

Secondary Stage



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NCF 2023

**10**  
CBSE

A Textbook of

# Beauty & Wellness

Skill Education | CODE 407



**FULLMARKS**

**10**  
CBSE

A Textbook of  
**Beauty & Wellness**

Skill Education | CODE 407

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# Preface

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The pursuit of wellness and beauty has become more important than ever in today's fast-paced world, where stress and busy schedules are the norm. This book offers readers insights, methods, and pointers to improve their outward look as well as their inner well-being, acting as a thorough guide to the wide world of beauty and health activities.

Beauty and wellness are about developing a complete approach to happiness and health, not just about surface-level aesthetics. Readers will learn how wellbeing, health, and beauty are intertwined and how each facet contributes to a happy, balanced existence through the pages of this book.

A large number of skill subjects are offered by CBSE to students to enhance their skills and understanding in various areas. Beauty and Wellness provides an insight into the beauty industry - An introduction to the world of Beauty and wellness.

This book is designed for the students to learn about and perform the basics of beauty therapy and maintain hygiene and safety at workplace. The students would gain knowledgeable about various beauty products and will be able to perform basic depilation, manicure, pedicure, basic face care services, simple make-up services and create a positive impression. They will be able to assist Beauty Therapist in providing advanced services. The students will be trained in the correct usage and handling to perform the skin treatments safely.

I've compiled years of knowledge from professionals in a variety of industries, together with my own years of experience, to produce a resource that is both useful and educational. It is my hope that as they set out on their own unique path towards wellness and beauty, readers will find inspiration, direction, and support in these pages.

I invite you to explore the chapters that catch your attention, try out the advice and methods offered, and accept the transformational potential of wellness and beauty in your life. Recall that establishing harmony and balance in your mind, body, and spirit is the foundation of genuine wellness, and that beauty starts the moment you choose to be who you are.

**-Author**

# Syllabus

	UNITS	NO. OF HOURS for Theory and Practical 200		MAX. MARKS for Theory and Practical 100
Part A	<b>Employability Skills</b>			
	Unit 1 : Communication Skills - II	10		2
	Unit 2 : Self-Management Skills - II	10		2
	Unit 3 : ICT Skills - II	10		2
	Unit 4 : Entrepreneurial Skills - II	15		2
	Unit 5 : Green Skills - II	10		2
	<b>Total</b>	<b>50</b>		<b>10</b>
Part B	<b>Subject Specific Skills</b>	<b>Theory (In Hours)</b>	<b>Practical (In Hours)</b>	<b>Marks</b>
	Unit 1 : Basic Skin care Services	13	30	20
	Unit 2 : Basic Depilation Services	12	30	
	Unit 3 : Perform Simple Make Up Services	8	30	20
	Unit 4 : Create a Positive impression	02	10	
	<b>Total</b>	<b>35</b>	<b>100</b>	<b>40</b>
Part C	<b>Practical Work</b>			
	Practical Examination			15
	Written Test			10
	Viva Voce			10
	<b>Total</b>			<b>35</b>
Part D	<b>Project Work/ Field Visit/ Practical File/ Student Portfolio</b>			10
	Viva Voce	15		05
	<b>Total</b>	<b>10</b>		<b>15</b>
	<b>GRAND TOTAL</b>	<b>200</b>		<b>100</b>

## Part-B – Subject Specific Skills

- Unit 1 : Basic Skin Care Services
- Unit 2 : Basic Depilation Services
- Unit 3 : Perform Simple Make Up Services
- Unit 4 : Create A Positive Impression

## Unit 1: Basic Skin Care Services:

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1	<b>Perform basic skin care services</b>	<ol style="list-style-type: none"> <li>Anatomical structure of the skin - The layers of the epidermis: the dermis, the subcutaneous layer; the hair follicle, the hair shaft, the sebaceous gland, arrector pili muscle, sweat gland, and sensory nerve endings</li> <li>Functions of the skin – Sensitivity, heat regulation, absorption, protection, excretion, secretion and vitamin D production</li> <li>Characteristics of the skin and skin types – oily, dry, combination etc.</li> <li>Actions of the facial, neck and shoulder muscles – bones of the head, neck and shoulder girdle, position of the head, face, neck, chest and shoulder.</li> <li>Effect of the natural ageing process on the skin, facial muscles and muscle tone</li> <li>Different types of skin products and methods to apply</li> <li>Importance of cleansing, toning, patch test &amp; bleach.</li> <li>Need for skin warming, different types of skin warming devices and its effect on the skin</li> <li>Black head/ white head extraction</li> <li>Bleach preparation &amp; application</li> <li>Face clean-up</li> <li>Different types of masks and their effects on the skin Masks: Cream, warm oil, clay, peel off, thermal, etc. links between mask application timing and skin condition</li> </ol>	<ol style="list-style-type: none"> <li>Draw &amp; label the structure of skin.</li> <li>Demonstration of various facial strokes, muscles, pressure points &amp; lymphatic drainage</li> <li>Identification of skin type &amp; condition</li> <li>Perform facial strokes on dummies</li> <li>Demonstration of performing cleansing process</li> <li>Analyzing skin sensitivity &amp; conduct patch test</li> <li>Demonstration for bleach preparation &amp; application.</li> <li>Identification of products suitable for skin type</li> <li>Demonstration of the process of extraction using comedon extractor</li> <li>Application of mask</li> <li>Perform toning &amp; moisturizing of skin</li> </ol>

## Unit 2: Basic Depilation Services

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	<b>Basic Depilation Services</b>  <b>Waxing</b>	<ol style="list-style-type: none"> <li>Equipment, materials, products, techniques and treatment planning for waxing</li> <li>Anatomy and physiology of skin that relates to waxing treatment</li> <li>Contra-indications &amp; contra-actions that affect or restrict waxing treatments</li> <li>Understand how to work safely and effectively when providing waxing treatments to the clients</li> <li>Various techniques associated with and working temperatures for the different types of hot wax and warm wax</li> <li>Suitability of specific products based on hair type/ hair growth</li> <li>Method of application and removal of waxing products in relation to the direction of hair growth</li> <li>Advantages, disadvantages and limitations of facial waxing and suitable alternative facial hair removal procedures e.g. sugaring, tweezing, shaving, depilatory creams, electrical depilatory, abrasive mitts, depilation, intensive pulse light, laser</li> </ol>	<ol style="list-style-type: none"> <li>Conduct skin test to check for reaction</li> <li>Assess the hair growth pattern</li> <li>Demonstrate pre- &amp; post preparation of client for waxing</li> <li>Demonstration of the process for warming the wax</li> <li>Perform waxing process as per requirement</li> </ol>

2.	<b>Threading</b>	<ol style="list-style-type: none"> <li>Types of tools and materials used for threading - e.g. scissors, disposable eyebrow brush etc. materials: thread</li> <li>Types of products suitable for pre- and post-threading services</li> <li>Different types of threading techniques</li> <li>Shape and proportion of the eyebrows in relation to facial features and existing eyebrow shape</li> <li>Method to carry out the threading techniques</li> <li>Adapting the threading techniques to suit male client requirements e.g. removing external hair on ears and nose</li> <li>Aftercare procedures and considerations for threading services</li> </ol>	<ol style="list-style-type: none"> <li>Select threading tools, materials and equipment</li> <li>Demonstration of threading process for hair removal</li> <li>Application of pre- &amp; post products during threading.</li> </ol>
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### Unit 3: Simple Make Up Services

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	<b>Perform Simple Make Up Services</b>	<ol style="list-style-type: none"> <li>Basic skin types and skin tones. (Oily, dry, normal and combination; Skin tone: Fair, dark, pink, yellow, pale)</li> <li>Select and apply the correct make-up products to enhance facial features, to suit the client's needs and achieve the desired effect</li> <li>Various Make-up products: Foundation, powder, blusher, mascara, eye shadows, eye liner, eyebrow pencil, lip liner and lip stick/gloss, etc.</li> <li>Basic bindi designs</li> <li>Different draping techniques.</li> <li>Various make-up removal products and procedures</li> </ol>	<ol style="list-style-type: none"> <li>Identify basic skin types and skin tone correctly.</li> <li>Select and apply the correct make-up products to enhance facial features, suit client's needs and achieve the desired effect.</li> <li>Demonstration of different make-ups: Day, Party and Evening make-ups.</li> <li>Application of bindi design</li> <li>Demonstration of draping costumes on customer using correct techniques and without discomfort to the customer</li> <li>Using make-up removers, cleansers and toners to remove make-up</li> </ol>

### Unit 4: Create a Positive Impression at the Workplace

S. No.	LEARNING OUTCOMES	THEORY	PRACTICAL
1.	<b>Create Positive impression at work place (Client care and communication in beauty industry)</b>	<ol style="list-style-type: none"> <li>Effective consultation techniques to identify treatment objectives</li> <li>Effective communication techniques when dealing with clients</li> <li>Professional etiquettes</li> </ol>	<ol style="list-style-type: none"> <li>Role plays to demonstrate right consultation &amp; communication techniques with clients.</li> <li>Demonstrate client handling methods citing situational examples</li> </ol>

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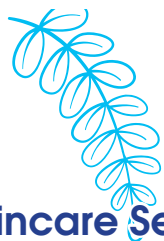
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# Anatomy and Physiology of the Skin



## Learning Outcomes

### 1.1 Introduction

#### 1.1 Introduction

At a compound annual growth rate of 18.6%, the beauty and wellness sector in India is expected to cross the 100,000 crore milestone in the near future. The growing segment of the middle-class and affluent population that now views wellness and beauty as essentials, is driving the industry's growth. The desire to appear young and attractive, together with the growing emphasis on holistic welfare, are further drivers of the beauty and wellness sector.

By the end of 2016, the beauty and wellness industry was predicted to employ 23% of organized workers and 15% of unorganized workers, with a 20% compound annual growth rate. This is due to a scarcity of over 600,000 competent workers. In order to maintain expansion, the business has been striving to hire talented workers as attention has shifted to the quality of services.

