

Time: 2 Hours

M.M.: 50

**General Instructions:**

1. Question paper is divided into two sections: Section-A and Section- B.

**2. Section–A:**

i. Multiple choice question/Fill in the blanks/Direct Questions of 1 mark each. Answer any 10 questions out of the given 12 questions.

ii. Very Short Answer of 2 marks each. Answer any 5 questions from the given 7 questions.

iii. Short Answer of 3 marks each. Answer any 5 questions from the given 7 questions.

**3. Section–B:** Long/Essay type questions of 5 marks each. Answer any 3 questions from the given 5 questions.

4. All questions of a particular section must be attempted in the correct order.

5. Please check that this question paper contains 31 questions out of which 23 questions are to be attempted.

6. The maximum time allowed is 2 hrs.

**SECTION –A Fill in the blanks (1mark each).**

- (1) Normal skin has ph of about \_\_\_\_\_. (1)
- (2) Regular practice of \_\_\_\_\_removes all minor deformities of back. (1)
- (3) A regular intake of \_\_\_\_\_ is essential to maintain good health. (1)
- (4) Most hair conditioners contain positively charged molecules called \_\_\_\_\_ surfactants. (1)
- (5)Violet color governs the \_\_\_\_\_ chakra in the body. This color helps in decision making process. (1)
- (6)\_\_\_\_\_ Manicure is differentiated by regular manicure due to different way of application of nail paint. (1)
- (7) The word manicure is derived from \_\_\_\_\_ word “manus”. (1)
- (8) \_\_\_\_\_are placed on the nail into wet polish. (1)
- (9) To attach a nail\_\_\_\_\_, a hole is drilled in nail art. (1)
- (10)\_\_\_\_\_ is made from tiny strips of foils that are available in many colors. (1)
- (11) Cobra pose is also known as \_\_\_\_\_. (1)
- (12)Before applying nail paint, place the \_\_\_\_\_ between the toes. (1)

**Fill in the blanks answer.....**

1. 5.5
2. Kati Shakti vikasaka.
3. Vitamin
4. cationic surfactants

6. **French manicure**
7. latin words
8. Rhinestones.
9. foil nail art
10. **Confetti decoration**
11. **Bhujangasana**
12. **toe separator**

**Very Short Questions: (2 marks each).**

**Answer any 5 questions out of the given 7 questions:**

- 13** Define paraffin manicure. (2)

Answer - **Paraffin manicure:** It involves use of paraffin wax in a regular manicure process. This manicure works great for dehydrated hands or over worked hands. It makes your hands soft and is extremely relaxing

- 14** What is the definition of nutrition? (2)

Answer- Nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition – an adequate, well balanced diet combined with regular physical activity – is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity.

- 15** List contraindications of pedicure. (2)

Answer- **Contraindications**

Pedicure should be cautiously performed if a client has one of the following conditions

- Fever
- Inflamed areas
- Skin problems – rash. Inflammation, lesions, frail skin and extreme discolorations
- High Blood Pressure
- Uncontrolled diabetes
- Infectious diseases
- Varicose veins
- Unstable hypertension
- Warts
- Ingrown nails
- Recent scar tissue
- undiagnosed lumps and swellings
- Diabetes-Permission from G.P required.

- 16** List the types of skin. Write the characteristics for oily skin type. (2)

Answer- **Types of Skin**

- Normal
- Dry
- Oily

- Combination
- Sensitive

Oily skin is hereditary, and develops due to an overproduction of sebum from the sebaceous glands. There is always a tendency for clients to over treat their skin if it is oily; however, this can compound the problem as excessive stimulation results in stripping and irritating the skin, making it become dry and unbalanced. The skin's natural protection mechanism will then respond by producing more oil. The client will usually report that their skin develops a 'shine' during the course of a day, their skin often feels thick and dirty, due to the accumulation of the sebum and dead cells clogging the surface and suffer with blemishes.

