FIRST TERM - JSS 1 BEAUTY AND COSMETOLOGY LESSON NOTES

WEEK 1: INTRODUCTION TO BEAUTY AND COSMETOLOGY

Introduction

Beauty and cosmetology is an exciting and creative field that deals with enhancing a person's appearance through proper care of the hair, skin, nails, and body. It combines art, science, and hygiene to make people look attractive, feel confident, and maintain good health. In many societies, beauty practices have existed since ancient times and continue to play an important role in culture, self-expression, and professional careers today.



Meaning of Beauty and Cosmetology

The word *beauty* refers to the quality of being physically attractive, neat, and pleasing to the eyes. It includes personal grooming, neatness, and overall appearance. *Cosmetology*, on the other hand, is the scientific study and professional practice of beautifying the hair, face, skin, and nails. A person who practices cosmetology is called a *cosmetologist*.

In simple terms, beauty and cosmetology mean learning how to care for the body, improve physical appearance, and apply techniques that enhance natural looks through proper grooming, makeup, hair care, and cleanliness.

Origin of Beauty and Cosmetology

The practice of beauty and body care is as old as human civilization. In ancient Egypt, people like Queen Cleopatra were known for using oils, perfumes, and herbal creams to keep the skin smooth and attractive. Africans have long used traditional cosmetics such as *camwood*, *shea butter*, *palm kernel oil*, and *henna* for skincare and decoration.

Over time, cosmetology developed into a professional trade with the establishment of salons, beauty schools, and cosmetic industries. Today, modern cosmetology combines traditional methods with scientific knowledge to produce safe and effective beauty products.

Importance of Beauty and Cosmetology

Beauty and cosmetology are very important in personal and social life. Their major importance includes:

1. **Personal Appearance:** It helps individuals look neat, clean, and attractive.
2. **Confidence and Self-Esteem:** Good grooming makes people feel proud and confident.
3. **Hygiene and Health:** Regular cleaning of the skin, hair, and nails helps prevent diseases and infections.
4. **Employment and Income:** Cosmetology provides jobs in salons, spas, cosmetic companies, and fashion industries.
5. **Entrepreneurship:** Many people establish small beauty businesses, creating self-employment.

6. **Social Interaction:** Beauty services promote good relationships and customer care between people.
7. **Cultural Value:** It helps preserve cultural beauty traditions such as braiding, traditional body markings, and dressing styles.
8. **Professional Development:** It creates opportunities for skill acquisition and lifelong learning.

Areas of Beauty and Cosmetology

Beauty and cosmetology cover several specialized areas, including:

1. **Hair Care:** Involves washing, cutting, styling, and treating the hair.
2. **Skin Care:** Includes cleansing, moisturizing, facial treatments, and body care.
3. **Nail Care:** Involves manicure, pedicure, and nail polishing.
4. **Makeup Artistry:** Application of cosmetic products to enhance facial features.
5. **Body Massage and Spa Services:** For relaxation and improved circulation.
6. **Personal Grooming:** Daily habits like bathing, dressing neatly, brushing teeth, and using deodorant.

Qualities of a Good Cosmetologist

A good cosmetologist must have the following qualities:

1. Neatness and good personal hygiene.
2. Patience and respect for clients.
3. Good communication skills.
4. Creativity and attention to detail.
5. Honesty and professional ethics.
6. Willingness to learn new skills.
7. Ability to maintain clean and safe equipment.

Career Opportunities in Beauty and Cosmetology

The field of cosmetology offers many career paths such as:

1. Hairdresser or hairstylist
2. Skin care therapist
3. Makeup artist
4. Nail technician
5. Beauty salon owner or manager
6. Cosmetic product marketer or manufacturer
7. Barber or grooming specialist
8. Lecturer or trainer in cosmetology schools

Summary

Beauty and cosmetology is the art and science of caring for and improving a person's appearance through the treatment of hair, skin, and nails. It began in ancient times and has developed into a modern profession that provides health benefits, employment, and income. A good cosmetologist must be clean, creative, patient, and respectful. The subject is valuable for both personal development and national economic growth.

EVALUATION

1. Define beauty and cosmetology.
2. Mention four importance of beauty and cosmetology.
3. State three qualities of a good cosmetologist.
4. List five areas of beauty and cosmetology.
5. Identify three career opportunities in cosmetology.

ASSIGNMENT

1. Explain the meaning of beauty and cosmetology in your own words.

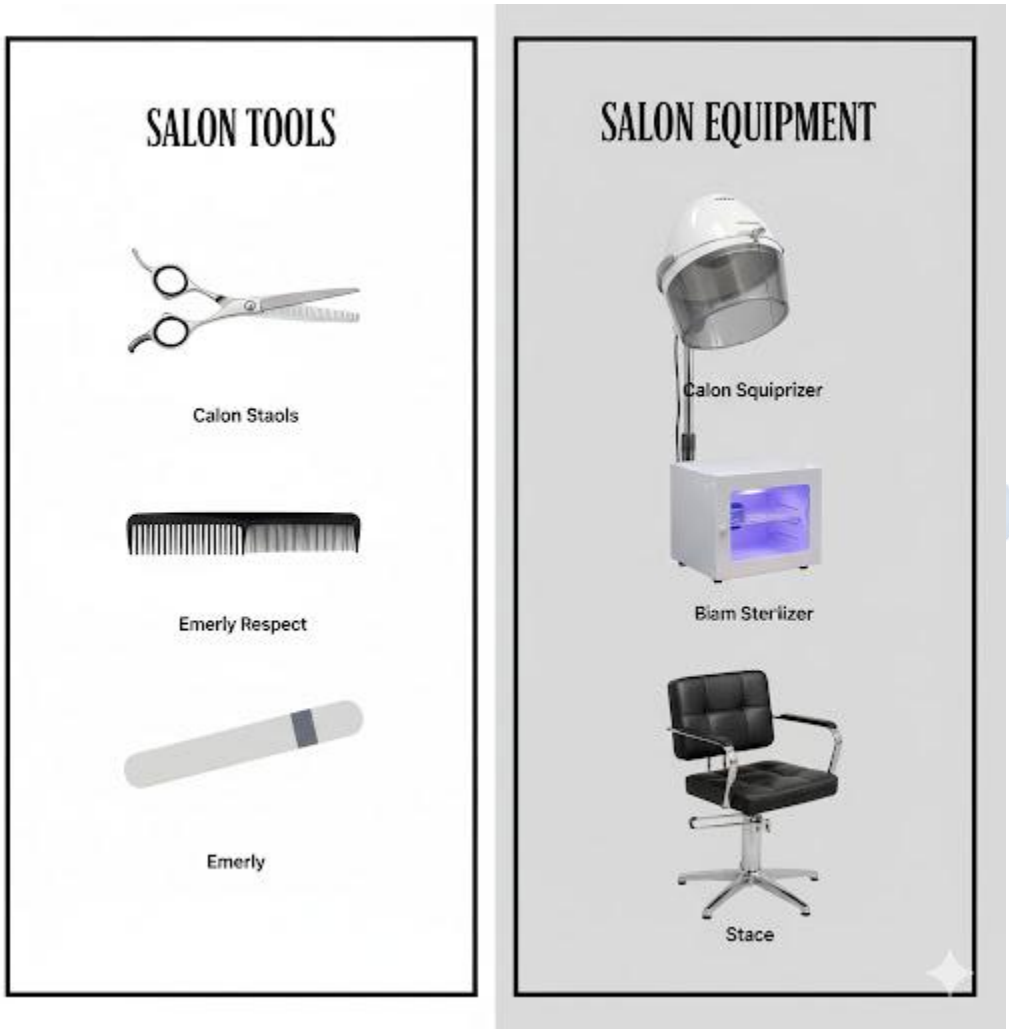
2. Discuss the origin and early practices of beauty care in Africa.
3. List and explain five importance of cosmetology in society.
4. Describe any four areas of specialization under beauty and cosmetology.
5. Identify and describe four personal qualities needed to succeed as a cosmetologist.

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WEEK 2: TOOLS AND EQUIPMENT

Introduction

Every professional cosmetologist must be familiar with the tools and equipment used in the beauty salon. These tools are essential for performing hair care, skin care, and nail care services effectively and hygienically. Using the correct tools and maintaining them properly not only improves results but also ensures the safety and comfort of both the cosmetologist and the client.



Meaning of Tools and Equipment

Tools are the small hand-held instruments used to carry out specific beauty and cosmetology tasks. Examples include combs, brushes, scissors, and nail files.

Equipment refers to the larger, sometimes electrical, items used to make beauty work easier and faster, such as hair dryers, sterilizers, and mirrors.

Both tools and equipment are vital for efficient beauty operations. Tools are usually portable, while equipment is often stationary or requires electricity.

