and so does there work ability. There are medium, fine and coarse powders. Some apply very smoothly, others require a wet consistency while other are used very dry.

The perfect balance is a particle rise that is not too small or too large it should be medium powder particles. An important quality of the product is the ability of the powder and liquid to make a cohesive blend without lumps in a nail is important when a client bangs her nail instead of cracking or chattering the nail will remain flexible and will move or bend, while still remaining its strength and durability. (Fig 4)

Always use the product according to the manufacturer’s instructions, otherwise there maybe product allergies, unforeseen chemical reaction and liabilities for any injuries resulting from mixing one manufacturer’s powders with another liquid.

Fig 3



Fig 4



Explain nail care, infection and care

To keep your nails looking their best

- 1 Keep nails dry and clean to prevent bacteria from growing under the nails.
- 2 Wear cotton lined rubber gloves when washing utensils.
- 3 Practice good nail hygiene and use are serve manicure scissors or clippers to trim your nails straight across.
- 4 Use moisturizer when you use hand or foot lotion, rule the lotion into your nails and cuticles.
- 5 Apply protective layer by applying a nail hardener to help to strengthen nails.
- 6 Use a milky hand wash. Do not use hard detergent.
- 7 Never put your hand in hot or icy water as it can break or split the nails.
- 8 Use oils for nails as it gives a protective layer.
- 9 Avoid to bite your finger nails .
- 10 Avoid pull of hang nails instead carefully clip off hang nails.
- 11 Avoid to ignore the Nail problems.
- 12 Avoid use of harsh nail care products when using nail polish remover, opt for and acetone free formula.

13 Consult your doctor or dermatologist if you notice –

- Changes in nail color such as discoloration of the entire nail or a dark streak under the nail.
- Changes in nail such as curled nails.
- Thinning or thickening of the nails .
- Separation of the nail from the surrounding skin.
- Blending around the nails.
- Swelling or pain around the nails.

#### **Infection and care**

For the health and safety of both nail technician and the client and the client and to up – hold the standard of the profession you should take care of sterilization. To control infection, care must be taken to sanitize all these tools and materials and sterilize prior the use. we should take care not to have any injury or harm during the nail treatment.

Prior the treatment both the client and the technician should wash their hands with a mild antiseptic cleanser and then dry them on soft disposable to paper towel. This will help to prevent cross infection and make the working closely with instruments. Use precautions so that no nips or cut could cause bleeding.

Before artificial nail applications, the natural nail should be sterilized using an appropriate solution.

Allow the client to see cleansing and sterilizing procedure taking place, confidence in your work on profession competency as well as re – assure her about her own personal safety.

#### **Describe purpose of Acrylic Nails**

- 1 Acrylic nails are applied to make hands more attractive.
- 2 These are used as an aid to help the client to stop biting her nails.
- 3 Acrylic nails gives an aesthetic appeal to a deformed nail.
- 4 Acrylic nail gives protection to natural nail with a thick layer.
- 5 Acrylic nail can extend or give length to short nails.
- 6 It makes finger look longer or more slender.

#### **Define Removing of Acrylic Nails**

The easiest way to remove acrylic nails fast is to cover them with a cotton ball soaked in pure acetone, wrap your fingers in tin foil or nail clips, and let them sit for 30 minutes. The acetone will help break down the acrylics, so you can buff or scrape off the rest with an orange stick or cuticle pusher. (Fig 5)

Fig 5



**State after care and refill**

To ensure that acrylic nails stay looking their best and are long lasting follow the steps as after care:-

- 1 Have regular maintenance services. they are required every 2-3 weeks depending on the nail growth.
- 2 Do not bite or file your nails.
- 3 If the nail enhancement appears to be lifting from the nail plate, make an appointment with a technician to treat it.
- 4 Do not be tempted to do any home repairs, if a nail tip breaks do not try to glue it on again as you might trap air between the tip, and the natural nail which can lead to bacterial infection.
- 5 If allergic reactions occur such as irritation around the eyes, mouth and redness, itching and swelling or the skin around the nail, consult with doctor and with a nail technician.
- 6 Wear gloves or wash your hands thoroughly whenever using tan creams, tinted lotion, and hair color products as all these can discolor your nail enhancement.
- 7 Always wear rubber gloves when performing normal household tasks such as washing up using cleaning products especially bleach and gardening products
- 8 Don't push back the cuticles as this will enhance the gap between natural nails and nail enhancement will be required more frequently.
- 9 Apply and massage natural oil to the cuticles area daily before bed
- 10 Apply a good hand cream to keep the skin of your hands looking young, and feeling soft and smooth.
- 11 Most important do not try to remove the nail enhancement yourself as you will cause severe damage to your natural nails, always have them professionally removed.

**Refill**

Acrylics should last six to eight weeks with a fill needed about every two to three weeks, depending on your nail growth. Not only does getting a fill, a touch up between the bottom of the nail and the cuticle improve the appearance of the nails but it also helps it last longer. The same process is followed to fill the gap which is done to make the artificial nail enhancement. It is necessary that an experienced nail technician to make the refill. Never try to refill the gap yourself.

**Define Knowledge of Gel nails**

Gel nails give you the look of long nails but are much lighter and have less risk of damaging the nail when it comes to removal. Gel nail extensions are made of a molecule called an oligomer that usually comes in a pot and is the consistency of honey. Gel extensions are created when the hard or semi-hard gel is sculpted, cured, and then shaped to add length and strength to the nail. Gel has no odor and requires curing under an LED or UV light. Fig 6

**Describe purpose of Gel Nails**

- Gel nails are done to provide a glossier and more natural look.
- Gel nails are done to provide nail extension.
- Gel nails are done to make hands more attractive.
- Gel nails take less curing time, it dries quickly than acrylic nails.
- Gel nails give no hard impressions.
- Gel nails are more flexible.
- Gel nails are easy to apply and may be applied quickly.
- Gel nails are comfortable to wear as it gives natural feelings.
- Gel nails are odourless.
- Gel nails are light weight.



**Explain selection of right products**

Gel nails are one of the most popular types of nail overlays available today. A gel is available in soft gel and hard gel.

Soft gel is available in different colors and can be worn for up to two weeks.

Hard gels are very popular because they can create any desired look from natural-looking nails to more intricate designs like 3D artwork. It's also extremely resilient and hard-wearing, making it great for long-lasting effects. (Fig 7)

The product use to create nail extensions using gel or gel nails is gel, not to be confused with acrylic nails which are created using liquid monomer and polymer powder.



**Describe Knowledge about UV lamps**

When it comes to choosing a UV lamp for nail extension, there are several factors to consider in order to ensure that you are getting a high-quality product that will provide the best results for your clients. So some key points to be consider

- 1 Consider the size and shape of the UV lamp. a lamp that is large enough to accommodate the hands or feet of your clients, but not so big that it takes up a lot of space. Look for a lamp with a rectangular or oval shape, which will allow clients to easily place their hands or feet inside without having to contort their body.
- 2 Check the wattage of the UV lamp. A higher wattage means that the lamp will be more powerful and will be able to cure gel nail polish more quickly. A wattage of 36-48 is generally sufficient.
- 3 Look for a UV lamp with multiple bulbs. A lamp with multiple bulbs will provide more even coverage and will ensure that all areas of the nail are cured properly. This is especially important for gel nail polish, which requires a thorough cure to ensure that it is properly hardened and will last for several weeks.
- 4 Consider the type of bulbs used in the UV lamp. Most high-quality UV lamps use LED bulbs, which are more energy-efficient and longer-lasting than traditional bulbs. LED bulbs also produce less heat, which can be more comfortable for your clients and will help to prevent their skin from becoming irritated.

Look for a UV lamp with adjustable timer settings. Different types of gel nail polish require different curing times, so it is important to have a lamp with adjustable timer settings that will allow you to customize the curing time for each type of polish. This will ensure that your clients' gel nail polish is properly cured and will last for as long as possible. Fig 8

**State removing of Gel nails, after care and refill**

To quickly remove gel polish, apply acetone-soaked cotton balls directly to nails and wrap them in aluminum foil. let your nails soak for about 10 to 15 minutes, letting them go longer if the polish doesn't easily slide off. If

you don't have acetone, Repeat the same filing step, but instead of soaking your nails in acetone-doused cotton, place your hands in bowl of warm water, dish soap, and a teaspoon of salt for 20 to 30 minutes. This should soften the gel enough so you can easily remove the polish from the nail bed. (Fig 9)

Fig 8



Fig 9



Another preferred way to remove gel nails by buffing it with the help of drill machine or emery board. Do not over buff the product to avoid damage to the natural nail. At least leave ¼ product on the natural nail for protection. (Fig 10)

Fig 10



#### After Care

- 1 Refill the gel nail in every 2-3 weeks. If regular maintenance is not done the nail look dull and lifeless.
- 2 If you notice any lifting, do not pick or pull at the lifted area as this will cause lifting to increase and could damage your natural nail.
- 3 Apply a good quality of cuticle oil at least once everyday to keep the nail looking good and to nourishes the natural nail underneath.
- 4 Do not bite, pick of or file the enhancement.]
- 5 Do not use nail clippers or metal files on nail as discomfort clipping, cracking or shattering of the nail.
- 6 Do not leave your hands in water for long period of time.
- 7 Do not do anything which will cause strange or respective pressure on your nails.
- 8 Do not attempt to shorter the length of your nail's enhancement.
- 9 Wear gloves when washing up, gardening or using house hold chemical.

10 If any adverse reaction occur – rash, redness, inflaming of any kind around the nails contact your nail technician.

11 Keep always nail enhancement for sources of direct heat the flames.

### **Refill**

Relate to your lifestyle and activity the nails extension need refill maintenance every 2-3 weeks.

If regular maintenance not done then your extension will break out and become weaker and the chance of braking a nail become much higher after 2-3 weeks with in the growth of the natural nail.

When The artificial nail extension come forward the nail look dull and curve is seen when natural nail meets with artificial nail extension. So, a fill up is necessary.

The same process is followed to fill the gap which is done to make the artificial nail enhancement.

It is necessary that an experienced nail technician to make the refill. Never try to refill the gap yourself.

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## ✦ MODULE 5 : Hair Colouring and Perming ✦

### LESSON 8 : Hair Coloring Services

#### Objectives

At the end of this lesson you shall be able to

- define creative coloring & color corrections.
- explain patch test
- describe material required.
- explain pre-filler
- define safety precaution.
- describe contra indication & contra action.
- explain after care/home care.

#### Hair coloring services



#### Define creative coloring & color corrections

##### Creative coloring

Changing the color of hair is an art . It can be used to express personality, mood and fashion. Choice of correct product and ideal application technique gives a good result. Most hair color trends never actually go out of style instead, they evolve each season. When creative color originally came onto the scene, it was reserved for specific hair types or levels. As innovation in lighteners and hair dye has grown, so have the possibilities for vibrant and pastel shades on various hair types and levels. Creative color is a lengthy process that consists of lightening hair to a desired level, applying Color Chameleon, and drying the hair. This can take from 3 to 6.5 hours in some cases, so it's best to consult about this with clients before start the process. (Fig 1)

Fig 1



### Color corrections

Hair color mishaps can happen to the best of us and for different reasons. But your hair color disaster can easily be fixed with color corrections. One of the most obvious signs that you need color correction is when your hair color appears uneven or patchy. This can happen for various reasons, such as uneven application of hair dye, using an incorrect color formula, or even due to previous damage that prevents the hair from absorbing the color evenly.

Creative colouring with color correction is a new trend which gives us the most tremendous and revolutionary results in coloring. Now a days we are able to give any color and tone for global coloring and high lightening to the hair.

### The consultation

The most important step in creative color or correction and application is consultation you have with your client. Analysis the condition of the scalp and the hair. So that you can perform the service without damaging the hair. Record all of your observation on the client's record card.

Explain the consultation form to your client, obtain client signature and fill the form for future reference. If the client under the age of 18, the form should be co-signed by a responsible adult. The consent form provides documentation that the client made aware of the process of the service. Check the scalp for observations. Do not perform a coloring service if there are irritations on the scalp. carefully analysis the condition of the hair.

### Explain patch test

After the analysis and consultation you are ready to login the actual color application to preliminary patch test, to determine a possible allergic reaction. It is required if you are using any aniline derivative color. it is required for many tones used in the salon, consult the manufacturer's instructions to see if a preliminary test is necessary. Mix a small amount (1/2 tea spoon) of the chosen formula with developer according to the manufacturer's direction. Apply a small amount with a cotton tip application behind the ear , leave for 24 to 72 hrs as per manufacturer instructions to determine if the client is allergic to this type of hair Coloring. (Fig 2)

Fig 2



**Describe material required**

Selecting the correct tools and supplies for the technique that you choose will help you create the best result possible. In the following materials are required for the Creative coloring & color corrections. (Fig 3)

Fig 3



- Gloves
- Colour bowl
- Colour bottle
- Whisk
- Colour keys
- Weigh scale
- Timer
- Colour cape
- Towels
- Foil comb with rat tail- For foil application and slicing/weaving
- Teasing comb-To create seamless blends in your hair painting techniques
- Balayage board

- Hair clips
- Cotton
- Tint brushes
- Bleaching products
- Developer
- Permanent color
- Semi-permanent color
- Party tints
- Hair color stripper
- Hair color protection
- Gray hair color products
- Highlights
- color shampoos and conditioners

### **Explain pre-filler**

A filler is a useful tool in equalizing the porosity of pre-lightened hair before the final colour service. Porous hair accepts colour more easily, but also tends to lose it more quickly. Additionally, if hair has unequal porosity from roots to ends, the resulting colour will be uneven.

A filler is a product used to deposit colour on damage or porous hair so that overall colour comes even. A filler can be a conditioner which will equalize areas that are overly porous or it can be a colour filler that adds lease pigment to the hair and also evens the processing before the colour process.

Use of protein hair filler before coloring or using chemical methods protects hairs and repairs broken hair strands. Protein hair filler can also be used to keep dyed hair looking its best after it's been colored.

### **Define safety precaution**

Whenever working with chemicals that penetrate into the hair observe safety practices. This will reduce the risk of injury to you and your clients. The chemical you work with are not dangerous if handled, stored and used properly. Therefore the following safety precautions should be followed

- All hair colouring materials should be tightly capped.
- Hair colouring products should be stored in a cool dark place, so the colour is not pre-maturely activated.
- Partial bottles of colour should be used first
- Check the expiry date of products.
- If using tube colour then protect it from the exposure to Air by carefully folding the bottom of the tube as colour is used. keep tube tightly capped.
- Peroxide and another developers should also be stored in a cool dark climate. do not store colour material in direct sunlight or near the water heater.
- Do not smell chemicals.
- Wear protective Globes and protect your client with cream and cotton where necessary.
- Discard any in used colour formula so that they cannot accidentally fell on clothes.
- Always fill the record card as it tells everything about the client and the service. update the record every time you service your client.
- Always use plastic or glass bowl for mixing colour.
- Do patch test before colouring and proceed accordingly.

**Describe contra Indication & contra action**

**Contra indication**

Hair color services are not recommended for any client if the following contra indication seen

- History of previous allergy reaction of hair colouring products.
- Other known allergies.
- Skin disorders .
- Evident hair damage.
- Medical advice or instructions.
- Pregnancy or menstruation.

**Contra action**

- Hair become dry or damaged if the hair the colour is not done properly.
- Allergic reaction-This is the most common effect ,If your body reacts to it, you can end up with an itchy scalp, breakouts, and swelling.
- Overexposure and the use of bad products can permanently damage hair strands. It can destroy the cuticle layer.
- Inhalation of these chemicals can lead to respiratory issues like asthma, especially due to hydrogen peroxide.
- Hair colour side effects like moisture loss and increase in scalp inflammation, can weaken the hair roots on your scalp. This can lead to an increase in hair fall if not handled at the right time.

**Explain after care/home care**

To help colour to last longer client are to be advised for after care or home care

- Advice your client to use a coloured shampoo and conditioner.
- Advice to use UV Ray protection spray.
- Advice oil the hair or wear shower cap before entering in the swimming pool.
- Advice to use colour Shine spray.
- Advice to avoid repeated use of heated style equipment.
- Advice touch up the hair colour in regular intervals to maintain the colour.

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## LESSON 9 : Special Perming Effects

### Objectives

At the end of this lesson you shall be able to

- define permanent waving procedures
- explain strand test/porosity/elasticity
- list required material
- describe curvature perm wrap, basic perm wrap, brick lay perm wrap, weave technique and double tool technique.
- explain digital perming.
- define contra indications & contra- actions.
- define safety precautions and after care.

### Special Perming Effects



#### Define Permanent waving procedures

Perming is a process of curling or waving of hair where the hairs are chemically treated to change its structure so that it is permanently wavy or curly. It is also known as chemical waving of hair. Perming is also called cold waving. Cold waving employs no heat and was given at room temperature so the manufacture had to find a suitable name to this chemical method of permanent waving so the name cold waving was adopted as compared to heat permanent waving, cold waving has the following advantages:

- 1 It is not expensive so it required no high-priced equipment.
- 2 The entire procedure is much faster than heat method
- 3 It is more comfortable for client.

There are two type of perming:

- 1 Physical priming is also called temporary perming because chemical is not used in this type of perming, this perming is done by using hair gel or setting lotion.
- 2 Chemical perming is also called permanent waving, the active ingredient in chemical perming is Ammonium Thioglycolate.

Follow manufacture directions for the chemical you use. A chemical perming is permanent; therefore, changes must occur to the bonding structure within the cortex layer of the hair.

**Client consultation**

- Client consultation is a first part of service you give your client because it will allow you to find out what your clients' needs are. It is also help you to make the right recommendations and give you clients more confidence in you. Every perm client has a different idea of what the chemical service will offer. (Fig 1)
- Listen carefully to what he /she expects,
- Asked about the client's life styles and commitment to mentioning the hair.
- Work with photographs if necessary, but point out how the curl will look on your client.

**Scalp analysis**

It is the important service which should be performed prior to a any chemical service. Examine the scalp carefully for any cuts, scratches, wounds and don't perform any chemical service if there is any sign of scalp and skin diseases. Always refer the client to a physician if there is any cut, abrasion wound on the scalp.



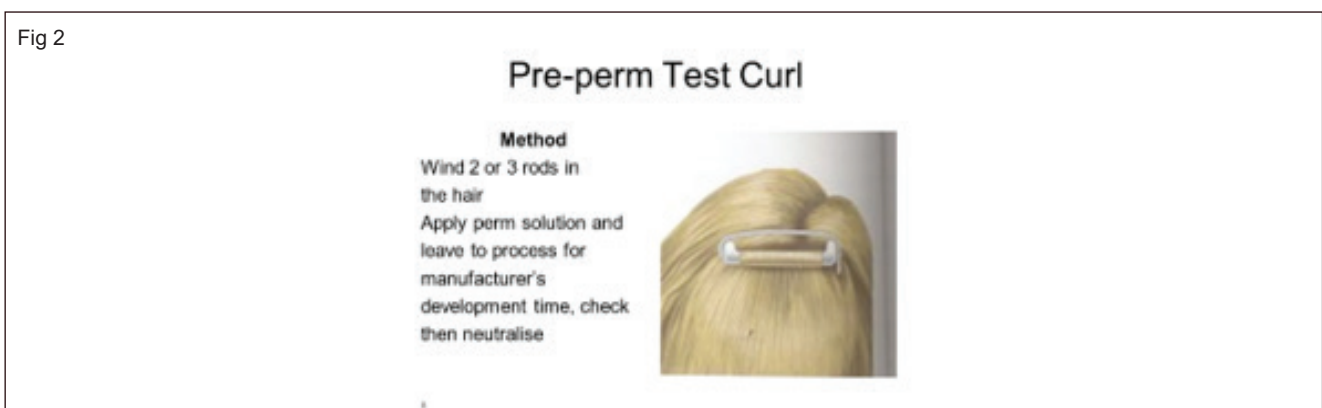
**Hair analysis**

After examine the scalp analysis, hair analysis is also the important part of a successful chemical services for hairs because it will give you the complete idea for hairs, how it will react during the chemical service and will also help to avoid most problem. Hair texture and hair density is always checked before perming.

**Explain Strand test/Porosity/Elasticity**

**Strand test**

During the perming process, it is important to carry out a test curl to find out how the hair is reacting. The testing will determine if the desired results have been reached. When handling fragile, porous hair or hair with a doubtful history or doubtful previous chemical treatments, it is advisable to perform a pre-perm test curl. The pre-perm test curl will help you determine if there will be any potential problems when carrying out the full perming service. Wind 2 or 3 rods in the hair Apply perm solution and leave to process for manufacturer's development time, check then neutralize. (Fig 2)

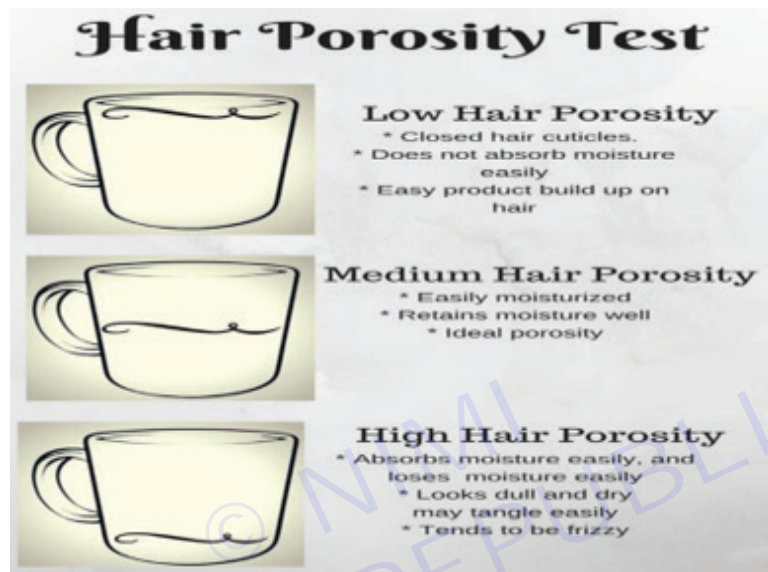


**Porosity**

Hair porosity is the ability of hair to absorb moisture. Hair porosity is classified as resistant, normal or porous.

