ICSE Syllabus

2024

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Syllabus

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BEAUTY AND WELLNESS: SKIN & BEAUTY (59)

Aims:

1. To develop an understanding of the anatomy of skin and different muscles.
2. To develop skills of preparing and maintaining a work area for providing a service.
3. To create awareness about the importance of personal grooming and professional behaviour in a workplace.
4. To create an awareness regarding health and safety hazards in the workplace and how to prevent them.
5. To enable candidates to perform basic depilation services.
6. To familiarise candidates with the steps involved in a manicure and a pedicure service and to equip them with the necessary skills to perform the same.
7. To familiarise candidates with the basics of *Mehendi* applications.
8. To develop an understanding of basic hair care services and to develop skills in the same.
9. To provide information about various home-made beauty products and to encourage candidates to prepare the same.
10. To familiarise candidates with the steps of a basic facial and to enable them to perform it as per standard procedure.
11. To equip candidates with the necessary knowledge and skills to create simple nail art.
12. To familiarise candidates with the different types of tools and products required for makeup and to develop the ability to perform simple makeup services.
13. To develop skills of handling clients using effective communication techniques.
14. To create awareness regarding the need for adopting sustainable environmental practices

CLASS IX

*There will be **one** written paper of **two** hours duration carrying 100 marks and Internal Assessment of 100 marks.*

The paper will be divided into two sections A and B.

***Section A (Compulsory)** will consist of compulsory short answer questions covering the entire syllabus.*

***Section B** will consist of questions which will require detailed answers. There will be a choice of questions in this section.*

PART I: THEORY-100 Marks

1. Basic Anatomy and Physiology of Skin

Layers, functions and characteristics of the skin; skin types of different ethnic groups. Facial, neck and shoulder muscles.

Layers of the skin: epidermis, dermis and subcutaneous; location and functions of each; names and a brief description of the types of cells present in the epidermis; names of major fibres of the dermis and their function; cells in the dermis: names and functions to be covered briefly.

Functions of the skin: sensation, heat regulation, absorption, protection, excretion, secretion and vitamin D production; characteristics of skin and skin types of different ethnic groups. Knowledge of voluntary and involuntary muscles with examples. Names of major muscles of face, neck and shoulders.

2. Basic Depilation Services

Basic anatomy of hair, types of hair, methods of hair removal; Client preparation; Threading (Upper Lip).

Basic anatomy of hair, types of hair (scalp, eyelashes, body hair, underarm and pubic hair); common methods of hair removal. Preparing the client for the process. Threading – meaning and benefits; Threading of the Upper lip: tools and equipment required; pre and post threading services; threading technique; importance of applying safe, quick and effective threading technique.

3. Manicure & Pedicure

Anatomy of Nails, Hands and Feet; nail growth and structure; tools & products; nail analysis; contraindications; client preparation; Manicure and Pedicure procedures; massage; applying nail polish. Simple Nail Art.

Anatomy of Nails, Hands and Feet; nail growth; nail structure: the root, nail bed, nail plate, eponychium (cuticle), perionychium and hyponychium (names and identification in a diagram).

Tools: Emery boards, orange stick, cuticle knife, cuticle nipper, nail scissors, toe nail clippers, nail buffer, three-way buffer, nail brush, hoof stick, loofah, pumice stone.

Nail analysis: Identifying nail disorders (weak nails, brittle nails, ridged nails, overgrown cuticles).

Identifying contraindications that prevent treatment and contraindications that restrict treatment). Difference between the two.

Preparing the Client for manicure and pedicure.

Manicure: its purpose and various procedures including filing, shaping of the free edge, certain treatments, massage of the hands and application of nail polish, steps to be followed before starting the procedure, step by step procedure of manicure; shapes of nails (name, drawing and identification).

Pedicure: its purpose and various procedures including shaping the nails, cuticle treatment, removal of hard skin, specialised foot treatment, foot and leg massage and nail polish application as required, contraindications (that prevent treatment and contraindications that restrict treatment); difference between the manicure and pedicure, basic products needed for manicure and pedicure.

Process of applying nail polish: base coat, selection of colour, prepping the brush, applying first coat, second coat, ceiling the tips, applying of coat (briefly). Nail Art: purpose and basic materials used.

4. Henna (*Mehendi*) Designing

Material required, preparation of Mehendi, contraindications, different types of Mehendi designs, factors impacting resultant colour.

Material required (cone of henna, printed copy of designs, glass /plastic sheet; tissue paper, pencil); preparing a mehendi cone; points to be kept in mind while applying mehendi; contraindications (preventive and restrictive); factors impacting resultant colour; different kinds of mehendi (Arabic, sparkle, wooden block) and its designs.