The following National Occupational Standards, all of which have been addressed in this Trainee

### 1.2 Anatomy and Physiology of the Skin

Manual, are included in the Qualifications Pack for an Assistant Spa Therapist:

1. Offer basic skin care treatments
2. Provide basic hair removal services
3. Provide basic make-up services
4. Make a good first impression at work

A professionally trained individual with expertise in facial and body aesthetics is known as a **beauty therapist**. A beauty therapist does a variety of tasks, including manicure and pedicure services, make-up application, hair removal, and skin care. The Beauty Therapist needs to be informed on health, safety and hygiene, beauty products, and a range of beauty services.

1. Skin anatomy and physiology
2. Skin care methods, such as cleansing, Using toners and skin fresheners, Applying moisturisers, Determining the kind of skin
3. The result of voluntarily moving the muscles in the face, neck, and shoulders
4. The process of bleaching

In order to deliver quality skin care services, a beauty therapist must be knowledgeable about the fundamental anatomy and physiology of the skin. She/he must also comprehend the consequences of intentionally moving the muscles in his neck, shoulders, and face.

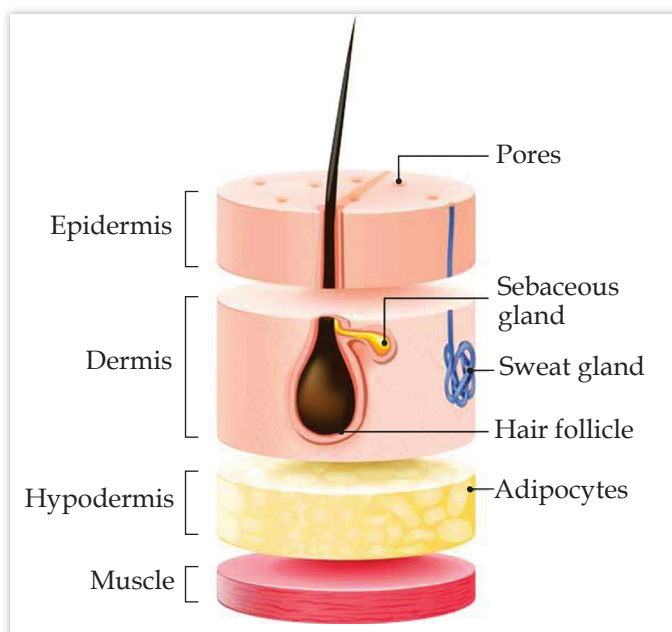
It is best to recommend make-up based on the kind of skin. In order to recommend the right make-up and product line for skin care services, a beauty therapist should be able to accurately determine the type of skin that a client has. This assessment will assist prospective learners in accurately identifying their skin type.

Basic skin care procedures including cleansing, using toners and skin fresheners, and applying moisturisers are also covered in this section.

## 1.2 Anatomy and Physiology of the Skin

**Skin:** In order to deliver good skin care services, a beauty therapist should be knowledgeable about the fundamental anatomy and physiology of the skin. The skin serves as the body's barrier of defence.

**Anatomy:** Anatomy explains the composition of the human body and the connections between its many sections.



Layers of the Skin

**Physiology:** The study of how the body functions both individually and collectively is known as physiology.

## Skin Layers

Three layers make up skin from top to bottom:

1. Epidermis
2. Dermis
3. Subcutis or Hypodermis

### A. Epidermis

The topmost layer of skin, or epithelium, is called the epidermis. It functions as a physical barrier to stop substances and living things from entering the body and from evaporating out of it. The thickness varies based on a certain bodily area.

Squamous epithelium is arranged in layers and makes up the epidermis. It is therefore made up of layers of flattened cells.

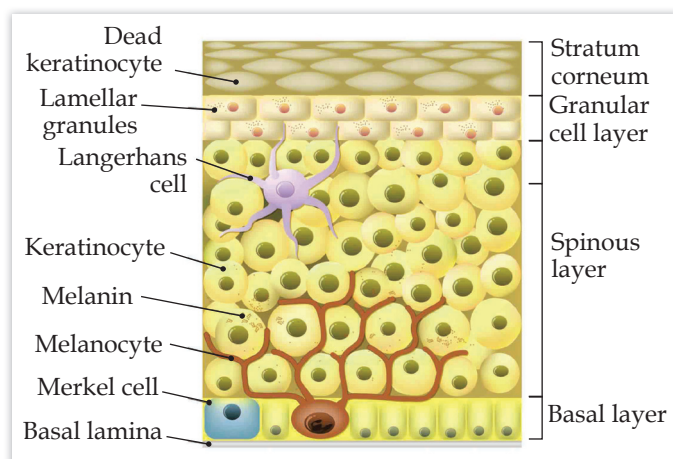
- ♦ The dead and hardened impermeable surface of skin, hair, and nails is termed keratinization, and it is composed of a protein called keratin.
- ♦ Mucous membranes are wet and non-keratinized.

There are three primary cell types in the epidermis:

1. Melanocytes (cells that produce pigment)
2. Keratinocytes (skin cells)
3. Immune cells, or Langerhans cells

It is frequently necessary to use certain stains in order to distinguish between Langerhans cells and Melanocytes.

A fourth, less noticeable type of epidermal cell is called a Merkel Cell.



Epidermis

Layer	Cell type
Stratum corneum (horny layer)	It is Called corneocytes or squamous. Dead, dried-out hard cells without nuclei.
Stratum granulosum (granular layer)	Cells contain basophilic granules. Waxy material is secreted into the intercellular spaces.
Stratum spinulosum (spinous, spiny or prickle cell layer)	Intercellular bridges called desmosomes link the cells together. The cells become increasingly flattened as they move upward.
Stratum basale (basal layer)	Columnar (tall) regenerative cells. As the basal cell divides, a daughter cell migrates upwards to replenish the above.

The epidermis has an undulating appearance due to rete pegs, which are sporadic, regular protrusions of the epidermis layer into the upper layers of the dermis underneath. The rete pegs are less noticeable in some parts of the body, like the palms and soles. The rete ridges are formed by the dermal pillars adjacent to the rete pegs. The supra papillary plate is the little region of epidermis that lies in between rete pegs.

### Keratinocytes

As they spread out, the keratinocytes mature or differentiate and gather keratin. Eventually, they rub off or fall.

The basement membrane, a specialised structure situated between the dermis and epidermis, is located directly beneath the epidermis. It consists of several protein structures called anchoring fibrils that connect the basement membrane to the underlying dermis and the hemidesmosomes that connect the basal layer of keratinocytes to the membrane, ensuring that the epidermis adheres firmly to the underlying dermis is a major function of the basement membrane.

Numerous specialized appendages, also known as **adnexal structures**, are derived from the

epidermis. Examples of specialized structures created by direct extension of the epidermis are hair and nails. The arrector pili smooth muscle and sebaceous (oil) glands are connected to the hair follicles. When it gets chilly, this muscle causes goosebumps to form on the skin.

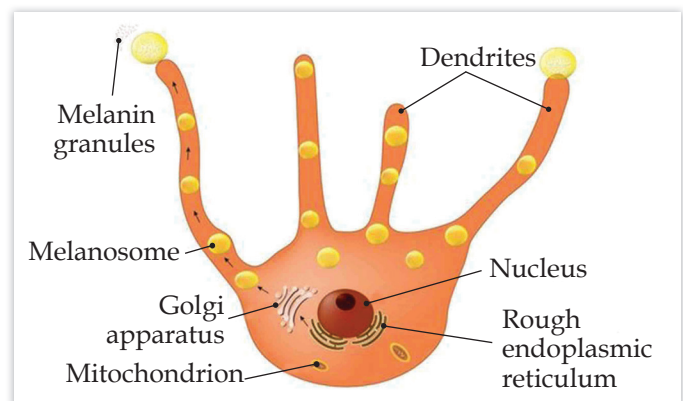
**Eccrine (sweat) glands** originate in the epidermis and are a network of tubules located deep within the dermis. These tubules release a watery salt solution into a duct that finishes on the skin's surface. The groin and underarms contain larger apocrine sweat glands.

The proportions of the adnexal and hair follicle structures vary depending on the body part.

As an illustration:

- ♦ Thick hair on the scalp and sparse hair on the hands.
- ♦ Intense sweating from armpits, palms and soles compared with elsewhere.

### Melanocytes



*Melanocytes*

Melanocytes are present in the basal layer of the epidermis. The pigment known as melanin, which is produced by these cells, gives people their distinct skin tones. Melanin is bundled into melanosomes, which are subsequently delivered to keratinocytes.

### Langerhans cells

Immune cells called Langerhans cells are located in the epidermis and are in charge of assisting the body in identifying and eventually learning to tolerate new “allergens” – material that is foreign to the body.

The allergen is broken down into smaller bits by Langerhans cells, which then move from the epidermis into the dermis. Before arriving in the lymph nodes, they pass through blood arteries and lymphatics. Here, they expose the allergen to lymphocytes, which are immunological cells. Following the allergen's successful "presentation," the lymphocytes start a series of actions that

- (1) trigger an immunological response that will eliminate the material; and
- (2) encourage the growth of additional lymphocytes that will recognize and retain the allergen going forward.

### Merkel cells (Touch Receptors)

The basal layer of the epidermis contains cells known as Merkel cells. It's unclear exactly what part or function they play. To see Merkel cells, certain immunohistochemistry stains are required.

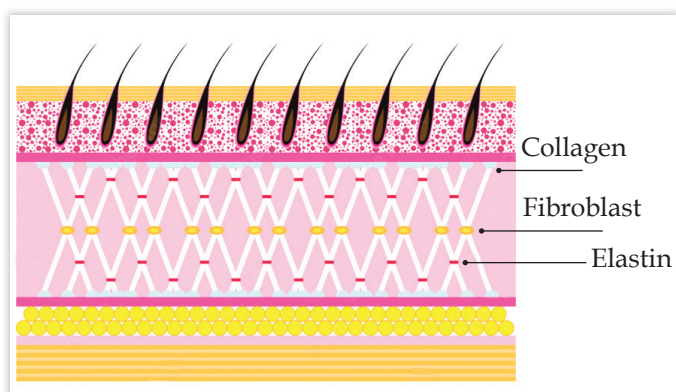
### B. Dermis

The dermis is the fibrous connective tissue or supportive layer of the skin.