**17 Why conditioner is used after shampooing the hair? (2)**

Answer- Hair conditioners contain positively charged molecules called cationic surfactants. Soap, shampoo, and other cleaners contain surfactants (also called detergents) that are anionic; That is negatively charged. The positively charged surfactants in hair conditioner are attracted to the negative charges in your hair, and do not rinse out completely with water. When the hair dries, it is coated with a thin film, which adds weight, makes the hair easier to comb, and prevents static electricity from building up and 'frizzing' the hair.

(2)

**18 List any four benefits of henna application on head.**

Answer- henna gives the colour to your hair.

- It makes the hair healthy, strong, thick and silky.
- Henna is considered to be a natural conditioner for hair.
- Henna makes hair manageable and tangle free.
- Henna don't gives any side effect like other chemical hair colours do.
- It helps to control dandruff.

**19. What is nail art?**

Answer 19. nail art is a creative way to paint, decorate, enhance and embellish the nail it is a type of nail art that can be done on fingernails and toenails, usually after manicure or pedicure.

**Short Questions: (3 marks each).**

(3)

Answer any 5 questions out of the given 7 questions:

**20 . Write down the career options in Beauty and Wellness industry.(3)**

Answer- **Career Options-Beauty and wellness sector**

- Cosmetologist • Aroma therapist • Nail Artist • Make up Artist • Beauty Therapist • Beauty Technologist • Hair Stylists
- Estheticians • Hair Dressers • Perm Specialists • Spa Therapist • Hair Designer • Hair Colorist • Beauty adviser • Counselors
- Free lancers • Manicurist • Pedicurist

**21. Explain massage movements used in pedicure.**

(3)

Answer- • **Effleurage** a French word meaning "to skim" or "to touch lightly on", is a series of massage strokes used in Swedish massage to warm up. Place both thumbs on top of foot at instep. Move your thumbs in circular movements in opposite directions down the center of the top of the foot.

- **Petrissage** from French pétrir, "to knead" are massage movements with applied pressure which are deep and compress the underlying muscles. Kneading, wringing, skin rolling and pick-up-and-squeeze are the petrissage movements. They are all

- **Percussion or Tapotement Movement:** Use fingertips to perform percussion or tapotement movements to lightly tap over the entire foot to reduce blood circulation and complete massage.
- **Thumb Compression- friction movement:** Make a fist with your fingers, keeping your thumb out. Apply firm pressure with your thumb and move your fist up the heel towards the ball of the foot. Work from the left side of foot and back down the right side towards the heel. As you massage over the bottom of the foot, check for any nodules or bumps. If you find one, be very gentle because area may be tender.

22 . Describe in detail about Hydro therapy. (3)

Answer- **Hydrotherapy** is also called as water therapy. In this water is used as healing source. Viscosity and many mineral components of water helps to get rid of various diseases which are as follows:

- **Spondylitis** – Inflammation in cervical vertebrae
- **Insomnia** – Sleeping disorder
- **Muscular Spasm** – inability to perform particular action due to rigidity in muscle
- **Lumbago** – Pain around lumbar region
- **Sciatica** – Inability to walk due to peer pressure on sciatic nerve.
- **Inflammation of joints** – Swelling around joints. **Types of Hydrotherapy**

**WET SHEETS PACK** – In this the body is covered with the help of wet sheet. Wet sheet can either be cold or hot depending on which condition it has to be used and then again full body is covered with thermal blanket which induces sweating that is ultimately good for detoxification

**COLD BATH** – In this the body is sprayed with ice cool water showers mainly to stimulate blood circulation.

**COMPRESS**- Compresses are of two types ie hot and cold. In cold compress the cloth is clipped in ice cold water and is wrapped around affected part whereas in hot compress the cloth is dipped in hot water and is wrapped around affected part and external heat for eg: infrared rays is given.