Common Tools and Their Uses

1. **Comb:**
   A comb is a toothed tool used for arranging, parting, or detangling hair. There are different types of combs:
   - *Wide-tooth comb* – used for detangling wet or thick hair.
   - *Fine-tooth comb* – used for smoothing and finishing.
   - *Tail comb* – used for sectioning hair during styling.
     Illustration: Show learners pictures of different types of combs and demonstrate proper combing technique to avoid hair breakage.
2. **Brush:**
   A brush is used to smooth, polish, and style the hair. It has bristles made of nylon, boar hair, or plastic attached to a handle.
   - *Paddle brush* – used for straight hair.
   - *Round brush* – used for curling and adding volume during blow-drying.
     Demonstration: Show how to hold and brush from root to tip gently.
3. **Mirror:**
   Mirrors allow both the cosmetologist and the client to observe the work being done. They come in two main types:
   - *Hand mirror* – small, portable, for close-up checks.
   - *Wall mirror* – large, fixed to the salon wall for overall view.
     Illustration: Have students observe how proper mirror positioning helps in precision work.
4. **Apron:**
   An apron is worn by the cosmetologist to protect clothing from stains, water, and hair. It

should be clean, neat, and well-fitted. Aprons can be made from washable materials like nylon or cotton.

5. **Towel:**
   Towels are used to cover clients, dry hair, or wipe off products during treatments. They should be soft, clean, and disinfected after each use to prevent infections.

6. **Scissors:**
   Scissors are sharp cutting tools used for trimming and shaping hair. They come in various sizes depending on the task. Always handle scissors with care to prevent injury.

7. **Hair Clips and Pins:**
   These are used to hold or secure sections of hair during styling. Examples include bobby pins, sectioning clips, and rollers.

8. **Bowl and Brush (for mixing):**
   Used to mix hair treatments, relaxers, or colours before application. They must be cleaned immediately after use.

9. **Nail Tools:**
   Tools such as nail files, clippers, cuticle pushers, and buffers are used for manicure and pedicure services.

Common Equipment and Their Uses

1. **Hair Dryer:**
   The hair dryer uses warm air to dry and style hair quickly. It may be a handheld or hood type. Always use it with caution, keeping it at a safe distance from the scalp to avoid burns.

2. **Sterilizer:**
   Used to disinfect tools after each use. Sterilization prevents the spread of bacteria, fungi, and viruses. Modern salons often use electric sterilizers or UV cabinets.

3. **Barber's or Styling Chair:**
   A comfortable chair designed for clients during beauty treatments. It can be adjusted for height and rotation.

4. **Wash Basin:**
   Used for shampooing and rinsing the client's hair. It is usually connected to a water source with drainage.

5. **Trolley or Storage Rack:**
   Used to keep tools organized and within easy reach during work. Helps maintain a clean and efficient work area.

Care, Maintenance, and Safety of Tools and Equipment

1. Always clean tools after each use with warm soapy water or disinfectant.
2. Dry metal tools properly to prevent rusting.
3. Store tools in clean, dry containers or drawers.
4. Avoid sharing personal tools between clients without sterilizing them.
5. Check electrical equipment regularly to ensure cords are not damaged.
6. Unplug equipment immediately after use.
7. Replace broken or blunt tools promptly.
8. Wash towels and aprons after every use.

Summary

Beauty tools and equipment are the basic instruments and machines used by cosmetologists to perform their work efficiently. Tools like combs, brushes, towels, and scissors help in grooming, while equipment like hair dryers and sterilizers make the job faster and more hygienic. Proper care, maintenance, and safety measures are necessary to ensure the tools remain clean, durable, and safe for both client and worker.

EVALUATION

1. Define tools and equipment.
2. State three differences between tools and equipment.

3. Mention five tools used in beauty and cosmetology and their uses.
4. State three ways of caring for beauty tools and equipment.
5. Why is it important to sterilize tools after use?

ASSIGNMENT

1. Explain the meaning of tools and equipment used in cosmetology.
2. List five examples of tools and five examples of equipment used in the beauty salon.
3. Discuss five safety rules to observe when using electrical equipment.
4. Describe how to clean and store towels, combs, and brushes after use.
5. Draw and label any four tools or equipment used in the salon.

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WEEK 3: PERSONAL HYGIENE AND GROOMING

Introduction

Personal hygiene and grooming are essential parts of beauty and cosmetology. A cosmetologist must be neat, clean, and well-groomed at all times because appearance and hygiene reflect professionalism. Good personal hygiene helps prevent diseases and infections, while proper grooming enhances beauty, confidence, and self-esteem. In this lesson, we will learn the meaning, importance, and daily routines of personal hygiene and grooming.



Meaning of Personal Hygiene

Personal hygiene refers to the daily practices of keeping the body clean and healthy to prevent diseases and maintain freshness. It involves taking care of the skin, hair, nails, teeth, and clothing. A clean body is not only attractive but also free from unpleasant odour and germs.

Examples of personal hygiene include bathing regularly, washing hands before and after meals, brushing teeth twice daily, and wearing clean clothes.

Meaning of Grooming

Grooming means taking care of one's appearance and dressing properly to look neat and presentable. It involves keeping the hair tidy, wearing clean clothes, trimming nails, and using deodorant or perfume moderately. For a cosmetologist, good grooming is a sign of discipline and respect for clients.

Importance of Personal Hygiene and Grooming

1. **Prevents Diseases:** Good hygiene helps prevent skin infections, body odour, and illnesses caused by germs.
2. **Builds Confidence:** A neat and well-groomed person feels confident and respected.
3. **Promotes Professionalism:** Clients trust and respect a cosmetologist who looks clean and organized.
4. **Encourages Good Health:** Regular bathing and cleanliness help maintain a healthy body.
5. **Improves Relationships:** People are more comfortable around those who are clean and tidy.
6. **Creates a Good First Impression:** Personal appearance often influences how others perceive you.
7. **Increases Productivity:** When one feels fresh and confident, work becomes easier and more enjoyable.

Areas of Personal Hygiene

1. **Body Hygiene:**
    - Take a bath or shower daily using soap and water.
    - Rinse properly and dry with a clean towel.
    - Use deodorant or body spray to prevent odour.

2. **Hair Hygiene:**
    - Wash the hair regularly with shampoo and conditioner.
    - Comb or brush neatly and cover the hair while working in the salon.
    - Keep hair tools clean to prevent dandruff or lice.
3. **Hand and Nail Hygiene:**
    - Wash hands before and after handling clients.
    - Keep fingernails short and clean.
    - Avoid wearing dirty or artificial nails that can harbour germs.
4. **Oral Hygiene:**
    - Brush teeth at least twice daily.
    - Use mouthwash or chewing stick to keep breath fresh.
    - Avoid smoking and excessive sugary foods that cause mouth odour.
5. **Clothing Hygiene:**
    - Always wear clean uniforms or aprons.
    - Iron clothes and change them regularly.
    - Avoid wearing strong perfume or dirty footwear.
6. **Menstrual Hygiene (for females):**
    - Change sanitary pads regularly during menstruation.
    - Wash and dry undergarments properly.
    - Dispose of used pads safely.
7. **Environmental Hygiene:**
    - Keep the salon or working area clean and well-ventilated.
    - Disinfect work surfaces and equipment regularly.

- Dispose of waste properly.

Personal Grooming Tips for a Cosmetologist

1. Keep hair clean, neat, and styled appropriately.
2. Maintain fresh breath and clean teeth.
3. Use minimal, natural-looking makeup.
4. Wear clean uniforms and closed-toe shoes.
5. Trim nails and avoid long, coloured nails while working.
6. Maintain a pleasant facial expression and posture.
7. Avoid excessive jewellery or flashy dressing.
8. Practice good communication and polite manners.

Summary

Personal hygiene means keeping the body clean to maintain health and prevent diseases. Grooming means caring for one's appearance to look neat, confident, and professional. In cosmetology, personal hygiene and grooming are essential because they influence clients' trust, job performance, and overall beauty. A well-groomed cosmetologist becomes a role model of cleanliness and discipline.

EVALUATION

1. Define personal hygiene.
2. What is grooming?
3. Mention five areas of personal hygiene.
4. State five importance of personal hygiene and grooming.
5. List four grooming tips for a cosmetologist.

ASSIGNMENT

1. Explain the meaning of personal hygiene and grooming in your own words.
2. List and explain any five areas of personal hygiene.
3. Mention and describe three reasons why good grooming is important to a cosmetologist.
4. Write out a daily routine that shows how you practice personal hygiene from morning to night.
5. Identify and explain five bad hygiene habits a cosmetologist must avoid.

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WEEK 4: SAFETY PRECAUTIONS IN THE SALON

Introduction

Safety in the beauty salon is one of the most important aspects of cosmetology. A salon contains many sharp tools, electrical appliances, chemicals, and liquids that can cause accidents if not handled properly. For this reason, every cosmetologist must know and follow safety precautions to prevent injuries, fires, electric shocks, and infections. A safe salon environment protects both the client and the cosmetologist and promotes trust and professionalism in the workplace.

Here's a 'Salon Safety' poster with clear icons!



Meaning of Safety Precautions

Safety precautions are the careful steps or measures taken to avoid accidents, harm, or danger

while performing any task. In a beauty salon, safety precautions involve all the activities and attitudes that ensure the well-being of everyone present. This includes correct handling of tools, proper sanitation, use of protective clothing, and safe operation of electrical equipment.