The major fibres are:

**Collagen fibers:** The dermis is mostly made up of these fibers. Collagen fibers provide the skin its strength and resilience because of their exceptional tensile strength. In the deeper, reticular dermis, collagen bundles form larger bundles from smaller ones in the upper, papillary dermis.

**Elastin:** The skin's pliability and elasticity are attributes of this kind of fiber.



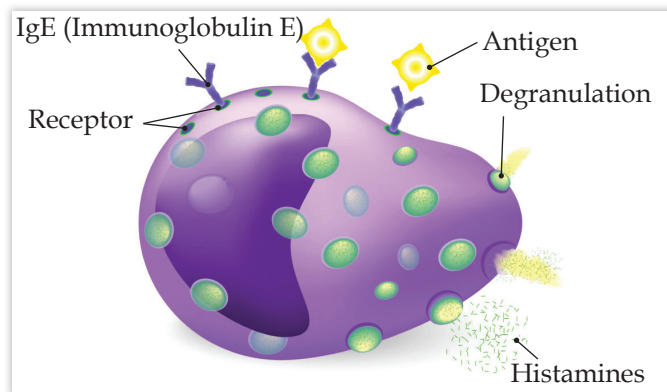
Collagen

Ground material, a mucopolysaccharide gel, holds the collagen and elastin fibers together and

allows nutrients and waste products to pass to and from other tissue components. In addition to cells, nerves, blood arteries, and epidermal adnexal structures (as previously mentioned) are also found in the dermis.

The dermis's typical cells consist of:

**Mast cells:** When the cell is disrupted, histamine and other chemical-filled granules are discharged.

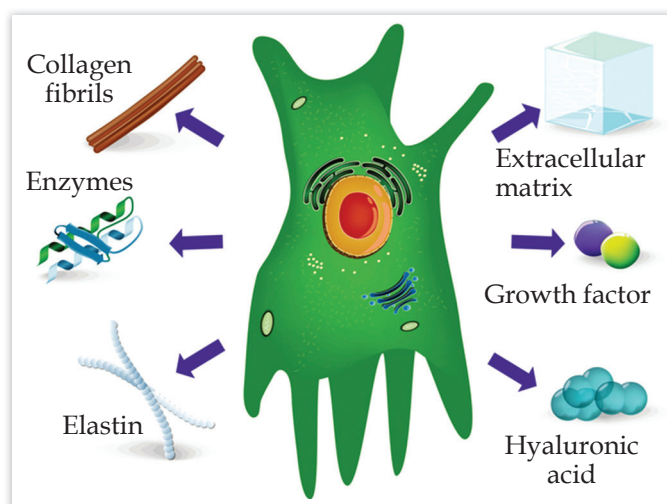


Mast Cells

**Vascular smooth muscle cells:** Blood arteries can dilate and contract thanks to vascular smooth muscle cells, which are necessary for regulating body temperature.

**Specialised muscle cells:** are the cells that are designed for contraction and movement within the body. For example, myoepithelial cells that are present around sweat glands, contract in order to expel sweat.

**Fibroblasts:** are the cells that make and deposit collagen and other dermal components as needed for wound healing or growth.

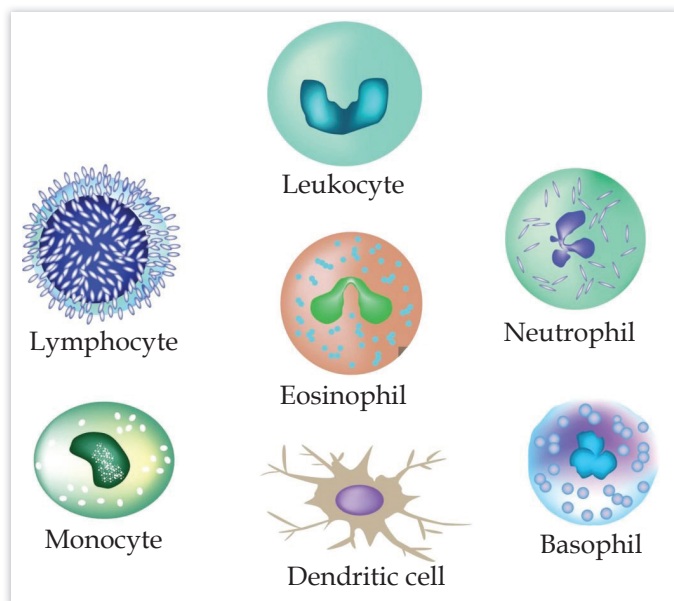


Fibroblasts

When a fibroblast is at rest, its cytoplasm is much less than that of an active cell, and its nucleus appears to be “naked.”

**Immune Cells:** Immune cells come in a variety of forms. Histiocytes, or tissue macrophages, have the function of removing and breaking down foreign or degraded material. This process is called phagocytosis. The normal dermis contains a minor amount of lymphocytes as well.

Leukocytes, also known as transient inflammatory cells, are white blood cells that emerge from blood arteries to treat wounds, eradicate infections, or induce illness.



*Immunity Cells*

**Neutrophils (polymorphs):** The nuclei of neutrophils (polymorphs) are divided. When there is an acute inflammation, they are the first white blood cells to infiltrate the tissue.

**T and B Lymphocytes:** There are numerous subtypes of these tiny inflammatory cells. In inflammatory skin problems, they appear later but stay longer. They have a significant role in immune response control. Plasma cells are specialist lymphocytes that generate antibody.

**Eosinophils:** When stained with H&E (Hematoxylin and Eosin), these cells show pink cytoplasm and bilobed nuclei.

**Monocytes:** Macrophages are formed by monocytes. In order to communicate, the skin cells release a lot of chemotactic factors and physiologically

active cytokines that control their mobility and activity. These are too tiny for optical microscopy to detect.

### C. Subcutis

The subcutis is the fat layer just below the dermis and epidermis. It is also referred to as panniculus, hypodermis, or subcutaneous tissue.

Nerves, blood arteries, and fat cells called adipocytes make up the majority of the subcutis. The lobules that make up fat cells are divided by structures known as septae. Nerves, bigger blood arteries, fibrous tissue, and fibroblasts are all found in the septae. Cellulite, or skin dimples, can be caused by fibrous septae.

### Functions of skin

The largest organ in the body is the skin. Skin carries out a number of essential tasks as a result of numerous chemical and physical processes that occur there.

The skin’s primary purposes are:

- 1. Protection:** The primary purpose of the skin is to shield the body from pathogens, chemicals, heat, radiation, and injuries. The stratum corneum works as a mechanical barrier that prevents pathogens from staying or penetrating the skin because it sheds constantly. The body is protected against ultraviolet light by melanin, which is produced by melanocytes found in the basal layer of the epidermis. Agents that infiltrate the skin are phagocytosed by Langerhans cells found in the epidermis.
- 2. Thermoregulation:** By controlling moisture loss, the skin also serves as a temperature regulator, allowing the body to adjust to varying outside temperatures and meteorological conditions. It is accomplished by regulating the sweat glands’ production and excretion of sweat.
- 3. Hormone Synthesis:** When exposed to sunlight, this skin produces an active form of vitamin D.
- 4. Excretion:** The skin has an excretory function through sweat and sebum secretion,

which helps the body get rid of several toxic compounds that come from the liver and intestines' metabolic processes.

5. **Immunological Role:** The ability of Langerhans cells to extract antigens from the skin and transport them to the lymph nodes is what mostly contributes to the skin's immune function.
6. **Sensory Function:** The skin contains a complex network of specialized nerve

endings in the dermis and surrounding cutaneous appendages, as well as a large number of fine nerve terminals in between epidermal cells. The feelings of touch, pain, temperature, moisture, and itching are all transmitted by these nerve endings.

7. **Appearance:** A person's skin color, suppleness, and thickness determine their overall appearance; skin can be seen as a decorative material for the human body.

## Summary

- The Beauty and Wellness Industry in India is thriving, driven by a growing affluent and middle-class population's increasing perception of beauty and wellness as essential.
- With a projected CAGR of 18.6%, the industry is poised to reach a 100,000 crore mark. This growth is accompanied by a demand for skilled personnel, with employment expected to increase at a CAGR of 20% as per survey 2016.
- The training manual for an Assistant Spa Therapist emphasizes National Occupational Standards, covering services such as basic skin care, depilation, make-up, and creating a positive workplace impression. Beauty therapists, specializing in facial and body treatments, need comprehensive knowledge of health, safety, hygiene, beauty products, and various services.
- Key topics covered in the training include the anatomy and physiology of the skin, skin care techniques, identification of skin types, understanding facial muscle movements, and the bleaching procedure. The skin, acting as a protective shield, consists of three layers: epidermis, dermis, and subcutis.
- The skin's vital functions, including protection, thermoregulation, hormone synthesis, excretion, immunological roles, sensory functions, and its contribution to appearance, result from intricate chemical and physical reactions within the skin. This comprehensive training equips beauty therapists with the necessary skills to cater to the industry's growing demand.

