

ICSE Class 10 Beauty and Wellness (Skin and Beauty) Syllabus

Class X

There will be one written paper of **two** hours duration carrying 100 marks and Internal Assessment of 100 marks.

The paper will be divided into two sections A and B.

Section A (Compulsory) will consist of compulsory short answer questions covering the entire syllabus.

Section B will consist of questions which will require detailed answers. There will be a choice of questions in this section.

PART I: THEORY- 100 Marks

1. Basic Depilation Services

Threading (Eyebrow); Waxing; Bleaching.

Threading of Eyebrow: shape and proportion of the eyebrows, different shapes of eyebrows according to the shape of face (drawing only); client preparation; threading techniques, importance of safe and effective techniques; pre and post depilation services.

Waxing: benefits and contraindications (preventive and restrictive); tools and products; client preparation, pre-wax products, working temperature for different types of wax, method of application of wax in relation to hair growth; post-service.

Bleaching: advantages and disadvantages of bleaching; conducting a patch test; preparing the bleach cream, application, post-care.

2. Basic Facial

Skin analysis and consultation; facial muscles; steps of a facial; massage techniques.

General types of skin (normal, dry, allergic and sensitive, matured, oily, combination skin); facial muscles (muscles of the eyebrow, nose, mouth, mastication ear, neck): names, location and function only; steps for a facial: client preparation; cleansing, exfoliation, skin warming (steaming), blackhead/ comedone extraction, toning, massage, mask application moisturising (brief description of each); massage techniques - effleurage, petrissage, tapotement, head and shoulder massage.

3. Manicure & Pedicure

Manicure and Pedicure: types, products, benefits and precautions.

Types of manicure and pedicure (Paraffin, French, Aroma, Spa); introduction to products, benefits, client preparation, precautions.

4. Simple Makeup Services

Identification of basic skin types and skin tones; use of makeup removers, cleansers and toners; selection and application of the correct makeup products to enhance facial features; types of makeup brushes; removal of makeup.

Client preparation; application of makeup to basic skin types and skin tones (fair, dark, pink, yellow, pale); use of makeup removers, cleansers and toners according to skin type; selection and application of the correct makeup products (base foundation, powder, mascara, eye shadow, eye liner, eye brow pencil, lipstick/gloss, etc.) to enhance facial features.

Types of makeup brushes and their use (face powder brush, blusher, contour brush, eyebrow brush, eye liner brush, eye shadow brush, angled eye shadow brush, fluff brush, sponge applicator, lip filler brush); removal of makeup.

5. Application of Mehndi on Hair

Procedure for Mehendi application.

Preparation of client; tools and materials required; steps and methods of application of mehendi; rinsing of hair.

6. Client Handling & Communication

Making the client comfortable; communication skills; answering queries; following the code of conduct; working efficiently as a team.

Providing a caring environment to ensure the client's comfort; understanding the client's expectations; communicating with the client and responding to queries; communication skills; communicating effectively.

Communicating by telephone keeping in mind one's voice, words and body language; answering the phone efficiently, responding to the client's need using appropriate questions, taking messages.

Following the code of conduct: conforming to standards of reasonable conduct which reflect professionalism; working efficiently as part of a team.

7. Basic Home-made Preparations

Face packs and scrubs.

Benefits of using face packs and scrubs; preparation of face packs and scrubs according to the skin type (oily, dry, normal, combination).

8. Green Skills

Types of resources-exhaustible, inexhaustible, renewable, non-renewable, Pollutants, Types of pollution, Human activities leading to climate change, Conservation of resources, Reduce-Reuse-Recycle.

Self-explanatory.

PART II

INTERNAL ASSESSMENT- 100 Marks

Candidates will be required to complete the practical work listed below. They will also be required to complete *one* assignment based on *any* topic from the syllabus.

List of Practical Work to be done throughout the year:

1. Basic Depilation Services

- (i) Demonstrate the procedure of heating wax.
- (ii) Carry out the process of waxing as per standard procedure.
- (iii) Conduct the patch test for bleaching to analyse skin sensitivity.
- (iv) Demonstrate the process of eyebrow threading.

2. Basic Facial

Perform the steps of a basic facial.

3. Simple Makeup Services

- (i) Demonstrate the application of foundation, eyeliner, kajal and lipstick.
- (ii) Demonstrate the removal of makeup.

4. Application of *Mehndi* on Hair

Demonstrate the process of application of *Mehendi* on hair.

5. Client Handling & Communication

Perform a mock call to show how to handle client's queries and book an appointment.

6. Basic Home-made Preparations

Prepare home-made wax, creams, face packs and scrubs using basic products.

Assignments/ Project Work on a topic from the syllabus

Candidates are to creatively execute **ONE** project/assignment on any aspect covered in the syllabus. Teachers may assign or candidates may select a topic of their choice.

Suggested List of Assignments/ Project Work:

1. Write a newspaper column on basic skin care routine from cleansing to aftercare.
2. Make a flowchart to show the process of waxing. Use pictures to elucidate the process.
3. Write a blog on the role of makeup in enhancing facial features.
4. Prepare a checklist for client handling & communication in a salon.

Final Test

In addition to the Practical and Assignment/ Project Work, the candidates will be tested in one or more aspect of practical work by the External Examiner.

EVALUATION

The Practical and Assignment/Project work is to be evaluated by the subject teacher and by an External Examiner. The External Examiner shall be nominated by the Head of the school and may be a teacher from the faculty, **but not teaching the subject in the relevant section/class.**

The Internal Examiner and the External Examiner will assess the candidate's work independently.

Award of Marks (100 Marks)

Subject Teacher (Internal Examiner): 50 marks

External Examiner : 50 marks

The total marks obtained out of 100 are to be sent to the Council by the Head of the School.

The Head of the school will be responsible for the online entry of marks on the Council's CAREERS portal by the due date.