23 .Explain the techniques used for sterilization. (3)

Answer- **Sterilization in nail salon**

There are following types of sterilization technique:-

- **Autoclave:** High pressure steaming at a minimum of 121 degrees Celsius for 15 minutes. The autoclave method is suitable for stainless steel and glass tools.
- **Ultraviolet:** Used mainly to store already sterilized equipment. The UV method is only effective on the surfaces it touches, so the tools will need to be turned over.
- **Glass Bead:** Glass beads are heated to 190 degrees Celsius to 300 degrees Celsius. They are kept at this temperature for 30-60 minutes before use. Suitable only for very small items such as tweezers and cuticle pushers.
- **Chemical Sterilizers:** The most common chemical sterilizer is Barbicide. The tool are totally immersed in a solution of Barbicide or another chemical and water. Always follow the instructions to the letter. The Chemicals are extremely strong and can cause harm to the skin, so be careful when handling them. Also always dry the tools well when removed from the solution.

24 . Describe any 3 tools used in haircutting. (3)

Answer- **Haircutting shears** – Mainly used to cut blunt or straight lines in hair. May also be used to “slide cut, ” and for other texturizing techniques. The words shears and

scissors are sometimes used interchangeably.

- **Thinning shears** – Mainly used to remove bulk from the hair. Sometimes referred to as texturizing shears, tapering shears, or notching shears. Many different types of thinning shears are used today, with varying amounts of teeth in the blades. A general rule of thumb is that the more teeth there are, the less hair is removed. Notching shears are usually designed to remove more, have with larger teeth set farther apart.
- **Clippers** – Mainly used when creating short tapers, short haircuts, fades, and flat tops. Clippers can be used without a guard to “shave” hair right to the scalp, with cutting guards at various lengths, or in the “clipper-over-comb” technique. Two types of clippers available in the market 1) manual, 2) electric.

25 . Write down the various safety in hair cutting. (3)

Answer- There are following safety in hair cutting:-

- Always palm the shears and the clippers when combing or parting the hair. Palming the shears also reduces strain on the index finger and thumb while combing the hair.
- At the time of cutting around the ears or in the case of shorter haircuts, take extra care not to accidentally cut the ear.
- While cutting bangs or any area close to the skin, balance the shears by placing the tip of the index finger of your left hand ( right hand if you cut left-hand if you cut left-handed) on the pivot point. This prevents the client from being accidentally poked with the shears if she moves suddenly.
- Use a guard with electric clipper, but always let your instructor be your guide.

26. Briefly explain the procedure of powder bleach. (3)

Answer Procedures **for Powder Bleach**

1. Remove the jewellery and make up
2. Cleanse the face and neck thoroughly
3. Prepare the client using head band and wrap the towel or neck cape
4. Prepare the bleach pack by mixing two tea spoons of bleaching powder, 5-6 drops of liquid ammonia and hydrogen peroxide (20 volumes) as per requirement to make a smooth paste
5. Cover the client's eyes with cotton dipped in Rose water
6. Apply bleach pack in upward and outward movements. Leave for 10- 15 minutes and clean the face with tap water.
7. Apply moisturizer

**Note: Use bleach as per manufacturer's direction**

## SECTION –B

**Long/Essay type questions (5 marks each).**

**Answer any 3 questions out of the given 5 questions: (5)**

## Long answer

**27 Elaborate** the eight limbs of Ashtangyog. Explain the procedure of performing Netra shakti vikasak in detail.

### Answer Ashtangyog

There are different ways to reach a desired common destination. In Yogic discipline there are four paths in an order of Yoga-Karma, Raja, Bhakti, and Jnana-all leading to the same centre of consciousness, Patanjali evolved eight stages on the path Yoga leads the individual from ignorance to knowledge, from darkness to light and from death to immortality.

### Netra-Sakti-Vikasaka

**Posture:** Stand with your feet close together, your back erect and your head tilted back as far as it will go.

**Exercise:** Concentrate with all your will, while looking at the spot between your two brows without blinking. The eyes must squint in doing so. When your eyes feel tired or start watering, discontinue the exercise and resume it after a short rest. For five minutes in the beginning.