Importance of Safety Precautions in the Salon

1. **Prevents Accidents and Injuries:** Following safety rules helps to avoid cuts, burns, and falls.
2. **Protects Life and Property:** Observing safety prevents loss of lives and damage to expensive equipment.
3. **Promotes Good Health:** Clean and safe environments reduce the spread of infections and diseases.
4. **Builds Client Trust:** Clients feel relaxed and confident in a salon where safety is a priority.
5. **Improves Work Efficiency:** A safe and organized workplace allows the cosmetologist to work quickly and comfortably.
6. **Complies with Professional Standards:** Every trained cosmetologist must maintain safety as part of professional ethics.
7. **Prevents Fire and Electrical Hazards:** Proper handling of electrical appliances prevents shocks and fire outbreaks.

Safety Measures in Handling Tools and Equipment

1. Always sterilize tools such as combs, scissors, and brushes after each use.
2. Keep sharp tools like razors and scissors in a secure place when not in use.
3. Do not leave electrical appliances such as hair dryers and curling irons plugged in when not in use.
4. Always check the cords and plugs of electrical appliances for damage before using them.
5. Handle hair dryers and pressing combs with dry hands to prevent electric shock.

6. Avoid placing electrical appliances near water or wet surfaces.
7. Use equipment according to the manufacturer's instructions.
8. Store tools and equipment properly after work to prevent accidents.
9. Clean up water spills immediately to avoid slips and falls.
10. Ensure that all equipment is switched off before closing the salon.

Safety Measures in Handling Chemicals and Cosmetics

1. Read labels and instructions before using any chemical product.
2. Wear gloves when applying relaxers, dyes, or other chemical substances.
3. Do not mix different products unless instructed to do so.
4. Keep chemicals in their original containers and away from children.
5. Ensure proper ventilation when using chemicals to avoid inhaling fumes.
6. Perform a patch test before applying new products to the client's skin or hair.
7. Dispose of expired products safely.
8. Avoid eating or drinking while handling chemicals.

Personal and Environmental Safety in the Salon

1. Keep the salon floor clean and dry to prevent slips.
2. Always wear clean aprons and protective clothing.
3. Maintain good posture when standing or bending to prevent back strain.
4. Wash hands before and after handling each client.
5. Ensure first aid materials are always available.
6. Use fire extinguishers in case of electrical or chemical fires.
7. Maintain proper lighting and ventilation.
8. Keep electrical wires organized and away from walkways.

9. Avoid overcrowding the salon with too many clients at once.
10. Always report damaged tools or equipment to the supervisor immediately.

First Aid in the Salon

Accidents can occur even when precautions are taken. Therefore, every salon should have a first aid box containing essential items such as antiseptics, bandages, cotton wool, adhesive plaster, safety pins, and scissors.

- For minor cuts: Wash the area, apply antiseptic, and cover with plaster.
- For burns: Cool the area with clean, cold water and avoid applying grease or cream.
- For fainting: Loosen tight clothing and allow fresh air into the room.
  A trained cosmetologist should know how to use first aid materials before referring the injured person for medical attention if necessary.

Summary

Safety precautions are necessary rules and practices that prevent accidents and injuries in the salon. Every cosmetologist must learn to handle tools, chemicals, and electrical appliances carefully. Cleanliness, good posture, and environmental orderliness are also part of salon safety. With the right safety habits, a salon becomes a healthy, organized, and professional workplace for both workers and clients.

EVALUATION

1. Define safety precautions.
2. Mention five importance of safety in the salon.
3. State four safety rules to observe when using electrical equipment.
4. List four safety measures in handling chemicals and cosmetics.
5. What are three essential first aid materials that should be in a salon?

ASSIGNMENT

1. Explain in detail the meaning of safety precautions in the salon.
2. List and explain any five general safety measures a cosmetologist should observe.
3. State five reasons why safety precautions are important in a salon.
4. Discuss four safety rules for handling electrical appliances and chemicals.
5. Draw and label a simple first aid box and list its contents.

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WEEK 6: BASIC HAIR CARE PRACTICES

Introduction

Hair is one of the most important parts of human appearance. It adds beauty, confidence, and personality to a person. Proper hair care is essential to keep it clean, healthy, and attractive. A cosmetologist must know how to care for different types of hair and how to perform basic hair treatments such as washing, brushing, and simple styling. In this lesson, we will learn the meaning, importance, and basic practices involved in taking care of the hair.

Meaning of Hair Care

Hair care is the act of keeping the hair clean, healthy, and well-groomed. It involves washing, brushing, conditioning, and styling the hair properly. Regular hair care prevents scalp diseases, dandruff, hair breakage, and bad odour. It also helps to improve personal appearance and confidence.



Importance of Hair Care

1. **Prevents Hair Damage:** Regular care helps avoid dryness, breakage, and split ends.
2. **Promotes Hair Growth:** Clean and well-nourished hair grows faster and healthier.
3. **Maintains Scalp Health:** Proper washing removes dirt, oil, and dandruff from the scalp.
4. **Improves Appearance:** Neat and well-styled hair enhances beauty and confidence.
5. **Promotes Hygiene:** Clean hair prevents lice, germs, and bad smell.

6. **Prepares Hair for Styling:** Proper care makes hair soft, smooth, and easy to style.
7. **Builds Professionalism:** A neat hair appearance makes a cosmetologist look responsible and reliable.

Basic Hair Care Materials and Tools

1. **Comb:** Used for detangling and parting hair.
2. **Brush:** Used for smoothing and polishing the hair.
3. **Shampoo:** A liquid soap used to clean the hair and scalp.
4. **Conditioner:** Used after shampooing to soften and nourish the hair.
5. **Towel:** Used to dry the hair gently after washing.
6. **Bowl:** For mixing treatments or warm water.
7. **Hair Dryer:** Used to dry the hair after washing.
8. **Apron and Cape:** Protects the client's clothes from water and products.
9. **Hair Oil or Cream:** Used to moisturize the hair and make it shiny.

Steps in Hair Brushing

1. Divide the hair into small sections.
2. Start brushing from the ends of the hair and move gently upward to the roots.
3. Brush slowly to remove tangles and prevent hair breakage.
4. Use a wide-tooth comb for thick or curly hair.
5. Brush regularly to stimulate the scalp and distribute natural oils evenly.

Steps in Hair Washing (Shampooing)

1. Drape the client with an apron and towel to protect their clothes.
2. Wet the hair thoroughly with clean, warm water.
3. Apply a small amount of shampoo and massage the scalp gently using fingertips.

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4. Rinse thoroughly to remove all foam and dirt.
5. Apply conditioner and leave it for a few minutes to soften the hair.
6. Rinse again and gently dry the hair with a clean towel.
7. Comb and style the hair neatly.

Simple Hair Styling

After washing, hair can be styled in simple ways to improve its appearance. Some simple styles include:

1. **Ponytail:** Tying the hair together at the back with a band.
2. **Plaiting/Braiding:** Dividing the hair into parts and interlacing them neatly.
3. **Cornrows:** Braiding the hair close to the scalp in neat rows.
4. **Twisting:** Rolling two strands of hair together.
5. **Packing:** Arranging the hair neatly with clips or pins.
   The choice of hairstyle depends on the client's hair type, face shape, and occasion.

Hair Care Tips

1. Wash hair at least once or twice a week.
2. Use the right shampoo and conditioner suitable for your hair type.
3. Avoid using too much heat on the hair.
4. Keep combs and brushes clean always.
5. Eat healthy foods like fruits, vegetables, and protein to strengthen the hair.
6. Cover your hair at night with a scarf or cap to prevent dryness.
7. Trim the ends of the hair regularly to prevent split ends.

Summary

Hair care involves washing, brushing, and styling the hair to keep it clean, healthy, and attractive.

It prevents dandruff, breakage, and scalp diseases. The steps in basic hair care include proper shampooing, conditioning, drying, and combing. Every cosmetologist must know how to maintain their own hair and that of their clients by following hygienic and professional practices.

EVALUATION

1. Define hair care.
2. State five importance of hair care.
3. List five tools used in hair care.
4. Mention four steps involved in washing the hair.
5. Give three examples of simple hairstyles.

ASSIGNMENT

1. Explain in your own words what hair care means.
2. Discuss the importance of hair care to personal hygiene.
3. Describe step by step how to wash and condition the hair properly.
4. List and explain any five tips for maintaining healthy hair.
5. Identify and describe any four simple hairstyles you know.

WEEK 8: SKIN CARE AND CLEANSING

Introduction

The skin is the largest organ of the human body. It covers and protects all the internal organs and gives the body its appearance. Proper skin care helps to maintain a healthy, smooth, and glowing look. As a beautician or cosmetologist, one must understand the types of skin, the steps in caring for the skin, and the correct cleansing methods suitable for each type. In this lesson, we shall study the meaning of skin care, the types of skin, and the steps involved in facial cleansing.

Meaning of Skin Care

Skin care refers to all the practices and routines done to maintain the skin's cleanliness, smoothness, and health. It involves washing, cleansing, moisturizing, exfoliating, and protecting the skin from harm. Good skin care keeps the body fresh and beautiful, prevents skin diseases, and delays the signs of ageing.