## Glossary

- |  |  |
|--|--|
| 1. <b>CAGR (Compound Annual Growth Rate)</b> | : the annual growth rate applied to an investment over a specified time period, usually expressed as a percentage                            |
| 2. <b>Holistic Well-being</b>                | : a comprehensive approach to health and wellness that considers physical, mental, emotional, and social aspects of an individual's life     |
| 3. <b>CAGR of Employment</b>                 | : Compound Annual Growth Rate of employment, indicating the annual growth rate of employment opportunities in the beauty and wellness sector |
| 4. <b>Organized Segment</b>                  | : refers to businesses or services that are structured, regulated, and operated under established standards and guidelines                   |
| 5. <b>Unorganized Segment</b>                | : refers to businesses or services that lack formal structure, regulation, and may not adhere to specific industry standards                 |
| 6. <b>Qualifications Pack</b>                | : a set of National Occupational Standards specifying the skills, knowledge, and abilities required for a particular job role                |
| 7. <b>National Occupational Standards</b>    | : defined standards outlining the skills and competencies required for specific job roles  |
| 8. <b>Skin Care Techniques</b>               | : practices and procedures related to maintaining the health and appearance of the skin  |

<b>9. Depilation Services</b>	: methods for removing unwanted hair from the body
<b>10. Epithelial Layer</b>	: the outermost layer of the skin, acting as a protective barrier
<b>11. Stratified Squamous Epithelium</b>	: a type of tissue in the epidermis consisting of multiple layers of flattened cells
<b>12. Keratinized</b>	: refers to the process of cells becoming dead and hardened with an impermeable surface made of keratin
<b>13. Mucous Membranes</b>	: moist linings of various body cavities and organs that are non-keratinized
<b>14. Keratinocytes</b>	: cells in the epidermis responsible for producing keratin and forming the outer protective layer
<b>15. Melanocytes</b>	: cells that produce pigments responsible for skin color
<b>16. Langerhans Cells</b>	: immune cells found in the epidermis, playing a role in the skin's immune response

## Exercise

### Additional Questions with Answers

#### I. Multiple Choice Questions

- What is the expected Compound Annual Growth Rate (CAGR) of the Beauty and Wellness Industry in India? (2016)
  - 10%
  - 15%
  - 18.6%
  - 25%
- What motivates the growth of the Beauty and Wellness Industry?
  - Economic recession
  - Decreased emphasis on well-being
  - Desire to look good and young
  - Lack of interest in grooming
- What is the expected growth rate of employment in the Beauty and Wellness sector?
  - 10%
  - 15%
  - 20%
  - 25%
- What does CAGR stand for in the context of the Beauty and Wellness Industry?
  - Centralized Annual Growth Rate
  - Compound Annual Growth Rate
  - Comprehensive Annual Growth Rate
  - Contemporary Annual Growth Rate
- What does the Qualifications Pack for an Assistant Spa Therapist include?
  - Cooking skills
  - National Occupational Standards
  - Sports activities
  - Communication skills
- What does the term "holistic well-being" refer to in the context of the Beauty and Wellness Industry?
  - Focusing only on physical health
  - Considering overall health including physical, mental, emotional, and social aspects
  - Ignoring mental health
  - Prioritizing social health
- Which layer of the skin acts as a physical barrier, preventing the loss of water and entry of substances?
  - Dermis
  - Epidermis
  - Subcutis
  - Melanocytes
- What is the primary pigment produced by melanocytes responsible for different skin colors?
  - Hemoglobin
  - Melanin
  - Keratin
  - Collagen
- Which layer of the skin contains fibrous connective tissue and supportive structures?
  - Epidermis
  - Dermis
  - Subcutis
  - Melanocytes





10. What is the function of the subcutis layer in the skin?
  - (a) Protection
  - (b) Thermoregulation
  - (c) Fat storage and insulation
  - (d) Sensory function
11. Which of the following cells is a fourth, less visible, epidermal cell?
  - (a) Merkel cell
  - (b) Skin cells
  - (c) Immune cells
12. Stratum corneum layer is also known as a .....
  - (a) Horny layer
  - (b) Granular layer
  - (c) Basal layer
13. Healthy skin requires special care to maintain its health, elasticity, vibrancy and \_\_ ?
  - (a) Color
  - (b) Pallor
  - (c) Dryness
14. What part of the skin is often referred to as TRUE SKIN?
  - (a) Dermis
  - (b) Epidermis
  - (c) Stratum corneum
15. These contain granules packed with histamine and other chemicals, released when the cell is disturbed:
  - (a) Fibroblasts
  - (b) Immune cells
  - (c) Mast cells
  - (d) Neutrophils
16. .... are keratinized and moist.
  - (a) Hair
  - (b) Mucous membranes
  - (c) Nail
  - (d) Gland
17. .... describes the structure of a human body and relationship of body parts with one another.
  - (a) Anatomy
  - (b) Physiology
  - (c) Histology
  - (d) Cytology
18. Which cell is present abundantly in the epidermis layer?
  - (a) Keratinocytes
  - (b) Melanocytes
  - (c) Langerhans cells
  - (d) Markel Cell

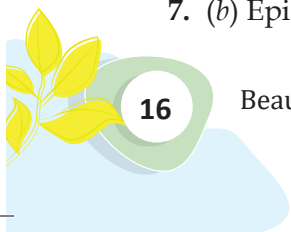
**Answers:**

1. (c) 18.6%
2. (c) Desire to look good and young
3. (c) 20%
4. (b) Compound Annual Growth Rate
5. (b) National Occupational Standards
6. (b) Considering overall health including physical, mental, emotional, and social aspects
7. (b) Epidermis
8. (b) Melanin

9. (b) Dermis
10. (c) Fat storage and insulation
11. (a) Merkel cell
12. (a) Horny layer
13. (a) Color
14. (a) Dermis
15. (c) Mast cells
16. (b) Mucous membranes
17. (a) Anatomy
18. (a) Keratinocytes

**II. Short Answer Type Questions**

1. What is the expected growth rate of the Beauty and Wellness Industry in India? (as per survey 2016)  
**Ans.** The Beauty and Wellness Industry in India is expected to grow at a Compound Annual Growth Rate (CAGR) of 18.6%.
2. What is the main focus shift in the industry regarding the workforce?  
**Ans.** The industry is shifting its focus towards the quality of service, emphasizing the need for a skilled workforce.
3. What is the significance of the “Bleaching Procedure” in beauty therapy?  
**Ans.** The “Bleaching Procedure” is significant for lightening the skin tone or facial hair, reducing dark spots, and providing an even complexion.
4. What are the three layers of the skin?  
**Ans.** The three layers of the skin are the epidermis, dermis, and hypodermis or subcutis.
5. What is the main function of the epidermis?  
**Ans.** The epidermis acts as a physical barrier, preventing the loss of water from the body and the entry of substances and organisms into the body.
6. What is keratinization?  
**Ans.** Keratinization is the process by which cells, such as skin cells, become dead and hardened with an impermeable surface made of a protein called keratin.
7. Name three types of cells found in the epidermis.  
**Ans.** Three types of cells found in the epidermis are:
  - (a) keratinocytes (skin cells)
  - (b) melanocytes (pigment-producing cells) and
  - (c) Langerhans cells (immune cells).



8. What is the role of the epidermis in the skin?  
**Ans.** The epidermis acts as a protective shield for the body.
9. Define keratinocytes.  
**Ans.** Keratinocytes are skin cells that become more mature and accumulate keratin as they move outwards.
10. Define melanocytes.  
**Ans.** Melanocytes are cells in the basal layer of the epidermis responsible for producing melanin, determining skin color.
11. What is the subcutis?  
**Ans.** The subcutis is the fat layer beneath the dermis and epidermis, also known as subcutaneous tissue or hypodermis.
12. What are septae in the subcutis?  
**Ans.** Septae are structures that separate lobules in the subcutis and contain nerves, blood vessels, fibrous tissue, and fibroblasts.
13. Name the primary function of the skin.  
**Ans.** The primary function of the skin is protection, shielding the body from injury, heat, radiation, chemicals, and microorganisms.
14. What sensations does the skin enable?  
**Ans.** The skin enables sensations of touch, pain, temperature, wetness, and itch through an intricate network of nerve terminals.

15. What are the functions of melanocytes found in the basal layer of the epidermis?

**Ans.** These cells produce a pigment called melanin, which is responsible for different skin colours. Melanin is packaged into small parcels (or melanosomes), which are then transferred to keratinocytes

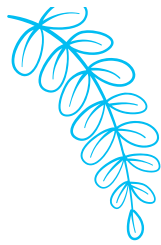
### III. Long Answer Type Questions

1. Discuss the factors contributing to the growth of the Beauty and Wellness Industry in India.
2. Explain the layers of the skin and their functions.
3. Discuss the role of the hypodermis in the skin.
4. Explain the structure of the epidermis and its significance in skin function.
5. Discuss the functions of the skin, emphasizing its role in protection and thermoregulation.
6. Write a short note on Langerhans cells and explain why is anatomy and physiology important in cosmetology?

### Suggested Activity

1. Draw & label the structure of skin.





# 2

## Actions of the Facial, Neck and Shoulder Muscles



### Learning Outcomes

2.1 Introduction

2.3 Various Body Movements' Nomenclature

2.2 Effect of Voluntary Movement of Muscles

### 2.1 Introduction

A thorough understanding of muscles is essential for delivering an effective massage. Knowledge of muscle anatomy and function enables massage therapists to target specific muscle groups accurately, addressing areas of tension and discomfort with precision. This understanding also helps in preventing injuries during the massage and aids in customizing treatments to meet the unique needs of each client.

### 2.2 Effect of Voluntary Movement of Muscles

A cosmetologist or beauty therapist should be knowledgeable about the position and purpose

of the voluntary muscles in the hands, arms, neck, and face.

We will examine a few of the voluntary muscles in the hands, arms, neck, and face in this part. This will support giving a good massage.

The following muscles' voluntary motions will be examined:

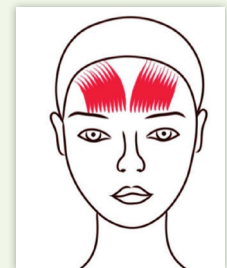
1. Facial muscles
2. Eyebrow muscle
3. Muscles of Nose
4. Muscles of Mouth
5. Muscles of Ear
6. Muscles of Mastication
7. Muscles of Neck


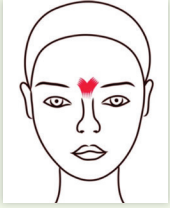

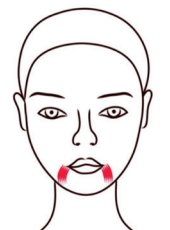
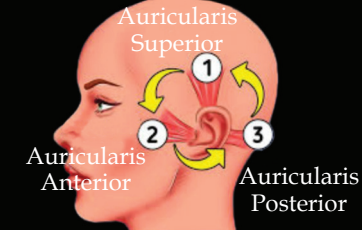

#### 1. Facial muscle

The occipitofrontalis or Epicranius muscles cover the top of the head. There are two sections to this muscle:

- ◆ the frontalis (front part) and
- ◆ the occipitals (back part).

The frontalis muscle's voluntary movement facilitates the movement of the cranium and eyebrows. Occipitals and frontalis are joined by the tendon.



