

# CURRICULUM FOR BEAUTICIAN

**6-MONTHS**  
**(Certificate course)**

National Vocational & Technical Training Commission, Islamabad (February, 2012)



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## TRAINING AIMS & OBJECTIVES

The Six Month Beautician training course is for trainees that want to work in the beauty sector with the aim to learn, develop and practice required by the market. In this course, the emphasis is put on the trainee to acquire the ability to perform as a confident and competent Beautician.

The training objectives of this course are to:

1. Develop professional attitude and knowledge of hair & skin care, manicure, pedicure, beauty treatments comprising of casual makeup, party makeup, bridal makeup, making of eye brows, eye lashes, facial & skin treatments, hina applications, massage & hair styling techniques and methods.
2. Produce a capable & skilful workforce as required by the prevailing market demands.
3. Equip the trainees with skills and knowledge to ensure adherence to safety measures in parlours and emphasize on fitness & diet for a healthy look.

## CURRICULUM SALIENT POINTS

1. Entry Level	Matric
2. Duration of course	6 months (20 weeks) (800)
3. Training periods / Day	7-Periods / day 5-periods on Friday
Training Hours / Week	40 hrs.
4. Training methodology	90% practical 10% theory
5. Medium of Instruction	Urdu

## **SKILL PROFICIENCY DETAILS**

On successful completion of this course, the trainee should be able to: -

1. Practice beauty techniques.
2. Make and cut different hairstyles.
3. Identify different types of skins and their facials.
4. Do makeup on different types of skins i.e. oily, dry, Acne, etc.
5. Apply hairstyle/cut on different faces.
6. Acquire skills on salon work i.e. safety precautions, skin and hair conditions etc.
7. Select, Operate and handle equipment according to professional standards.

## **KNOWLEDGE PROFICIENCY DETAILS**

On successful completion of this course, the trainee should be able to: -

1. Explain beauty techniques, proper appearance, speech, social behaviour etc.
2. Understand the Makeup, facial, manicure, pedicure, body massage, hair colouring, styling and application of Hina etc.
3. Describe the general principles of a balanced diet and nutrition.
4. Identify safety precautions including safety practices, conditions upon which medical advice must be sought.
5. Elaborate upon professional ethics, good professional standards, hygiene and the sanitization procedure.

## CURRICULUM DELIVERY STRUCTURE

	Course Delivery	Co Curricula Activities / Vacations	Test	Total
<b>Week</b>	1-20	21-25	26	26
	20	5	1	

## SCHEME OF STUDIES

Beautician

**(6 – Months Course)**

Sr. No.	Subjects	Theory Hours	Practical Hours	Total Hours
1.	Hair Care	15	170	185
2.	Skin Care	15	170	185
3.	Make-up	15	170	185
4.	Fitness	15	170	185
6.	Functional English	20	20	40
5.	Work Ethics	-	20	20
<b>Total</b>		<b>80</b>	<b>720</b>	<b>800</b>

## DETAIL OF COURSE CONTENTS

(Beautician 6-Month Course)

Subject: Hair Care

Theory

Sr. No.	Main Topics	Theory (Hours)
1	<b>1.1 Study of Hair</b>	
	1.1.1 Definition of hair	1
	1.1.2 Study of different textures of hair (dry, oily, normal, dandruff)	2
	<b>1.2 Cosmetics of hair</b>	
	1.2.1 Procedure for the use and preparation of shampoos, dyes, oils, creams, and conditioners.	3
	1.2.2 Developers and lotions used for the setting, cutting, perming, straightening of different textures of hair.	
	<b>1.3 Procedure for washing, shampooing and combing the hair.</b>	2
	<b>1.4 Hair dyes</b>	
	1.4.1 Introduction of hair colour problems and remedies.	1
	1.4.2 Difference between natural and fashion shades.	1
	<b>1.5 List of equipment used for hair cutting and styling</b>	1
	<b>1.6 Histology of hair</b>	2
	1.6.1 Nutrients required for the nourishment of hair	
	<b>1.7 Diseases of hair and their remedies through different procedures by using herbal and cosmetic shampoos, oils, conditioners etc</b>	2
	1.7.1 Falling of hair	
	1.7.2 Dandruff of hair	
	1.7.3 Whitening of hair	
	<b>Total</b>	<b>15</b>