Importance of Skin Care

1. **Maintains Cleanliness:** Removes dirt, oil, and sweat that clog the pores.
2. **Prevents Skin Problems:** Helps prevent acne, pimples, and rashes.
3. **Promotes a Healthy Look:** Gives the skin a smooth and glowing appearance.
4. **Improves Confidence:** Healthy skin boosts self-esteem and beauty.
5. **Prevents Premature Ageing:** Regular care delays wrinkles and dryness.
6. **Protects from Infections:** Keeps bacteria and germs away from the body.
7. **Promotes Professional Appearance:** Especially important for those in the beauty and cosmetology profession.

Types of Skin

The type of skin a person has determines the kind of treatment and products suitable for it. The main types of skin are:

1. **Normal Skin:**
    - Balanced in oil and moisture.

- Smooth, soft, and healthy in appearance.
- Few or no blemishes.

2. **Oily Skin:**
    - Shiny and greasy, especially around the forehead and nose.
    - Caused by overproduction of oil (sebum).
    - Prone to pimples and blackheads.
3. **Dry Skin:**
    - Lacks moisture and feels rough or flaky.
    - May look dull or scaly.
    - Caused by insufficient oil or exposure to harsh weather.
4. **Combination Skin:**
    - Has both dry and oily areas; usually oily on the forehead, nose, and chin (T-zone) and dry on the cheeks.
5. **Sensitive Skin:**
    - Easily irritated or reacts to certain products.
    - Requires mild and non-perfumed cosmetics.

Basic Steps in Facial Cleansing

Facial cleansing is an essential part of skin care that involves cleaning the face to remove dirt, oil, and impurities. The following are the major steps:

1. **Preparation:**
    - Gather materials like cleanser, cotton wool, warm water, towel, and moisturizer.
    - Tie back the hair or use a headband to prevent it from touching the face.
2. **Cleansing:**

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- Apply a gentle facial cleanser suitable for your skin type.
- Use circular motions with your fingertips to clean the face thoroughly.
- Wipe off with damp cotton wool or rinse with clean lukewarm water.

3. **Exfoliating (optional):**
    - Use a mild scrub to remove dead skin cells and smoothen the surface.
    - This step should be done once or twice a week, not daily.
4. **Toning:**
    - Apply a toner using cotton wool to remove leftover dirt and tighten the pores.
    - It refreshes the skin and restores its natural pH balance.
5. **Moisturizing:**
    - Apply a suitable moisturizer to soften and protect the skin.
    - For oily skin, use oil-free moisturizers; for dry skin, use rich creams.
6. **Protection:**
    - Apply sunscreen or protective lotion when going out in the sun to prevent sunburn and dark spots.

Daily Skin Care Routine

Morning: Cleanse → Tone → Moisturize → Protect

Night: Cleanse → Tone → Moisturize

This routine should be followed regularly for a healthy and glowing skin.

Materials and Tools for Skin Care

- Cleanser or soap
- Cotton wool
- Warm water
- Facial scrub or exfoliant

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- Toner
- Moisturizer or lotion
- Towel
- Mirror
- Headband or scarf

Safety Precautions During Skin Care

1. Always wash hands before touching the face.
2. Use clean towels and cotton wool to avoid infection.
3. Do not share facial products with others.
4. Avoid using harsh or expired cosmetics.
5. Test any new product on a small area of the skin before full use.
6. Handle the skin gently; do not scrub too hard.
7. Keep tools and containers clean after use.

Summary

Skin care is an important part of personal grooming. It involves cleansing, toning, and moisturizing the skin to keep it healthy, smooth, and attractive. The main types of skin are normal, oily, dry, combination, and sensitive. Each requires suitable products and methods of care. A good cosmetologist must understand these types and know the correct way to maintain them.

EVALUATION

1. What is skin care?
2. Mention five importance of skin care.
3. List and describe the five types of skin.

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4. State the steps in facial cleansing.
5. Mention four safety precautions in skin care.

ASSIGNMENT

1. Explain the meaning of facial cleansing.
2. List five materials needed for skin care.
3. Describe in detail the steps involved in cleansing the face.
4. Differentiate between oily and dry skin.
5. Explain why a cosmetologist should study skin types.

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WEEK 9: NAIL CARE

Introduction

The nails are small but important parts of the human body. They protect the fingers and toes, help us pick up objects, and contribute greatly to beauty and personal grooming. Taking proper care of the nails keeps them clean, neat, and attractive. In beauty and cosmetology, nail care is one of the basic services offered in salons, known as *manicure* and *pedicure*. This lesson will explain the meaning of nail care, the importance, tools, procedures, and safety measures involved.



Meaning of Nail Care

Nail care refers to the cleaning, shaping, trimming, and beautifying of the fingernails and toenails to keep them healthy and attractive. It involves the use of certain tools and materials to perform procedures known as *manicure* (for hands) and *pedicure* (for feet).

- **Manicure** is the process of caring for and beautifying the fingernails and hands.
- **Pedicure** is the process of caring for and beautifying the toenails and feet.

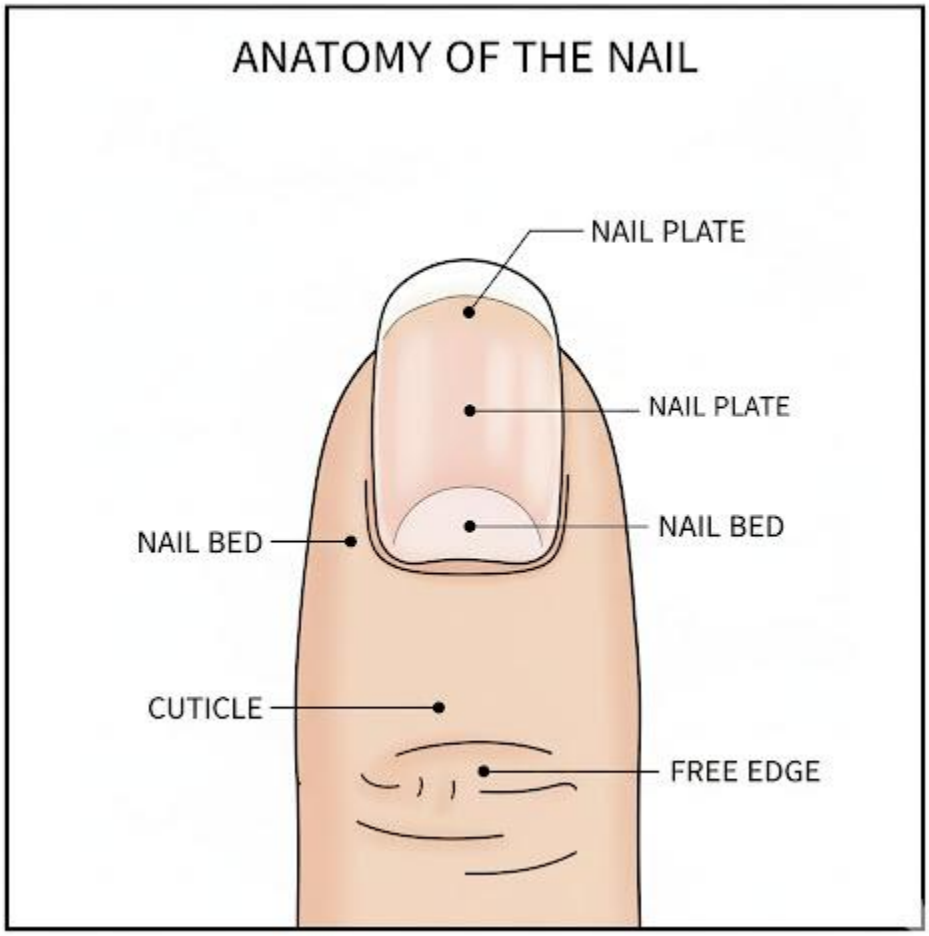
Importance of Nail Care

1. **Promotes Good Health:** Proper nail care prevents infections caused by dirt and germs.
2. **Improves Appearance:** Clean and well-shaped nails enhance beauty and confidence.
3. **Prevents Nail Damage:** Regular care prevents nails from breaking, splitting, or becoming brittle.

4. **Encourages Hygiene:** Keeps hands and feet neat and presentable.
5. **Professional Standard:** Beauticians must maintain neat nails to gain clients' trust.
6. **Prevents Odour:** Dirty nails can cause bad odour and harbour bacteria.
7. **Boosts Self-Esteem:** Well-groomed nails make individuals feel tidy and confident.

Parts of the Nail

To properly care for the nails, it is important to understand their structure. The main parts include:



1. **Nail Plate:** The hard, visible part of the nail.
2. **Nail Bed:** The skin underneath the nail plate.

3. **Cuticle:** The thin layer of skin at the base of the nail.
4. **Lunula:** The pale, half-moon shape at the base of the nail.
5. **Nail Root:** The part of the nail under the skin where growth begins.
6. **Free Edge:** The white tip of the nail that extends beyond the finger.