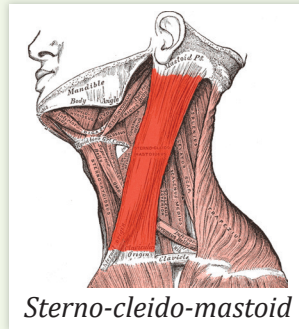
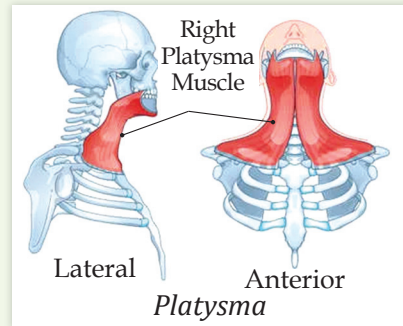
<p>2. Eyebrow muscles</p>	<p><b>Orbicularis Oculi:</b> The orbitalis oculi encircles the edge of the eye socket in its whole. Its muscle facilitates blinking.</p>	
<p>3. Muscles of the nose</p>	<p><b>Procerus:</b> Between the eyebrows, this muscle covers the top and bridge of the nose. By lowering the eyebrows, wrinkles are formed across the nose bridge.</p> <p><b>Nasalis:</b> Wrinkles are caused by the nose's Nasalis muscle compressing the nose.</p>	
<p>4. Muscles of mouth</p>	<ul style="list-style-type: none"> <li>♦ <b>Quadratus Labil Superioris:</b> This muscle, which encircles the upper lip, lifts the upper lip to aid in mouth opening.</li> <li>♦ <b>The Quadratus Labil Inferiors,</b> a muscle encircling the lower lip, is responsible for the sarcastic expression.</li> <li>♦ <b>Buccinator :-</b> Between the upper and lower jaws lies a narrow, flat muscle called the buccinator. It is this muscle that gives the cheek its form. When blowing, it causes cheek puffiness, and when eating, it holds food in the mouth.</li> <li>♦ <b>Caninus:</b> This muscle is beneath the Superioris Quadratus Labil. It increases the corner mouth's angle.</li> <li>♦ <b>Mentalis:-</b> The mentalis muscle is located on the chin's chip. This muscle controls the movement of the lower lips.</li> <li>♦ <b>Orbicularis Oris:</b> The existence of this muscle results in the formation of a flat band surrounding the upper and lower lips.</li> <li>♦ <b>Zygomaticus:</b> This muscle runs from the zygomatic bone to the angle of the mouth through the orbicular oris. It raises the lip while laughing.</li> <li>♦ <b>Triangular:</b> This chin-side muscle stretches outward. This muscle pulls down the corner of the chin.</li> </ul>	 <p style="text-align: center;"><i>Orbicularis Oris Muscles</i></p>  <p style="text-align: center;"><i>Triangular Muscle</i></p>
<p>5. Muscles of the ear</p>	<ul style="list-style-type: none"> <li>♦ <b>Auricularis Superior:</b> The muscle known as the auricularis superior is located above the ear.</li> <li>♦ <b>Auricularis Posterior:</b> The muscle known as the auricularis posterior is located behind the ear.</li> <li>♦ <b>Auricularis Anterior:</b> The muscle known as the auricularis anterior is located in front of the ear.</li> </ul>	
<p>6. Muscles of mastication</p>	<ul style="list-style-type: none"> <li>♦ <b>Temporalis and Mastication:</b> The muscles responsible for coordinating the opening and closing of the mouth are the temporalis and mastication. Another name for these is chewing muscles.</li> </ul>	

## 7. Muscles of the neck

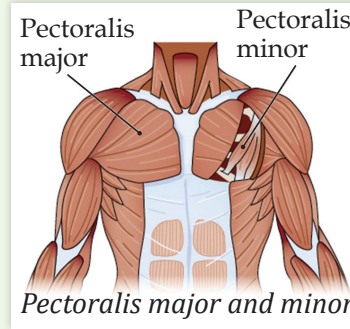
♦ **Platysma:** The muscle in front of the throat is called the platysma. It brings down the corners of the mouth and lower jaw, making a dejected face visible.

♦ **Sterno-cleido-mastoid:** The greatest cervical muscle, the sternocleidomastoid, stretches down both sides of the neck. This muscle is responsible for head movement.

♦ **Latissimus dorsi:** The latissimus dorsi is the muscle that covers the back of the neck as well as the upper and middle regions of the back. They regulate the arm's swinging motion and rotate the shoulder blade.

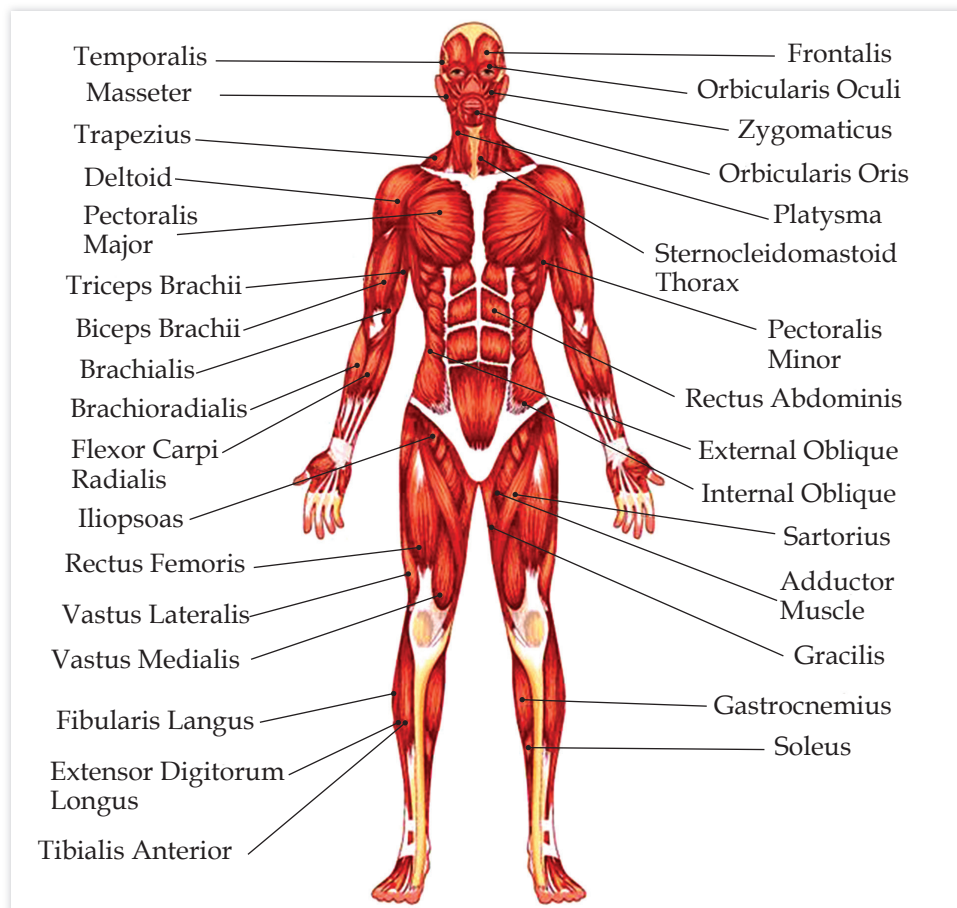


*Sterno-cleido-mastoid*



*Pectoralis major and minor*

♦ **Pectoralis Major and Pectoralis Minor:** These muscles, the pectoralis major and minor, cover the front of the chest. The arm movement is assisted by these muscles.



*Muscular System*

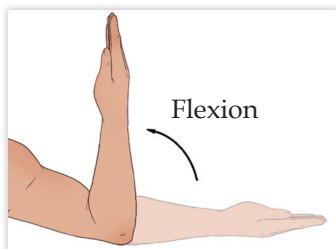
## 2.3 Various Body Movements' Nomenclature

Some of the most common body movements are:

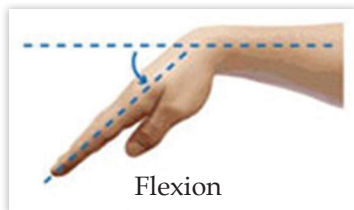
1. Flexion
2. Adduction
3. Abduction
4. Prone position
5. Supine
6. Dorsiflexion
7. Plantar Flexion

### 2.3.1 Flexion

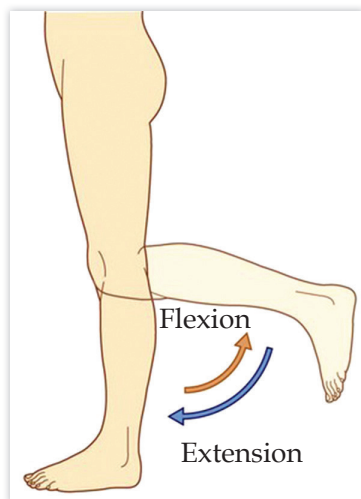
- ◆ The definition of flexing is the movement to reduce the angle between components.
- ◆ Bringing one's bony parts closer together is the common outcome of flexing one's muscles. For instance, forward flexion enables the pelvic and shoulder girdle to come closer together.



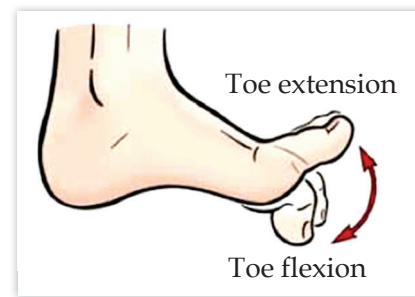
*Elbow Flexion*



*Wrist Flexion*



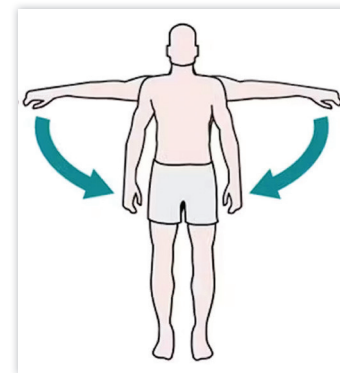
*Knee Flexion*



*Toe Flexion*

### 2.3.2 Adduction

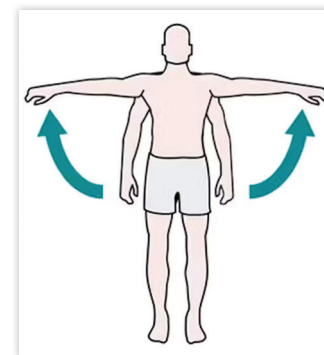
Adduction is the movement of a limb, such as an arm or leg, toward the body's sagittal plane.