**Benefits:** This exercise produces stimulation of the nasociliary plexus of the autonomic nervous system, as well

as on the fibres of the nerves moving the eye-ball and internal structures of the eye. It improves the muscular power, balance and co-ordination of the various muscles that move the eye-ball. "This trātaka exercise cures all the diseases of the eyes, and prevents drowsiness. One should keep this trātaka exercise secret like a well-guarded treasure."

**28** What are conditioners? Describe any five types of conditioners.

(5)

#### Answer. Hair Conditioners

When considering the question of how hair conditioner works you first need to know about the structure of hair. Hair, as you may know, is composed of a protein called keratin. This fact is important because keratin has a high percentage of those amino

acids which have negative charges sticking out, like the hairs on a nettle. The next thing you need to know is that most hair conditioners contain positively charged molecules called cationic surfactants. Soap, shampoo, and other cleaners contain

surfactants (also called detergents) that are anionic; that is, negatively charged. These cleaners are very effective at removing dirt, but they also remove natural oils and positive charges from the hair. The positively charged surfactants in hair conditioner are attracted to the negative charges in your hair, and do not rinse out completely with water. When the hair dries, it is coated with a thin film, which adds weight, makes the hair easier to comb, and prevents static electricity from building up and 'frizzing' the hair.

#### Types of Conditioners any five

Conditioners add brilliance to all types of hairs, especially the dry hairs. Sebum the natural oil secreted by the scalp helps to keep the hair glossy sometimes oil glands may not produce enough oil or other factors may affect the production of sebum Glossy hair has cuticle scales that lie flat and neatly overlap. In this condition, hair reflects the light. Chemical perming or colouring and rough handling of hairs conspire to lift the cuticle, which allows moisture to be lost from the cortex which in turns make the hair dry and luster less and prone to tangle. Hairs get thinner and break easily. To put the shine back and to repair the split ends, it is necessary to use a specific conditioner.

- **Basic Conditioners** – They coat the hair with a fine film temporarily smooth them cuticle and making the hair shiny & soft. They should leave on the scalp for few minutes before rinsing out. They are available for all hair types. They restore body and acid volume to the hairs. They include protein and polymer fibers.

- **Conditioning sprays** – They are used prior to styling and form a protective barrier against the harmful effects of heat. They are also good for reducing static electricity on flyway hairs.

- **Intensive conditioners** – These help the hair to retain their natural moisture good for split, dry – frizzy or difficult to managed hairs.

- **Leave in Conditioner** – Apply after shampoo but don't rinse off. These form a barrier around your hair, which reduces damage from heat styling. Available in form of spray, liquid and mousse.

- **Hot oils** – Good for very dry and damaged hairs. They give an intensive, deep nourishing treatment. Olive and Almond oil is good for dry hairs. They coat the hair shaft and repair a damaged cuticles.

- **Deep Conditioners** – This is used on excessively brittle & broken hairs. They contain large amount of protein and it should be applied over a long time for absorption.

- **Reconstructants** – Good for flat hairs which is damaged and lost its elasticity. They penetrate the cortex and help to repair the inner part of damaged hair.

- **Color/Perm Conditioner** – They are specially designed for chemically treated hairs. Add a protective film around porous areas of hair it helps in preventing colour loss. After perm it helps to stabilize the hair and helps to keep the bounce in curls.

• **Split end treatment/Serum** They condition the damaged hairs. As an intermediate solution, hair can't be temporarily sealed from the ends. They worked on newly washed hair, they surround the hairs with a microscopic film that leaves the hair shaft smoother.