- a Resistant hair: Require slow penetration of chemical solution due to its tight compact cuticle layer and also requires more alkaline solutions. (Fig 3)
- b Normal porosity: Hairs with normal porosity is neither resistant nor overly porous which hair doesn't require more strong chemical lotion.
- c Porous hairs: It requires less alkaline solution as compare to resistant hairs because the cuticle easily absorbs the solution. As it is a porous hair always ensure the processing time of the chemical services because over processing time can damage the hairs easily due to its easily absorption of the lotion.

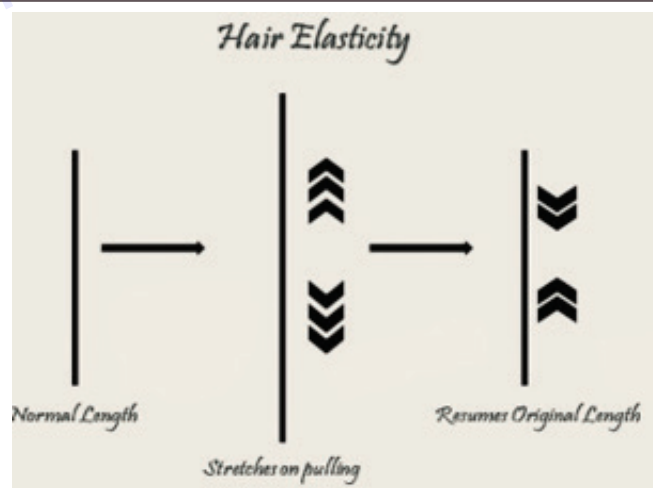
Fig 3



**Elasticity**

Hair elasticity is the ability of the hair to stretch and go back to its normal length without breaking. Normal hair can be stretched to one-fifth of its length. Hair can have poor, good or normal elasticity. Hair with poor elasticity is not suitable for chemical services. (Fig 4)

Fig 4



**List required material**

The following materials required for perming

- Applicators
- Cold waving lotions

- Neutralizer
- Shower cap or shampoo cap
- Curling rods
- Protective cream
- cotton
- mild liquid shampoo
- Towels
- Combs
- End papers
- Setting clips
- Protective Gloves
- Record card etc.

**Describe curvature perm wrap, basic perm wrap, brick lay perm wrap, weave technique and double tool technique.**

**Curvature perm wrap**

Curvature Permanent Wrap. Perm wrap in which partings and bases radiate throughout the panels to follow the curvature of the head. Double Flat Wrap. Perm wrap in which one end paper is placed under and another is placed over the strand of hair being wrapped. (Fig 5)



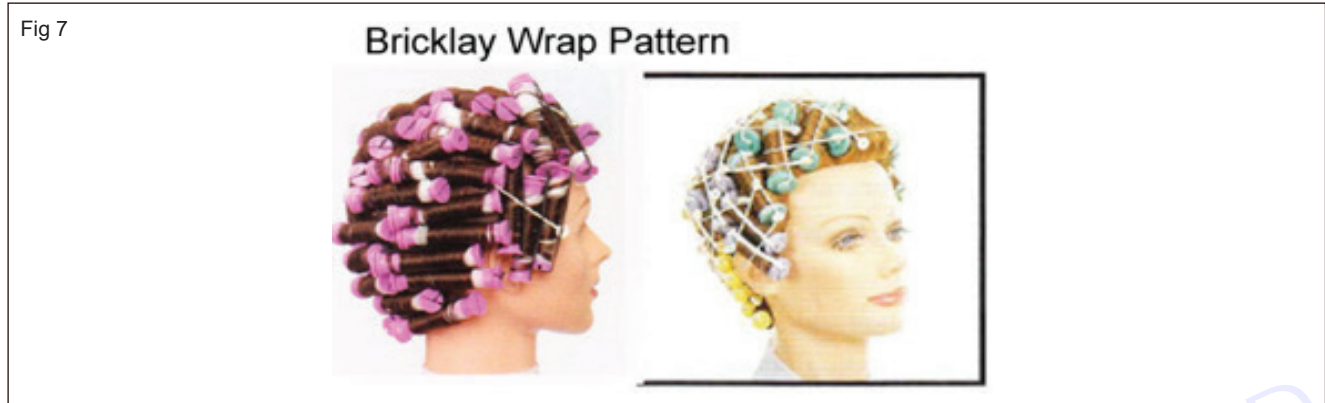
**Basic perm wrap**

A basic perm wrap is a 9 section wrap where all base sections are horizontal, the same length and width of the perm rod. The first thing to consider hair type and condition of your client's hair. That will determine whether you use an Alkaline or Acid perm. A basic perm wrap is also known as a straight set wrap; perm wrapping pattern in which all the rods within a panel move in the same direction. (Fig 6)



**Bricklay perm wrap**

This technique used for a traditional perm wrap for hair is quite similar to the actual technique that bricklayers use when building a brick house. Perms that are wrapped in a bricklay pattern are not as popular as they used to be but are still done in some salons in current times. The curlers used to wrap the hair are like the bricks. The base sections of the hair are actually offset by rows of hair rollers to prevent gaps or splits in the finished perm. A bricklay pattern also helps to blend the flow and the texture of the hair after it has been permed. The bricklay pattern is also sometimes used as a uniform way of sectioning hair, even when a perm wrap is not being performed. (Fig 7)



**The double tool perm technique**

The double tool perm technique is also commonly referred to as the “piggyback perm.” This technique involves using two different perm rods or tools of varying sizes to create a more natural and textured curl pattern.

By combining larger and smaller rods, stylists can achieve a perm with a balanced and appealing result.

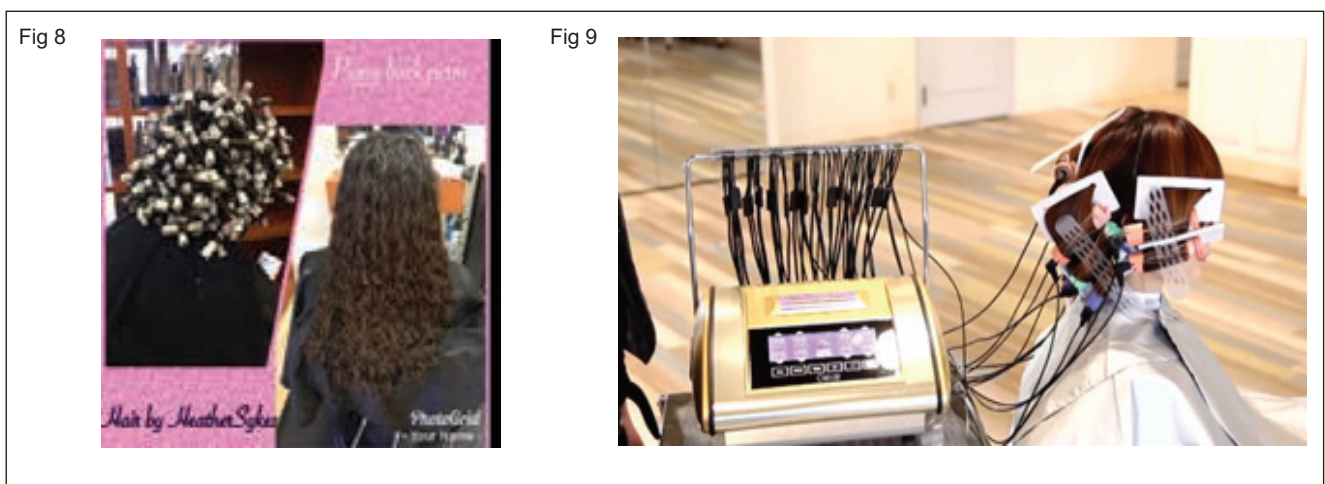
The term “piggyback” reflects the layering or stacking of the perm rods during the process, contributing to the distinctive outcome of this perming technique.(Fig 8)

**Explain digital perming**

A digital perm is a perm that uses hot rods with the temperature regulated by a machine with a digital display. The process is otherwise similar to that of a traditional perm. The name “digital perm” is trademarked by a Japanese company.

A normal perm basically requires only the perm solution. A digital perm requires a (different) solution plus heat. This type of perm is popular in several countries, including South Korea and Japan. (Fig 9)

The biggest difference between other perms and a digital perm is the shape and the texture of the wave created by the digital process. A normal perm or “cold perm” makes the wave most prominent when the hair is wet, and loose when it is dry. The hair tends to look moist and as locks. A digital perm makes the wave most prominent when the hair is dry and loose when it is wet. Therefore, the dry and curly look of the curl iron or the hot curler can be created.



Digital perms thermally recondition the hair, though the chemicals and processing are similar to a straight perm. The hair often feels softer, smoother and shinier after a digital perm.

**Define Contra indications & contra- actions**

**Contra Indications**

Contra-indications to perming are:

- Perming is not suitable for damaged/weak hair.
- Perming is not recommended for the client with allergy, Eczema other known allergies.
- incompatible products on the hair.
- Perming is not suitable in infectious conditions or infestations.
- allergic reactions to perm lotion or neutraliser.
- Perming is not suitable for skin sensitivities or disorders (including cuts and sores on the scalp).
- Not recommended for pregnant women.

**Contra- actions**

Contra-actions to perming are:

- Allergic reaction: redness, swelling or irritation.
- Feeling faint
- Headache
- Vomiting
- Stomach or any abdominal pain
- Bruising to the area worked on
- Sweating
- Hair loss or frizzy hair after the treatment.

**Define safety precautions and after care**

**Safety precautions**

- Protect client clothing.
- Examine scalp & hair before treatment.
- Do not proceed if skin abrasions or scalp disease is present.
- Determine allergic reaction.
- Do not use any metal things when perming.
- Protect client's eyes and skin.
- Wear hand gloves during perming.
- Follow manufacturer's directions.
- Discard unused product.
- Do not save unused waving lotion or neutralizer.

**After care**

- Wait 48-72 hours before shampooing your hair.
- Do not stand under a shower head for 48 hours.
- Avoid getting into a swimming pool or hot tub for 7 days.
- Do not brush or pull hair for 24-48 hours.
- Do not use a flat iron, curling iron or blow dryer for 1 week.
- Avoid colouring your hair for 3 to 4 week.

## ✦ MODULE 6 : Advance Hair Cutting ✦

### LESSON 10 : Advance hair cutting

#### Objectives

**At the end of this lesson you shall be able to**

- define advance hair cutting
- explain tools knowledge
- describe types of layering & graduation
- explain types of blunts.
- define procedure of hair cuts.

#### Advance hair cutting



#### Define advance hair cutting

An advanced haircut is a type of haircut that requires a higher level of skill and expertise than a regular haircut. It typically involves more intricate and detailed cutting techniques, such as layering, texturizing, and shaping. The face shape or appearance of a person can be changed by a hairstyle or haircut. An optical illusion can be created by creating a line or a form. As a professional hair dresser, use the principles of hair design - proportion, balance, rhythm, emphasis and harmony to create a design with the appropriate element.

#### Choose a haircut according to

- the shape of the face and head
- the features of the face head and body.
- the quality and quantity of hair
- the age and lifestyle of the client

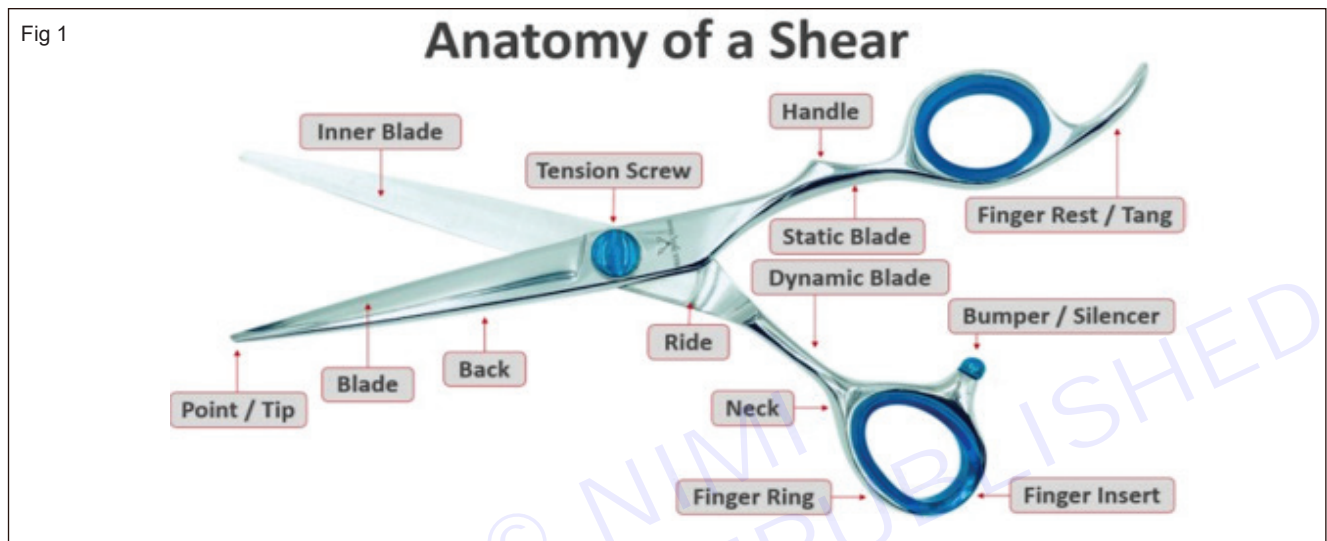
#### Explain tools knowledge

The most important and commonly used hair cutting tools are:

### 1 Hair Cutting Scissors

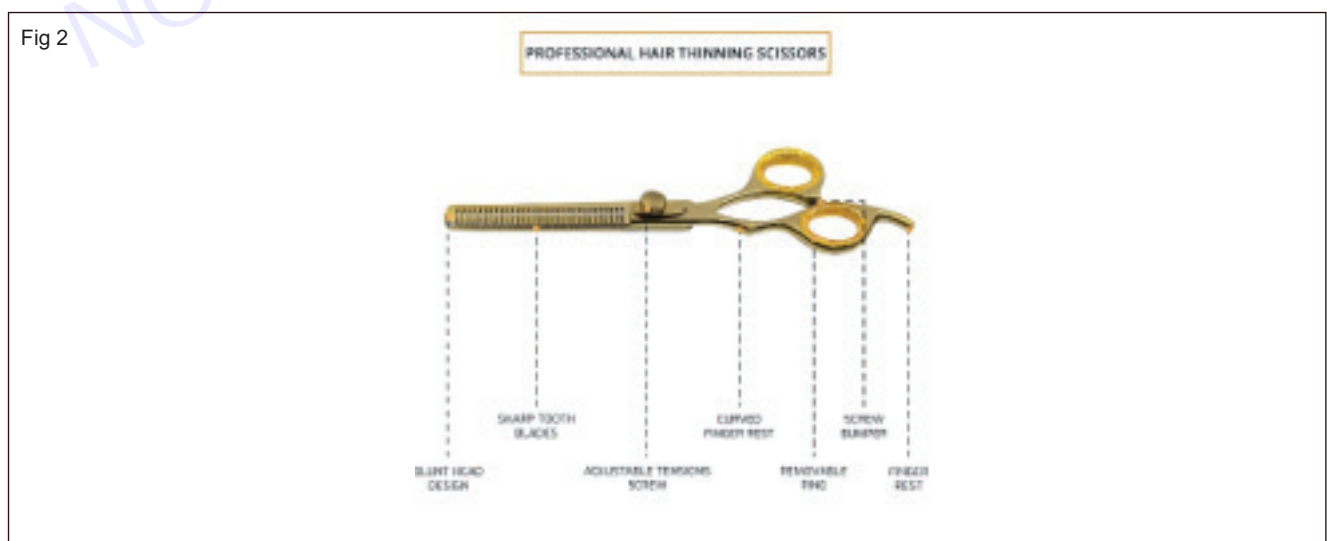
Scissors are one of the essential tools and are commonly used to cut hair. Scissors specifically designed to cut hair, in contrast, are more precise and convex o to encourage diverse hair cutting methods. the hair cutting Scissor is designed with a specific level of tension on the pivot zone that is not too loose or too tight, but just the proper quantity of pressure needed to let you open shears and shut them while you cut. (Fig 1)

They are specifically designed for cutting hair and are ideally sized for the hands of stylists. They usually range from 5 to 7 inches and include a “tang” to allow little finger to lay upon (which allows the stylist to have greater control). Modern shears have been designed to place less pressure on the arm, hand, shoulder and back. The greatest thing about hair cutting shears is that they are designed to cut right through without folding or bending the hair. That’s why they are very sharp. They should be sharpened regularly to keep them in good form.



### 2 Thinning Scissors

It is used to reduce the thickness of hair. In this type of shears there are notches in the blade which help in thinning the hair. In some thinning scissor there are notches on both blades and while in some, notches are only on one blade. The blades of these scissors have approximately 20-40 notches. When notched on one blade, it helps to remove a larger bulk of hair. For fine thinning, scissors with notches on both blades is preferred. During use the hair is caught and held between the spaces of the teeth on notches and cannot be 144 cuts resulting in fine thinning of hair. Thinning shears are utilized to create volume when used with the proper cutting techniques. (Fig 2)





### 3 Razors/razor comb

This texturizing and feathering razor has been made to give volume and layers to your hairstyle. The design is superior and prevents hair from blocking the blade and guard while it is cutting hair in tiny sections that give texture and volume. The razor cuts can be the most effective way to add motion and texture to your normal haircut. This is because razors do not slice the hair in straight lines. (Fig 3)

One cool technique is cutting the hair using scissors. Then, return to the hair and texture the ends using razors. However, based on the cutting method utilised to cut, a precise cut may still be accomplished using the use of a razor. In contrast, razor combs are essentially combed using razors in them. Similar to thinning shears, they are employed to reduce the thickness of hair when you use combs.

Fig 3



### 4 Hair Clipper

Hair clippers can be the most well-known cutting instrument used to trim male hair. Although they are mainly used to cut men's hair, such as buzz cuts or undercuts, clippers are being used in women's hairstyles to create perfect ends cuts that resemble bobs or slowly layers of hair. The way they function is like scissors, but they are equipped with two razor-sharp blades that oscillate back and forth, cutting all hair between them. A motor powered by electricity makes the blades move symmetrically from one side to the other. Two razors shaped like combs constitute the hair clipper. The two blades operate precisely the same way as the blades of scissors, they are placed above one another and slide to slice any hair between them. (Fig 4)

Fig 4



### 5 Hair sectioning clips

Hair sectioning clips are essential equipment for every stylist and hairdresser. These handy clips are perfect for when you are cutting, styling, applying and removing hair extensions. The size allows for large amounts of hair to be held out of the way for the utmost convenience. (Fig 5)

Fig 5



**6 Hair cutting combs**

Hair cutting combs play a crucial role in haircutting as it serves as a hairstylist’s primary tool for sectioning, detangling, and creating precise cuts. The teeth of the comb help in separating hair into manageable sections, allowing hairstylists to work on one section at a time. This ensures accuracy and precision in cutting, especially when using a cutting comb with closely spaced teeth. Additionally, combs help in distributing hair products evenly throughout the hair, ensuring a uniform application. (Fig 6)

Fig 6



**Fine Tooth Comb:** A fine tooth comb is characterized by closely spaced teeth. This type of comb is ideal for precision cutting and creating intricate hairstyles. It allows hairstylists to have better control over each strand of hair, making it perfect for detailed work such as layering or texturizing.

**Wide Tooth Comb:** On the other hand, a wide tooth comb has teeth that are spaced farther apart. This type of comb is excellent for detangling and distributing conditioner or other hair products evenly throughout the hair. It is particularly useful for working with thick, curly, or textured hair, as it helps prevent breakage and minimizes frizz. (Fig 7)

Fig 7



### Describe types of layering & graduation

Layering and graduation are fundamental hair cutting techniques used to create volume, texture, and shape in a hairstyle. These techniques can be achieved using scissors, and the choice of scissor type and cutting method plays a crucial role in the results.

The hair grows approximately half inch a month of a healthy person. Most hair follicles will produce hair that is between 28 to 36 inches if it is uncut. Hair travel in the direction of the growth until the length and weight of it are sufficient to pull the hair in another direction. long hair is heavy. the weight causes the hair to fall straight from the roots to the ends towards the ground. short hair has little weight and travel in the direction of growth. By controlling the length and weight the hair you can control the hair travel the direction of growth throughout the haircut. The two principle cutting techniques you can use to control the length and weight of the hair are:

#### Layering

Layering controls, the weight and lengths of the hair within the perimeter of haircut. Layering is the technique of cutting hair at an angle to the head of 90° or more. It follows the principle using straight lines and angles to create weight and volume in hair. You can cut the hair to produce similar lengths which gives you and information shape or you can cut the hair to produce different lengths. Layering can be used to create many different shapes and angles. A few examples or styles with layers include: -long layers, short layers, textured layers and classic layers. (Fig 8)

Fig 8



#### Graduation

Graduation is the technique of cutting hair when it is held at an angle of less than 90 degree to the head. The term graduation refers to the angle you produce between the long ends of the hair and the short ends. By cutting hair in this way you can control the build up of weight and length in the outline shape of your haircut. There are number of basic rules that apply to graduation for controlling the weight of hair when you understand how and why elevation and comb direction work you can make creative use of techniques of graduation.