*Adduction*

### 2.3.3 Abduction

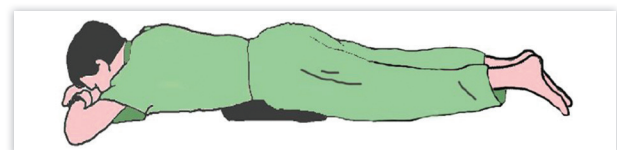
Removing a limb from the sagittal plane is the opposite of adduction.



*Abduction*

### 2.3.4 Prone Position

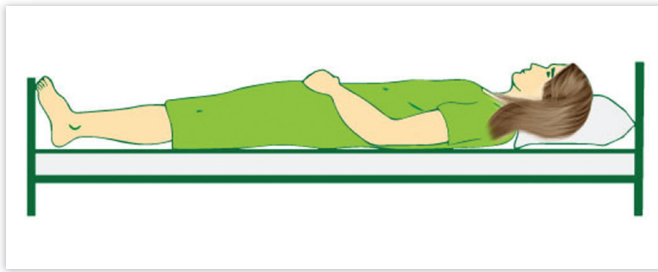
Lying face down or with the front of the body bent.



*Prone Position*

### 2.3.5 Supine

Lying faceup or with the front facing upward.



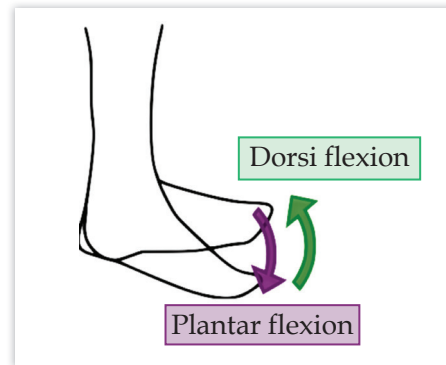
*Supine*

### 2.3.6 Dorsiflexion

The upward rotation of the foot or toes.

### 2.3.7 Plantar Flexion

Plantar flexion is the downward turning of the foot.



## Summary

- The knowledge of voluntary muscles in the face, neck, hands, and arms is essential for beauty therapists and cosmetologists. It enables them to provide effective massages, tailor treatments, and address specific concerns.
- Facial muscles like the Platysma and Sterno-cleido-mastoid play crucial roles in expressions and movements. The Platysma influences lower facial expressions related to sadness, while the Sterno-cleido-mastoid contributes to head movements. This understanding is valuable for cosmetic procedures, make-up application, and addressing client concerns, enhancing the overall effectiveness of beauty treatments.

## Glossary

- |                               |   |
|-------------------------------|---|
| 1. Procerus                   | : a muscle covering the bridge of the nose and top of the nose between eyebrows, creating wrinkles across the bridge of the nose by depressing the eyebrows |
| 2. Nasalis                    | : a nose muscle that compresses the nose, causing wrinkles  |
| 3. Quadratus Labil Superioris | : a muscle surrounding the upper part of the lip, assisting in opening the mouth by lifting the upper lip   |
| 4. Quadratus Labil Inferiors  | : a muscle surrounding the lower part of the lip, contributing to expressions of sarcasm  |
| 5. Buccinator                 | : a thin, flat muscle between the upper and lower jaws, influencing the shape of the cheek and aiding in blowing and chewing                                |
| 6. Caninus                    | : a muscle located under Quadratus Labil Superioris, raising the angle of the mouth at the corner   |
| 7. Mentalis                   | : a muscle situated on the chin, controlling the movement of the lower lips   |
| 8. Orbicularis Oris           | : a flat band around the lower and upper lips, influencing their movement   |
| 9. Zygomaticus                | : a muscle extending from the zygomatic bone to the orbicular oris, elevating the lip while laughing  |
| 10. Triangular                | : a muscle extending along the side of the chin, pulling down the corner of the chin  |

<b>11. Auricularis Superior</b>	: a muscle above the ear
<b>12. Auricularis Posterior</b>	: a muscle behind the ear
<b>13. Auricularis Anterior</b>	: a muscle in front of the ear
<b>14. Temporalis and Mastication</b>	: muscles coordinating the opening and closing of the mouth, known as chewing muscles
<b>15. Platysma</b>	: a muscle located in front of the throat, pulling down the lower jaw and angles of the mouth, expressing sadness
<b>16. Sterno-cleido-mastoid</b>	: the largest cervical muscle on either side of the neck, responsible for head movement
<b>17. Latissimus Dorsi</b>	: a muscle covering the upper and middle region of the back and the back of the neck, contributing to shoulder blade rotation and arm movement
<b>18. Pectoralis Major and Pectoralis Minor</b>	: muscles covering the front of the chest, aiding in arm movement
<b>19. Flexion</b>	: movement to decrease the angle between body parts
<b>20. Adduction</b>	: movement bringing a limb closer to the sagittal plane of the body
<b>21. Abduction</b>	: movement taking a limb away from the sagittal plane
<b>22. Prone Position</b>	: lying with the front or face downward
<b>23. Supine</b>	: lying with the front or face upwards
<b>24. Dorsiflexion</b>	: turning the foot or toes upward
<b>25. Plantar Flexion</b>	: turning the foot downwards


## Exercise

### Additional Questions with Answers

#### I. Multiple Choice Questions

- Which muscle surrounds the upper part of the lip and helps in opening the mouth by lifting the upper lip?
  - Orbicularis Oculi
  - Quadratus Labii Superioris
  - Buccinator
  - Procerus
- What is the action of the Nasalis muscle of the nose?
  - Creates wrinkles across the bridge of the nose
  - Compresses the nose, causing wrinkles
  - Surrounds the upper lip
  - Shapes the cheek
- Which muscle is responsible for coordinating the opening and closing of the mouth and is also known as chewing muscles?
  - Orbicularis Oris
  - Temporalis and Mastication
  - Platysma
  - Sterno-Cleido-Mastoid
- Where is Auricularis Superior muscle located?
  - Compresses the nose
  - Located behind the ear
  - Located above the ear
  - Surrounds the upper lip
- Which muscle is situated on the chin and controls the movement of the lower lips?
  - Caninus
  - Mentalis
  - Orbicularis Oris
  - Zygomaticus



- 
6. What is the action of the Sterno-Cleido-Mastoid muscle?
    - (a) Coordinates the opening and closing of the mouth
    - (b) Pulls down the lower jaw and angles of the mouth
    - (c) Rotates the shoulder blade
    - (d) Raises the angle of the mouth
  7. What does the term “Prone Position” refer to?
    - (a) Lying with the front or face upward
    - (b) Turning of the foot or toes upward
    - (c) Lying with the front or face downward
    - (d) Turning of the foot downwards

**Answers:**

1. (b) Quadratus Labii Superioris
2. (b) Compresses the nose, causing wrinkles
3. (b) Temporalis and Mastication
4. (c) Located above the ear
5. (b) Mentalis
6. (c) Rotates the shoulder blade
7. (c) Lying with the front or face downward

## II. Short Answer Type Questions

1. Name the muscle that covers the bridge of the nose and top of the nose between eyebrows.

**Ans.** Procerus

2. What is the function of the Quadratus Labii Superioris muscle?

**Ans.** Surrounds the upper part of the lip and helps in opening the mouth by lifting the upper lip.

3. Which muscle compresses the nose, causing wrinkles?

**Ans.** Nasalis

4. What is the primary action of the Temporalis and Mastication muscles?

**Ans.** Coordinating the opening and closing of the mouth (chewing).

5. Where is the Auricularis Superior muscle located?

**Ans.** Above the ear.

6. Which muscle is responsible for pulling down the lower jaw and angles of the mouth?

**Ans.** Platysma

7. Define “Adduction” in terms of body movement.

**Ans.** Movement bringing a limb closer to the sagittal plane of the body.

8. What does the term “Prone Position” mean?

**Ans.** Lying with the front or face downward.

9. What is the primary function of the Orbicularis Oculi muscle?

**Ans.** The primary function of the Orbicularis Oculi muscle is to close the eyelids, contributing to facial expressions and protecting the eyes.

10. How does the Nasalis muscle contribute to facial expressions?

**Ans.** The Nasalis muscle compresses the nose, causing wrinkles and influencing facial expressions, especially during laughter or displeasure.

11. Which muscle is responsible for lifting the upper lip, and what is its name?

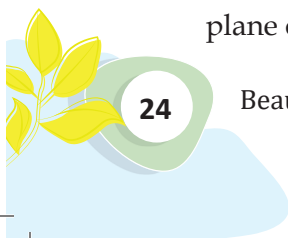
**Ans.** The Quadratus Labii Superioris muscle is responsible for lifting the upper lip.

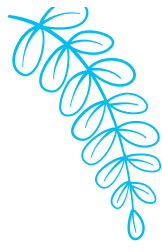
## III. Long Answer Type Questions

1. Explain the importance of understanding the voluntary muscles of the face, neck, hands, and arms for a beauty therapist or cosmetologist.
2. Describe the role of the Platysma muscle and Sterno-cleido-mastoid muscle in facial expressions and movements.
3. (a) Explain the role of the Procerus muscle in facial anatomy and expressions.  
(b) Discuss the functions of the Quadratus Labii Superioris and Quadratus Labii Inferioris muscles in relation to mouth movements.
4. (a) Elaborate on the significance of the Temporalis and Masseter muscles in mastication.  
(b) Describe the functions of the Platysma muscle and the Sterno-cleido-mastoid muscle in facial and neck movements.

## Suggested Activities

1. Demonstration of various facial strokes, muscles, pressure points & lymphatic drainage.
2. Identification of skin type & condition.
3. Perform facial strokes on dummies.
4. Demonstration of performing cleansing process.