Tools and Materials for Nail Care

Below are some tools and materials used during manicure and pedicure:

- Nail cutter or clipper
- Nail file or emery board
- Nail brush
- Cuticle remover
- Cuticle pusher
- Nail polish
- Nail polish remover
- Cotton wool
- Small bowl (for soaking fingers)
- Foot bowl (for pedicure)
- Towels
- Soap and water
- Hand or foot lotion

Steps in Performing a Simple Manicure

1. **Preparation:**
    - Wash hands thoroughly with soap and water.
    - Assemble all manicure tools and materials.

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- Remove old nail polish using cotton wool and nail polish remover.

2. **Soaking:**
    - Soak the hands in warm, soapy water for about 5–10 minutes to soften the cuticles.
    - Dry hands with a clean towel.
3. **Cuticle Care:**
    - Apply cuticle remover and gently push back the cuticles with a cuticle pusher.
    - Trim any excess skin if necessary.
4. **Trimming and Filing:**
    - Use a nail clipper to trim nails evenly.
    - File the edges in one direction to shape the nails (round, oval, or square).
5. **Cleaning:**
    - Use a nail brush to remove any dirt under the nails.
    - Rinse and dry the hands again.
6. **Massage and Moisturizing:**
    - Apply hand lotion and massage gently to relax muscles and improve blood flow.
7. **Polishing:**
    - Apply a base coat, followed by coloured nail polish, and finally a top coat for shine and protection.

Steps in Performing a Simple Pedicure

1. **Preparation:**
    - Wash feet properly and gather all materials.
    - Remove any existing nail polish.
2. **Soaking:**

- Soak feet in warm, soapy water mixed with a little antiseptic or salt for 10–15 minutes.
- This softens the skin and nails.

3. **Scrubbing:**
   - Use a foot file or pumice stone to remove dead skin from heels and soles.
4. **Cuticle and Nail Care:**
   - Push back cuticles and trim nails straight across to prevent ingrown nails.
   - File edges neatly.
5. **Rinsing and Drying:**
   - Rinse feet with clean water and dry with a towel.
6. **Massage and Polishing:**
   - Apply lotion and massage the feet gently.
   - Apply nail polish if desired.

Safety Precautions During Nail Care

1. Wash and disinfect all tools before and after use.
2. Avoid cutting the nails too short.
3. Do not share nail tools with others.
4. Handle sharp objects like clippers carefully.
5. Use only clean towels and bowls.
6. Avoid polishing infected nails.
7. Keep bottles of polish tightly closed when not in use.

Visual Aids Suggestion

- Diagrams of the parts of the nail.

- Pictures of manicure and pedicure tools.
- Step-by-step demonstration of nail care in class.
- Short video showing how to perform manicure and pedicure safely.

Summary

Nail care involves the proper cleaning, trimming, and beautifying of fingernails and toenails. Manicure refers to nail care for the hands, while pedicure is for the feet. Regular nail care promotes beauty, health, and personal hygiene. Tools like nail clippers, files, polish, and cuticle pushers are used in this process. Safety and cleanliness must always be observed to prevent infection or injury.

EVALUATION

1. Define nail care.
2. State four importance of nail care.
3. List five tools used for manicure and pedicure.
4. Mention and explain any four steps in a simple manicure.
5. State three safety precautions during nail care.

ASSIGNMENT

1. Explain the difference between manicure and pedicure.
2. Draw and label the parts of a nail.
3. List and explain five materials used for nail care.
4. Describe the steps involved in performing a simple pedicure.
5. State five reasons why nail care is important for beauticians and individuals.

WEEK 10: INTRODUCTION TO MAKEUP

Introduction

Makeup is one of the most fascinating aspects of beauty and cosmetology. It enhances a person's appearance, boosts confidence, and helps to express individual style and personality. For beauticians, understanding the meaning, types, and tools of makeup is the foundation for developing the skills needed in professional makeup artistry. This lesson focuses on the meaning, types, and tools of makeup, and their importance in beauty care.

Meaning of Makeup

Makeup refers to the application of cosmetics on the face and other parts of the body to improve or change appearance. It includes the use of products like powder, foundation, lipstick, eye shadow, mascara, and others to enhance facial features and create a desired look.
Makeup is an ancient art practiced by both men and women in different cultures for beauty, cultural, and ceremonial purposes.

Historical Background of Makeup

The use of makeup dates back to ancient times.

- **In ancient Egypt**, both men and women used black eyeliner (kohl) to decorate their eyes and protect them from the sun.
- **In ancient Rome and Greece**, people used white powder and red pigments to lighten their skin and colour their lips.
- **In traditional Africa**, people used natural materials like clay, charcoal, and palm oil for facial decoration during festivals and ceremonies.
  Over time, makeup has evolved into a science and an art, with the beauty industry producing a wide range of safe and effective cosmetic products.

Importance of Makeup

1. **Enhances Appearance:** Makeup improves facial features and highlights beauty.
2. **Boosts Confidence:** It helps individuals feel attractive and self-assured.

3. **Covers Imperfections:** Makeup hides blemishes, scars, and uneven skin tones.
4. **Used for Special Occasions:** It adds glamour to weddings, parties, and ceremonies.
5. **Professional Use:** Beauticians, models, actors, and presenters rely on makeup for appearance and performance.
6. **Cultural Expression:** Makeup is used in traditional and religious ceremonies to symbolize identity and status.
7. **Protects the Skin:** Some makeup products contain ingredients that shield the skin from sunlight and dust.

Types of Makeup

Makeup can be categorized according to its purpose and area of application. The major types include:



1. **Day Makeup:**
    - Light and natural-looking makeup used for daily activities.

- It enhances features without being heavy.

2. **Evening Makeup:**
    - Heavier and more dramatic makeup used for night events or parties.
    - Includes darker shades and more defined lines.
3. **Bridal Makeup:**
    - Special makeup designed for brides on their wedding day.
    - Must be elegant, long-lasting, and camera-friendly.
4. **Stage or Theatrical Makeup:**
    - Used by actors and performers to make facial expressions visible under stage lights.
    - Often exaggerated to convey character roles.
5. **Fashion or Photographic Makeup:**
    - Used during photo shoots or fashion shows.
    - Must complement lighting and camera effects.
6. **Traditional or Cultural Makeup:**
    - Used for festivals, traditional dances, or ceremonies.
    - Often includes tribal marks or designs with natural pigments.

Basic Makeup Tools and Materials

Makeup requires the use of specific tools and cosmetics for effective application. Common tools and materials include:

Tools	**Uses**
Mirror	For viewing the face while applying makeup
Powder puff or brush	For applying powder evenly

Makeup brushes	For blending eye shadow, blush, and other cosmetics
Cotton wool or pads	For cleaning the face or removing makeup
Tweezers	For shaping eyebrows
Mascara wand	For applying mascara on eyelashes
Sponge or beauty blender	For blending foundation and concealer
Eyelash curler	For curling eyelashes before applying mascara
Makeup palette	For holding and mixing colours
Materials (Cosmetics)	**Uses**
Foundation	To create an even skin tone
Face powder	To set makeup and reduce shine
Eye shadow	To colour and highlight the eyelids
Eyeliner	To define the eyes
Mascara	To lengthen and darken the eyelashes
Lipstick or lip gloss	To add colour and shine to the lips
Blush	To give colour to the cheeks
Concealer	To hide spots, dark circles, or blemishes
Makeup remover	To clean off makeup gently

Guidelines for Makeup Application

1. Start with a clean and moisturized face.
2. Choose makeup that matches your skin tone and type.
3. Apply foundation and powder evenly for a natural finish.
4. Blend colours well to avoid harsh lines.

5. Avoid using expired or low-quality products.
6. Keep makeup tools clean and disinfected.
7. Apply makeup in good lighting for accuracy.
8. Use makeup moderately for a natural look.

Safety Precautions in Makeup Application

1. Wash hands and tools before and after use.
2. Do not share personal makeup products with others.
3. Avoid using products that irritate the skin or eyes.
4. Keep cosmetics away from direct sunlight and heat.
5. Always remove makeup before sleeping to prevent skin problems.
6. Use products suitable for your skin type.
7. Avoid applying makeup on wounded or infected skin.

Summary

Makeup is the art of applying cosmetics to enhance beauty and appearance. It has existed since ancient times and remains important in fashion, entertainment, and culture. There are various types of makeup, including day, evening, bridal, and stage makeup. Beauticians must know the correct tools, materials, and safety precautions to achieve a clean, professional look. Makeup should always be applied neatly, moderately, and hygienically.

EVALUATION

1. What is makeup?
2. List five importance of makeup.
3. Mention and explain four types of makeup.
4. Identify five tools and their uses in makeup application.