- a Elevation-** using the perimeter guideline, lift the hair away from the body not more than 90°. This reduces the weight of the hair and allows you to create soft lines.
- b Comb direction-** Combing hair to a long point allows you to create weight and the perimeter and gives you a heavier shape. Combing hair to each shortest point creates less weight and give you more movement.

**Graduation on long hair** - This is an ideal technique for clients who would like layers but also want to keep fullness around the outline of their haircut. Remember, long graduation is usually cut at 135°. (Fig 9)

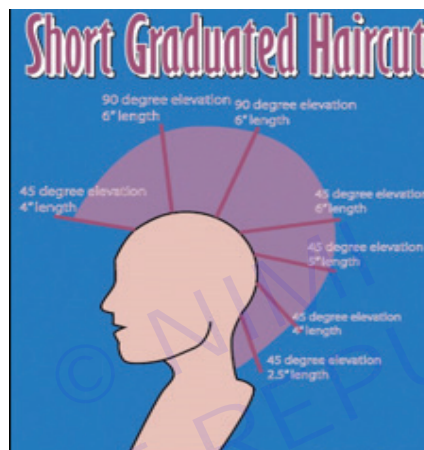
**Forward or C-Shape graduation-** forward (or C-shaped) graduation is a variation of long graduation and creates a very different look. The technique involves pulling the hair forward and cutting from shorter to longer.

Fig 9



Short graduated hair cut- Traditionally, a short graduated haircut is cut using 45°. This means that comb the roots and place your fingers in the 45° angle at the desired length. Using short graduation is a fantastic way to add volume to fine hair, creating the impression of fullness. (Fig 10)

Fig 10



**Explain types of blunts**

A blunt haircut is one that does not have any layers, is sleek and looks best on straight and fine hair. However, over time, the blunt haircut has transformed a lot. Now women with wavy, curly, thick and textured hair are also getting this haircut just as easily as someone with straight and fine hair.

Blunt cut haircuts are the latest trendy haircut that everybody wants nowadays because they are super chic and classy. There are different types of blunt cut haircuts-

- 1 **Blunt Cut with Long Hair**-A blunt cut with long hair gives off a classy and stylish vibe. Plus, keeping the length allows you to style your hair in various ways. The only problem with this is you need to regularly maintain it, otherwise, your hair would grow at various lengths and look unappealing. (Fig 11)

Fig 11

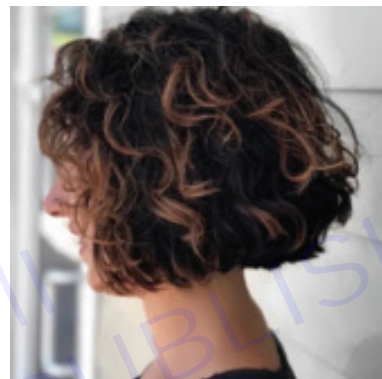


- 2 **Blunt Cut with Shoulder Length Hair**-This is the classic and most common blunt cut hairstyle. This look is a lifesaver for those who want to make a change, but want to be sure it matches their facial structure. In fact, the blunt cut at shoulder length is great for any type of face shape. The best part about this is that it is easy to grow out without having to experience an awkward length stage.
- 3 **Blunt Cut with Short Hair**-This blunt cut with short hair is perfect. It's very edgy and will look good no matter the occasion. You can get it wavy or flat, and all you have to do is keep it on your head. It is a very low-maintenance look that gives a soft vibe. If you want a little more thrill to the look, can also add some bangs if you want. it is a breezy and comfortable look, making it manageable. (Fig 12)
- 4 **Blunt Cut Bob**-This blunt cut bob looks stylish on everyone. It is fashionable, sophisticated.
- 5 **Blunt Cut with Curly Hair**- A blunt cut with curly hair is actually a popular hairstyle. It is a playful and fun look, giving off youthful vibes. The curls give volume, but the blunt edges keep up the sharp texture. While this may require a lot of maintenance. (Fig 13)

Fig 12



Fig 13



#### Define procedure of hair cuts

- Wash your hand and sanitize.
- Analyze the scalp of client.
- Drape the client and shampoo the hair and towel dry.
- Do the basic section according to the bone structure of the head.
- Part the hair into sections as needed according the type of haircut generate the haircut is parted into four sections.
- Make sub sections from a section as needed.
- Comb the hair of first subsection and cut accordingly to the hairstyle
- Open the second sub section and cut the hair mixing with the first subsection as a guideline.
- Some procedure is to be followed for the whole section and continue to the whole section of the head until you achieve the cut.
- After completing the haircut check from finishing comb through every section of hair thoroughly and make sure that the hair is level and even any uneven section should be trimmed to the proper length.

## LESSON 11 : Hair Treatments

### Objectives

At the end of this lesson you shall be able to

- define anatomy of hair.
- explain causes and treatments of various hair problems such as, thinning of hair, chemically damaged hair
- describe treatments like- hair repairing and hair strengthening.
- explain purpose & procedure of hair spa treatment for above different problems with ozone micromist machine
- describe safety precaution.

### Hair treatments



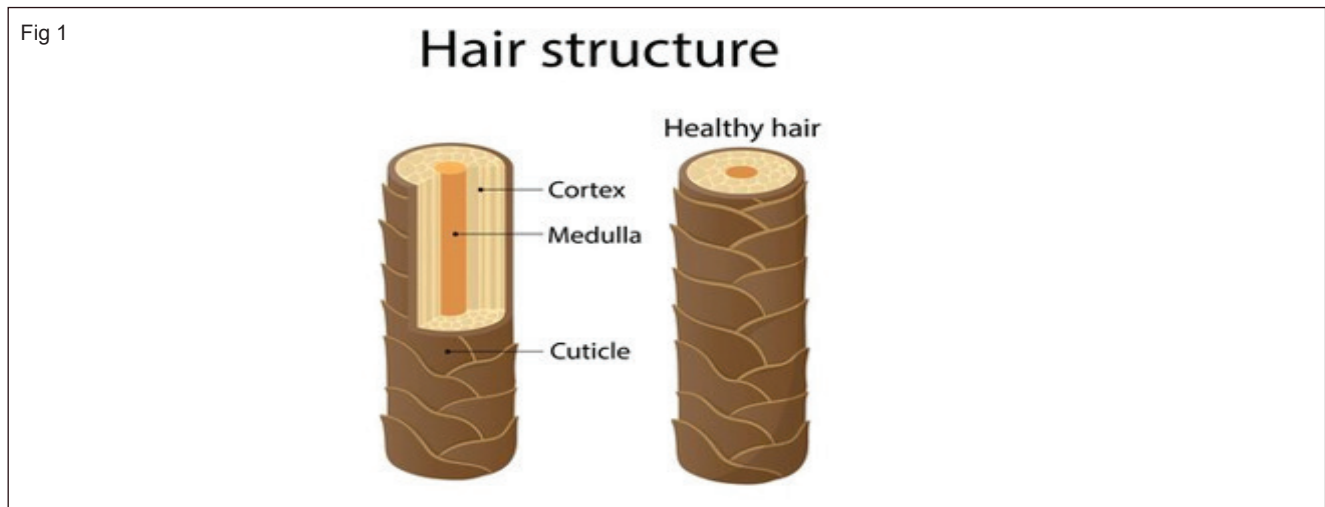
### Define anatomy of hair

Hair is an appendage of the skin. it is a thread-like outgrowth of the skin and scalp of the human body. The scientific study of here is called trichology. Hair is composed of a protein called keratin, which is present in all horny growths, such as nails. The chemical composition of hair varies with its color.

The average hair is composed of:

- Carbon-50.65%
- Hydrogen-6.36%
- Nitrogen-17.14%
- Sulfur-5.0%
- Oxygen-20.85%

## Structure of Hair (Fig 1)



There are two main division of hair - hair shaft and hair root

**1 Hair shaft** – The hair which is above the surface of the scalp and is seen, is termed as hair shaft. The hair part which is above the surface of the skin is called hair shaft. The portion of the hair that we are usually most concerned about is all the hair shaft. This is the part of the hair that we see sticking out from the skin. (Fig 2)

The hair shaft has 3 layers

- i cuticle
- ii cortex
- iii medulla

**i Cuticle:** The outer layer or covering of a hair is called the cuticle. This layer is composed of tiny transparent overlapping cells. This is the first layer that affected whenever we do anything on hair.

**ii Cortex:** Beneath the cuticle lies the cortex. The cortex is the main section of the hair and the pigment granules is here that give hair its colour. Whenever we use chemicals this layer is mostly affected the cortex is the part of hair that the cosmetologist is most concerned about.

**iii Medulla:** The inner most portion of the hair shaft is the medulla. This is a small core of cells that can run from the hair tube to the tip of the shaft. The medulla is very small in fine hair and their maybe no medulla at all in soft hairs that grows on the cheeks, arms and other parts of the body.

**2 Hair root** – The portion of the hair which is beneath the skin, is termed as hair root. A variety of structures are connected with the hair root. They are the follicle, the hair bulb, and the hair papilla.

**a Hair follicle** – Hair follicle is a pocket like tube in the skin or scalp that encases the hair root. Each hair has a follicle which varies with the situation and thickness of the skin and hair. Oil glands are attached to hair follicle for supply of sebum.

**b Hair bulb** – The hair root looks like a bulb as lowermost portion of the hair root- thicken club which lies above the papilla.

**c Papilla** – It is a cone shaped structure which fits into the hair bulb. Papilla is richly supplied by blood and nerves.

**d Arrector pili** – Arrector pili is a small involuntary muscle attached to the underside of a hair follicle. Cold weather and sudden fear make the hair stand and in this situation arrector pili muscle controls the position of the hair follicle.

**e Sebaceous gland** – These are sac type clusters of gland open into the hair follicle. The gland secretes sebum which spreads along the length of the hair then to the skin, keeping them (skin and hair) soft, supple and shiny.

Fig 2



### Hair growth and regeneration

Hair grows, falls out and is replaced by new hairs. You normally 50 to 100 hairs a day. Hair growth is influenced by various factors. Scalp hair grows at the rate of about 1/2 inch per month. (Fig 3)

Scalp hair growth follows a cycle:-

- 1 Anagen
- 2 Catagen
- 3 Telogen

- 1 **Anagen** : The first stage that is active hair growth is called an anagen.
- 2 **Catagen**: In this stage hair growth slows and the follicle shrinks. This stage is called catagen.
- 3 **Telogen**: This is the last phase of hair growth and ends when a new hair forming from the papilla pushes the old hair up and out.

Fig 3



### Explain Causes and treatments of various hair problems such as, thinning of hair, Chemically Damaged hair

- 1 **Thinning of hair**: Thinning of hair means the hair that is getting thinner that is less and less of it. Density of hair is decreasing and of which technical name is 'alopecia' occurs. The fore most common forms of hair loss are - alopecia areata, Pattern baldness and traction baldness.

Alopecia areata is a condition in which hair falls out in patches. The patches can vary from the size of pea to several inches in diameter. There may be a few patches or the entire scalp may be affected. Other regions of the body can also be affected. There is usually no pain, itching or inflammation. The hair usually regrowth over a period of months but the condition can re-occur.



### Causes of thinning of hair

- When a cuticle of the hair is damaged.
- Severe mental stress.
- Due to diet, deprive of vitamins and nutrients in diet causes hair loss.
- Due to hormones and aging
- In certain conditions, such as pregnancy, childbirth, birth control pills, hormone therapy.
- illness, surgery etc.
- Excessive shampooing and blow-drying.
- Thyroid diseases
- Excess Use of thermal equipment.

### Treatment of thinning hair

- Reduce mental stress, yoga meditation can be done for this purpose.
- Take care of diet. Diet should be balanced and full with vitamin b, folic acid protein and vitamin c.
- Take precaution in cosmetic procedures.
- Mild shampoo should be used.
- Avoid chemical treatment for hair.
- Avoid Chemical based colours or high lightening.

**2 Chemically damaged hair:** When chemicals are used on hair, chemical change of hair is occurred. The natural bonding of hair is changed. These mostly happens in the cortex layer of the hair. Frequent use of chemicals causes the hair damage. The hair is extremely brittle when it is dry, breaking easily when the hair is wet it feels soft and spongy and stretches excessively without returning to its normal position.

### Causes

- Damage of hair shaft when it loses its elasticity.
- Frequent use of chemical service or improper chemical service.
- When the white hair is brushed.
- Stretching hair beyond its limits.

### Treatments

- Stop using Harsh treatments, avoid chemicals and use natural products.
- Handle hair gently when washing and drying.
- Let the hair dry naturally instead of using heat.
- Use Wide tooth comb for detangle the hair.
- Give oil massage, use natural hair product, apply conditioner to the hair.
- Diet should be balanced.
- Drink plenty of water.
- Try natural homemade hair mask.
- Avoid smoking.
- Get regular Hair trims.
- Get hair treatment or hair spa regularly.

**Describe treatments like- Hair repairing and Hair strengthening**

**Hair repairing**

Sometimes the hair is damaged as it becomes dry, brittle and fragile and it tends to develop split end the hair lacks volume and shine.

The cuticle layer, the outer part of the hair protects the hair. When the cuticle is damage the hair appears dull and lacks shine. it tangles easily and has rough texture hair with cuticle damage will wet easily that is absorb liquid very fast. This porosity can lead to further damage of the interior layer of the hair. When hair is badly damaged, the outer cuticle lifts and becomes worn, and the overlapping cells no longer lie flat then the hair needs Hair repairing treatments

- 1 **Conditioning:** Use Everyday conditioners, contain lubricating and anti-static substances. They also lubricate the hair cuticles and help to keep the hair from absorbing too much water.
- 2 **Deep conditioning:** use leave-in conditioner treatments or leave a deep conditioner on their hair for 20 -2 mins. Deep conditioning helps smooth and seal the hair cuticles, allowing them to maintain moisture balance.
- 3 **Hair glaze:** Hair glaze coats and seals each hair shaft, smoothing the cuticles in a similar way to a conditioner.
- 4 **Oil application:** Applying certain oils may help condition the hair. Oils can help prevent further damage. They can penetrate the hair and help reduce the amount of water the hair absorbs. This can then reduce repeated swelling and drying that causes hair damage. Coconut oil may reduce protein loss for undamaged and damaged hair. Coconut oil is better than oils due to its low molecular weight, meaning that it is easier to enter the hair shaft.
- 5 **Good nutrition:** Vitamins and nutrients are essential for healthy hair growth and shine. A diet that lacks vitamins, minerals, essential fatty acids, and proteins can lead to hair structural abnormalities and hair loss. Consume a balanced diet that contains a variety of products, including protein, fruits, vegetables, grains, and healthful fats.

**Hair strengthening**

When the hair shaft become weak cause split ends, hair breaking, dry brittle hair, extreme dryness or excessive oiliness. The hair becomes so weak due to cuticle damage, moisture imbalance, protein loss and chemical or elasticity damage. The hair needs strengthening treatment.

- 1 **Increase Vitamin, Iron And Zinc Intake:** Vitamin deficiencies can cause weak hair. Thus, it is important to increase your intake of vitamins.
- 2 **Deep Conditioning Treatments:** Use of deep conditioning treatments that contain powerful ingredients and longer leave-in time. A well moisturized scalp is the key to strong hair. Dry scalp can cause flakiness, dandruff, weak and brittle hair.
- 3 **Keratin Treatment:** Keratin is a protein essential for strong hair. Keratin treatment involves the application of a product containing keratin and letting it sink into all hair strands. Keratin treatments smoothen hair, remove frizz and give a shiny finish.
- 4 **Scalp Massage:** Scalp massage helps in increasing blood circulation to the hair follicles on the scalp. massage your scalp by applying gentle pressure using your fingertips for 5-10 minutes every day. You could also massage your scalp with warm coconut oil and apply the oil all over hair. Wash with regular shampoo after half an hour. Coconut oil heals damaged hair cuticles and makes them stronger.
- 5 **High Protein Foods:** Hair is made up of a structural protein called keratin. Up your protein intake by including foods like eggs, fish, cottage cheese, nuts and seeds.

**Explain purpose & Procedure of hair SPA treatment for above different problems with OZONE micromist machine**

**Purpose of hair SPA treatment**

- Hair Spa treatment Strengthens Hair Roots & Follicles.
- It Stimulates Blood Circulation in the Scalp.
- It Controls Oil Production in the Scalp.
- It Reduces Stress.



- Reduces Dandruff from Hair.
- It Combats Dull & Damaged Hair.
- It Removes Impurities Inside Pores & Repairs Damaged Hair.
- Improves blood circulation

#### Procedure of hair SPA treatment

A typical hair spa involves shampooing, hair masks, massage and steaming. However, the format of the steps may vary.

- 1 Shampooing:** Hair is first washed with shampoo to remove dirt and dead skin cells.
- 2 Hair mask:** This is the most important step of your hair spa. It involves applying a serum-like mask to your hair and leaving it on for a few minutes. The mask is meant to rid your scalp of dryness and flakes, besides strengthening and nourishing your hair follicles. This makes it appear smooth, bright and frizz-free.
- 3 Massage:** Massages increase blood flow to your hair follicles, boosting hair growth and improving the health of your hair. It also ensures that the mask applied reaches every corner of your hair and scalp.
- 4 Steaming:** It is similar to a facial, except that the steam is focused on your hair. This allows the pores on your scalp to open-up, promoting the absorption of the product that was previously applied to your scalp.

#### Ozone micro mist machine

Micro Mist repairs and rejuvenates your hair, giving strength, suppleness and a longer lasting shine. The Micro Mist, as its name suggests, uses mist (not steam) generated by ultrasound to process the treatment. This works in two ways

- 1 The particles of mist are much smaller and lighter than those of steam and therefore they can penetrate the cuticle of the hair to a greater depth. This means the Micro Mist pushes the product deeper into the hair where it is needed.
- 2 The Micro Mist has a cooling system that comes on at the end of each treatment, cooling the hair and closing the cuticle trapping the treatment product inside. This gives a much stronger and longer lasting results. (Fig 4)

Fig 4



Ozone Micro Mist is a treatment that uses the power of water to penetrate deep into the hair. It swells the hair and enhances any treatments that you have had. The micro mist system is different as it doesn't steam water; it uses ultra sound to generate mist and warms it in accordance to your hair type; keeping the temperature far below 100 degrees. The micro mist treatment has six main functions:

- Hot wind – for warming up.
- Hot fog – for helping hair absorb nutrients via utilizing the energy generated through cavitation effect.
- Cold fog – for helping the hair cortex absorb nutrients by adapting the quantum technique.
- Ozone – for sterilizing and disinfecting
- Aromatic remedy – purifying the hair with water.

**5 Rinsing:** After a few minutes of steaming, the hair is washed thoroughly.

Note: Blow drying or heat styling immediately after the spa treatment is not a good idea, as it can make your hair rough again making the spa session useless.

**Describe safety precaution**

- Avoid use of heat after the treatment.
- If the clients hair is chemically treated avoid giving steam or cover the hair with her shower cap while giving steam.
- If required use a towel to wrap the head.
- Use the cream bath and concentrate according to the hair condition.
- Always follow manufacturing directions.

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## MODULE 8 : Hair Styling

### LESSON 12 : Hair Styling

#### Objectives

At the end of this lesson you shall be able to

- define styling long hair
- explain corn rows
- describe wigs and hair pieces/ extension
- explain purpose of uses hair pieces
- define quality and cost
- define types of hair pieces
- explain wig measurement
- describe cleaning and maintaining of wigs.

#### Hair styling



#### Define styling long hair

Long hair can present many problems if it is not handled properly. This is particularly true if the hair is dry and Tangled or break easily. Over dressing and under dressing long hair may result in frustration and hair loss. The following procedure for styling long hair makes it easier to control the hair and to achieve satisfactory result within a reasonable time

- 1 Long hair should be shampoo with a good conditioning. A conditioner can be used after each shampoo. This will prevent the hair from splitting and will preserve more even length and use make combing the hair easier.
- 2 Blot hair by placing a towel lengthwise under the hair at the nape and then folding each end of the towel to the center. Hold the folded towel, to blot excess hair water and prevent dripping. Do not rub the hair with towel.
- 3 Apply a quick drying, detangling setting lotion or serum to the hair. Concentrate the scalp hair and comb it through the hair.
- 4 Divide the hair by parting it from the center front to the back. Loosely twist is section and pin it up.
- 5 In setting long hair, stick to simple setting pattern. If you do the hair will be more manageable and you will achieve satisfactory result. For better manageability, be sure to set the hair in section according to the style desire.

- 6 In setting long hair rollers are generally used. Rollers absorb the length more readily and the resulting style will not be too tight.
- 7 If the hair is to be blow dried, pre-dry the hair of excess water by loosely separating the hair and blowing it slightly. Then begin drying the hair for finish. Begin at the nape drawing one section at a time. By working up to the crown area, you will keep the finished dry hair out of your way.

