This question paper contains 4 printed pages.

63E

Beauty and Wellness

(English version)

Time : 2 hours] ***[Maximum Marks : 30***

NOTE : (1) Answer **All** the questions.
(2) Draw the diagrams wherever necessary.

SECTION - A

I. Select the correct alternative & rewrite the sentences. **5×1=5**

1. Source of 'vitamin D'.....
(A) Citrus fruits.
(B) Exposure to Sunlight.
(C) Cheese.
(D) Pulses.

2. Which one is not epilatory method of hair removal technique ?
(A) Threading
(B) Waxing
(C) Shaving
(D) Electrolysis

3. ..... is used to clean under nails.
(A) Orange stick
(B) Pumice stone
(C) Foot scraper
(D) Nail filer

4. To speed up the processing time of henna use .....

(A) Hair dryer

(B) Steam

(C) Dye cape

(D) Double Boiler

5. Which is the healthy skin type ?

(A) Combination skin

(B) Oily skin

(C) Normal skin

(D) Dry skin

II. Match the following : **5×1=5**

1.	Hair cutting tool	*(a)*	Strips
2.	Protein bleach	*(b)*	Electric razor
3.	Hot wax	*(c)*	Shears
4.	Shaving	*(d)*	Sectioning hair
5.	Tail comb	*(e)*	Sensitive / oily skin
		(f)	Depilatory cream

III. TRUE or FALSE. **5×1=5**

1. W.H.O. stands for World Heart Organization.

2. The element Earth represents Tongue.

3. Nail filer is used to cut the excess nail.

4. After bleach avoid direct Sunlight for atleast 24 hours.

5. Lip gloss adds shine to lips.

SECTION - B

I. Answer the following questions in one sentence. **5×1=5**

1. What are Roughage (or) Fibre ?
2. What are eight paths of Ashtanga yoga ?
3. Write any five Facial shapes.
4. Write any three Hair cut names.
5. Write any two benefits of doing Pedicure.

II. Answer **ANY TWO** questions. **2×1=2**

1. Write the benefits of Reflexology.
2. Explain the meaning of Panchakarma.
3. What is Mud therapy ?
4. What are the different tools used in nail art ?

III. Answer **ANY TWO** questions. **2×2=4**

1. What are the materials required in Bleaching ?
2. Write any eight basic asanas names.
3. Write any five Manicure types. Define French manicure.
4. What are the cosmetic creams used in Facial ? Explain any three.

IV. Answer **ANY ONE** question. **1×4=4**

1. What are the material used in Facial and explain the procedure of Facial ?

2. What are different types of Vitamins ? Explain function and sources of each vitamin.

3. What is superfluous hair ? What are the two methods used to remove superfluous hair ? Explain procedure of any one of them.