5. Basic Hair Care Services

Tools and material required for shampooing, conditioning and basic blow drying; steps involved.

Tools and materials, client preparation, steps of applying shampoo; steps of applying conditioner, post conditioner application service.

Basic blow drying, hair products, techniques (back combing, back brushing.), use of flat brush/ paddle brush; use of thermal/rollers for setting curls.

6. Management of Workplace

Preparation and Maintenance of Work Area; Hazards, Health and Safety at Workplace.

(i) *Preparation and Maintenance of Work Area: maintenance of record cards; essentials of work area; sterilisation and disinfection methods; storage of tools and equipment; compliance of rules and norms at workplace; trolley setting; setting up equipment; safe disposal of waste. Maintaining parlour hygiene.*

(ii) *Hazards and risks at the Workplace:*

Fire Safety: types of fires, types of fire extinguishers (briefly); action to be taken in case of fire; basic first aid measures.

Electrical Safety: common electrical hazards in the workplace, and good practices for prevention. Post incident steps.

Chemical Safety: names of commonly found chemicals in beauty products.

(iii) *Threats and risks associated with postures; importance of correct posture for lifting and carrying.*

7. Personal Grooming and Personal Presentation

Personal appearance; Personal behaviour; Verbal and non-verbal communication; Professional etiquettes.

Importance of personal grooming; Personal hygiene; Personal behaviour; elements: dress code, makeup, hair and nail care, wardrobe.

Verbal and Non-verbal communication; communication skills; professional etiquettes.

PART II

INTERNAL ASSESSMENT-100 Marks

Candidates will be required to complete the practical work listed below. They will also be required to complete ***one*** assignment based on *any* topic from the syllabus.

The Practical Work and the assignment will be assessed internally by the teacher.

List of Practical Work to be done throughout the year:

1. Management of Workplace

(i) Demonstrate the sterilisation and disinfection process correctly.

(ii) Demonstrate the storage of products and equipment as per safety standards.

(iii) Prepare a comprehensive checklist for the cleaning and safety of a salon.

(iv) Fill up client record cards according to organisational policies.

(v) Interpret information on product labels accurately.

(vi) Interpret manufacturer's instructions on equipment accurately.

2. Basic Depilation Services

Demonstrate the process of threading the upper lip.

3. Manicure & Pedicure

(i) Demonstrate the process of performing a manicure.

(ii) Demonstrate the process of performing a pedicure.

4. Simple Nail Art Services

Make nail art using different accessories and paints.

5. *Mehendi* Application

Prepare a *mehendi* cone, mix the ingredients, use oils, draw different *mehendi* designs.

6. Basic Hair Care Services

Prepare the client for shampooing. Demonstrate the shampooing, conditioning and blow drying.

Assigments on a topic from the syllabus:

Candidates are to creatively execute **ONE** project/assignment on any aspect covered in the syllabus. Teachers may assign or candidates may select a topic of their choice.

Suggested List of Assignments:

1. Write a newspaper article on the growth of the Beauty & Wellness industry globally.
2. Make a flowchart of a manicure or a pedicure service.
3. Write an essay on the art of *mehendi* application briefly describing its origin, history, and explaining the process of *mehendi* application.
4. Create a Style Magazine for a salon, featuring different hair styles.

CLASS X

*There will be one written paper of **two** hours duration carrying 100 marks and Internal Assessment of 100 marks.*

The paper will be divided into two sections A and B.

***Section A (Compulsory)** will consist of compulsory short answer questions covering the entire syllabus.*

***Section B** will consist of questions which will require detailed answers. There will be a choice of questions in this section.*

PART I: THEORY- 100 Marks

1. Basic Depilation Services

Threading (Eyebrow); Waxing; Bleaching.

Threading of Eyebrow: shape and proportion of the eyebrows, different shapes of eyebrows according to the shape of face (drawing only); client preparation; threading techniques, importance of safe and effective techniques; pre and post depilation services.

Waxing: benefits and contraindications (preventive and restrictive); tools and products; client preparation, pre-wax products, working temperature for different types of wax, method of application of wax in relation to hair growth; post-service.

Bleaching: advantages and disadvantages of bleaching; conducting a patch test; preparing the bleach cream, application, post-care.

2. Basic Facial

Skin analysis and consultation; facial muscles; steps of a facial; massage techniques.