Braiding is a technique for styling hair. Styling with braids does not require long hair, but it is always helpful to manage long hair. Some braiding techniques such as rowing can be performed on hair of almost any length. Braiding requires the use of all of your fingers and control of the hair for a smooth even finish. You can achieve any number of effects depending upon the size and the placement of braids.

**Tips for long hairstyling**

- Trim the hair regularly and use artificial hair accessories to style the hair.
- Always do simple hair styles like French twist or roll.
- Manage long hair by braiding in the head.
- Do some hairstyles that look, short it will change the look of the hair.
- Curl or wave the hair to absorb the length.
- Leave the hair Untied if the hair is well maintained.
- Sometimes have ponytails.
- Cut the hair in a style and maintain it.

**Explain cornrows**

Cornrows are a style of traditionally three-strand braids, originating in Africa, in which the hair is braided very close to the scalp, using an underhand, upward motion to make a continuous, raised row. Corn rows are often formed in simple straight lines but they can also be performed in complicated geometric or curvilinear designs. Cornrows can be left for weeks at a time if maintained through careful washing of the hair and regular oiling of the scalp. Cornrows are typically worn by either men or women or by both.

While cornrows can be adapted to various hair types and textures, those with natural texture, such as curly and kinky hair have the best results. (Fig 1)



Describe Wigs and hair pieces/ extension: - Wigs and hair pieces, extensions are artificial hair for hair styling which gives style and length to hair and hides the problems of the hair. It helps to change the overall look of a person.

**Wig** - A head covering that is made with either human hair or synthetic hair to help conceal hair loss or to make a fashion statement. Wigs come in a variety of styles, colors, and textures, just like natural hair. (Fig 2)

Wigs are made out of either a synthetic fiber, human hair, or a combination of these two. Synthetic fiber wigs are the most popular type of hair prosthesis for women experiencing temporary hair loss because they are lightweight, easy to adjust for fit, moderately priced, and comfortable. Wigs can be used for many reasons such as hair loss, balding, or simply to change up your look.

Fig 2



**Hair pieces/ extension-** In simple words, hair extensions are synthetic or natural hairpieces that are attached to a person's natural hair to increase its length, volume, texture, or overall look. Hair pieces are a little different from wigs and often come in the shape of a bun, ponytail, or hair tie so you can just place it on top of your own hair. There are various type of hair pieces available like -Clip-in hair extensions, Tape-in hair extensions, micro-bead hair extension, Sew-in hair extensions etc.

The application process involves attaching the extensions close to scalp, seamlessly blending with the natural hair and they can be styled and treated similarly to natural hair.

Hair extensions have become very popular in the last couple of years, emerging as a trending hair accessory to experiment with new looks. While hair extensions help to achieve a long, lustrous and voluminous look. (Fig 3)

Fig 3



#### Explain purpose of uses hair pieces

- Hair pieces or extensions are used to order length to the natural hair.
- Hair pieces are used to give extra volume.
- Hair pieces are used to get new hair style without getting fixed to one.
- Hair pieces are helpful to cover a bad haircut.
- Hair pieces are used to change the style and highlight the hair without chemical service.
- it helps to change your hairstyle or look without pain and loss of time.

- Extensions can come in a range of different lengths, and the length you should choose is completely down to your own style preference.

**Define quality and cost**

Wigs and hair pieces/extensions are constructed by human or synthetic hair. Human hair extensions are exactly what they sound like. They are made out of real, human hair from top to bottom, collected from a donor. Remy hair means all the cuticles (the outer layer of the hair) are intact, running in the same direction at the time of collection. This allows for almost no tangling and ensures that the extensions remain smooth and silky throughout their lifetime.

Synthetic hair, on the other hand, is made out of various synthetic, blended fibers, and contains no human hair. These fibers are usually very fine, plastic fibers that are manufactured to imitate real human hair.

Both real and synthetic extensions come in many styles, colours, and different forms of application. The quality of synthetic fibers can vary, but they are generally stiff and move differently from human hair, so they don't blend as well with your natural hair. They sometimes have a wiry or coarse feel to the touch. Real hair looks and feels real and therefore blends more naturally with your hair.

human hair can be treated and styled just like your own hair, and will look and feel the most natural. It will blend easily with your hair and last much longer than synthetic hair. Although they are cheaper than real hair, synthetic hair does not look as natural, cannot be styled with heating tools and do not last as long as real hair.

The cost of weft hair extensions can vary depending on the length and hair extensions for volume of hair required, the hair quality used. Generally, the cost of wig/ hair extensions ranges from Rs. 5,000 to Rs. 30,000.

**Define types of hair pieces**

There are many different types of hair pieces/extensions with different methods of application. The type of extension to go for will also depend on your personal preference and budget. The period of wear and the care and maintenance required is unique to each extension method. These extensions give the chance to change the look of your hair and style without any damages, they include:

**Temporary** – worn and taken in and out daily or weekly. Ideal where large hairpieces are required. These include ponytails and clip-ins.

**Semi-permanent** – the extensions are smaller and undetectable when worn.

**Permanent** – these are continuously worn for a longer period and include micro rings or nano rings.

- 1 **Tape- hair pieces-** These semi-permanent hair extensions are pre-taped and applied onto your hair using tape. They are undetectable and invisible as they look very natural and cause no damage to your hair if fitted and removed by a professional. The tape-ins will be recommended by your hairdresser when you need to align the extensions with your hair roots. The extensions are applied by sandwiching your hair within the tapes. (Fig 4)

Fig 4



- 2 **Clip-ins-** Clip-ins are temporary hair extensions that are easy to apply and remove. You can safely style your hair quickly and attain your goal look without committing to any permanent hair extensions. (Fig 5)



Fig 5



**3 Pre-bonded** - Pre-bonded extensions – also called keratin extensions or fusion bonds, are semi-permanent. It involves the attachment of bonds on the extensions to roots of natural hair using heat. The extensions are fused to normal hair using adhesive keratin resin. (Fig 6)

The pre-glued tips are then heated to melt the resin making it bond to your hair. The pre-bonded hair extensions require application by a professional due to the precaution needed in handling the adhesive resin and the heated clamp.

Fig 6



**4 Micro-rings**- Micro-rings also called stick tips, micro-beads or micro-loops are very discreet extensions. The method utilizes no glue or heat for application. It involves silicon-lined metal rings. Natural hair is looped between the extensions, threaded through the silicone rings and the tips closed shut with pliers holding the extensions firm. This method is not suitable for those with fine hair or light blonde hair as the rings might be visible. (Fig 7)

Fig 7



- 5 Weave hair extensions** - This is a seamless and semi-permanent hair extension technique. Micro rings are attached to rows of the natural hair before the weave is sewn into the rows using a thread and needle. This type of extension is best suited for ladies with thicker hair due to its method of application. The weave application process is relatively quick, taking up to an hour. The process is safe and secure but might feel slightly uncomfortable for the first few days. (Fig 8)

Fig 8



### Explain wig measurement

When it comes to choosing the right wig size for, proper fit is crucial for comfort and natural-looking results. Here are some steps to help you determine the correct wig size for a beginner-friendly wig:

- **Measure your head circumference:** Using a flexible measuring tape, measure around your head, starting at your hairline at the front, going behind your ears, and ending at the nape of your neck. This measurement will give you your head circumference.
- **Measure your forehead to nape length:** Place the measuring tape at the center of your hairline, at the front of your head, and measure along your scalp to the nape of your neck. This measurement will give you your forehead to nape length.
- **Measure your ear-to-ear across forehead:** Start at the front of one ear, bring the measuring tape across your forehead, and end at the front of the other ear. This measurement will give you your ear-to-ear across forehead measurement.
- **Measure your ear-to-ear over top:** Place the measuring tape at the top of one ear, go over the crown of your head, and end at the top of the other ear. This measurement will give you your ear-to-ear over top measurement.
- **Measure your temple-to-temple around back:** Start at one temple, go behind your head at the nape of your neck, and end at the other temple. This measurement will give you your temple-to-temple around back measurement.

By following these measurement steps, you will be able to find the perfect fit for wig, ensuring a comfortable and confident wig-wearing experience.

### Describe cleaning and maintaining of wigs

Taking good care of your wig is super important to keep it looking fabulous. Here are some tips on the best way to care for your wig: (Fig 9)

- 1 Brush it Out:** Before and after each wear, gently brush the wig with a wide-tooth comb or a wig brush. Start from the ends and work your way up to detangle any knots or tangles. This helps keep the wig looking smooth and prevents damage.
- 2 Washing:** Follow the washing instructions provided by the wig manufacturer. Use a wig shampoo that's specifically made for synthetic or human hair wigs. Use cool water and gently wash the wig, being careful not to rub or twist it too much.
- 3 Conditioning (For Human Hair Wigs):** For a human hair wig, after washing, apply a conditioner to keep the hair soft and manageable. Just make sure to avoid the wig's base or roots when applying the conditioner.

- 4 **Drying:** After washing, gently pat the wig with a clean towel to remove excess water. Then, let it air dry on a wig stand or a clean, dry towel. Avoid using heat sources like hair dryers, as they can damage the wig fibers.
- 5 **Styling:** Use wig-friendly styling tools like wide-tooth combs or wig brushes to style your wig. For synthetic wigs, avoid using regular heat styling tools as they can damage or melt the fibers. For a human hair wig, use heat styling tools but remember to use heat protectant products.
- 6 **Storage:** When not wearing wig, store it on a wig stand or in a breathable wig storage bag. This helps maintain its shape and prevents tangling. Avoid storing it in direct sunlight or humid areas.
- 7 **Handle with care:** Treat your wig gently and avoid pulling or tugging on the fibers. Be cautious around heat sources like ovens or stoves, as synthetic wigs can melt.
- 8 **Regular maintenance:** Keep an eye on your wig for any signs of wear or damage. If needed, trim the ends or consider professional maintenance or restyling.

Fig 9



## LESSON 13 : Types of makeup

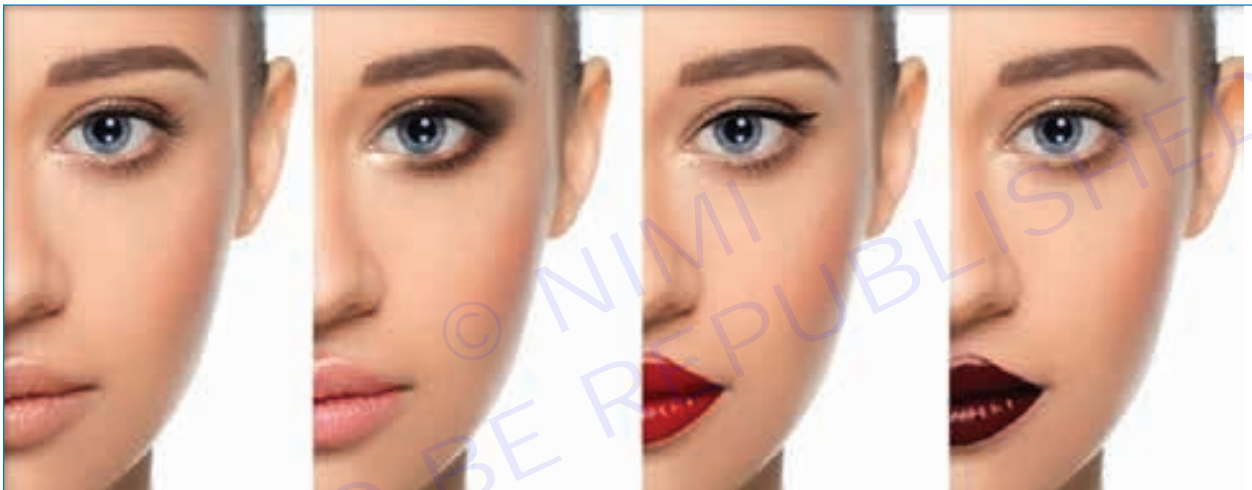
### Objectives

**At the end of this lesson you shall be able to**

- define Purpose, Benefits & Precautions of Corrective make-up
- explain Purpose, Benefits & Precautions of Fantasy
- describe Purpose, Benefits & Precautions of Special make up looks.

### Types of makeup

**Define Purpose, Benefits & Precautions of Corrective make-up:-**



Corrective makeup is a technique that covers our skin imperfections and uses light and dark shades for better contouring our face structure. Corrective makeup helps us to enhance our facial features and balances our face by providing corrections to our face.

Collective make up is like any other makeup but the face or area is corrected with highlights and shadows. Lines are also used to achieve optical illusion. The purpose of this makeup is to minimize poor features by drawing attention away from them by using a foundation that is darker or lighter than the skin colour. You can produce highlights and shadows that create optical illusions. In the eye area shadow can be used to achieve the same effect. Shadows are created by the use of darker colors. Darker colors make the facial features appear smaller. Highlights are created by the use of lighter color. Lighter colors make the features seem longer.

Lines are also used to achieve optical illusions. Especially in the eye area lines drawn with an eyebrow pencil. It can be used to increase or decrease the length of the eyebrow in order to achieve facial balance. Eyeliner can also be used to make the eyes seem wider or narrower.

Purpose of Corrective make-up: -Corrective makeup is done by creating optical illusion. The purpose of correcting makeup is Fig 1.

- To balance the facial harmony.
- To minimize the poor features.
- To highlight the good features.
- To enhance the beauty of face.

Fig 1



### Benefits of Corrective make-up

- Corrective makeup balances the facial harmony.
- It enhances the natural beauty of the face by highlighting the good features.
- It hides the poor features by optical illusion.
- This makeup gives confidence by improving personality.
- This makeup can be used to give special effect like fantasy.
- This type of makeup creates the illusion of flawless skin.
- Corrective makeup covers dark circles and hyperpigmentation and other spots.

### Precautions of Corrective make-up

- Use gentle application techniques such as a clean cosmetic brush or sponge and avoid tugging or rubbing the skin.
- Also take care not to get foundation, concealer, sunscreen, or other cosmetics in the eyes.
- Always apply the best eye skin care products to make your skin healthy.
- Certain contraindications are to be noted for precautions. If any of the following contraindication is present do not proceed with makeup application-skin disorders, bruising in the area, swelling and inflammation in the area, cuts and abrasions in the area, eye disorders such as-conjunctivitis.
- If possible before using a new cosmetic a client with no allergies should first receive a patch test.
- At the time of consultation if the client is new, complete record card, note the clients personal details. It will help to do makeup more efficiently.
- All the tools and equipment should be maintained properly. All are to be neat and clean and sterilized.

**Explain Purpose, Benefits & Precautions of Fantasy Makeup**

Any look created to aid in the creation of an experience is considered fantasy makeup. Wearers of fantasy makeup can transform into anything they like, including mermaids, witches, insects, musical instruments, and animals.

Fantasy makeup offers an opportunity to use vivid and extreme colors and ideas. There are no limitations and you can draw inspiration from anywhere. The key ingredient for visual impact is to use bright colors that contrast and then add an unexpected element. (Fig 2)

Fig 2



**Purpose of Fantasy**

- Fantasy makeup is done to play special role in dramas
- It is done to show a character as fantasy or imagination.
- Fantasy makeup is done to highlight attraction by differentiating from others.
- Instead of using makeup to enhance your look use it to transform yourself into anything you can think of. Some fantasy makeup creations you might consider- fairy, vampire, tiger, Kitty cat, butterfly , ice queen, peacock etc.

**Benefits of fantasy makeup**

- It helps to show a character.
- It helps to show an imagination.
- It shows the creativity of makeup artist.
- It attracts people towards it.

**Precautions of Fantasy Makeup**

- Always do patch test before applying new cosmetic
- Analyze the skin before applying makeup.
- Check for contraindication, if any avoid applying makeup.

- Complement makeup with hairstyle and clothing.
- Take general safety measures to apply makeup.
- Wash of the makeup as soon as possible.
- Give special attention to eyes, ear to cause any harm to the eyes.
- Makeup fixer can be used to fix the makeup.
- After complete the makeup sterilize the area.

### Describe Purpose, Benefits & Precautions of Special make up looks

Makeup is the art of enhancing the face with color cosmetics. Both man and woman use makeup today. However, make up for men is very subtle and is more restricted to those in the performance field. There are different types and techniques of makeup for special looks. The different makeup techniques for special makeup look or as follows-

- Theatrical makeup
- Air brushing
- Bridal makeup
- High definition makeup
- Permanent makeup

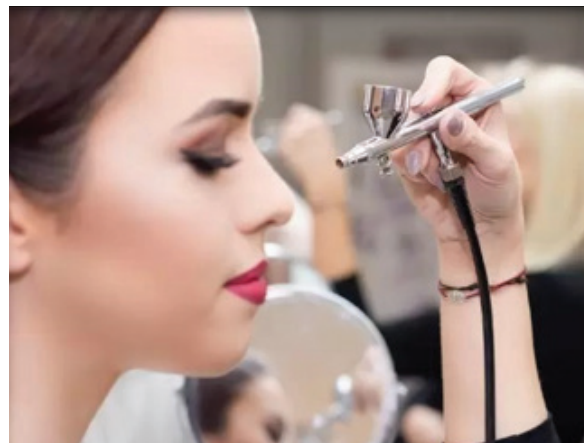
**Theatrical makeup-** Stage makeup is used as a method in conjunction with stage lighting to highlight the actors faces in order to make expressions visible the audience from moderate distances. This often includes defining the eyes and lips as well as the highlights and low lights of the facial bones through the use of makeup. (Fig 3)

**Air brushing-** Airbrush makeup is makeup sprayed onto the skin using an airbrush machine instead of being applied with sponges, brushes, fingers, or other methods. A typical airbrush system uses a compressor to create airflow through a hose connected to a trigger-controlled spray-painting gun. The benefit of airbrush makeup is that it is long-lasting, and gives a smoother appearance to the skin. (Fig 4)

Fig 3



Fig 4



**Bridal makeup-** Bridal makeup is a special type of makeup that is applied to a bride on her wedding day. It aims to enhance the bride's natural beauty and create a look that is both timeless and elegant. Bridal makeup typically focuses on creating a flawless complexion, accentuating the eyes, and enhancing the lips. (Fig 5)

**High definition makeup-** HD makeup stands for high definition makeup. It is high makeup that provides you with a flawless camera-friendly look. This makeup kit is majorly used for photoshoots and bridal looks. These makeup products do not look cakey on your face and miraculously hide wrinkles.

Permanent makeup- Permanent makeup, or cosmetic tattooing, applies permanent color to your skin. An artistic process, it involves strokes of organic pigment beneath the skin to create a natural appearance that lasts a lifetime. Highly skilled and well-known micropigmentation specialists often apply permanent makeup to: Eyebrows, Eyes such as eyeliner or lash enhancement, Lips. This can save you time on a daily basis or eliminate makeup allergies. (Fig 6)

Fig 5



Fig 6



#### Purpose of Special make up looks

- Special makeup looks are done as media makeup like for television and film to give special effect on screen.
- It is done for special occasion like for wedding or as bridal makeup.
- It is applied to give special effect for stage or theatre.
- It is done as character makeup for stage for theatre.
- It is done to give special effect in fashion industry such as for modelling.

#### Benefits of Special make up looks

- It gives theatrical effect.
- It highlights and shadows the look.
- It gives fashion look.
- It gives high definition which is mostly used in TV and film.
- It gives the dramatic look.
- It is done to give special effect in different occasion.

#### Precautions of Special make up looks

- Follow all the precautions to be taken in a makeup.
- Make sure you can consult your director before doing the makeup if you are doing this for a theatrical look.
- Wash of the makeup as soon as possible it may break out. Most make up come of soap and water or a mild facial cleanser or makeup remover. Vaseline or coconut oil can be used to remove tough or waterproof eye makeup.
- Always check for contraindications before applying makeup.
- Advise the client for home care after care.
- Makeup fixer can be used to fix the makeup.



## LESSON 14 : Professional Make-Up

### Objectives

At the end of this lesson you shall be able to

- define Purpose, Benefits & Precautions of Character Make-up
- describe Purpose, Benefits & Precautions of TV & Stage Makeup
- explain Purpose, Benefits & Precautions of Air brush Make-up
- define Purpose, Benefits & Precautions of High definition makeup
- describe Purpose, Benefits & Precautions of Portfolio Makeup
- explain Product knowledge.

### Professional Make-Up



#### Define Purpose, Benefits & Precautions of Character Make-up

Character Makeup as the name denotes is used to create a character to the extent of changing a person's physical configuration to suit the requirements of a script. It encompasses a great deal- varying age levels, character delineation, personality traits, unusual facial features, symbolic figures, men's facial hair application, cuts, scars, bruises, burns, tattoos, disfigurements, horror faces designs, and anything on the face or body that is created without embellishing or enhancing the corrective and/or beauty aspects of the human face or figure.

A character makeup kit typically includes makeup base, colours, coloured liners for shadow or highlighting effect, eye makeup, false eyelashes, various cleanser, powder, putties for making prosthetic features adhesive,, facial hair pieces and latex etc. may be work on to the skin to create the illusion of aging or deformity. (Fig 1)

The different types of character make up our as follows-

- Old age makeup
- Fantasy makeup
- Horror makeup
- Look alike makeup

- Face changing makeup
- Genders changing makeup
- Hairless makeup
- Obese makeup etc.

Fig 1



**Purpose of Character Make-up**

- character makeup is done to give the look of a character
- This makeup makes a character alive as required in a play or story

- Character makeup is done to change the natural look of a person.
- It is done to cover or to enhance or to show spots, cuts, bruises etc.
- This makeup is done to highlight a character to differentiate from other.