29 Differentiate between Epilation and Depilation. Explain the procedure of waxing in detail.. (5)

**29 Depilatory Method of Hair Removal**

**The removal of hair only above the skins surface e.g**

- i) Shaving
- ii) Depilatory cream

**Epilatory Method Of Hair Removal e.g**

**The removal of hair by the roots**

- i) Threading
- ii) Waxing
- iii) Laser/Thermolysis/Electrolysis

**Equipment & Materials**

- Room with privacy
- Table/Stool
- Antiseptic cleanser and towel
- Washable drapes for the client
- Applicator/Spatula
- Pretreatment lotion/Antiseptic lotion
- Dusting powder
- Ice cubes
- Soothing lotion
- Cotton
- Wax heater
- Waxing strips (disposable)

Good lighting is essential to a waxing treatment area. Fluorescent lights are the brightest and most economical with music because music makes a treatment most pleasurable. Wax heater are usually thermostatically controlled, but the wax should be always be tested on the skin of the technician on the inner forearms before its application on the client. Make sure the table is at a comfortable height for working, check the posture and make sure you do not bend over, maintain safe distance with client

- Use a towel to protect the client's remaining clothing.

- Wipe the area to be waxed with a professional antiseptic pre-wax cleansing lotion on cottonwool. Blot the area dry with tissues before applying the wax. While wiping the skin, look for contra-indications.

- If the client's skin is very greasy (she may for example have applied oil before coming to the clinic), cleanse it using an astringent lotion such as witchhazel. Use dusting powder with cottonwool on the treatment area before the application of wax.

- Apply wax on the area which is to be treated in the same direction of hair and press the disposable strip, with stretching the skin and pull the strip with sudden tug in the opposite direction of the hair.

- An after-wax lotion should be applied, using clean cottonwool, at the end of the treatment. This breaks down any wax residue, helps to guard against infection and irritation, and takes away any feelings of discomfort.

30 Explain the preparation and procedure of pedicure in detail. (5)

**Answer Pedicure Procedure**

Always remember to keep your implements clean: if they are left dirty they may harbor germs and cause infections.

**Preparation**

- Before we begin, make sure you are properly prepared. Disinfect all hard surfaces, then wash your hands with soap and water and sanitize them with an instant hand sanitizer

• Make certain your rolling cart is fully stocked with a disinfection tray, Spa Pedicure products, other pedicuring products, implements, tools, towels and polishing products.

### Trim the nails

• All pedicure clients should have filled out the consultation form (client profile) covering medical history and other important information. Remember, you must proceed with caution if a client is diabetic, calling the client's physician for clearance if you have any doubts, and never perform a pedicure in an extreme situation, such as open sores or infections of the foot or leg.

### Filing of Nails

• Plan on the service taking around an hour to complete. This includes a six to seven minute massage per leg. When you do the service in the salon, complete each step on all five toes before going on to the next step.

### Preparing the Bath

- Fill the foot bath with warm water—this means under 37°C, or a comfortable temperature. Add the water to agitate as it fills to create light foam in the bath.
- Let your client get settled in the chair with shoes, socks or nylons removed. You may provide a robe if the client so desires.
- Submerge both the client's feet in the warm water, adding more water if necessary to adjust the temperature to the client's comfort.
- Soak the clients feet for 5 minutes in the bath to take full advantage of the softening effects of Rice Bran and Vitamin E Oils. As they soak, remove your instruments from the disinfection unit and lay them on a clean, sanitized towel.

### Disinfect the foot

#### Procedure

- Begin by placing a clean, sanitized terry towel in your lap, and remove one foot from the water. Pat the foot dry and remove the enamel from the toenails.
- Gently massage for 2 to 3 minutes, concentrating on areas of extreme dryness, then rinse and pat dry.
- Wrap the foot in a clean towel.
- Unwrap the first foot and run the Callus Smoother over all calluses to reduce and smooth. Use a circular motion to reduce calluses in layers until the skin is pink and pliable. Rinse the foot and towel dry.

### Exfoliate the feet

- Do not return the foot to the bath as you use the Callus Smoother on the other foot. When both feet are clean, exfoliated, and dry, you are ready to proceed to the next portion of the service.
- Gently push back and remove non-living (true) cuticle from around the proximal and lateral nail folds, staying away from the eponychium.
- Trim the corner of the big toenail at a 45° angle. Using firm 'balance-point' positioning and holding the toenail trimmer like scissors- between thumb and middle finger, leaving the index finger free for balance- slide the tip of the trimmer under the corner at a 45° angle, so you can see the trimmer on the other side of the nail. Make sure you don't leave a hook or spike behind on the lateral nail edge.
- Guide a curette, small spoon tool or orangewood stick along the lateral nail edge in the direction of nail growth. Do this on both sides of the nail to remove non-living tissue and debris.
- After all five toenails have been pedicured, rinse the foot in the bath and pat dry.