5. State three safety precautions during makeup application.

ASSIGNMENT

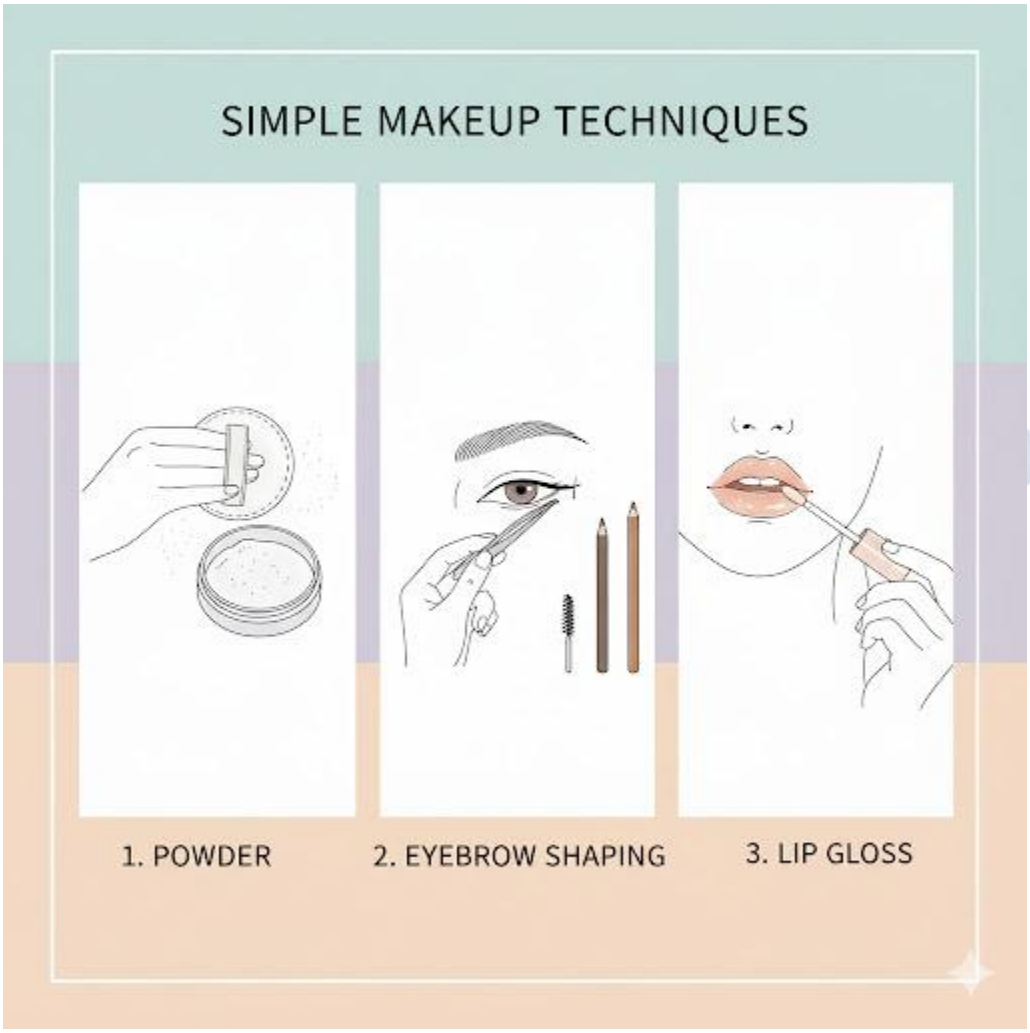
1. Define makeup and explain its historical background.
2. List and describe five materials used in makeup.
3. Differentiate between day makeup and evening makeup.
4. Explain three reasons why makeup is important in modern society.
5. Outline five precautions a beautician should take when applying makeup.

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WEEK 11: SIMPLE MAKEUP TECHNIQUES

Introduction

Makeup techniques are the step-by-step methods and skills used in applying cosmetics to the face in order to achieve a desired look. A beautician must understand how to use various makeup tools and products correctly and artistically to enhance beauty and maintain cleanliness. In this lesson, we shall discuss the basic techniques of applying facial powder, shaping eyebrows, and applying lip gloss.



Meaning of Makeup Techniques

Makeup techniques refer to the methods, styles, and procedures used in applying makeup on the face. These techniques help to enhance facial features such as the eyes, lips, and skin, giving a

neat, smooth, and attractive appearance. Proper techniques also ensure that the makeup lasts longer and looks natural.

Importance of Learning Makeup Techniques

1. **Professional Skill Development:** Helps beauticians perform makeup confidently and neatly.
2. **Enhances Appearance:** Ensures that makeup highlights natural beauty.
3. **Prevents Mistakes:** Reduces uneven tones or harsh lines on the face.
4. **Saves Time and Resources:** Helps apply products efficiently without wastage.
5. **Promotes Hygiene and Safety:** Encourages proper handling of makeup tools and cosmetics.
6. **Boosts Client Satisfaction:** Good techniques attract customers and increase trust in a beautician's work.

A. Application of Facial Powder

Meaning of Facial Powder

Facial powder is a cosmetic product used to set foundation, absorb oil, and give the face a smooth, even finish. It may be applied directly on the face or after using foundation. It comes in two main forms — *loose powder* and *pressed powder*.

Types of Facial Powder

1. **Loose Powder:**
    - Light and fine in texture.
    - Used mostly in professional makeup to give a smooth finish.
2. **Pressed Powder:**
    - Compact and easy to carry.
    - Ideal for quick touch-ups during the day.

Steps in Applying Facial Powder

1. Begin with a clean and moisturized face.
2. Apply foundation evenly (optional) to create a smooth base.
3. Using a powder puff or brush, apply the powder lightly on the face.
4. Blend the powder in circular motions to ensure even coverage.
5. Pay attention to areas that easily get oily (forehead, nose, and chin).
6. Remove excess powder with a clean brush to prevent a cakey look.

Benefits of Facial Powder Application

- Controls shine and oiliness.
- Helps makeup last longer.
- Smoothens the skin texture.
- Gives the face a fresh and natural look.

B. Eyebrow Shaping

Meaning of Eyebrow Shaping

Eyebrow shaping refers to the process of trimming, plucking, or designing the eyebrows to make them neat and enhance facial appearance. It is a delicate procedure that should be done carefully to avoid injury or over-plucking.

Importance of Eyebrow Shaping

1. Frames and defines the face.
2. Enhances the eyes and gives balance to facial features.
3. Improves general beauty and appearance.
4. Creates a tidy and confident look.

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Steps in Eyebrow Shaping

1. Study the shape of the client's face to determine the best eyebrow style.
2. Brush the eyebrows upward using an eyebrow brush.
3. Outline the natural shape of the eyebrow with an eyebrow pencil.
4. Trim stray hairs that fall outside the outline using scissors or tweezers.
5. Fill in sparse areas lightly with a brow pencil or powder.
6. Brush again for a smooth, even finish.
7. Clean the surrounding area with cotton wool and toner to remove excess pencil marks.

Tools and Materials Used in Eyebrow Shaping

- Eyebrow brush or spoolie
- Eyebrow pencil or powder
- Tweezers
- Small scissors
- Mirror
- Cotton wool and toner

Precautions in Eyebrow Shaping

1. Disinfect tools before and after use.
2. Avoid over-trimming or plucking.
3. Do not use sharp or damaged tools.
4. Work in good lighting.
5. Never use another person's eyebrow pencil or tools to prevent infection.

C. Application of Lip Gloss

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Meaning of Lip Gloss

Lip gloss is a cosmetic product applied to the lips to add shine, colour, and moisture. It may be clear or tinted and is often used to give the lips a fuller and more attractive look.

Steps in Applying Lip Gloss

1. Clean the lips with cotton wool and cleanser to remove dirt or old makeup.
2. Apply a little lip balm to soften dry lips.
3. Outline the lips using a lip liner (optional) to define the shape.
4. Apply lip gloss evenly from the centre of the lips to the corners.
5. Press lips together gently to spread the gloss evenly.
6. Blot excess gloss with a tissue to avoid smudging.

Benefits of Lip Gloss Application

- Keeps the lips soft and moisturized.
- Adds shine and enhances attractiveness.
- Completes the overall makeup look.
- Prevents lips from cracking or drying.

Safety Measures in Lip Makeup

1. Do not share lip gloss or lipsticks with others.
2. Keep applicators clean.
3. Avoid applying makeup on wounded or infected lips.
4. Use only high-quality and safe cosmetic products.
5. Remove lip gloss before sleeping.

Summary

Simple makeup techniques involve basic methods such as applying facial powder, shaping eyebrows, and using lip gloss. These techniques improve the appearance and boost confidence when properly done. The key to effective makeup application lies in cleanliness, proper blending, and matching cosmetics with skin tone. A beautician must also observe hygiene and safety precautions to avoid infections or damage to the skin.

EVALUATION

1. What are makeup techniques?
2. Mention two types of facial powder and their uses.
3. List the steps involved in applying facial powder.
4. State four precautions to observe during eyebrow shaping.
5. Mention three benefits of applying lip gloss.

ASSIGNMENT

1. Explain in detail the meaning of makeup techniques.
2. Describe the steps involved in shaping the eyebrows.
3. List five materials used in facial makeup.
4. Discuss the importance of learning makeup techniques for beauticians.
5. Outline the steps involved in applying lip gloss correctly.