#### **Benefits of character makeup**

- Character makeup shows a character alive.
- This makeup covers and highlights and creates- scars, bruises, burns cuts etc as the character needs.
- This make up also shows a character normal and natural in stage or in camera.
- Character makeup highlights a character differently in different situations as required in a play.

#### **Precautions of character makeup**

- Contraindications for a makeup is to be checked. If a person has allergy , asthma the makeup is not to be done.
- The effects of light on makeup is to be noticed while doing character makeup.
- All makeup cosmetics are to be used as the character need.
- Care should be taken to set the makeup as whether it is for stage or TV and it is to be done accordingly.
- Sensitization is to be practiced while doing makeup.
- Spatula and brushes are to be clean before the reuse.
- Makeup brushes should we clean with hair shampoo or a chemical cleaner.
- The disposable materials like tissue paper, cotton etc are to be disposed after the makeup is done.

#### **Describe Purpose, Benefits & Precautions of TV & Stage Makeup**

In TV & stage makeup the face is magnified on a big screen and every detail is seen in close up, which means that every pore of skin must look clean. It must not look painted. It does not have to be thicker.

The arrival of television created new makeup problems. From realistic wounds to terrifying monsters, both branches of makeup artistry are commonly used in TV, music videos, film production and theatre.

lighting controls makeup. A high degree makeup can loss its effectiveness due to incorrect stage lighting. Skilful lighting can greatly aid the art of makeup. Close communication between the lighting directors and the makeup artist is crucial for the best possible effect.

Understanding light's effect on makeup and various shades and pigment is important when designing a performer's makeup. Makeup will look different in studio lights, sunlight and fluorescent lights. (Fig 2)

Fig 2



**Purpose of TV and stage makeup**

- TV and stage makeup is done to enhance the features of character.
- This makeup is done for dramatical change of subject's look.
- TV makeup is done to compensate undesirable change in appearance in television process.
- These makeups are done to show a character.

**Benefits of TV and stage makeup**

- TV and stage makeup maintains or shows the normal and natural appearance of a person.
- Unlike everyday makeup, stage makeup's role is to highlight your facial features for performance under the bright stage lights.
- To show a character these makeup makes major changes.
- TV makeup shows flawless skin in camera exposure.
- Stage makeup shows the performer well from a distance.

**Precautions of TV & Stage Makeup**

If precautions are not taken, it is possible that makeup application can transfer skin bacteria or even rash from one person to another, to guard against these the following safety precautions are to be taken;-

- The disposable materials like tissue paper, cotton etc are to be disposed after the makeup is done.
- Makeup brushes should be clean before use with hair shampoo or other commercial cleaner.
- Patch test should be done before applying makeup cosmetics.
- Makeup should always be checked in different lighting considerations.
- Contraindications for a makeup is to be checked.

**Explain Purpose, Benefits & Precautions of Air brush Make-up**

Airbrush makeup is makeup sprayed onto the skin using an airbrush machine instead of being applied with sponges, brushes, fingers, or other methods. A typical airbrush system uses a compressor to create airflow through a hose connected to a trigger-controlled spray painting gun.

It is preferred technique for digital photography, HD ,TV and bridal work. Provides a camera ready velvety texture that lays on the skin in an even misted pattern, creating the most natural finishing to the naked eye that is virtually invisible on the digital screen. Air brush makeup is exceptionally lightweight. The clients feel as if they are not even wearing makeup. (Fig 3)

**Purpose of Air brush Make-up**

- Air brush makeup is done to give higher coverage of the area.
- Air brush makeup gives the appearance of a flawless complexion.
- Airbrush makeup is done to give more natural look.
- This makeup is done to give long lasting effect.
- This makeup is done as water resistant as it is not smudge easily.
- This makeup is done for digital photography, HD, TV and bridal work.

**Benefits of air brush makeup**

- With airbrush makeup, there is no physical touch in the application process which is a result of no brushes and the advantage of saving time that is invested in cleaning the brushes as well.
- The Airbrush makeup is not only used for foundation and the base but can be used for various other products from bronzer to blush. Even the eyeshadow can be applied using the AirBrush, through the various settings that the device provides.



- This technique of makeup application requires the least amount of product and will result in the most amazing outcome.
- The spray that comes with the Airbrush makeup kit will help keep the makeup light. There is simply no makeup lighter than airbrush.
- The Airbrush makeup doesn't only save time and bring about the flawless skin but also is a healthier option as the product does not penetrate all the way inside leaving it on the base flawless and long-lasting.

**Precautions of Air brush Make-up**

- Always start with a clean dry face a light moisturizer may be applied to the skin prior to the application of makeup.
- The air brushing process should be a pleasant and comfortable one. The air pressure of the gun should be checked prior to skin applications.
- Cosmetics should never be sprayed in the eyes, nose ears or mouth.
- Never apply air brush cosmetics over broken skin.
- While you are spraying the cap of the cup should be secured in place at all times.
- The airbrush should be cleaned immediately after the use by using air brush cleansing fluid. Otherwise the liquid may be dry out inside the air brush.

**Define Purpose, Benefits & Precautions of High definition makeup**

HD makeup stands for high definition makeup. It is well known for its light diffusing property. This property makes this makeup look like the perfect choice for everyone who wants to get themselves clicked by high quality cameras. HD makeup provides a flawless camera-friendly look. This makeup kit is majorly used for photoshoots and bridal looks. These makeup products do not look cakey on your face and miraculously hide wrinkles, blemishes, and creases. (Fig 4)

Fig 3

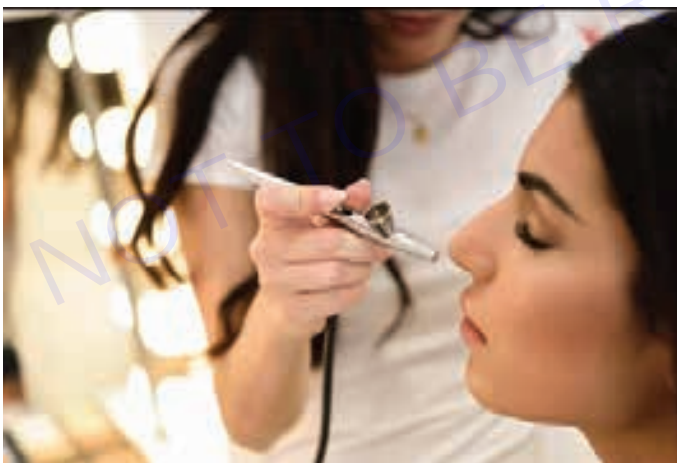


Fig 4



**Purpose of High definition makeup**

- HD makeup is done to give flawless effect.
- This make up is done to give normal and natural look in video and film.
- HD makeup is used for HD photography and digital camera.
- HD makeup gives full coverage by minimizing skin imperfections.
- This makeup gives long lasting effect.

**Benefits of High definition makeup**

- High definition makeup gives full coverage by setting fine lines and wrinkles.
- This makeup sets well last for hours. it is super long-lasting which means touch-ups are often kept at the minimum.
- This makeup gives clean and natural look in closeups.
- This makeup covers skins imperfections and remains invisible on screen and real life.
- HD makeup products are more lightweight in texture, laid down smoother, melt seamlessly with the skin, and HD makeup delivers a more skin-like result.

**Precautions of High definition makeup**

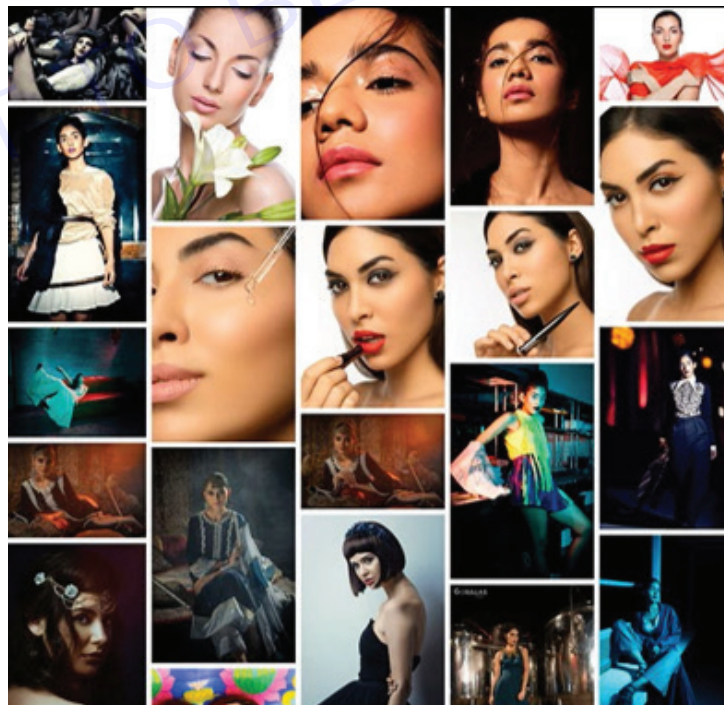
- Before starting with the makeup, it's essential to prepare your skin well. Dab your face clean and nourish your skin using a clay mask.
- Care should be taken to apply makeup in a proper way.
- The technique of makeup application is to be practiced to be an expert.
- Check for contraindications.
- Follow the sanitary and hygiene process.
- Check the makeup in camera.

**Purpose benefits and precautions of Portfolio makeup**

Portfolio makeup is a makeup which represents once personality. This makeup is done to show the potential of a person which he or she carry in a natural way. Sometimes it is done to match with an occasion or differentiate from others.

A makeup portfolio is a personal and distinguished collection of images showcasing a makeup artist's most exquisite work. These images display your talent and specific style. Makeup portfolios are a way to market yourself to a potential client or employer. (Fig 5)

Fig 5



**Purpose of Portfolio makeup**

- Portfolio makeup is done to show once individuality and potentially.
- This makeup is done as photogenic to give a clear and bright photo in which the person is to look natural.
- This makeup is done to highlight the versatility and potentially of a makeup artist.
- This make up is also done by makeup artist to present themselves in a professional manner.
- A makeup portfolio is a collection of best work.
- Your portfolio can be used for both personal and professional purposes.

**Benefits of Portfolio makeup**

- Portfolio makeup represents once personality and individuality.
- This make up gives clear and bright photo.
- This makeup shows the versatility and potentially a makeup artist.
- A makeup artist can present herself in a professional manner with the help of this makeup.

**Precautions of Portfolio makeup**

- Follow all the safety precautions to do any type of makeup.
- Always do the makeup to highlight the subject.
- Do the makeup as photogenic.
- Cost the makeup in a professional manner.
- Check for contraindications.
- Follow the sanitary and hygiene process.
- Check the makeup in camera.

**Explain Product knowledge**

Cosmetics are pharmaceutical products that are used for improving skin appearance and body odor. These products are available in various forms, ranging from lotions, creams, powders, and so forth. Depth knowledge of different cosmetic products helps you make suitable choices for the client's skin type. For instance, you may use more hydrating products and creams on clients with dry skin.

some must have items for a professional makeup kit includes- Concealer, finishing spray, brushes, bronzer, blush, contouring stuff, eye shadow, eye primer, face primer, foundation. And get different types of face stuff in different forms like cream, powder, cake and liquid.

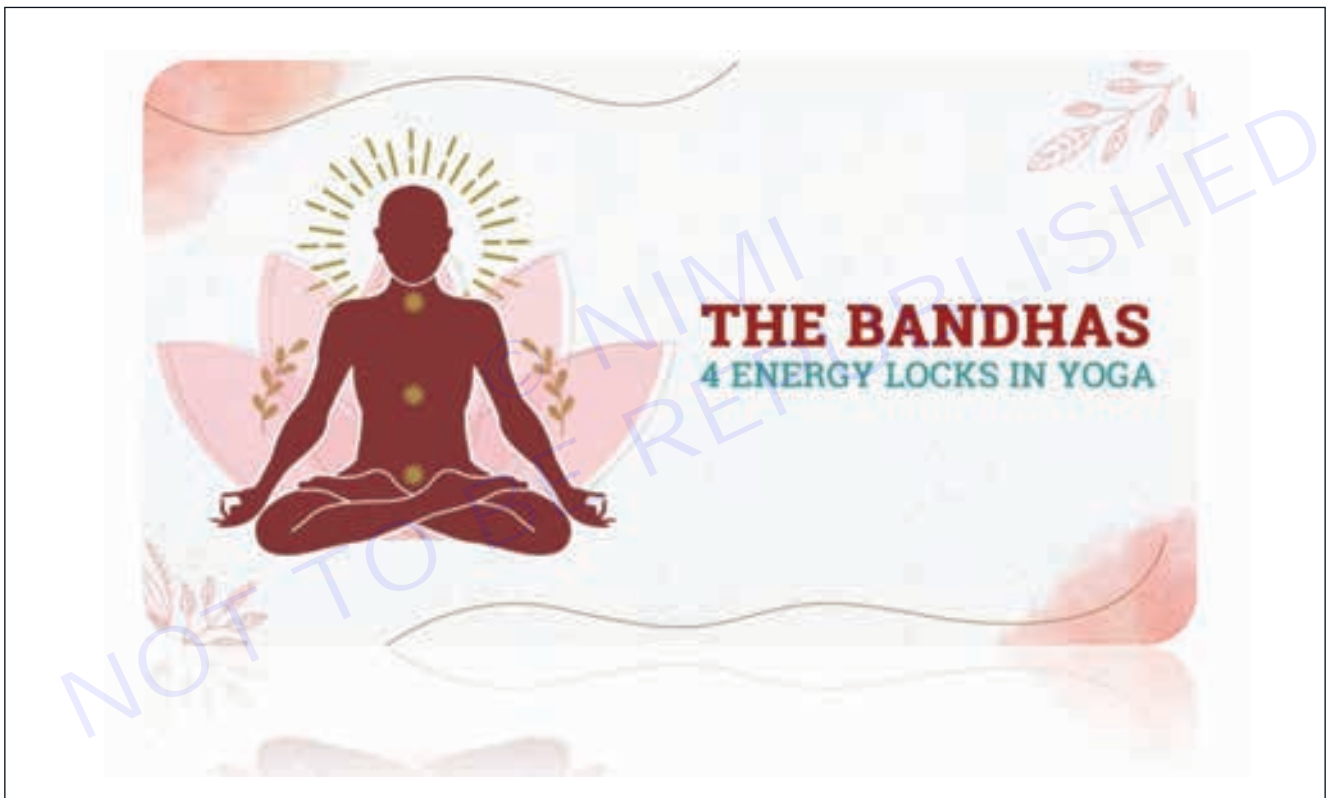
## LESSON 15 : Yoga Bandhas

### Objectives

At the end of this lesson you shall be able to

- define Meaning of Bandhas
- explain Types of Bandhas
- describe Benefits of Bandhas
- explain Contra - indications .

### Yoga Bandhas



### Define Meaning of Bandhas

Yoga bandha are the energy lock, or a body lock is an ancient practice that is deeply ingrained in the yogic tradition. Bandha is a Sanskrit word that translates in English to “lock” or “closed.” It describes the yogic technique of shutting off the flow of energy to specific parts of the body. The purpose of a bandha is to ‘lock’ the energy flow in a specific part of the body temporarily. When the ‘lock’ is released, the energy flows more vigorously through the body. This promotes overall health and vitality.

Traditionally bandhas are meant to manipulate prana, life force, within the astral (energy) body. As the physical and astral body are linked and we are more used to manipulating our physical body, we use muscle contractions to create both a physical and energetic lock. So, bandhas are a way to lock energy and of manipulating (prana) life force.

it brings stability in your bodies and helps you to dissolves any emotional blockages in your body chakras hence balance your body, mind, and soul.



## Explain Types of Bandhas

There are four types of bandhas (Fig 1)

- Mula Bandha
- Uddiyana Bandh
- Jalandhara Bandha
- Maha Bandha

### 1 Mula Bandha (Root lock)

It is derived from the Sanskrit word Mula that means 'root' or precisely known as root lock. It directs the flow of energy through the center of your pelvic floor that is rectum, stimulates your pelvic muscles and makes it flow towards your naval area and refrain it from moving it downward. (Fig 2)

Fig 1



Fig 2



### Benefits of Mula bandhas

- It awakens your kundalini energy.
- It strengthens your pelvic muscle and alleviates any sexual disorders.
- It stimulates your digestive and endocrine system

### 2. Uddiyana Bandha (Abdominal Lock)

Uddiyana means to rise Up. In this bandha, the subtle energy moves upwards forcefully through the center of the core and creates a massaging effect for your internal organs. In Uddiyana bandha, abdominal muscles are stimulated as they are pulled in and your chest lift upwards. (Fig 3)

Uddiyana bandhas not just lift the subtle energy but also intensify the energy from Mula bandha and Jalandhara bandha.

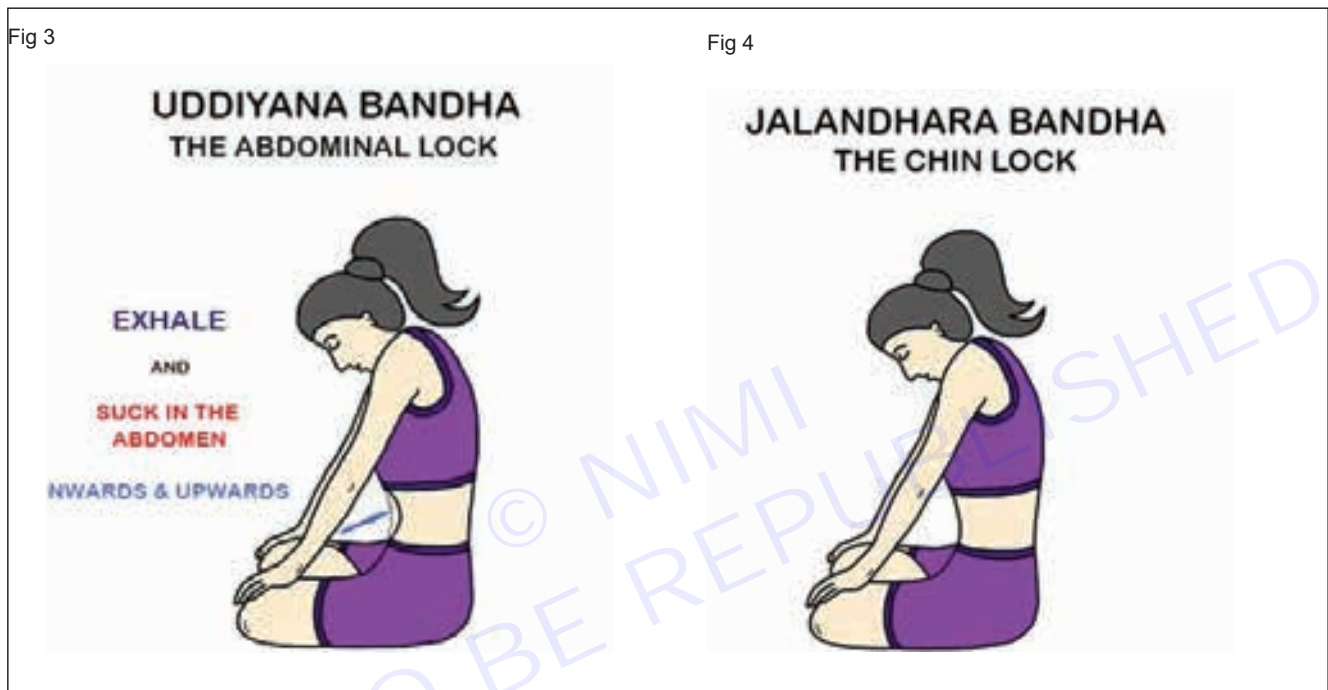
### Benefits of Uddiyana bandha

- It energizes your heart chakra promotes the feeling of compassion and kindness.

- It stimulates and uplifts the prana force.
- Highly beneficial for the people suffering from constipation.
- It boosts the function of adrenal glands hence relieves you from stress and anxiety.
- It strengthens your abdominal muscle.