# 3

## Skin Care



### Learning Outcomes

- 3.1 Introduction
- 3.3 Skin Analysis

- 3.2 Skin Types
- 3.4 Skin Care Techniques

### 3.1 Introduction

Understanding different skin types is crucial for a beauty therapist as it allows them to provide personalized and effective treatments for their clients. By identifying the skin type, the therapist can tailor skincare routines and treatments to address specific concerns and achieve optimal results. This knowledge enables the therapist to select appropriate products and techniques that will nourish and balance the client's skin, leading to improved texture, tone, and overall complexion.

### 3.2 Skin types

Before recommending appropriate treatment options to a client, a beauty therapist should be

knowledgeable about the fundamental types of skin.

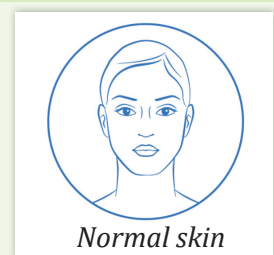
The common types of skin are as follows:

- ◆ Normal skin
- ◆ Dry skin
- ◆ Allergic and Sensitive skin
- ◆ Matured skin
- ◆ Oily skin
- ◆ Combination skin





- OIL
- DRYNESS
- SENSITIVITY

#### Normal skin

- ◆ Skin typically has a pH between 5.5 and 5.8.
- ◆ Very uncommon to find this kind of skin.
- ◆ It strikes a balance between having oily and dry skin.
- ◆ Normal skin is velvety and has a healthy color.
- ◆ The skin appears soft and translucent.





<b>Dry skin</b>	<ul style="list-style-type: none"> <li>◆ The absence of sebaceous gland lubricant is the cause of dry skin.</li> <li>◆ The fine wrinkles surrounding the mouth and eyes are indicative of dry skin.</li> <li>◆ With aging, the suppleness of the skin gradually decreases.</li> </ul>	 <p style="text-align: center;"><i>Dry skin</i></p>
<b>Allergic and Sensitive skin</b>	<ul style="list-style-type: none"> <li>◆ Extremely susceptible to heat, cold, and wind.</li> <li>◆ Strong preparation causes the skin to become allergic and sensitive due to damaged capillaries, which can lead to rashes or discomfort.</li> </ul>	 <p style="text-align: center;"><i>Sensitive skin</i></p>
<b>Matured Skin</b>	<ul style="list-style-type: none"> <li>◆ It looks very similar to dry skin</li> <li>◆ The skin is loose and severely lined;</li> <li>◆ It appears parched, sagging, and dehydrated.</li> </ul>	
<b>Oily skin</b>	<ul style="list-style-type: none"> <li>◆ Compared to other skin kinds, this one is coarser and thicker.</li> <li>◆ It tends to produce papules, pustules, blackheads, pimples, and open pores.</li> <li>◆ The area around the nose and chin is prone to oily skin.</li> <li>◆ Sluggish circulation brought on by clogged sebaceous glands is the cause of oily skin.</li> </ul>	 <p style="text-align: center;"><i>Oily skin</i></p>
<b>Combination skin</b>	<ul style="list-style-type: none"> <li>◆ This kind of skin is extremely prevalent.</li> <li>◆ The oily center panel or T-zone with pores and a trace of oil can be used to identify this.</li> </ul>	 <p style="text-align: center;"><i>Combination skin</i></p>

### 3.3 Skin Analysis

Skin analysis is done to determine the client's skin type and recommend an appropriate course of therapy. The client's age and overall health should be taken into consideration when performing the analysis.

#### 3.3.1 How is a skin analysis performed?

To perform skin analysis, the following steps should be taken:

**Step 1:** Use the suggested method to cleanse the skin.

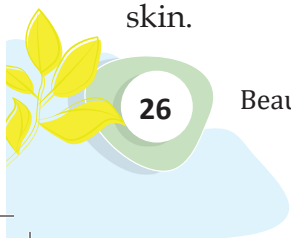
**Step 2:** Use eye pads to shield the client's eye from the magnifying lamp.

**Step 3:** Explain to the client the procedures being followed for the skin analysis.

**Step 4:** Examine the skin on the face and neck under the magnifying lamp.

**Step 5:** With your index and middle fingers, gently stretch a tiny area of skin.

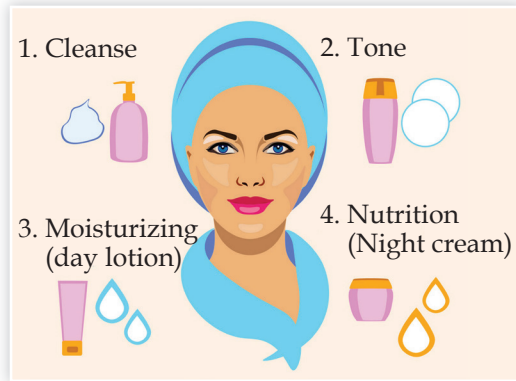
**Step 6:** Use a magnifying lens to examine the texture, size, and other issues of the skin.



### 3.4 Skin Care Techniques

Three important techniques of skin care are:

1. Cleansing
2. Application of Toners and Skin Fresheners
3. Moisturizing



4 Steps of Skin Care

Steps of Cleaning:

- ◆ Cleanse
- ◆ Tone
- ◆ Moisturizing (day lotion)
- ◆ Nutrition (night cream)

#### 1. Cleansing

- ◆ The purpose of cleaning is to get rid of all the debris that has built up in the pores.
- ◆ Deep cleaning can be achieved with the application of Cleaning Lotion/Milk.
- ◆ Make-up on the face is cleansed and removed using the cleaning cream. As this cream comes into contact with the skin, it melts and penetrates the pores to provide a thorough cleansing. These lotions also stop blackheads from appearing.



Cleaning and Skin Care Steps

#### 2. Application of Toners and Skin Fresheners

- ◆ Toner is used to cool and revitalize the skin.
- ◆ Toners aid in removing any remaining grease traces from the skin.
- ◆ Freshener gives the skin a calming sensation.
- ◆ After cleansing, toner and refresher are applied as final touches.

#### 3. Moisturizing

- ◆ To maintain the skin supple and silky, use moisturizers.
- ◆ The components in these are called NMF (Normalizing Moisturizing Factor). Moisturizers can delay the formation of wrinkles.



### Summary

- The chapter discusses various skin types and emphasizes the importance of skin analysis for beauty therapists.
- Skin types include normal, dry, allergic and sensitive, matured, oily, and combination.
- The analysis involves cleansing, using a magnifying lamp, and observing skin texture and issues.
- Essential skin care techniques include cleansing to remove impurities, toning to refresh and remove grease, and moisturizing to keep the skin soft.
- NMF (Normalizing Moisturizing Factor) is crucial for maintaining optimal skin health.
- This knowledge is vital for beauty therapists to provide effective treatments based on individual skin conditions.

 **Glossary**

- 1. Normal Skin:**
  - : skin type characterized by a balance between dry and oily characteristics
  - : generally has a pH ranging from 5.5 to 5.8
  - : rare to find, with healthy color, translucency, and soft texture
- 2. Dry Skin:**
  - : results from a lack of lubrication from sebaceous glands
  - : identified by fine lines around eyes and mouth
  - : loses elasticity with age
- 3. Allergic and Sensitive Skin:**
  - : highly sensitive to cold, heat, and wind
  - : prone to rashes or irritation due to broken capillaries
- 4. Matured Skin:**
  - : reacts strongly to potent preparations
  - : resembles dry skin in appearance
  - : appears parched, saggy, and dehydrated
  - : deeply lined and loose
- 5. Oily Skin:**
  - : thicker and coarser than other skin types
  - : tends to develop open pores, pimples, blackheads, papules, and pustules
  - : result of clogging of sebaceous glands
- 6. Combination Skin:**
  - : common type with an oily center panel or T-zone
  - : characterized by pores and slight oil
  - : requires a balanced approach in skincare
- 7. Skin Analysis:**
  - : assessment of the skin's condition to tailor treatments
  - : involves cleansing, protecting eyes, informing the client, using a magnifying lamp, and observing skin texture and pores
- 8. Cleansing:**
  - : process to remove impurities accumulated in pores
  - : involves the use of cleansing lotion/milk or cleansing cream
  - : prepares the skin for further treatments
- 9. Toners and Skin Fresheners:**
  - : toners refresh and cool the skin, removing traces of grease
  - : skin fresheners provide a soothing effect
  - : used as finishing agents for cleansing
- 10. Moisturizing:**
  - : keeps the skin soft and supple
  - : contains NMF ingredients for normalization
  - : delays the formation of wrinkles
- 11. pH Levels:**
  - : represents the acidity or alkalinity of the skin
  - : normal skin pH ranges from 5.5 to 5.8
  - : important for selecting suitable skincare products
- 12. T-Zone:**
  - : area on the face comprising the forehead, nose, and chin
  - : commonly oilier than other parts of the face
  - : affects individuals with combination skin

## Exercise

### CBSE Textbook Questions with Answers

1. Name three layers of skin.

**Ans.** The three layers of skin are – Epidermis, Dermis, Hypodermis or Subcutis.

2. List functions of the skin.

**Ans.** The functions of the skin are:

- (a) Protection
- (b) Thermoregulation
- (c) Hormone Synthesis
- (d) Excretion

- (e) Immunological Role (f) Sensory Function
- (g) Appearance

3. Explain the procedure to perform skin analysis.

**Ans.** Procedure to perform skin analysis:

**Step 1:** Cleanse the skin by following the recommended procedure.

**Step 2:** Protect client's eye from the magnifying lamp using eye pads.

**Step 3:** Inform client on the steps being performed for the skin analysis.

**Step 4:** Using the magnifying lamp, study the skin of the face and neck.

**Step 5:** Slightly stretch small section of the skin using middle and index fingers.

**Step 6:** Observe skin texture and size of pores and other problems using a magnifying glass.

4. Explain the following skin care techniques.

- (a) Cleansing
- (b) Application of Toners and Fresheners
- (c) Moisturising

**Ans. (a) Cleansing**

Cleansing is performed to remove all the impurities accumulated in the pores. Cleansing Lotion/Milk can be used for deep cleansing. The Cleansing cream is used for cleansing and removing the face make-up. This cream melts as it comes in contact with the skin thus allowing penetration into the pores for deep cleansing. These creams also prevent the occurrence of blackheads.

