

JOB ROLE – ASSISTANT BEAUTY THERAPIST

Sector – Beauty & Wellness
(Qualification Pack Code: BWS/Q 0101)



PSS Central Institute of Vocational Education
Shyamla Hills, Bhopal – 462 013 , Madhya Pradesh, India

www.psscive.ac.in

UNIT 1: BEAUTY AND WELLNESS INDUSTRY AND BEAUTY THERAPY

Session 2: Beauty Therapy Services

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Session Objectives

The students will be able to:

- Identify the various services in beauty; and
- Describe the benefits of various services in beauty

Introduction

An Assistant Beauty Therapist performs various beauty services, such as manicure, pedicure, waxing, threading, bleaching, face cleanup, makeup, hairdo and mehndi application. Each service requires a thorough knowledge of the products, tools and equipment to be used. Also, care must be taken that a client is not allergic to any beauty product.

Beauty Therapy Services

Manicure

Threading

Waxing

Bleach

**Face
cleanup**

Make-up

Hairdo

Mehendi

Manicure

- It is a treatment for improving the appearance of hands.
- Manicure has the following benefits:
 - Softens the hands
 - Improves blood circulation
 - Helps in relaxing



Pedicure

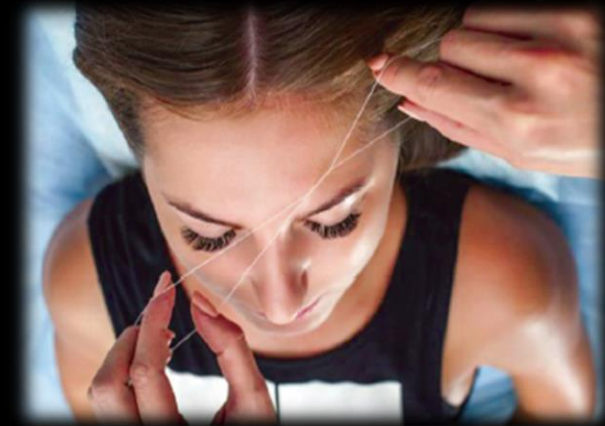
It helps in improving the appearance of feet and toenails. It has the following benefits:

- Softens the feet
- Improves blood circulation in the feet
- Gives shape to toenails
- Improves the appearance of feet and toenails
- Helps in relaxing aching feet
- Reduces hard and dead skin cells



Threading

It is a hair removal technique, wherein a cotton thread is used to remove the entire hair follicle.



Waxing

It is also a hair removal technique, in which the hair is pulled out from the root by the use of hot wax. Waxing is of two types – (i) strip waxing and (ii) strip less waxing.



Make-up

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



Hairdo

Hairdo or hairstyle is a way in which the hair is styled. A hairstyle is achieved by arranging the hair in a certain way by the use of combs, blow-dryer and cosmetics, like hair gel, etc. It has the following benefits:

- enhances the appearance of the hair and face, thus increasing the confidence of a person
- groomed hair gives an impression of being well-kept
- helps in taming unruly hair



Mehendi (Henna)

It is an art of decorating the hands (including palms) and legs (including feet) with designs using a natural plant dye that colors the skin maroon-red and gives it a cooling effect.



Summary

In this session, you have learnt about the various services in beauty, including manicure, pedicure, waxing, threading, bleaching, face cleanup, makeup, hairdo and mehndi application.

Project Coordinator : Dr. Vinay Swarup Mehrotra

Assistance

Ms Sonam Sirwaiya

Ms Vidhyashri Panchore



Joint Director

PSS Central Institute of Vocational Education
Shyamla Hills, Bhopal – 462013 , Madhya Pradesh, India

E-mail: jdpsscive@gmail.com

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

Fax +91 755 2660481

Website: www.psscive.ac.in