### 3. Jalandhara Bandha(chin lock)

Derive from the word 'Jal' means throat, and 'Dhara' means flow. This bandha restricts the upward flow of the prana and regulate the flow of energy towards your navel. It is done by bringing your chin towards your chest hence, known as 'chin lock'. This bandha helps you to battle all your physical ailments with ease. It channelizes the flow of energy towards your neck hence improves the functioning of the thyroid and parathyroid gland. (Fig 4)



#### Benefits of Jalandhara Bandha

- It improves the health of your spine
- It stimulates your Vishuddhi chakra
- It improves your respiratory functions and cures you of any throat infection

### 4. Maha Bandha (Great lock)

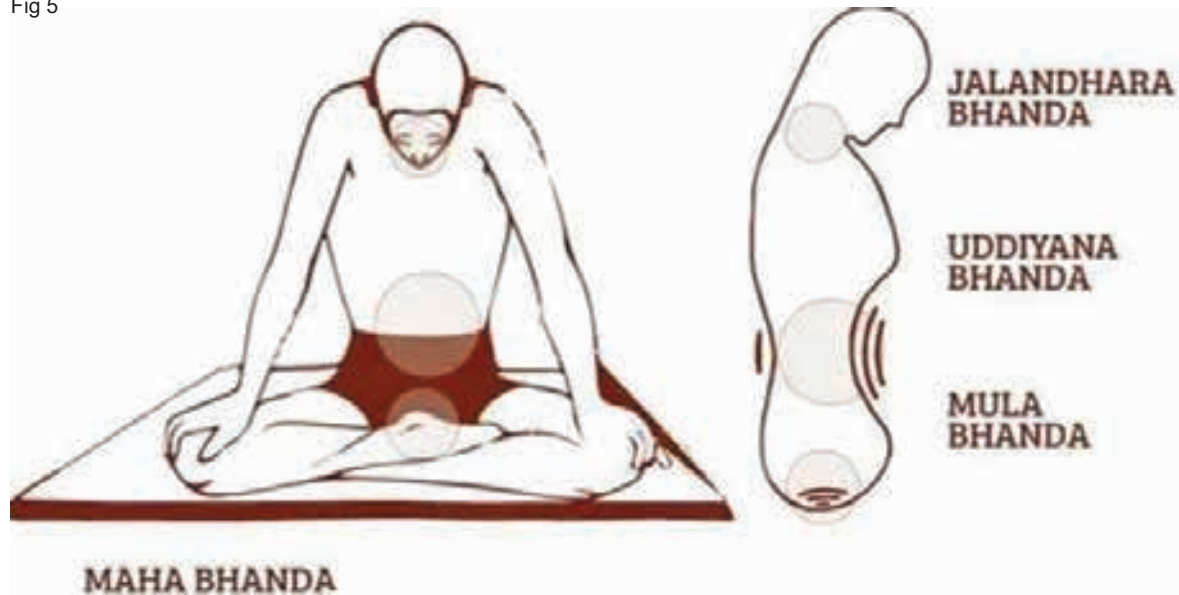
Originated from the Sanskrit word 'Maha' means great. This bandha is known as 'Supreme bandha.' This bandha is the combination of all the bandhas mentioned above hence also known as 'Triple lock.' It is known as maha bandha because it provides you the benefits of all the bandhas mentioned above. (Fig 5)

It is performed by engaging Mula and Jalandhara bandha together, directing your upwards and downwards energy at your navel. Then, with the help of Udiyana bandha at your belly, the subtle energies are increased to wake your prana force.

#### Benefits of Maha bandha

- It activates your three chakras named- Mooldhara, Manipuraka and Vishuddhi chakra
- In Hatha yoga pradipika, it is mentioned that performing the Maha bandha can conquer old age and death hence helps against the aging process.

Fig 5



### Describe Benefits of Bandhas

#### Physical Benefits

- When the bandhas are applied they activate muscle tissue and stimulate the organs and the glands of the respective region.
- Strengthens the abdominal muscles and diaphragm.
- Stimulates blood circulation in the abdomen and blood flow to the brain.
- Strengthens the Pelvic Floor.
- Engages the Core & Improves Balance

#### Energetic Benefits

Bandhas also stimulate the chakras by locking the energy around them. When this happens, prana circulates more efficiently throughout the body. Prana, or life force energy, is vital energy which we need to carry out life activities like digestion, blood circulation, and movement. Therefore, when prana flows properly, it improves the function, regeneration, and healing of the bodily systems which is essential for our physical and mental well-being.

#### Explain Contra - indications of Bandhas

- Bandhas, especially Uddiyana, Mula and Maha Bandha should be avoided during menstruation and pregnancy.
- Anyone with blood pressure disorders or heart diseases should avoid it.
- Those suffering from abdominal conditions and intestinal disorders or hernia should also avoid the practice.
- Those suffering from anxiety or panic attacks should avoid it.

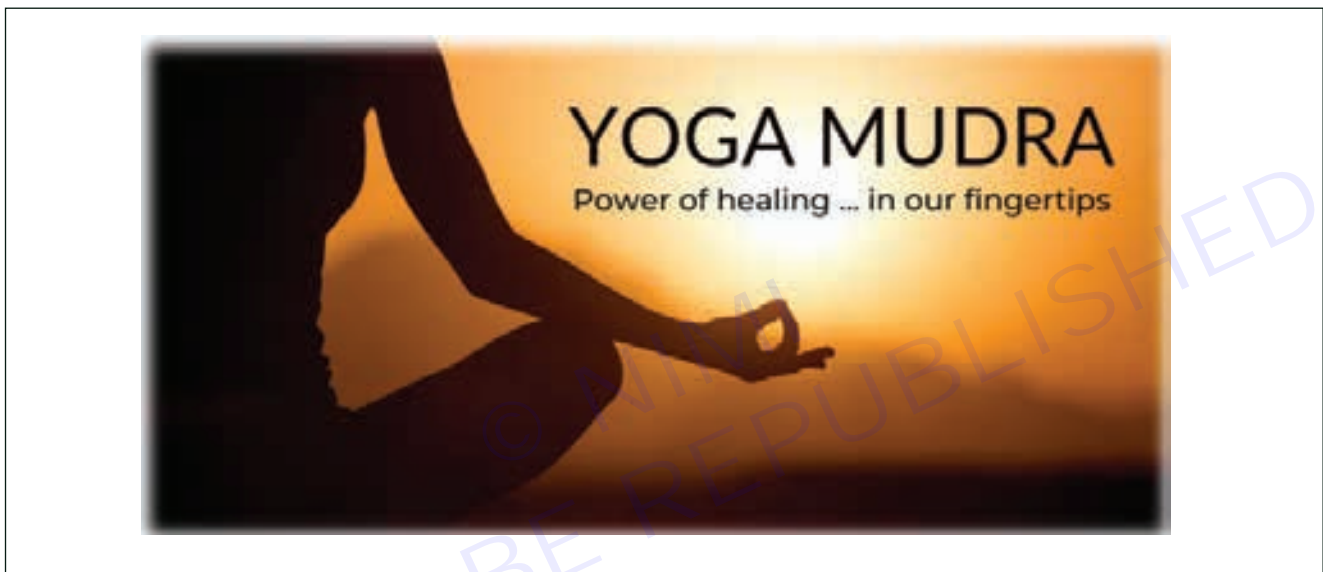
## LESSON 16 : Yoga Mudras

### Objectives

At the end of this lesson you shall be able to

- define Meaning of Mudras
- explain Types of Mudras
- describe Benefits of Mudras
- explain Contra - indications.

### Yoga Mudras



#### Define Meaning of Mudras

A mudra (seal mark or gesture) is a symbolic or ritual gesture in Hinduism and Buddhism. While some mudras involve the entire body, most are performed with the hands and fingers.

Mudra is a Sanskrit word, which is translated as 'gesture' or attitude. Mudras can be described as psychic, emotional, devotional and aesthetic gesture or altitudes. Mudras were characterised by ancient yogis as energy-flowing postures meant to connect individual pranic force with universal or cosmic force.

A mudra may involve the whole body in a combination of Asana, Pranayama, Bandha and Visualization technique or it may be a simple hand position. Mudras are introduced after some proficiency has been attained in Asana, Pranayama and Bandha.

The physical body is made up of 5 elements namely are Air, Water, Fire, Earth and Space. Imbalance of these elements disrupts the immunity system and cause disease. Deficiencies in any of these elements can be made up by connecting one part of the body with another in a particular manner through mudras.

#### Five Fingers for 5 Elements (Fig 1)

1. Thumb finger – Fire (Agni)
2. Index finger – Air (Vayu)
3. Middle finger – Space (Akash)
4. Ring finger – Earth (Prithvi)
5. Little finger – Water (Jal)

**Explain Types of Mudras**

**1 Gyan Mudra (Psychic gesture of Knowledge)**

This is one of the most fundamental yoga mudras for increasing concentration and knowledge. index fingertip joins thumb, palm upwards. Rest three fingers extended. Enhances memory, and concentration. Gives a sense of security, and grounded. (Fig 2)



**2 Prithvi Mudra (Earth)**

This mudra helps to increase blood circulation throughout the body. While meditating, it improves patience, tolerance, and concentration. It also aids in the strengthening of weak and lean bones. Surprisingly, it aids in the increase of body weight, as well as the reduction of weakness and mental dullness. Ring finger tip touching thumb. Rest three fingers extended. (Fig 3)

**3 Varun Mudra (Water)**

This mudra is for balancing the water element of your body, as the name implies. This mudra can be used to improve one's appearance. It makes your skin glow by allowing your body's fluids to circulate freely and keeping your skin hydrated. Avoid pressing the tip of the little finger against the nail. Instead of balancing your body's water level, this could create dehydration. Thumb joins little fingertip. Rest three fingers extended. (Fig 4)



**4 Vayu Mudra (Air)**

This is for balancing your body's air element, as the name implies. This mudra aids in the expulsion of excess air from the body, which relieves chest pain caused by trapped gas. This mudra Overcome gastric problems and builds immunity. Press the index finger on the base of thumb and keep the thumb on the index finger. Let the other fingers be straight. (Fig 5)

### 5 Shunya Mudra (Sky)

This mudra is also known as the paradise mudra, and it can help you achieve a state of tranquillity if you practice it regularly. This mudra relieves earaches and aids persons who are losing their hearing due to age or disease. It also aids in the treatment of motion sickness and vertigo. Press the middle finger on the base of the thumb and keep the thumb on middle finger, keep the after 3 fingers straight. Relief in diseases and pains relating to the ear. (Fig 6)

Fig 5



Fig 6



### 6 Surya Mudra (Sun)

This mudra is for balancing the sun aspect of your body, as the name implies. To take use of the sun's vitality, must do it first thing in the morning. This mudra aids in the reduction of bad cholesterol and weight gain. It also helps with anxiety and digestion. Thumb pressing on second phalanx of ring finger and ring fingertip touches the base of thumb. Rest three fingers extended. This mudra helps to Reduces body weight. (Fig 7)

### 7 Prana Mudra (Life)

This mudra is for balancing your body's life element, as the name implies. This yoga gesture strengthens your immune system, enhances your vision, and helps you feel more energized by combating lethargy. This is a crucial mudra because it activates your body's energy. (Fig 8)

Fig 7



Fig 8



Bend your ring and little fingers and place the tips of both of these fingers on the tip of your thumb.

This mudra strengthens your immune system. This increases the power of your eyes and the clarity of your eyesight. It also alleviates fatigue and treats eye disorders.

### 8 Apana Mudra

This mudra Helps in clearing the body by elimination of waste matter from the mouth, eyes, ears, nose etc. Helps when urine is obstructed, reduce constipation. Join the tip of the thumb with the tip of middle and ring finger, keeping the other finger straight. This mudra is helpful in diabetes and constipation. Strengthens leg joints. (Fig 9)

### 9 Linga Mudra Fire

Linga mudra is a hand gesture that increases the temperature in the body by balancing the fire element in the body. It concentrates on generating warmth in the body. Linga mudra is also known as upright or erect mudra. Ling mudra may help in cases of sinusitis, bronchitis, diabetes, cold, cough, fever and asthma. Both hands fingers clasped and left thumb is erect. (Fig 10)

Fig 9



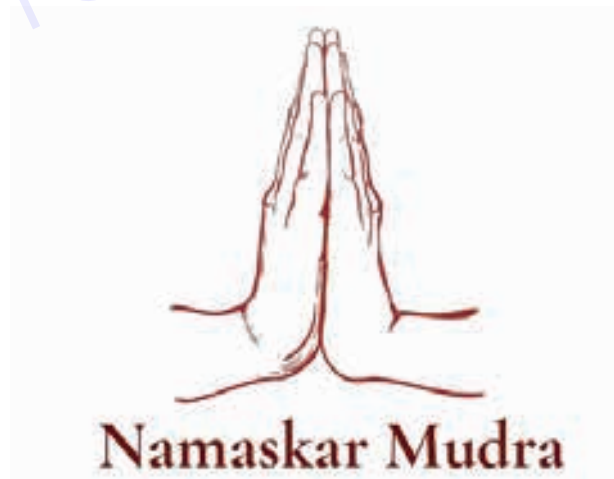
Fig 10



### 10 Namaskar Mudra

Namaskar Mudra is a hand gesture that can be practiced as part of meditation or asana practices. It is a gesture of greetings, devotion and adoration. Spiritual as well as widely benefits are derived. It is also a gesture of prayer. Hands are held close to the chest. The palms and fingers are pressed together and pointed upwards. (Fig 11)

Fig 11



**Describe Benefits of Mudras**

1. The mudras clear the psychic centers and subtle channels in the body. This allows the life force to flow freely to the various parts of the body.
2. Tone up and builds strong abdominal organs and nerves.
3. Reduce excess fat on abdomen and improves health of lower abdomen.
4. Increase in humanity and reduction of ego.
5. Enhancement in the spiritual emotion of surrender and gratitude.
6. Enhances the strength of your immune system.
7. Helps reduce fatigue.
8. Relieves stress and mental tension.
9. Helps prevent sleeplessness.
10. Helps manage high blood pressure.
11. Eases inflammatory disorders, promoting a sense of calm and well-being.

**Explain Contra - indications of Mudras**

- One should not practice mudras in full stomach.
- One should practice mudras in sitting postures, either in meditation pose or sitting on chair keeping the back straight.
- One should discontinue the mudra in case of un-easy or pain in any part of the body.
- It is important to know the benefits and contra indications of the mudra before you adopt it.
- It is very important to press the right point when taking hand in mudra.
- For optimum benefit practice mudra with both hands.
- Be regular and consistent in practicing to have permanent results.
- Do not continue practicing the same mudra after achieving result.
- One should practice spiritual and healing mudras for 45 minutes to have victory over the mudras or one may practice in many times a day for 4-5 minutes also at one time.
- Consult doctor if you have any type of disorder before practicing yoga mudras as certain conditions like diabetes can worsen with the practice of yoga mudras.



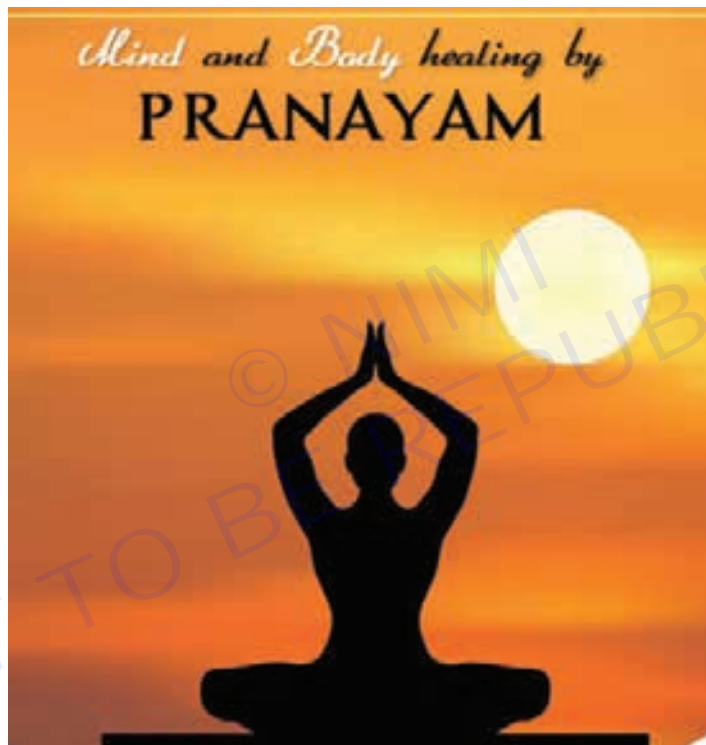
## LESSON 17: Pranayama

### Objectives

At the end of this lesson you shall be able to

- define Meaning of Pranayama
- explain Types of Pranayama
- describe Benefits of Pranayama
- explain Contra - indications.

### Yoga Pranayama



#### Define Meaning of Pranayama

Pranayama is an ancient breath technique that originates from yogic practices in India. It involves controlling your breath in different styles and lengths. Pranayama is a Sanskrit word comes from two separate words: prana and Ayama. Prana translates to breath, while Ayama has many different meanings including expansion, length, and rising.

Most of us are unaware of the fact that the loss of energy or Prana, we often feel in our body is mostly due to incorrect breathing. The purpose of yoga breathing exercise is to supply the body with oxygen and clean it toxins.

#### A pranayama cycle has three phases

1. Inhalation which is called "Puraka", filled the lungs with air, stimulates the whole body.
2. Retention is called "Kumbhaka", during retention the body's temperature raised and oxygen is absorbed.
3. Exhalation is called "Rechaka", the diaphragm is returned to original portion and toxic air is released into the atmosphere.

### Explain Types of Pranayama

Pranayama practices have both slow and fast variations. While there are many different types of pranayama practices, some popular ones are:

- 1 Bhastrika (Bellows breath)
- 2 Sitkari (Hissing breath)
- 3 Bhramari (Humming bee breath)
- 4 Ujjayi (Victorious breath)
- 5 Plavini (Floating breath)
- 6 Suryabhedhi

#### 1 Bhastrika (Bellows breath)

Bhastrika Pranayama is the process of rapid inhalation and exhalation which gives a boost to the body and hence is aptly called the “yogic breath of fire”. Bhastrika refers to bellow, an instrument used by the blacksmiths. Bhastrika pranayama is a type of pranayama, where inhalation and exhalation are equal, therefore, there are equal lung movements. (Fig 1)

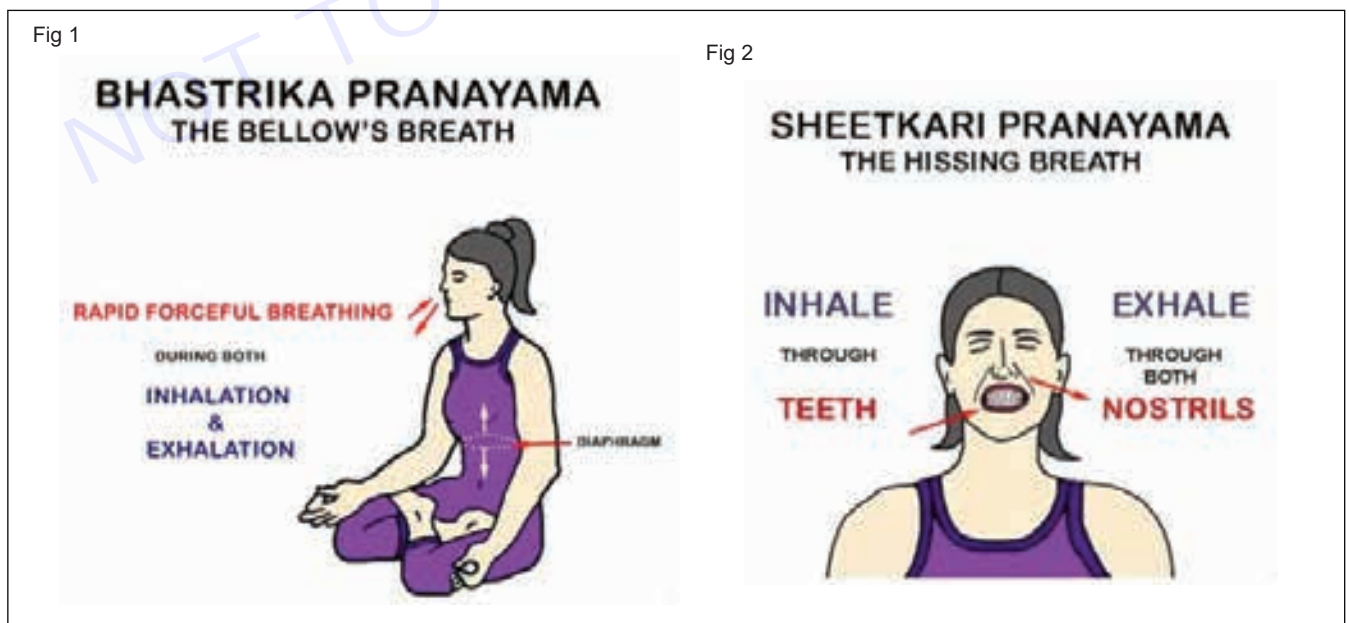
#### Benefits of Bhastrika pranayama

- Bhastrika Pranayama can improve lung function and increase vital capacity.
- Regular practice of Bhastrika Pranayama can help reduce stress and anxiety levels.
- Bhastrika Pranayama can help improve digestion and alleviate digestive disorders.

**Contra Indications** – Bhastrika should not be practiced by people with high blood pressure, heart diseases, hernia, gastric ulcer, stroke, epilepsy, retinal problems.

#### 2 Sitkari Pranayama

Sitkari pranayama is a yoga breathing technique to cool down the body, calm the mind, and reduce hot manifestations of Pitta dosha or the fire element in the body. It involves inhaling through the mouth, retaining the breath (optional), and exhaling through the nostrils. Inhalation can be done with the tongue flat and slightly protruding or through the upper and lower teeth touching each other gently. (Fig 2)



### Benefits of Sitkari Pranayama

- Sitkari Pranayama cools the blood throughout body.
- It helps to overcome the respiratory disorders.
- It improves the digestive system.
- It improves the memory power.
- It Calms the mind and reduces anxiety.

**Contra Indications** – Practitioners with sensitive teeth, missing teeth or dentures should not practice this pranayama.

### 3 Bhramari (Humming bee breath)

Bhramari Pranayama, also known as Humming Bee Breath, is a calming breathing practice that soothes the nervous system and helps to connect us with our truest inner nature. Bhramari is the Sanskrit word for “bee,” and this pranayama is so named because of the humming sound produced at the back of the throat during the practice—like the gentle humming of a bee. (Fig 3)

#### Benefits of Bhramari Pranayama

- It gives cooling effect to mind.
- It gives mental calmness and happiness.
- It improves concentration.
- It improves the digestion power.
- It improves the functioning of lungs.

**Contra Indications** – Bhramari should not be performed while lying down. People suffering from severe ear infections should not practice this pranayama.