**(b) Application of Toners and Fresheners**

'Toner' is applied to refresh and cool the skin. Traces of grease on the skin are removed with the help of toners. Freshener provides the soothing effect on the skin. Toner and Freshener are used as finishing agents for cleansing.

**(c) Moisturising**

Moisturizers are used to keep the skin soft and supple. These are made up of NMF (Normalizing Moisturizing Factor) ingredients. Moisturizers delay the formation of wrinkles.

5. Name general types of skin.

**Ans.** Types of skin:

- (a) Normal skin (b) Dry skin
- (c) Allergic and Sensitive skin
- (d) Matured skin (e) Oily skin
- (f) Combination skin

6. Name a few hair removal techniques. (unit 2 - basic depilation services)

**Ans.** Hair removal techniques are:

- (a) Use of over the counter depilation creams
- (b) Shaving (c) Tweezing
- (d) Waxing (e) Laser treatment
- (f) Electrolysis (g) Bleaching

7. Fill in the blanks:

- (a) ..... is the uppermost layer of the skin.
- (b) Mucous membranes are ..... and .....
- (c) ..... and ..... are found in the basal layer of epidermis.
- (d) ..... have segmented nuclei.
- (e) An active form of ..... is synthesised in the skin in the presence of sunlight.
- (f) ..... and ..... coordinate the opening and closing of the mouth.
- (g) ..... is the movement to decrease the angles between parts.
- (h) ..... is applied to refresh and cool the skin.
- (i) pH of normal skin ranges from .....

**Answers:**

- (a) Epidermis
- (b) non-keratinized and moist
- (c) Melanocytes and Langerhans cells
- (d) Neutrophils, polymorphs
- (e) Vitamin-D
- (f) Temporalis, Mastication muscles
- (g) Flexing
- (h) Toner
- (i) 5.5 to 5.8.

8. Match column 'A' with column 'B.'

Column 'A'	Column 'B'
1. Langerhans cells	(a) enormous tensile strength
2. Collagen fibres	(b) appears parched, saggy and dehydrated
3. Monocytes	(c) Buccinator and caninus
4. Mouth muscles	(d) Immune cells found in the epidermis
5. Mature skin	(e) These form macrophages

**Answers:**

1. Langerhans cells – (d) Immune cells found in the epidermis
2. Collagen fibres – (a) enormous tensile strength
3. Monocytes – (e) These form macrophages

4. Mouth muscles – (c) Buccinator and caninus
5. Mature skin – (b) appears parched, saggy and dehydrated

9. Choose the correct option.

The epidermis has following types of cell:

- (a) Keratinocytes (b) Melanocytes  
(c) Langerhans cells (d) All of the above

**Ans.** (d) All of the above

10. Choose the correct option.

Which of the following are the functions of the skin?

- (a) Protection (b) Excretion  
(c) None of the above (d) Both (a) and (b)

**Ans.** (d) Both (a) and (b)

11. Choose the correct option.

Which of the following is the muscle of the neck?

- (a) Latissimus dorsi (b) Temporalis  
(c) Caninus (d) Supine

**Ans.** (a) Latissimus dorsi

## Additional Questions with Answers

### I. Multiple Choice Questions

1. Which factor is crucial for maintaining optimal skin health in moisturizers?
  - (a) Oily ingredients
  - (b) Hydration factor
  - (c) NMF (Normalizing Moisturizing Factor)
  - (d) Exfoliating agents
2. What is the purpose of applying toners and skin fresheners?
  - (a) Remove impurities
  - (b) Refresh and cool the skin
  - (c) Provide deep cleansing
  - (d) Delay the formation of wrinkles
3. What is the first step in performing skin analysis?
  - (a) Apply moisturizer
  - (b) Use a magnifying lamp
  - (c) Cleanse the skin
  - (d) Observe skin texture

4. What is the primary purpose of skin analysis for beauty therapists?
  - (a) Identify make-up preferences
  - (b) Recommend skincare products
  - (c) Understand the condition of the skin and suggest suitable treatment
  - (d) Perform facial massages
5. Which skin type is characterized by an oily T-zone?
  - (a) Allergic and Sensitive skin
  - (b) Combination skin
  - (c) Matured skin
  - (d) Dry skin
6. What distinguishes oily skin from other types?
  - (a) Thinner and smoother texture
  - (b) Tendency to develop open pores, pimples, and blackheads
  - (c) Loose and deeply lined appearance
  - (d) Parched and dehydrated look

7. What is a common feature of dry skin?
  - (a) Excessive oil production
  - (b) Fine lines around eyes and mouth
  - (c) Overhydration
  - (d) Translucent glow
8. What is the primary characteristic of normal skin?
  - (a) High pH
  - (b) Dry appearance
  - (c) Balance between dry and oily
  - (d) Excessive oiliness

**Answers:**

1. (c) NMF (Normalizing Moisturizing Factor)
2. (b) Refresh and cool the skin
3. (c) Cleanse the skin
4. (c) Understand the condition of the skin and suggest suitable treatment
5. (b) Combination skin
6. (b) Tendency to develop open pores, pimples, and blackheads
7. (b) Fine lines around eyes and mouth
8. (c) Balance between dry and oily

## II. Short Answer Type Questions

1. What is the primary characteristic of normal skin?

**Ans.** Balance between dry and oily.

2. What distinguishes oily skin from other types?

**Ans.** Tendency to develop open pores, pimples, and blackheads.

3. What is the primary purpose of skin analysis for beauty therapists?

**Ans.** Understand the condition of the skin and suggest suitable treatment.

4. What is a common feature of dry skin?

**Ans.** Fine lines around eyes and mouth.

5. Which skin type is characterized by an oily T-zone?

**Ans.** Combination skin.

6. What is the first step in performing skin analysis?

**Ans.** Cleanse the skin.

7. What is the purpose of applying toners and skin fresheners?

**Ans.** Refresh and cool the skin.

8. Which factor is crucial for maintaining optimal skin health in moisturizers?

**Ans.** NMF (Normalizing Moisturizing Factor).

9. Why is normal skin considered a rare type?

**Ans.** It represents a balance between dry and oily skin, which is uncommon.

10. Explain the role of toners in the skincare routine.

**Ans.** Toners are applied to refresh and cool the skin while removing traces of grease.

## III. Long Answer Type Questions

1. Explain the characteristics and challenges associated with dry skin. How can a beauty therapist address these challenges during skincare treatments?
2. Discuss the role of skin analysis in understanding the condition of the skin. Outline the steps involved in performing an effective skin analysis during a beauty treatment.
3. Describe the functions of toners and skin fresheners in a skincare routine. How do they contribute to maintaining healthy skin?
4. Examine the characteristics of combination skin. How can a beauty therapist customize treatments for clients with combination skin to address both oily and dry areas effectively?
5. Discuss the significance of the skin's pH in maintaining normal skin health. How does an understanding of pH levels contribute to effective skincare?
6. Elaborate on the role of moisturizers in skincare. How do they contribute to keeping the skin soft and delaying the formation of wrinkles?

## Practical Exercise

### Activity-1

Perform skin analysis

#### Materials Required:

The following resources are required for the patch test: (Cleansing Milk/face wash)

- ◆ Cleansing agent
- ◆ Eye pads
- ◆ Magnifying glass





### Step by Step Procedure:

The following procedure should be followed to perform skin analysis:

**Step 1:** Cleanse the skin by following the recommended procedure.

**Step 2:** Protect client's eye from the magnifying lamp using eye pads.

**Step 3:** Inform client on the steps being performed for the skin analysis.

**Step 4:** Using the magnifying lamp, study the skin of the face and neck.

**Step 5:** Slightly stretch small section of the skin using middle and index fingers.

**Step 6:** Observe skin texture and size of pores and other problems using a magnifying glass.

## Previous Years' Board Questions

### I. Answer the Following Questions

- Through the secretion of sweat and sebum, skin performs an ..... function. (CBSE 2023)  
(a) Excretory (b) Respiratory  
(c) Digestive
- In ..... position, a person lies down with the front or face upwards. (CBSE 2023)  
(a) Prone (b) Supine  
(c) Dorsiflexion
- The pH of ..... skin ranges from 5.5 to 5.8. (CBSE 2023)  
(a) Oily (b) Dry  
(c) Normal
- ..... skin has healthy colour and is soft in texture. (CBSE 2023)  
(a) Dry (b) Matured  
(c) Nonnal
- Dry skin can be identified by the fine lines around the ..... and mouth. (CBSE 2023)  
(a) Eyes (b) Forehead  
(c) Nose
- ..... describes the structure of human body and relationship of body parts with one another. (CBSE 2020)
- ..... completely surround the eye socket. (CBSE 2020)
- Combination skin has oily ..... . (CBSE 2020)
- Healthy skin has pH from ..... . (CBSE 2020)

### II. Short Answer Type Questions

- Write down the characteristics of normal skin. (CBSE 2023)
- What are the things to be kept in mind while doing visual assessment of client's skin? (CBSE 2023)
- Name the layers of skin. (CBSE 2020)
- What are melanocyte cells? (CBSE 2020)

### III. Long Answer Type Questions

- Write the procedure of skin analysis. (CBSE 2020)
- Enlist the muscles of the neck (CBSE 2020)
- Explain the functions of skin in detail. (CBSE 2020)
- How would you analyze the skin for facial treatment? What causes the dryness of facial skin? (CBSE 2020)

### Suggested Activities

- Analyzing skin sensitivity & conducting patch test.
- Demonstration for bleach preparation & application.
- Identification of products suitable for skin type.
- Demonstration of the process of extraction using comedon extractor.
- Application of mask.
- Perform toning & moisturizing of skin.



## About the Book

Beauty and wellness are about developing a complete approach to happiness and health, not just about surface-level aesthetics. Readers will learn how well-being, health, and beauty are intertwined and how each facet contributes to a happy, balanced existence through the pages of this book.

This book is designed for the students to learn about and perform the basics of beauty therapy and maintain hygiene and safety at workplace. The students would gain knowledge about various beauty products and will perform basic depilation, manicure, pedicure and basic face care services. They will be able to assist Beauty Therapist in providing advanced services. The students will be trained in the correct usage and handling to perform the skin treatments safely.

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