## PRACTICAL

Sr. No.	Main Topics	Practical (Hours)
1	<p><b>1.1 Cosmetics of hair</b></p> <p>1.1.1 Use and preparation of shampoos, dyes, oils, creams, conditioners</p> <p>1.1.2 Developers and lotions used for the setting, cutting, perming, straightening of different textures of hair</p> <p>1.1.3 Washing</p> <p>1.1.4 Shampooing</p> <p>1.1.5 Combing different textures of hair</p> <p><b>1.2 Hair dyes</b></p> <p>1.2.1 Introduction of hair colouring problems and their remedies, colour removing etc</p> <p>1.2.2 Difference between natural and fashion shades</p> <p><b>1.3 Hina</b></p> <p>1.3.1 Preparation and application of hina</p> <p>1.3.2 Use of oils and creams</p> <p><b>1.4 Hair cutting of different texture and face shapes</b></p> <p>1.4.1 Equipment for hair cutting.</p> <p>1.4.2 Steps</p> <p>1.4.3 U shape</p> <p>1.4.4 Round shape</p> <p>1.4.5 Bob cutting</p> <p>1.4.6 Soldier cutting</p> <p>1.4.7 Forward cutting</p> <p>1.4.8 Sheggy cutting</p> <p><b>1.5 Hair styling</b></p> <p>1.5.1 Roller setting.</p> <p>1.5.2 Blow-drying.</p>	<p>20</p> <p>10</p> <p>20</p> <p>20</p> <p>40</p> <p>24</p>

	1.5.3 Perming. 1.5.4 Straightening.	
	<b>1.6 Histology of hair</b>	6
	1.6.1 Application of different vitamin capsules on hair	
	<b>1.7 Diseases and defects of hair and their remedies through different procedures by use of herbal and cosmetic shampoos</b>	30
	1.7.1 Falling of hair	
	1.7.2 Dandruff of hair	
	1.7.3 Whitening of hair	
<b>Total</b>		<b>170</b>

## SUBJECT: SKIN CARE

### THEORY

Sr. No.	Main Topics	Theory (Hours)
1	<b>1.1 Study of different kinds of skin (dry, oily, acne, problem skin) through</b>	1
	1.1.1 Herbal	
	1.1.2 Cosmetic method	
	<b>1.2 Importance of vitamins for the nourishment of the skin</b>	1
	1.2.1 Deficiencies of vitamins	
	1.2.2 Food sources of vitamins (which food source is important for nourishment of skin)	
	<b>1.3 List of equipment required for facial</b>	1
	<b>1.4 Procedure for bleaching, types of bleach used for different types of skins</b>	1
	<b>1.5 Preparation and use of different types of oils and creams used for facial</b>	1
	<b>1.6 Procedure and preparation of different types of masks</b>	1
	<b>1.7 Procedure for making and applying wax</b>	1



	<b>1.8 Procedure for applying steam</b>	1
	1.8.1 Advantages of steam for different kinds of skin	
	1.8.2 Effects and remedies	
	<b>1.9 Procedure for removal of black and white heads</b>	1
	1.9.1 Effects and remedies	
	<b>1.10 Cosmetics for skin</b>	1
	1.10.1 Study of different types of creams, oils, scrubs and masks used for different types of skin	
	<b>1.11 Diseases and remedies of skin</b>	1
	<b>1.12 Advantages &amp; disadvantages of facial massage</b>	2
	<b>1.13 Manicure and pedicure</b>	1
	1.13.1 Importance	
	1.13.2 Requirement and procedure for manicure and pedicure	
	1.13.3 List of equipment used in manicure and pedicure.	
	<b>1.14 Health and Hygiene</b>	1
	1.14.1 Sterilize tools and equipment	
	1.14.2 Observe oral/ personal hygiene	
	1.14.3 Maintain workplace hygiene	
	1.14.4 Undertake proper disposal of cosmetic waste/ tool and equipment	
	1.14.5 First Aid	
<b>Total</b>		<b>15</b>

