

# JOB ROLE – BEAUTY THERAPIST

Sector – Beauty & Wellness

(Qualification Pack Code: BWS/Q 0102)

Class XI



PSS Central Institute of Vocational Education

Shyamla Hills, Bhopal – 462 013 , Madhya Pradesh, India

---

[www.psscive.ac.in](http://www.psscive.ac.in)

# **Unit 1: Beauty and Wellness Industry and Beauty Therapy**

## **Session 2: Beauty Therapy Services**

# Content

Title	Slide No.
Session Objectives	4
Introduction	5
Beauty Therapy Services	6-7
Manicure	8
Pedicure	9
Threading	10

Title	Slide No.
Waxing	11
Bleaching	12
Face Clean Up	13
Makeup	14
Hairdo	15
Mehendi (Henna)	16
Summary	17

# Session Objectives

The students will be able to:

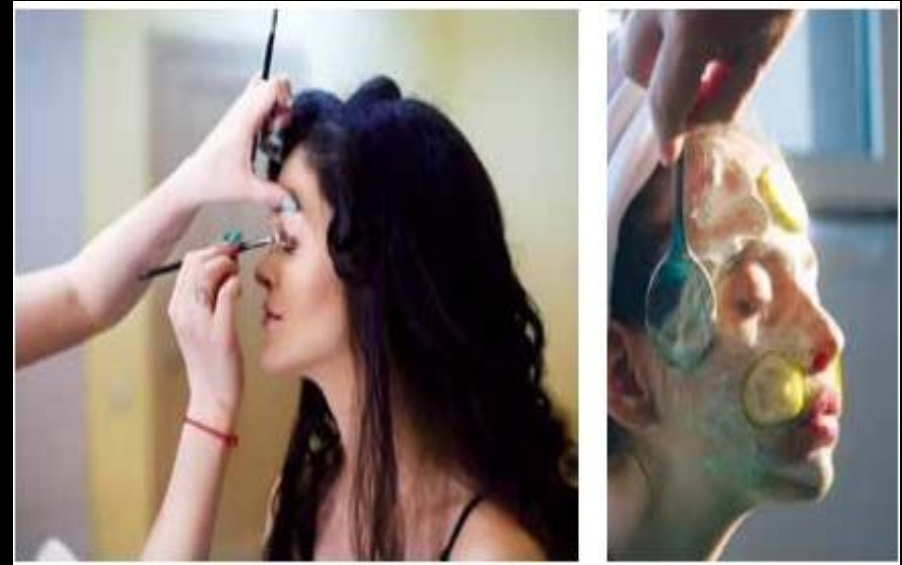
- ❑ Identify the different services provided by a Beauty Therapist; and
- ❑ Describe the various beauty services provided by a Beauty Therapist.

# Introduction

**Beauty Therapist** performs various beauty services, such as manicure, pedicure, waxing, threading, bleaching, face cleanup, makeup, hairdo and mehndi application. Each service has a procedure of its own, which has to be followed step-by-step carefully, else it can create muscle and skin related problems, like rashes, allergies and infections, which can lead to unsatisfied clients.

# Beauty Therapy Services

**Beauty therapy** includes a wide spectrum of activities or services starting from head to toe. A beauty therapist should possess a thorough knowledge of the products, tools and equipment to be used for the services



# Beauty Therapy Services



# Manicure

It is a treatment for improving the appearance of hands. It includes the following:

- ❑ improving blood circulation in the hands.
- ❑ relaxing the hand and finger muscles.
- ❑ improving the appearance of hands and nails.





# Pedicure

Pedicure helps to improve the appearance of feet and toenails. It includes

- ❑ softening the feet.
- ❑ improving blood circulation in the feet.
- ❑ giving shape to toenails.
- ❑ improving the appearance of feet and toenails.
- ❑ relaxing aching feet.
- ❑ reducing hard and dead skin cells.



# Threading

- ❑ It is a hair removal technique, wherein a cotton thread is used to remove the entire hair follicle.
- ❑ It gives a clean and well-kept look to the face and eyebrows.



# Waxing

Waxing is a hair removal technique in which the hair is pulled out from the root by the use of hot wax.

Waxing is of the following two types:

- (i) Strip waxing - In strip waxing, a strip of cloth or readymade wax strips are used.
- (ii) Strip-less waxing – In strip-less waxing only thick wax is used.



*(a) Waxing of the hand*



*(b) Waxing of the leg*

# Bleaching

Bleaching refers to the application of a bleaching agent, which helps to lighten the skin tone.

Bleaching is done to lighten the colour of facial hair. Skin test should be performed before applying bleach to the whole face to avoid any skin reaction.



*Bleaching of the face*

# Face Clean-up

Face clean-up is done for unclogging the skin pores and allowing the skin to breathe. It helps in removing dead cells and clean deep-seated dirt from the skin.



*Face clean-up*

# Make-up

- ❑ Makeup is a process of applying cosmetics on the face to enhance one's appearance.
- ❑ Lipstick, eyeliner, eye shadow, mascara, foundation, kohl, lip gloss, lip balm, concealer, face powder, etc., are commonly used in make-up.



*Applying make-up*



# Hairdo

A hairdo or hairstyle is a way in which the hair is styled. It is considered as an important aspect of personal grooming and fashion, and is popular among both men and women.



*Making a hairstyle*

# Mehendi (Henna)

Mehendi is an art of decorating the hands (including palms) and legs (including feet), with designs using a natural plant dye that colours the skin maroon-red.

Mehendi paste is made from henna leaves. It has conditioning properties and is also used to dye the hair.



*Applying Mehendi*



# Summary

In this session, you have learnt about the various services provided by a Beauty Therapist, including manicure, pedicure, waxing, threading, bleaching, face cleanup, makeup, hairdo and mehendi application.

**Project Coordinator : Dr. Vinay Swarup Mehrotra**

**Assistance**  
**Vidhyashree Panchore**



**Joint Director**

**PSS Central Institute of Vocational Education**

**Shyamla Hills, Bhopal – 462013 , Madhya Pradesh, India**

---

**E-mail: [jdpsscive@gmail.com](mailto:jdpsscive@gmail.com)**

**Tel. +91 755 2660691, 2704100, 2660391, 2660564**

**Fax +91 755 2660481**

**Website: [www.psscive.ac.in](http://www.psscive.ac.in)**