### Moisturize

- Cover the entire foot up to the top of the ankle, leaving no bare spots. Then wrap it in a clean, dry terry towel and let this foot rest while you work on the other foot.
- Pedicure the second foot in the same manner as the first.
- Cover the second foot with moisturizer, wrap it in a clean, dry terry towel and let this foot rest while you return to the first foot.
- Place the pedicure tools back into the disinfection unit.
- Unwrap the first foot and completely rinse the entire masque from the foot, using a soft brush or cloth if needed. Pat dry.
- Apply Nail Enamel – begin by placing toe Separators between the toes, apply one thin coat of base coat and allow it to dry, apply a thin coat of nail enamel and after it dries completely apply a one coat of top coat.
- Allow enough time for enamel completely cure and then apply foot powder on the soles.

Ques. 31 Define facial. Explain the procedure of plain facial. (5)

Answer **Basic Facial**  
**Preparation of Client**



Before the preparation of the client, the preparation of treatment area is integral part of the facial services to provide a professional image and service, the environment should be clean, comfortable, well equipped and relaxing.

### Facial room

Following factors are important:

- The room should be warm and comfortable, with blankets provided for additional warmth and comfort.
- Lighting should ideally be subdued to create a feeling of relaxation.
- The room should be free of noise with peaceful atmosphere may be added by relaxing music. After greeting a client warmly make her comfortable when lying on the facial bed or chair, jewellery should be removed and placed safely with the client's belongings. If the client is wearing contact lenses should be advised to remove them prior to treatment to avoid any discomfort. Clothing of the upper body should be removed and large towel or toweling wrap, secured under the arms and around the front of the chest. After these Preparations, settle the client on the bed wrapping her in a blanket, secure client's here away from the face with the help of head band or wrap.

### Procedure of Basic Facial

- **Facial cleansing procedure**:-Cleansing is designed to remove all traces of makeup, surface secretions, dirt and other pollutants, and dead skin cells from the surface of the skin so the therapist can accurately assess the client's skin prior to devising the treatment plan. If permitted to build up, these materials could lead to the formation of comedones, pustules and other skin blemishes.
- **Apply a cleansing product** to your hand and warm before applying to the skin. Starting at the neck with a sweeping movement, use both hands to spread the cleanser upward on the chin, jaws, cheeks, and the base of the nose to the temples and along the sides and the bridge of the nose. Make small circular movements with your fingertips around the nostrils and sides of the nose. Continue the upward sweeping movements between the brow and across the forehead to the temples.
- **Remove the cleanser** with facial sponges, tissues, moist cotton pads, or warm, moist towels. Start at the forehead and follow the contours of the face. Remove all the cleanser from one area of the face before proceeding to the next. Finish with the neck, chest, and back.
- **Steam the face** mildly with warm, moist towels or with a facial steamer to open the pores so they can be cleansed of oil and comedones. Cover the client's eyes with cotton pads moistened with distilled water. Steam helps to soften superficial lines and increases blood circulation to the surface of the skin. Use come done extractor, if required.
- **Massage with cream/gel** using the same procedure as for the cleanser. Massage the face, using the facial manipulations.
- Remove massage cream with tissues, warm, moist towels, moist cleansing pads, or sponges. Follow the same procedure as for removing cleanser.
- Apply a **mask/pack** formulated for the client's skin condition with the help of natural bristle brush, starting at the neck. Use long slow strokes from the center outward and proceed to the jawline and apply the mask on a face from the center outward on one-half of the face, then the other.
- Allow it to remain on the face for five to ten minutes. Remove the mask with a wet cotton pledgets or sponges.
- Apply toner/astringent and finally moisturizer or sunscreen.