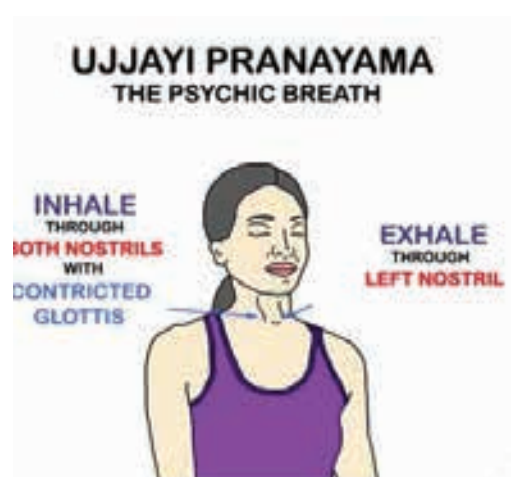
### 4 Ujjayi Pranayama (Victorious breath)

A yogic breathing practice also known as breath of victory, which consists of inhaling and exhaling through a slight constriction at the back of the throat so that the breath becomes mildly audible, this practice is slightly heating, deeply tranquilizing, pacifying to all three doshas, and is generally appropriate for anyone, and commonly encouraged throughout the practice of yoga asana. Ujjayi Pranayama has therapy applications especially useful in insomnia, tensions and heart diseases. (Fig 4)

Fig 3



Fig 4



**Benefits of Ujjayi Pranayama**

- Slows the pace of the breath, which is said to improve longevity
- Promotes mental clarity and focus
- Enhances memory
- Improves skin color and complexion
- Soothes and rejuvenates the nervous system
- Promotes sound sleep
- Fosters a profound sense of calm and relaxation in the mind and body

**Contra Indications**

Do not practice this pranayama if you are constantly feeling tired, anxious and panicking because exertion can be harmful for the lungs and the heart.

**5 Plavini Pranayama**

Plavini pranayama is a breathing technique practiced in yoga that involves swallowing air into the stomach to create a feeling of buoyancy. It is also known as “swallowing air” or “floating breath” pranayama. Fig-5

The philosophy of plavini pranayama is deeply rooted in the ancient teachings of yoga, which emphasize the interconnections of the body, mind, and breath. According to yoga philosophy, the breath is the bridge that connects the physical body with the mind and the spirit.

**Benefits of Plavini Pranayama**

- Plavini pranayama can help stimulate the digestive system and improve the function of the digestive organs.
- Plavini pranayama can help reduce stress and anxiety and promote a sense of calm and relaxation.
- Plavini pranayama can promote overall well-being and a sense of inner connection.

**Contra Indications**

If you have any digestive problems, such as acid reflux, stomach ulcers, or irritable bowel syndrome, it’s best to avoid this practice. Swallowing air can aggravate these conditions.

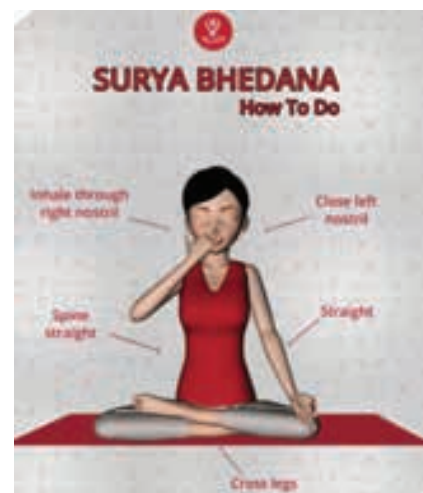
**6 Suryabhedhi Pranayama**

Surya Bhedana is a warming pranayama, or breath-work, focused on one nostril: the right. Surya, or sun, refers to the right nostril of the nose, which is connected to the Pingala nadi of the body. Bhedana means to pierce or pass through. By closing one nostril and forcing prana to pass through just one side, a warming affect is achieved on the body – appropriate for correcting an imbalanced coolness, which is more common during the cooler Vata and Kapha seasons. (Fig 6)

Fig 5



Fig 6



**Benefits of Suryabhedhi Pranayama**

- Surya Bheda Pranayama activates the body and the bodily functions.
- It increases the digestive fire.
- It destroys all diseases that are caused by insufficiency of oxygen in the blood.

**Contra Indications** – With some health problems like acidity, stomach and mouth ulcers need to avoid this practice due to the heat created by it. Also, with high blood pressure, migraine, vertigo and epilepsy need to avoid this practice.

**Describe Benefits of Pranayama**

- Pranayama control ageing.
- Pranayama helps in lung expansion there by improves its efficiency and makes it healthy.
- It also helps in contending blood pressure and heart diseases, makes digestion smooth.
- Make your gums and teeth healthy.
- Pranayama brings stillness and calmness to the mind, increase concentration and stability of mind.
- Pranayama is good for physical, mental and spiritual happiness.
- It makes you free from constipation and indigestion problems.
- It Improves sleep quality.
- It Reduces cigarette cravings.

**Explain Contra - indications**

- Brahmari pranayam should be avoided by those with low blood pressure or those who are shy as in introverts the mind.
- Bhramina should not be performed while lying down.
- People suffering from severe ear infections should not practice Bhramari Pranayama.
- Bhastrika should not be practiced by people with high blood pressure, heart disease, hernia, gastric ulcer, stroke, epilepsy, retinal problem etc.
- People suffering from low blood pressure or in cool climate sitkari Pranayama should not be practiced.
- People with sensitive teeth, missing teeth or dentures should not practiced Sitkari Pranayama.
- Pranayama should be practiced at a place which is free from dust, pollutants, smoke and filthy things.
- The sitting ground should be flat and smooth.
- The suitable time for performing pranayama is early in the morning in empty stomach.
- Pranayama practice needs a relaxed state of mind. It is not to be done in hurry.

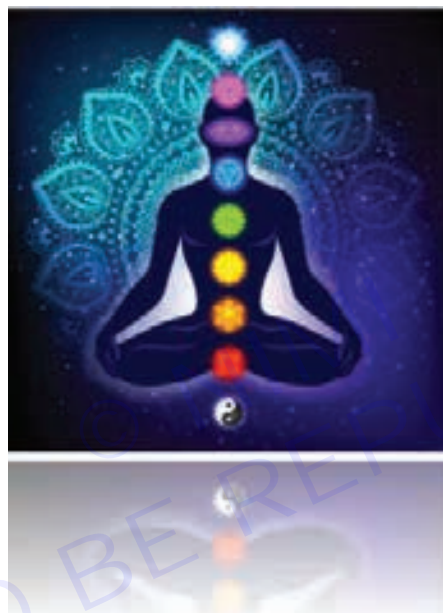
## LESSON 18 : Chakras

### Objectives

At the end of this lesson you shall be able to

- define meaning of Chakras
- explain types of Chakras
- describe benefits of Chakras
- explain contra - indications.

### Yoga Chakras



#### Define meaning of Chakras

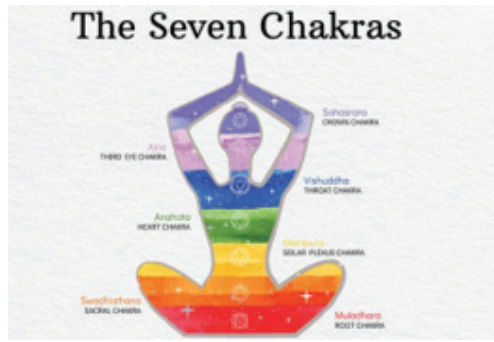
The word chakra literally means “wheel” in Sanskrit and symbolizes the flow of energy in our body. The 7 chakras present in your body are actually energy centers and are known to regulate emotions. In Hinduism and Buddhism, chakras are focal points of energy, or prana, in the body. Chakra therapies are popular complementary treatments.

According to the meditation practices, if the chakras ever become out of sync, they can negatively impact your physical, mental and spiritual health. Each of the chakras is associated with a particular body part and its proper functioning.

#### Explain types of Chakras

It is important to become aware of the 7 chakras present in your body as it will help in detecting any deeply rooted issues in the body before they come to the surface. Locating and analyzing the chakras can help in healing emotional and physical wounds. There are seven main chakras situated along the spine, from the base of your spine to the crown of your head. (Fig 1)

Fig 1



### 1 Root Chakra (Muladhara)

The Muladhara, or root chakra, represents our foundation. On the human body, it sits at the base of the spine and gives us the feeling of being grounded.

When the root chakra is open, we feel confident in our ability to withstand challenges and stand on our own two feet.

When it's blocked, we feel threatened, as if we're standing on unstable ground.

It's role is to give us the basics we need to survive, so when it's balanced we feel secure in all aspects of life including financial and emotional situations. Spending time in nature is a really great way to balance your root chakra. (Fig 2)

**Location of root Chakra (Muladhara):** Base of spine, in tailbone area.

**Color:** Red

**Element:** Earth

Fig 2



### 2 The sacral Chakra (Swadhisthana)

The Swadhisthana, or sacral chakra, helps inform how we relate to our emotions and the emotions of others. It also governs creativity and sexual energy. Those with a blocked sacral chakra could feel a lack of control in their lives.

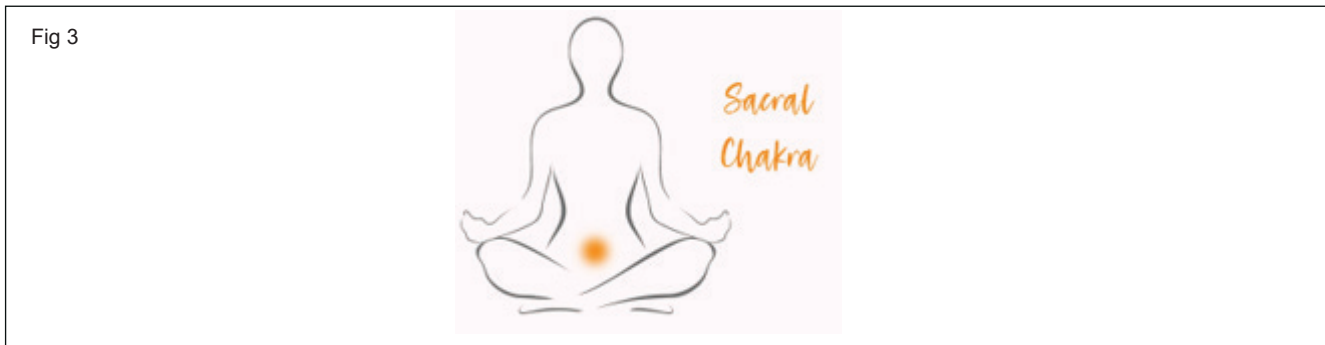
The sacral chakra is our home of pleasurable activities, the creative life force that allows us to enjoy being. (Fig 3)

It's a common mistake to assume that the sacral chakra just relates to sex and relationships and although it does, that's not all it's about.

**Location** - Just below the belly button

**Colour** - Orange

**Element:** Water



### 3 The solarplexus Chakra(Manipura)

The third chakra, the solar plexus chakra, speaks to your ability to be confident and in control of your life. Think back to the last time you had butterflies or felt a pit in the stomach: That's the Manipura chakra at work.

If your solar plexus chakra is blocked, you might feel overwhelming amounts of shame and self-doubt. Those with open sacral chakras are free to express their true selves.

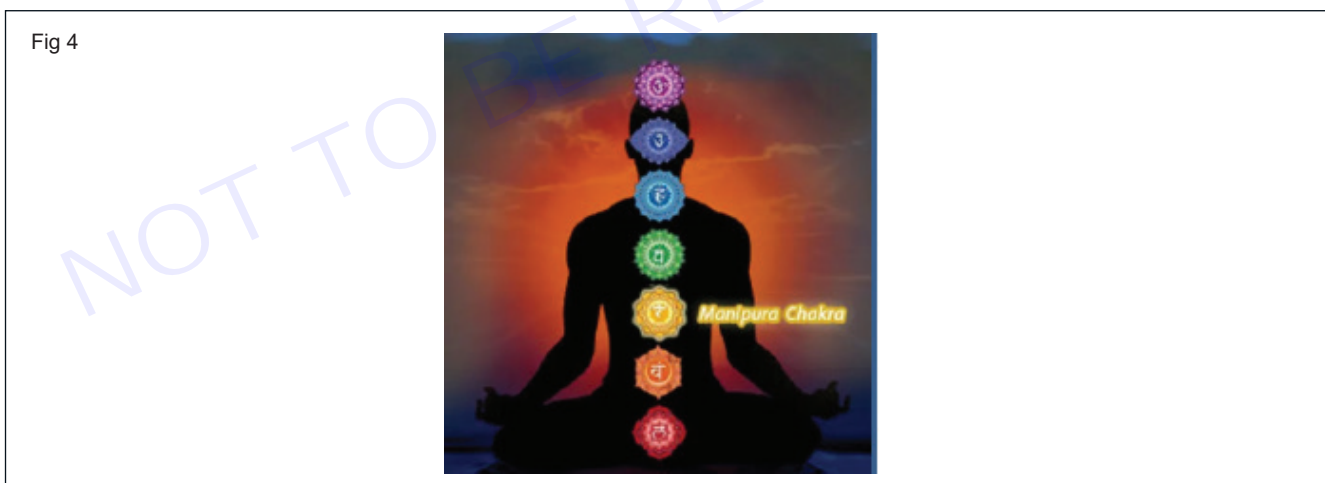
This is where we create our self-confidence, authenticity and identity.

When we are balanced in this chakra, we are connected to our own wisdom and personal truth. Some even call it the warrior chakra, as it makes us feel powerful. (Fig 4)

**Location** - Upper abdomen in the stomach area.

**Colour** - Yellow

**Element:** Fire



### 4 Heart Chakra (Anahata)

The Anahata, or heart chakra, is the bridge between the lower chakras (associated with materiality) and the upper chakras (associated with spirituality). As the name suggests, this chakra can influence our ability to give and receive love—from others and ourselves.

Someone with a blocked heart chakra will have difficulty fully opening up to the people in their life. If someone's heart is open, they can experience deep compassion and empathy. (Fig 5)

**Location** - Center of chest, just above the heart

**Colour** - Green

**Element:** Air



Fig 5



**5 Throat Chakra (Vishuddha)**

The Vishuddha, or throat chakra, gives voice to the heart chakra and controls our ability to communicate our personal power. When it’s functioning at full capacity, it allows us to express ourselves truly and clearly. Someone with a blocked throat chakra will feel like they have trouble finding the words to say how they truly feel. (Fig 6)

**Location:** Throat

**Color:** Light Blue/Turquoise

**Element:** Sound/Music

Fig 6



**6 Third-Eye Chakra (Ajna)**

As we move up the body, we’re getting closer to communion with the divine. The Anja, or third-eye chakra, controls our ability to see the big picture and connect to intuition. Think of it as the eye of the soul: It registers information beyond the surface level. (Fig 7)

Visions and intuitive hits are not uncommon for someone with an open third-eye chakra.

**Location:** Forehead between the eyes (also called the Brow Chakra)

**Color:** Dark Blue/Purple

**Element:** light

Fig 7



## 7 Crown Chakra (Sahasrara)

The Sahasrara, or crown chakra, the highest chakra, sits at the crown of the head and represents our ability to be fully connected spiritually. When you fully open your crown chakra—something very few people ever do!—you're able to access a higher consciousness. To energize the crown chakra, you need to work through the lower six chakras first and once they are aligned, you'll be able to open up to this connection. (Fig 8)

**Location:** The very top of the head

**Color:** Violet/White

**Element:** Divine Consciousness

Fig 8



### Describe benefits of Chakras

- Improved overall health and well being.
- Greater and faster ability to heal your mental, physical, spiritual and emotional issues.
- Increased openness, memory, concentration and awareness.
- Improved and deeper sleep, better control over your emotions and improved patience.
- Increase manifesting ability to create what you want in life.
- Access financial wisdom.
- Enjoy healthy and loving relationships.
- Greater pleasure and enjoyment in life.
- Improve Self confident to accept and express yourself.
- increased openness, memory, concentration and awareness.

### Explain Contra - indications

- When chakra meditation is done gradually with proper guidance it is considered to be safe. However, anyone who has the following conditions should avoid this type of meditation.
  - 1 Mental or emotional conditions
  - 2 Heart disease and other serious illness
  - 3 Conditions requiring medication
- To open up chakras do exercise under trained teacher.
- To open the chakras can has to ensure proper place, suitable time, and proper light
- The place should be well ventilation from external disturbances.
- The practice should be done regularly for limited time duration.

## ✦ Module 11 : Body Massage ✦

### LESSON 19 : Body Massage

#### Objectives

At the end of this lesson you shall be able to

- define anatomy & physiology.
- explain consultation.
- describe history of massage.
- explain different type of massage.
- define swedish & classical massage movement.
- describe body spa benefits, contra-indication and safety precautions.

#### Body Massage



#### Define Anatomy & physiology

Body Massage therapy has been practiced for centuries and is considered an effective technique for promoting overall well-being and relaxation. However, what many people may not realize is that there is actually a scientific basis behind the benefits of massage.

Massage primarily targets the muscular system, but it also has an impact on the skeletal and nervous systems. Massage therapy is a holistic approach to healing that involves the manipulation of soft tissues in the body.

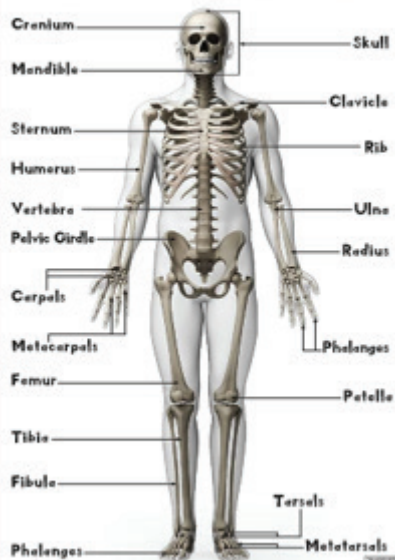
**Muscular system:** The muscular system is composed of muscles, and connective tissues that enable movement and provide support to the body. When muscles become tense or injured, they can cause pain and discomfort. Massage therapy aims to alleviate muscle tension, improve flexibility, and relieve pain. Through various massage techniques, such as kneading, friction, and compression, a massage therapist can manipulate the muscles, promoting relaxation and reducing muscle tightness. This helps to increase blood flow to the area, which can facilitate the removal of waste products and promote healing.

**The skeletal system:** While the muscular system is the primary focus of massage therapy, the skeletal system plays a crucial role in supporting and protecting the muscles. The bones provide a framework for the muscles to attach to, allowing for movement and stability. (Fig 1)

During a massage, the manipulation of muscles also indirectly affects the skeletal system. As muscle tension is alleviated, any stress or strain on the bones is reduced, promoting proper alignment and joint mobility. This can be particularly beneficial for individuals with conditions such as arthritis or joint disorders, as massage therapy can help to improve their overall mobility and reduce pain.

Fig 1

### SKELETAL SYSTEM

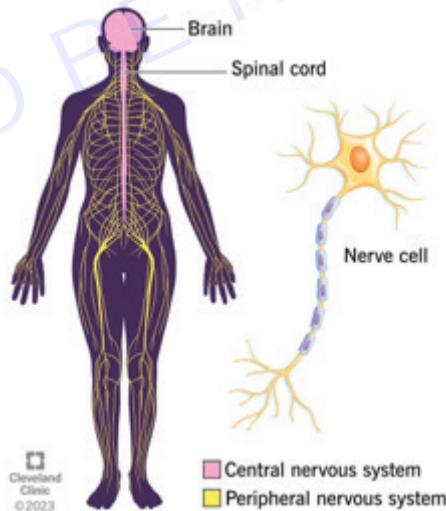


**The nervous system:** The nervous system is responsible for coordinating and controlling the body's functions and responses. Massage has a direct impact on the nervous system, particularly the autonomic nervous system, which regulates involuntary bodily functions. This helps to reduce stress and promote relaxation. Massage can stimulate the release of endorphins, the body's natural painkillers, which can provide relief from chronic pain. (Fig 2)

Through the application of gentle and soothing touch, massage therapy can help to calm the nervous system, reducing anxiety and promoting a sense of well-being.

Fig 2

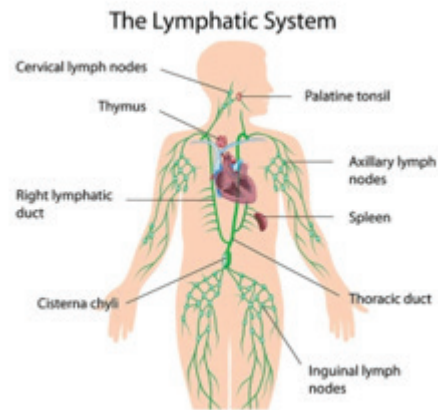
### Nervous system



**The impact of massage on blood circulation:** Massage therapy has been shown to have a positive impact on blood circulation. The application of pressure to the body stimulates the blood vessels, causing them to dilate. This dilation increases blood flow to the area, delivering oxygen and nutrients to the tissues while removing waste products. Improved blood circulation also facilitates the removal of metabolic waste products, such as lactic acid, which can accumulate in muscles during exercise. This can help reduce muscle soreness and promote faster recovery.