## PRACTICAL

Sr. No.	Main Topics	Practical (Hours)
1	<b>1.1 Facial of different kinds of skin (dry, oily, acne, problem skin) through</b>	24
	1.1.1 Herbal	
	1.1.2 Cosmetic method	
	<b>1.2 Equipment required for facial</b>	2
	<b>1.3 Preparing mask</b>	10
	<b>1.4 Preparation of essential oils</b>	10
	<b>1.5 Bleaching</b>	6
	<b>1.6 Threading</b>	6

<b>1.7 Waxing</b>	6
<b>1.8 Steam</b>	6
<b>1.9 Removal of black and white heads</b>	6
<b>1.10 Eye brows, eye lashes</b>	18
<b>1.11 Cosmetics of skins</b>	10
1.11.1 Different types of cream, oils, scrubs and masks used for different types of skin. (labels and brands)	
<b>1.12 Diseases and remedies of skin</b>	20
<b>1.13 Massage of different facial muscles through different methods</b>	15
<b>1.14 Manicure and pedicure procedure</b>	10
<b>1.15 Equipment for manicure and pedicure</b>	6
<b>1.16 Health and Hygiene</b>	15
1.16.1 Sterilize tools and equipment	
1.16.2 Observe oral/ personal hygiene	
1.16.3 Maintain workplace hygiene	
1.16.4 Undertake proper disposal of cosmetic waste/ tool and equipment	
1.16.5 First Aid	
<b>Total</b>	<b>170</b>

**SUBJECT: MAKE UP**

**Theory**

<b>Sr. No.</b>	<b>Main Topics</b>	<b>Theory (Hours)</b>
1	<b>1.1 Study of different kinds of skin</b>	3
	1.1.1 Oily	
	1.1.2 Dry	
	1.1.3 Normal	
	1.1.4 Acne	
	<b>1.2 Types of make up used for different occasions</b>	2
	1.2.1 Party Make up	
	1.2.2 Bridal Make up	
	1.2.3 Model Make up	
	<b>1.3 Foundation and techniques of makeup</b>	2
	1.3.1 Contouring the makeup	

	<b>1.4 Procedure of cleansing the skin before makeup</b>	1
	1.4.1 Various cleansing creams and lotions	
	<b>1.5 Cosmetics of makeup</b>	1
	1.5.1 Study of different types and brands of make up used for different kinds of skin (available in market)	
	<b>1.6 List of equipment and tools required for make up</b>	1
	<b>1.7 Chemistry for cosmetology</b>	3
	1.7.1 Basic chemistry elements and symbols	
	1.7.2 Physical and chemical changes.	
	1.7.3 Cosmetic for skin	
	1.7.4 Sterilization	
	<b>1.8 Salon Planning &amp; Management</b>	
	1.8.1 Planning for proper lay out (Select Salon Furniture, Tools, Equipment & Beauty Products)	2
	1.8.2 Provide Updated Operational Manual	
	1.8.3 Observe Safety Requirements	
	1.8.4 Update Knowledge about industry products & equipment	
<b>Total</b>		<b>15</b>

### Practical

Sr. No.	Main Topics	Practical (Hours)
1	<b>1.1 Make up of different kinds of skin</b>	20
	<b>Use of different types of make up (on different occasions)</b>	30
	1.2.1 Party Make up	
	1.2.2 Bridal Make up	
	1.2.3 Model Make up	
	<b>1.3 Foundation &amp; techniques of make up</b>	30
	1.3.1 Contouring the make up	
	<b>1.4 Cleansing of skin before make up by using different creams and lotions</b>	10