General types of skin (normal, dry, allergic and sensitive, matured, oily, combination skin); facial muscles (muscles of the eyebrow, nose, mouth, mastication ear, neck): names, location and function only; steps for a facial: client preparation; cleansing, exfoliation, skin warming (steaming), blackhead/ comedone extraction, toning, massage, mask application moisturising (brief description of each); massage techniques - effleurage, petrissage, tapotement, head and shoulder massage.

3. Manicure & Pedicure

Manicure and Pedicure: types, products, benefits and precautions.

Types of manicure and pedicure (Paraffin, French, Aroma, Spa); introduction to products, benefits, client preparation, precautions.

4. Simple Makeup Services

Identification of basic skin types and skin tones; use of makeup removers, cleansers and toners; selection and application of the correct makeup products to enhance facial features; types of makeup brushes; removal of makeup.

Client preparation; application of makeup to basic skin types and skin tones (fair, dark, pink, yellow, pale); use of makeup removers, cleansers and toners according to skin type; selection and application of the correct makeup products (base foundation, powder, mascara, eye shadow, eye liner, eye brow pencil, lipstick/gloss, etc.) to enhance facial features.

Types of makeup brushes and their use (face powder brush, blusher, contour brush, eyebrow brush, eye liner brush, eye shadow brush, angled eye shadow brush, fluff brush, sponge applicator, lip filler brush); removal of makeup.

5. Application of *Mehndi* on Hair

Procedure for *Mehendi* application.

Preparation of client; tools and materials required; steps and methods of application of mehendi; rinsing of hair.

6. Client Handling & Communication

Making the client comfortable; communication skills; answering queries; following the code of conduct; working efficiently as a team.

Providing a caring environment to ensure the client's comfort; understanding the client's expectations; communicating with the client and responding to queries; communication skills; communicating effectively.

Communicating by telephone keeping in mind one's voice, words and body language; answering the phone efficiently, responding to the client's need using appropriate questions, taking messages.

Following the code of conduct: conforming to standards of reasonable conduct which reflect professionalism; working efficiently as part of a team.

7. Basic Home-made Preparations

Face packs and scrubs.

Benefits of using face packs and scrubs; preparation of face packs and scrubs according to the skin type (oily, dry, normal, combination).

8. Green Skills

Types of resources-exhaustible, inexhaustible, renewable, non-renewable, Pollutants, Types of pollution, Human activities leading to climate change, Conservation of resources, Reduce-Reuse-Recycle.

Self-explanatory.

PART II

INTERNAL ASSESSMENT- 100 Marks

Candidates will be required to complete the practical work listed below. They will also be required to complete ***one*** assignment based on *any* topic from the syllabus.

List of Practical Work to be done throughout the year:

1. Basic Depilation Services

(i) Demonstrate the procedure of heating wax.

(ii) Carry out the process of waxing as per standard procedure.

(iii) Conduct the patch test for bleaching to analyse skin sensitivity.

(iv) Demonstrate the process of eyebrow threading.

2. Basic Facial

Perform the steps of a basic facial.

3. Simple Makeup Services

(i) Demonstrate the application of foundation, eyeliner, kajal and lipstick.

(ii) Demonstrate the removal of makeup.

4. Application of *Mehndi* on Hair

Demonstrate the process of application of *Mehendi* on hair.

5. Client Handling & Communication

Perform a mock call to show how to handle client's queries and book an appointment.

6. Basic Home-made Preparations

Prepare home-made wax, creams, face packs and scrubs using basic products.

Assignments/ Project Work on a topic from the syllabus

Candidates are to creatively execute **ONE** project/assignment on any aspect covered in the syllabus. Teachers may assign or candidates may select a topic of their choice**.**

Suggested List of Assignments/ Project Work:

1. Write a newspaper column on basic skin care routine from cleansing to aftercare.
2. Make a flowchart to show the process of waxing. Use pictures to elucidate the process.
3. Write a blog on the role of makeup in enhancing facial features.
4. Prepare a checklist for client handling & communication in a salon.

Final Test

In addition to the Practical and Assignment/ Project Work, the candidates will be tested in one or more aspect of practical work by the External Examiner.

EVALUATION

The Practical and Assignment/Project work is to be evaluated by the subject teacher and by an External Examiner. The External Examiner shall be nominated by the Head of the school and may be a teacher from the faculty, **but not teaching the subject in the relevant section/class.**

The Internal Examiner and the External Examiner will assess the candidate's work independently.

Award of Marks		**(100 Marks)**
Subject Teacher (Internal Examiner)	:	50 marks
External Examiner	:	50 marks

The total marks obtained out of 100 are to be sent to the Council by the Head of the School.

The Head of the school will be responsible for the online entry of marks on the Council's CAREERS portal by the due date.