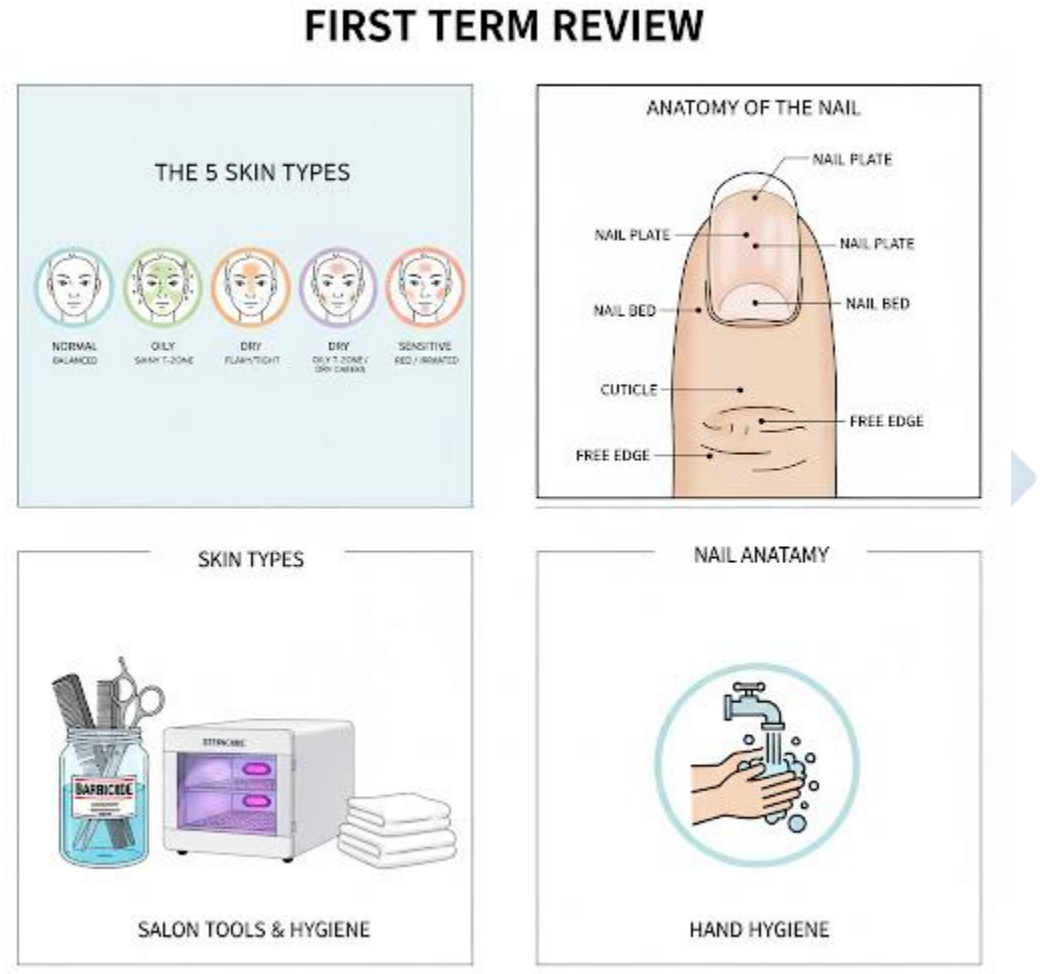
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SECOND TERM - JSS 1 BEAUTY AND COSMETOLOGY LESSON NOTES

WEEK 1: REVIEW OF FIRST TERM'S WORK

Introduction

This lesson serves as a recap of the major topics covered in the first term. The aim is to refresh students' understanding of the fundamental concepts of beauty and cosmetology and to ensure that they can relate these concepts to practical situations. Reviewing past lessons helps to reinforce knowledge and prepare students for more advanced concepts in the second term.



Meaning of Beauty and Cosmetology

Beauty refers to the quality or combination of qualities that gives pleasure to the senses, especially sight. In the context of this subject, beauty is the physical attractiveness that can be enhanced through personal grooming and care.

Cosmetology, on the other hand, is the art and science of improving or enhancing beauty through

the use of cosmetic products and treatments. It includes hair care, skin care, nail care, and makeup.

Origin of Beauty and Cosmetology

Cosmetology dates back to ancient civilizations such as Egypt, Greece, and Rome, where both men and women used natural ingredients like oils, herbs, and minerals to beautify their appearance. In Africa, traditional beauty practices included the use of shea butter, clay, and herbal extracts for hair and skin care. Over time, modern cosmetology has evolved into a professional field involving advanced techniques and beauty products.

Importance of Beauty and Cosmetology

1. Enhances appearance and confidence.
2. Promotes personal hygiene and grooming.
3. Provides job opportunities in salons and spas.
4. Encourages self-expression through style and fashion.
5. Contributes to good health and well-being through cleanliness and care.

Review of Personal Hygiene and Grooming

Personal hygiene refers to practices that keep the body clean and healthy. Grooming involves caring for one's hair, nails, and skin to look neat and attractive.

Examples of personal hygiene practices include:

- Regular bathing
- Brushing teeth twice daily
- Washing and combing hair
- Wearing clean clothes
- Trimming nails

Review of Salon Safety and Tools

Salon safety ensures that both workers and clients are protected from accidents, infections, or

injuries. Tools such as combs, brushes, mirrors, aprons, towels, and dryers must be handled with care and kept clean to prevent disease transmission.

Summary

The first term provided a foundation in beauty and cosmetology, covering its meaning, importance, hygiene, safety, and simple practices in hair, skin, and nail care. This review helps students recall key points before advancing to new topics in the second term.

Evaluation

1. Define beauty and cosmetology.
2. State three importance of cosmetology.
3. Mention three personal hygiene practices.
4. List two examples of salon tools and their uses.
5. Explain one safety precaution in a beauty salon.

Assignment

1. Write five reasons why beauty and cosmetology are important in society.
2. Mention five beauty tools used in the salon and describe their uses.
3. Explain the difference between beauty and cosmetology.
4. List and explain three personal grooming habits.
5. Discuss the importance of maintaining cleanliness in the salon.

WEEK 2: HAIR STRUCTURE AND FUNCTION

Introduction

Hair is one of the most visible and important parts of human appearance. It contributes greatly to personal beauty, confidence, and identity. For a beautician or cosmetologist, understanding the structure and function of hair is essential because it helps in proper hair care, treatment, and styling. The hair is made up of living and non-living parts that work together to protect the scalp and enhance the body's appearance.

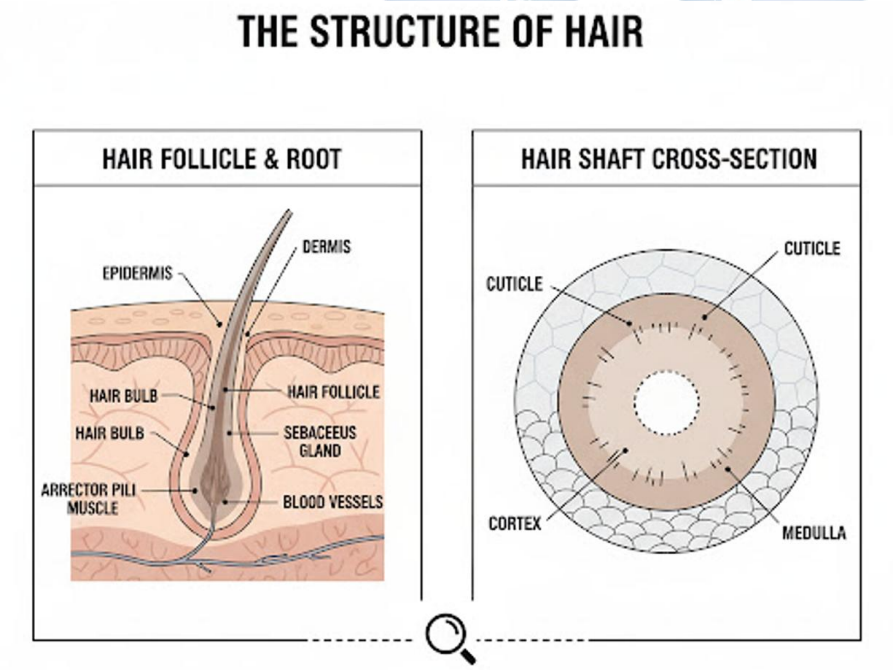
Meaning of Hair

Hair is a slender, thread-like growth made up of a protein called *keratin*, which also forms nails and the outer layer of the skin. It grows from tiny openings in the skin known as *hair follicles*. Hair can vary in color, texture, and length from one person to another depending on heredity, diet, and environment.

The health and appearance of hair depend on how it is treated. Healthy hair is usually shiny, flexible, and smooth, while unhealthy hair is dull, rough, and breaks easily.

Structure of the Hair

The structure of the hair can be divided into **two main parts** — the *hair shaft* and the *hair root.*



1. Hair Shaft

This is the part of the hair that is visible above the skin surface. It is made up of dead cells filled with keratin. Although it looks simple, the hair shaft has **three distinct layers**:

- **Cuticle:** The outermost layer that protects the hair. It is made of overlapping cells like roof shingles.
- **Cortex:** The middle layer that contains pigment (melanin) responsible for hair color and provides strength and elasticity.
- **Medulla:** The innermost layer found in thick hair strands. It contains air spaces and soft cells.