	<b>1.5 Application of different types and labels of cosmetics available in market.</b>	10
	<b>1.6 Equipment and tools required for make up</b>	10
	<b>1.7 Evening and bridal make up</b>	15
	<b>1.8 Professional make up</b>	10
	<b>1.9 Learning the procedures of electricity for cosmetology.</b>	10
	1.9.1 Basic electricity	
	1.9.2 Direct and alternative current	
	1.9.3 Safety devices and treatment for shock	
	<b>1.10 Know how of sterilization and different types of cosmetics available in market (biochemistry)</b>	
	<b>1.11 Salon Planning &amp; Management</b>	10
	1.11.1 Planning for proper lay out (Select Salon Furniture, Tools, Equipment & Beauty Products)	15
	1.11.2 Provide Updated Operational Manual	
	1.11.3 Observe Safety Requirement	
	1.11.4 Update Knowledge about industry products & equipment	
<b>Total</b>		<b>170</b>

## SUBJECT: FITNESS

### Theory

Sr. No.	Main Topics	Theory (Hours)
1	<b>1.1 Definition of fitness importance of fitness in our daily life</b>	1
	<b>1.2 Study of basic exercise</b>	2
	1.2.1 Movement classification, techniques, effects.	
	1.2.2 Procedure for correct standing and sitting positions.	
	1.2.3 Procedure of figure faults by exercise, effects and contra-indication.	
	1.2.4 Procedure for different types of exercises	
	<b>1.3 Body massage</b>	1
	1.3.1 Definition of massage.	

1.3.2 Importance of body massage.	
<b>1.4 Body massage</b>	1
1.4.1 Definition of massage.	
1.4.2 Importance of body massage.	
<b>1.5 Types of massage</b>	1
1.5.1 Friction massage	
1.5.2 Vibratory massage	
1.5.3 Stroking massage, etc	
<b>1.6 Procedure of relaxation therapy</b>	1
1.6.1 How to relax the body muscles	
<b>1.7 Diet and nutrition</b>	1
1.7.1 Importance of diet in our daily life.	
1.7.2 Balance diet.	
<b>1.8 Importance of cholesterol in our daily life.</b>	1
1.8.1 Definition of cholesterol	
1.8.2 Effects and remedies of cholesterol	
<b>1.9 Caloric chart</b>	2
1.9.1 Consumption of calories according to need, age, status and sex.	
<b>1.10 Importance of food groups in our diet.</b>	2
1.10.1 Types of food groups	
1.10.2 Role of carbohydrates, proteins, minerals, fats & vitamins in our daily life.	
1.10.3 Deficiencies	
1.10.4 Food sources of these groups	
<b>1.11 Overweight and under nutrition persons</b>	2
1.11.1 Diseases caused by being overweight.	
1.11.2 Diseases of under nutrition person.	
<b>Total</b>	<b>15</b>

## PRACTICAL

Sr. No.	Main Topics	Practical (Hours)
1	<b>1.1 Basic exercises</b> 1.1.1 Movement, classification, techniques & effects. 1.1.2 Correct standing and sitting position 1.1.3 Correction of figure faults by exercise, effects and contra-indication.	20
	<b>1.2 Body massage</b> 1.2.1 Movement & their effects	12 24
	<b>1.3 Types of massage</b> 1.3.1 Friction massage 1.3.2 Vibratory massage 1.3.3 Stroking massage 1.3.4 Relaxation therapy 1.3.5 Different types of exercises 1.3.6 Toning, relaxation and figure correction 1.3.7 Powders, creams and oils and their uses. 1.3.8 Knowledge of caloric chart according to need, age, status and sex. 1.3.9 Maintenance and reduction of weight by using balanced diet and different types of exercise	20 20 20 10 24 20
<b>Total</b>		<b>170</b>

## LIST OF PRACTICALS

Sr. No.	Experiments
1.	Different types of hair cutting.
2.	Making different types of hairstyles i.e. roller setting, blow drying, perming and straightening.