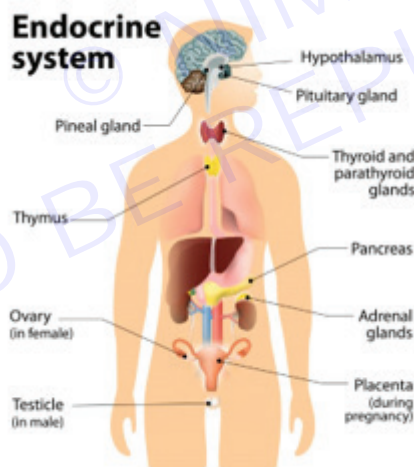
**lymphatic system:** The lymphatic system is responsible for removing waste and toxins from the body and plays a crucial role in immune function. Massage can enhance lymphatic drainage by stimulating the flow of lymph, which carries waste products away from the tissues. By promoting lymphatic flow, massage therapy can support the body's natural detoxification processes and boost immune function. This can result in improved overall health and well-being. (Fig 3)

Fig 3



**The endocrine system:** The endocrine system is responsible for regulating hormone production and maintaining homeostasis within the body. Massage therapy has been shown to have an impact on the endocrine system, triggering the release of various hormones. For example, massage can stimulate the release of oxytocin, Oxytocin promotes feelings of relaxation and bonding and can help reduce stress and anxiety. Massage has also been shown to reduce levels of cortisol, the primary stress hormone. (Fig 4)

Fig 4



**Explain Consultation**

- the consultation should take place the first time that the client meets therapist.
- It is important to make a good impression on the client and to create an air of confidence.
- take the client's medical background, primarily to ascertain if there are any contraindications to massage or considerations for the treatment plan.
- The therapist must use her professionalism and be able to discuss and to advise on what is best for the client.
- You can prepare your client for their massage by getting them to fill out a simple consult form, which not only gives you more insight into them but helps to track their record as well.
- The reasons for giving treatment must always be explained and any questions answered.
- The client should not be offered a treatment that they do not need and they should always know the cost of the treatments offered.
- The therapist should not recommend expensive treatment when a cheaper one would serve.

- At the end of the consultation the clients should feel confident in the therapist and looked forward to that treatment.

### Describe history of massage

The history of massage therapy dates back to 3000 BCE (or earlier) in India, where it was considered a sacred system of natural healing. Used by Hindus in Ayurveda “life health” medicine, massage therapy was a practice passed down through generations to heal injuries, relieve pain, and prevent and cure illnesses. Promoters of Ayurveda believe that illness and disease are caused when people are out of sync with the environment. Massage is believed to restore the body’s natural and physical balance so that it can heal naturally.

As culture and history evolved, the healing methods of massage traveled to China and Southeast Asia about 2700 BCE. Chinese massage methods developed as a combination of skills and practices of traditional Chinese medicine, martial arts and the spiritual yoga training of Buddhists and Taoists.

By 2500 BCE, massage therapy had made its way to Egypt, where it was depicted in tomb paintings. The Egyptians added their own bodywork techniques and are credited with developing reflexology, which involves applying pressure to specific points or zones on the feet and hands to effect healing.

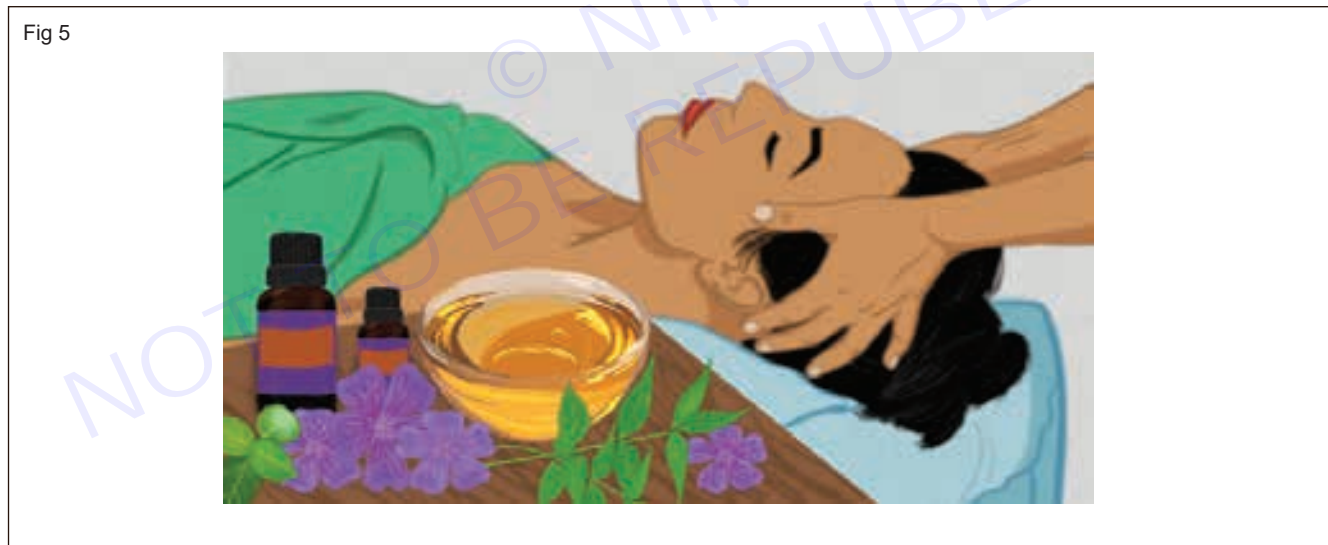
Between 1970 and 2000, massage therapy experienced a transformation, as people chose to live healthier lifestyles and preferred more holistic approaches to health care, pain management and restoring and maintaining healthy bodies.

### Explain different type of massage

There are different types of massage out there, each achieving different results

#### 1 Aromatherapy massage

Aromatherapy massage integrates essential oils into the massage experience. The use of essential oils dates back thousands of years to ancient Egypt, where they often gave scented massages and aromatic baths. (Fig 5)



#### 2 Craniosacral therapy

For those looking for a gentle and non-invasive experience, craniosacral therapy may be the right fit. If you’re shy about taking off your clothes in front of a stranger, all the better. Practitioners of craniosacral therapy will often massage you fully clothed, with light and still movements.

#### 3 Deep tissue massage

Deep tissue massage focuses on relieving severe muscle tension. It’s especially effective if you have musculoskeletal disorders, postural problems, or chronic muscle pain and tension. Massage therapists often use their knuckles, hands, and elbows to really dig in.

#### 4 Hot stone massage

The massage therapist places hot stones on your body and often uses them to give the massage. The effect allows the therapist to go deeper while still using lighter pressure. (Fig 6)

Fig 6



### 5 Pregnancy massage

Getting a massage during your pregnancy has all kinds of benefits including hormone regulation, improvement of nerve pain, reduced swelling, reduced back and joint pain, and even better sleep.

### 6 Reflexology

Reflexology techniques stimulate neural pathways and support optimal functioning of the body. Reflexologists use techniques such as thumb and finger walking to stimulate reflex points on your feet, often corresponding to a related organ. This type of massage could be a good fit for you if you enjoy foot massages. (Fig 7)

Fig 7



### 7 Reiki

Reiki has its origins in 1800s Japan, where Dr. Usui popularized the practice and taught it to his students. Unlike most of the massage types listed here, using reiki does not actually involve working tissue. Instead, practitioners gently place their hands above or on your body to transmit warmth and energy. (Fig 8)

Fig 8



## 8 Shiatsu

Shiatsu is a form of physical therapy that integrates emotional, physiological, and spiritual wellbeing. For centuries, Chinese practitioners paired shiatsu with herbalism and acupuncture to help relieve the pain of their clients. Since then, shiatsu has become more of a practice of its own, with about half a dozen variations.

## 9 Sport Massage

sport massage is given before, during, or after athletic events. This helps relieve performance-related pains, promote flexibility, and even ward off potential injuries. Massage therapists often combine massage techniques, such as deep tissue massage or acupuncture. (Fig 9)



## 10 Swedish Massage

The Swedish massage is actually known as the “traditional” massage.

### Define Swedish & Classical massage movement

The Swedish massage is actually known as the “traditional” or classical massage. In Swedish massage the person to be massaged lies on a massage table and is draped with a towel or sheet. It is a full body massage treatment except in areas that are contraindicated or where the client requests not to be touched. Aromatic or unscented oil or lotion is used to facilitate the massage movement. Usually last 32-60 minutes. Depending on the client's preferences a massage session may involve the use of several or all of the following basic: Effleurage, Petrissage, Friction, Vibration and Tapotement.

**Effleurage-** Effleurage is the most common stroke in Swedish massage. It is a free flowing and gliding movement towards the heart tracing the contours of the body using the palm of one or two hands. Oil is applied with this stroke to begin the first stage of massage. The therapist applies a light or medium constant pressure. This stroke is used to warm up the muscles, relax the body, calm the nerves, improve blood circulation and heart function and improve lymphatic drainage.

**Petrissage-** This technique resembles kneading. It involves lifting, rolling and squeezing the flesh under or between the hands. Petrissage is designed to release muscle tension, improve blood flow and increase lymphatic drainage.

**Tapotement-** Tapotement or tapping and percussion is a quick choppy rhythmic movement that has a stimulating or toning effect. The following are variations of tapotement-cupping and hacking.

**Friction-** The friction technique is a pressure stroke and is the deepest that is used in Swedish massage. By placing the weight of his or her body on the flat of the hand and the pads of the thumbs, knuckles, fingers and the back of the four arms and then reduces the pressure slowly and gently. This movement should be a continuous sliding motion or a group of alternating circular motion.

**Vibration-** To effect vibration the massage therapist shakes or tumbles the flesh with the hand or finger tips then move on to another spot and repeats this stroke. Vibration is designed to release muscle tension in small muscle areas such as those on the face or along the spine.

### Describe body spa benefits, contra-indication and safety precautions

A body spa is a wellness treatment that involves various therapeutic and beauty procedures to relax and rejuvenate the body. It typically includes activities like massages, body wraps, exfoliation, steam baths, and aromatherapy.



**Benefits**

- 1 Spa treatments help in reducing stress levels, promoting relaxation, and improving overall mental well-being.
- 2 Many body spa treatments, such as body wraps and steam baths, aim to detoxify the body by eliminating toxins and excess fluid through sweating.
- 3 Massages and other spa treatments improve blood circulation, which can have a positive impact on metabolism.
- 4 Spa treatments can indirectly support weight loss by helping individuals manage their eating habits and make healthier choices.

**Contra-indication**

- 1 In condition of fever, whether from a cold, the flu or some other infection, you should not get a massage. Massage increases circulation that may in turn help the infection increase the severity of the fever and the infection.
- 2 Not recommended in any contagious disease.
- 3 Unless a therapist has been trained in prenatal massage, pregnant women should not have massage treatment. It's especially risky in the first 3 months of pregnancy.
- 4 Massage can loosen blood clots. This could be dangerous because the clot could migrate to the brain, lungs or heart. If you are aware of any blood clots, consult doctor before massage to make sure that it will not be effected by massage therapy.
- 5 Massage increases blood flow. In condition of high blood pressure that is not under control, the increased blood flow that is a result of massage therapy may cause problems.

**Safety precautions**

- The location of the massage should be clean and calm.
- Those who suffer from any disease, suffer from fever they should not massage.
- Sanitize working area.
- Do not eat a large meal before treatment.
- Stay hydrated during treatment.
- Do not listen to loud music during treatment.
- Check for contraindication before treatment.
- Take a bath after at least half an hour of massage.

## LESSON 20 : Piercing

### Objectives

At the end of this lesson you shall be able to

- explain purpose of Piercing
- describe benefits of Piercing
- define precautions of Piercing
- explain contra - indications and contra actions of Piercing.

### Piercing



#### Explain purpose of Piercing

Piercing, is a form of body modification, that involves the practice of puncturing or cutting a part of the human body, creating an opening in which jewelry may be worn, or where an implant could be inserted. The word piercing can refer to the act or practice of body piercing, or to an opening in the body created by this act or practice. It can also refer to the resulting decoration, or to the decorative jewelry used.

Piercing was defined as any type of adornment (body piercing), jewelry, accessory or decorative piece, inserted in the skin through a probing object (gun, needle, pin, ornament itself, piercing stylus etc.), in different parts of the body other than the earlobes. (Fig 1)

Ear piercing is an ancient Indian practice, which is also known as Karna Vedha. It is one of the 16 sacraments, rituals and sacrifices done to mark the various stages of human life and to signify cultural heritage and upbringing.

Fig 1



### Types of body Piercing

- 1 Ear piercing
- 2 Nose piercing (Fig 2)
- 3 Facial piercing
- 4 Lip piercing
- 5 Tongue piercing / oral piercing
- 6 Belly / navel piercing etc.

Fig 2



### Purpose of Piercing

- Body piercing are done as expressions of Independence for religious or cultural reasons.
- For a cultural or spiritual connection.
- To claim your body as your own.
- For health benefits:- According to Ayurveda, the lobe of the ear has an important point right in the center. This point is one of the most important areas for reproductive health. Moreover, piercing of ear also helps maintain a healthy menstrual cycle in females.
- It gives you a chance to change up your look.

### Describe benefits of Piercing

Ear piercing at an early age in kids is said to ensure proper brain development. Piercing of this point helps activate these parts of the brain. (Fig 3)

- It is said that when people wear earrings, the flow of energy is maintained in their bodies.
- Piercing of ear also helps maintain a healthy menstrual cycle in females.
- Nose piercing : Reduces the pain experienced by women during monthly periods.

- Nose piercing :plays a vital role in easing childbirth.
- Piercing Helps in keeping healthy reproductive organs and immune system. The ear lobe has many pressure points, especially in the middle.
- Helps improve concentration.

Fig 3



#### Define precautions of Piercing

- The body part that was pierced healing time can be a few weeks to several months.
- If you have a mouth piercing use an alcohol free antibacterial mouth was or other recommended oral cleanser.
- Avoid swimming.
- Keep clothing away from the piercing to excessive rubbing or friction can irritate your skin and delay healing.
- To maintain the piercing leave the jewellery in place during this time even at night to keep the hole from cleaning
- If you have bleeding increased pain or any signs of infection, go to your doctor.
- Always wash your hands with soap and water before touching the pierced area or jewelry to keep bacteria from your hands away from the piercing site. Keeping the pierced area clean is the most important way to prevent infection.
- Cleanse the piercing site with appropriate solution as frequently as recommended for that particular site, and for the full length of time recommended for healing. (See third paragraph.)
- Keep pierced area free of chemicals such as perfume, hair spray or hair gel. After showering, rinse the pierced area with clear water to remove soap or shampoo residue.
- Do not hold a public telephone against a newly pierced ear. Clean your telephone frequently with a disinfectant.
- Following ear or facial piercing, be sure your pillowcase is clean and changed frequently.
- Earrings should not be removed or changed for at least a month, and should be worn continually for the first 4 to 6 months. Other piercing sites may require more specific care.

#### Explain contra - indications and contra actions of Piercing

##### Contra action

- Allergic reactions- the jewellery that used during piercing can cause allergic reaction, such as an itchy rash, redness, swelling etc.
- Skin infections- a skin infection is possible after piercing . Infected skin will be red, warm and painful. It may also leak pus and bleeding . (Fig 4)
- Serious infection like toxic shock syndrome blood infection tetanus and hepatitis
- Tongue swelling And jewellery in the mouth could block the airway causing serious breathing problems.

Fig 4

**Contra-indication of piercing**

- 1 In presence of diabetes piercing is not recommended.
- 2 In presence of any Skin disease and disorder piercing is not recommended.
- 3 Piercing is not recommended for Hepatitis B or c and HIV virus patents
- 4 Not recommended for Allergy to metals and their chemical compounds.
- 5 Do not do piercing with Inflammation of the ear,Open wounds cuts or abrasion.
- 6 Hyper sensitivity to any associated materials.
- 7 Dental carries or gum diseases for oral piercing.
- 8 In condition of Eczema and psoriasis piercing is not recommended.

## MODULE 13 : Permanent Body Tattoos

### LESSON 21 : Permanent body Tattoos

#### Objectives

At the end of this lesson you shall be able to

- define science of permanent tattoos
- explain purpose of permanent tattoos
- describe benefits and precautions of permanent tattoos
- explain contra - indications and contra actions.

#### Permanent body Tattoos



#### Define Science of permanent tattoos

A tattoo is a form of body modification where a design is made by inserting ink, dyes and pigments, either indelible or temporary, into the dermis layer of the skin to change the pigment. The art of making tattoo is tattooing.

Mostly tattoos are two types

- Temporary tattoos
- Permanent tattoos

#### Temporary tattoos

A temporary tattoo is a non-permanent image on the skin that resembles a real tattoo. It can be drawn, painted, airbrushed, or simply transferred to the skin from some other object (like stickers). Henna (or mehendi) is also a type of temporary tattoo that has been used in various eastern cultures for generations. A temporary tattoo can stay from 21 hours to 2-3 weeks, depending upon its type, placement and design. (Fig 1)

Fig 1



**Permanent tattoos**

A permanent tattoo is a design or image that is permanently etched into the skin using ink and needles. The process involves injecting ink into the deep layer of the skin, called the dermis, which is more stable than the top layer of the skin. This allows the tattoo to remain visible on the skin for a long time, potentially even for a lifetime. (Fig 2)

Fig 2



**Science of permanent tattoos**

To understand the tattoo process, it's important to understand your skin. We all have three layers of skin:

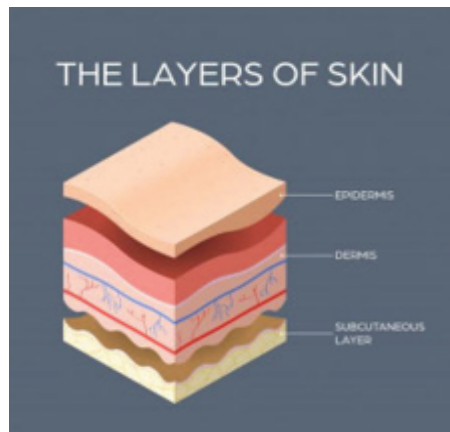
- 1 The epidermis,
- 2 Dermis and
- 3 Subcutaneous tissue

The epidermis is the outermost protective layer. It is this layer which has pigment in it which determines the color of our skin.

Next is the dermis, which is where the hair follicles are located. Glands and connective tissue also make up this layer of our skin.

Finally, the subcutaneous tissue contains fat, as well as more connective tissue. (Fig 3)

Fig 3



Tattoo needles puncture the first two layers of the skin and deposit ink in the dermis. The reason for this is because the epidermis is continually regenerating. This happens naturally over time, and is helped along any time we exfoliate or use a brush on our skin or get a bad sunburn (peeling skin). If the tattoo ink was deposited in the epidermis, it would quickly disappear. In order for body art to be permanent, the ink needs to be deposited into a deeper layer of skin. When we puncture the skin, we are, in essence, wounding the skin. The body's immune system jumps into action right away with the goal of healing the wound. (Fig 4)

The white blood cells start the healing process, along with cells called micro phages, which “eat” foreign material to rid your body of it. In this case, it's trying to rid the body of the ink which has been deposited. These cells end up trapped in what's known as the gel matrix of the dermis, which can be seen through the epidermis. So, while the wound itself heals, the pigment remains in the skin.

Fig 4



**Explain purpose of permanent tattoos**

- Tattoos are done as expressions of independence for religious or cultural reasons, or to adorn one's body.
- Tattoos can be used for identification such as ear tattoos or livestock as a form of branding.
- Tattoos use to change look in fashion world.
- The main reason of making tattoo by people as attention, self expression, artistic freedom, rebellion, a visual display of a personal narrative, reminders of spiritual or cultural traditions, sexual motivation, addiction.

**Describe benefits of permanent tattoos**

- Multiple tattoos improve your immune system.
- A tattoo may have a positive impact on stress levels and the immune system.
- Getting a tattoo leads to a decrease in cortisol (a stress hormone) levels.
- Having tattoos can actually increase the chances of getting hired for certain jobs. These jobs are typically in the beauty industry and are looking for employees who are self-expressive, energetic, and spunky, which can be seen in their tattoos.



- Tattoos provide confidence and self esteem.
- Tattoos feel good.

#### **Safety precautions**

- Wash hands thoroughly with soap and water before starting your tattoo or service.
- Wear single-use disposable gloves while tattooing .
- Wear clean clothing.
- Use disposable ink caps and never put needles into ink bottles.
- To prevent infection and encourage healing: Keep tattooed skin clean. Wash the tattooed area twice a day with soap and water and a gentle touch. While showering, avoid direct streams of water on newly tattooed skin. Keep the tattoo covered. Do not scratch or peel the scales of tattoo.
- Also use mild moisturizer several times a day is suggested.

#### **Explain Contra - indications and Contra actions**

##### **Contra - indications**

- It is not recommended to do the tattoo for women during pregnancy.
- It is not recommended to do the tattoo with intake of alcohol, drugs, certain medicine.
- The presence of allergic and other dermatitis
- The presence of diabetes.
- Infectious lesions of the skin.
- HIV infections or Hepatitis virus.
- Allergy to metals and chemical compound person shouldn't do the tattoo.

##### **Contra actions**

- Allergic reactions- tattoo dyes specially red, green, yellow and blue dyes can cause allergic skin reaction, such as an itchy rash at the tattoo site. This can occur even years after getting the tattoo.
- Skin infections- a skin infection is possible after tattooing. Infected skin will be red, warm and painful. It may also leak pus.
- Other skin problems- tattooing also can lead to keloids raised areas caused by an over growth of scar tissue.
- Blood borne disease- Due to the equipment used to create your tattoo is contained with infected blood, you can contract various blood borne disease including Hepatitis B, Hepatitis C or HIV.
- MRI complications- tattoos or permanent makeup might cause swelling or burning in the affected area during negative magnetic resonance imagine (MRI) exams. In some case tattoo pigments can interfere with the quality of the image