

**ELECTIVE COURSE III - COSMETOLOGY**

**Unit I Skin Care**

Introduction to skin care. Structure of the skin, basic skin types, Routine skin care, cleansers – Masks, creams, and scrubs. Remedies for greasy skin. Face packs, Moisturizing and nourishing skin. Acne, pimples and blackheads – causes and cares. Healing sunburns and suntan. Capturing youthful looks. Anti-wrinkle cream and lotion.

**Unit II Hair Care**

Typology of hair, Diet, Accessories for hair care, cleaning of Accessories, Hair care programme, scalp massage, oiling and shampoo. Rinses – type. Conditioning Drying, Hair trimming, Hair setting lotions and sprays. Common Hair problems and remedies. Hair and Nutrition.

**Unit III Manicure and Pedicure**

Tone up hands. Nourishing hand treatment. Hand lotion and cream. Stain Removers. Sculptured nails, Diet, Nail tips. Manicure Accessories. Manicure Techniques. Clear base coat polish and its importance, Daily routing for natural beautiful nails. Nail cleansers cuticle and nail creams.

Pedicure – Foot bath. Role of sensible footwear. Foot tips. Pedicure equipment, pedicure procedure, problems of the neglected feet and their remedies.

**Unit IV Alluring Eyes and Sparkling Teeth**

Eyes – Care of eyes, Massages and exercises. Eye glasses and lens. Eye creams and washes. Self care for eye problem. Eye problems and care. Eyebrows – Fashioning and tweezing.

Teeth – The right tools, Dental Hygiene. Foods for teeth. Brush up on dental care. Tooth problems and remedies.

**Unit V Beauty and health**

Gorging. Eating the right foods to health and beauty. Food combinations. Food for thought, fruits and vegetable Beverages for beauty. The discovered vitamins and dietary sources.

Make up Accessories: Foundations, Fundamentals of perfect makeup. Powders Blushers, eye makeup, Eyelash curlers, lipstick and shaping lips.

**Reference:**

1. The complete beauty book by. Arlene Mathew.
2. Health Care.