3.	<p>Doing different types of facials.</p> <ul style="list-style-type: none"> <li>➤ Simple facial.</li> <li>➤ Dry skin facial.</li> <li>➤ Oil skin facial.</li> <li>➤ Acne facial.</li> <li>➤ Problem skin facial.</li> </ul>
4.	<p>Doing makeup on different faces for different occasions.</p> <ul style="list-style-type: none"> <li>➤ Party makeup.</li> <li>➤ Bridal makeup.</li> </ul>
5.	Manicure.
6.	Pedicure.
7.	Preparation and application of hina.
8.	<p>Body massage.</p> <ul style="list-style-type: none"> <li>➤ Different types of oils and creams.</li> <li>➤ Techniques of massage.</li> </ul>
9.	Threading.
10.	Waxing.
11.	Bleaching.
12.	Hair colouring.
13.	Application of different types of masks.
14.	Doing different types of exercises.
15.	Preparation of different caloric charts
16.	Application of massage.

**LIST OF TOOLS / EQUIPMENT / MACHINERY**  
**(Beautician 6-Month Course)**

<b>Name of Trade</b>	<b>Beautician</b>
<b>Duration of Course</b>	<b>06 – Month</b>

<b>Sr. No.</b>	<b>Equipments / Machinery</b>	<b>Tools Quantity</b>
1.	Revolving chairs designed for parlour use.	5
2.	Wooden counters for parlour.	5
3.	Large mirror mounted on wall.	2
4.	Stands for rollers and pins.	2
5.	Wash basin fitted in counter with tap.	1
6.	Tube lights.	6
7.	Water spraying gun.	2
8.	Set of hair combs and brushes.	1 set
9.	Set of scissors.	2 sets
10.	Towels and aprons.	3 sets
11.	Curtains.	4
12.	Other accessories (perming and straightening pins & lotions, some quantity of makeup, different facial cleansers with toning lotion and masks).	1 bottle each
13.	Steamer.	1
14.	Massager.	1
15.	Hair dryers.	2
16.	Electric rollers.	1 Set
17.	Facial machine.	1
18.	Skin toning machine	1
19.	Hair Straightner	1



## **MINIMUM QUALIFICATION OF TEACHERS**

- 1 – Year Diploma from a recognized Parlour with 2 years teaching experience.

## **EMPLOYABILITY OF PASS OUTS**

1. Pass outs may join any beauty parlour.
2. They can establish their own beauty parlour.
3. They can groom themselves at their home.
4. They can join sectors such as airlines, show business etc, where numerous females work and are essentially required to put on makeup and style hair.
5. They can establish their own training institutions to conduct beauty parlour courses. Currently an institution by the name of Diplex is successfully working along the same lines.

## REFERENCE BOOKS

<b>Sr. No.</b>	<b>Name of Book</b>	<b>Author's Name</b>	<b>Publisher Name</b>
1	Make up	Nasim Sohail Chaudhry	Jadeed Educational Services, Urdu Bazar, Lahore
2	Skin Care	Muhammad Arshad Jhakar	Jadeed Educational Services, Urdu Bazar, Lahore
3	Hair Care	Muhammad Arshad Jhakar	Jadeed Educational Services, Urdu Bazar, Lahore
4	Fitness	Sabreena Sheikh	Jadeed Educational Services, Urdu Bazar, Lahore

## **List of National Curriculum Review Committee Members**

1. Ms. Sabrina Sheikh, Principal, GVTIW Township, Lahore.
2. Ms. Nazli Bashir, Principal, GVTWI, Dev Samaj Road, Lahore.
3. Mrs. Rashida Akram, Instructor, Beautician, VTC, New Karachi, Sind Karachi.
4. Ms.Kokab Paveen, CEO, Kokab Craft Mozang Road, Lahore