2. Hair Root

This part lies below the skin surface and is enclosed in a *hair follicle*. The root is responsible for the growth and nourishment of the hair.
The hair root includes:

- **Hair bulb:** The rounded base of the root where hair growth begins.
- **Dermal papilla:** Contains blood vessels that supply food and oxygen to the hair.
- **Sebaceous gland:** Produces natural oil (sebum) that lubricates the scalp and hair.
- **Arrector pili muscle:** A tiny muscle that causes the hair to stand when one feels cold or afraid.

Functions of the Hair

1. **Protection:** The hair on the head protects the scalp from direct sunlight and cold. Eyelashes and eyebrows protect the eyes from dust and sweat.
2. **Beauty and Confidence:** Well-kept hair improves personal appearance and self-esteem.
3. **Sensation:** The hair follicles have nerve endings that detect touch and temperature.
4. **Temperature Regulation:** Hair helps in maintaining body heat by trapping air close to the skin.

5. **Cultural and Social Value:** Hairstyles often represent culture, tradition, and fashion.

Hair Growth Process

Hair growth occurs in **three main stages**:

1. **Anagen Stage (Growth Phase):**
    - This is the active growing phase where the hair cells divide rapidly.
    - It lasts between 2 to 6 years, depending on the person.
2. **Catagen Stage (Transition Phase):**
    - The hair stops growing and detaches from the blood supply.
    - This stage lasts about 2 to 3 weeks.
3. **Telogen Stage (Resting Phase):**
    - The hair remains in place without growing for about 2 to 4 months.
    - Eventually, the old hair falls out and a new one begins to grow from the same follicle.

Summary

Hair is a protein structure made of keratin that grows from the scalp. It consists of two major parts: the hair shaft and the root. Each part plays an important role in protecting, beautifying, and regulating the body. Understanding how hair grows and functions helps beauticians care for it properly and maintain its health.

Evaluation

1. Define hair.
2. Mention the two main parts of the hair and describe each.

3. List the three layers of the hair shaft.
4. State three functions of hair.
5. What is the name of the oil-producing gland in the scalp?

Assignment

1. Draw and label the structure of human hair.
2. Explain the role of the sebaceous gland in hair health.
3. Discuss the three stages of hair growth.
4. List five ways to maintain healthy hair.
5. Describe the difference between the hair shaft and the hair root.

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WEEK 3: HAIR TYPES

Introduction

Human hair comes in different types, textures, and patterns depending on genetics, race, and environmental factors. Knowing the type of hair is very important in beauty and cosmetology because it helps determine the correct hair care products, treatment methods, and styling techniques to use. Proper identification of hair types allows cosmetologists to maintain healthy hair and prevent damage.

Meaning of Hair Types

Hair type refers to the natural pattern or texture of the hair strands. It is determined by the shape of the hair follicle and the amount of natural oil produced by the scalp. Hair type affects how the hair looks, feels, and reacts to styling or chemical treatments.

Major Types of Hair

Generally, there are three main types of hair — straight, curly, and kinky. Each has its unique characteristics and care requirements.



1. Straight Hair

Straight hair grows downward and lies flat on the scalp. It is usually shiny because the natural oil (sebum) from the scalp can easily travel along the hair shaft.

Characteristics:

- Smooth and sleek texture
- Reflects light and appears shiny
- Often oily due to easy spread of sebum
- Difficult to hold curls or waves

Care Tips:

- Wash regularly to remove excess oil
- Use mild shampoo and lightweight conditioner
- Avoid heavy oils and greasy products
- Use volumizing products to prevent limpness

2. Curly Hair

Curly hair has natural curls or waves that form spirals. The curls can be loose or tight depending on the person's genetic makeup.

Characteristics:

- Curly or spiral-shaped strands
- May appear thick and full
- Prone to dryness and tangling
- Needs more moisture and gentle handling

Care Tips:

- Use moisturizing shampoo and conditioner
- Avoid frequent brushing; use a wide-tooth comb
- Apply hair creams or oils to maintain softness
- Avoid heat styling tools to prevent breakage

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3. Kinky Hair (Coily Hair)

Kinky hair is tightly coiled or zig-zag shaped and is common among Africans. It is very fragile, dry, and prone to breakage if not properly cared for.

Characteristics:

- Very tight coils or zig-zag pattern
- Thick and dense appearance
- Shrinks when exposed to moisture
- Easily breaks if handled roughly

Care Tips:

- Moisturize daily using natural oils or hair butter
- Detangle gently using a wide-tooth comb
- Avoid excessive heat or chemical treatments
- Protect with braids, twists, or cornrows

Summary

Hair types differ from one person to another. The main types include straight, curly, and kinky hair. Each has unique characteristics that determine how it should be washed, conditioned, and styled. A good cosmetologist must recognize hair types to apply proper hair care methods.

Evaluation

1. What is meant by hair type?
2. Mention and explain the three major types of hair.
3. State two characteristics of straight hair.
4. Why is kinky hair prone to breakage?

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5. Suggest two care tips for curly hair.

Assignment

1. Draw and label diagrams showing straight, curly, and kinky hair patterns.
2. State five differences between straight and kinky hair.
3. Explain three reasons why it is important to know one's hair type.
4. Write out a daily hair care routine suitable for kinky hair.
5. List two tools that are best for managing curly hair and explain why.

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WEEK 4: HAIR TREATMENT

Introduction

Healthy, beautiful hair requires proper and regular treatment. Hair treatment involves caring for the hair and scalp to keep them clean, soft, and strong. In beauty and cosmetology, hair treatment is an essential service that helps prevent hair damage, promote growth, and improve overall appearance. Without regular hair treatment, the hair can become dry, brittle, and prone to breakage.



Meaning of Hair Treatment

Hair treatment is the process of cleaning, nourishing, and conditioning the hair and scalp to maintain their health and beauty. It involves various activities such as washing, conditioning, applying natural or chemical products, and massaging the scalp.

Proper hair treatment helps to remove dirt, excess oil, and product buildup, making the hair manageable and healthy. Treatments can be done at home or in a salon by a professional cosmetologist.



Types of Hair Treatment

Hair treatments can be divided into two major categories:

1. Natural Hair Treatment

This type of treatment involves using natural products such as herbs, oils, and plant extracts to maintain the hair.

Examples include:

- **Coconut oil treatment:** For moisturizing dry hair.
- **Shea butter treatment:** For softening and protecting the hair.
- **Aloe vera treatment:** For soothing the scalp and promoting growth.
- **Avocado or egg mask:** For strengthening weak hair.
- **Palm kernel oil treatment:** For repairing damaged hair.

Advantages of Natural Treatment:

- It is affordable and safe.
- It contains no harmful chemicals.

- It nourishes the scalp naturally.
- It improves hair texture and shine.

2. Chemical Hair Treatment

This involves using chemical products to alter the natural texture or color of the hair. Common examples include:

- **Relaxing:** To make curly or kinky hair straight.
- **Dyeing:** To change the color of the hair.
- **Perming:** To make straight hair curly or wavy.
- **Rebonding:** To give hair a smooth and permanent straight look.

Caution:
Chemical treatments should be done carefully and preferably by a trained cosmetologist. If not properly handled, they can cause scalp burns, hair breakage, or dryness.

Basic Steps in Hair Treatment

Hair treatment usually follows a systematic process to achieve the best results. The major steps include:

1. **Brushing or Combing:**
    - Detangle the hair gently using a wide-tooth comb or brush to remove knots and loose dirt.
    - This also stimulates blood circulation in the scalp.
2. **Washing (Shampooing):**
    - Wet the hair thoroughly with clean water.
    - Apply a mild shampoo and massage gently with fingertips to remove dirt and oil.

- Rinse thoroughly with clean water to avoid residue.

3. **Conditioning:**
    - Apply hair conditioner to soften and smooth the hair strands.
    - Leave it for a few minutes to allow absorption before rinsing off.
    - Deep conditioning can be done once or twice a week for extra nourishment.
4. **Natural or Oil Treatment:**
    - Apply natural oils such as coconut, olive, or shea butter to the scalp and hair.
    - Massage gently to increase blood flow and improve hair growth.
5. **Drying:**
    - Gently towel-dry the hair.
    - Avoid rubbing harshly to prevent breakage.
    - If using a hair dryer, use it on a low heat setting.
6. **Styling:**
    - After treatment, the hair can be plaited, braided, or styled as desired.
    - Avoid tight hairstyles that pull on the scalp.

Importance of Hair Treatment

1. Keeps the hair clean, soft, and smooth.
2. Prevents dandruff and scalp infections.
3. Promotes hair growth and thickness.
4. Restores shine and beauty to dull hair.
5. Prevents hair breakage, dryness, and split ends.
6. Improves self-confidence and appearance.

Precautions During Hair Treatment

1. Always use clean tools and equipment.
2. Avoid applying chemical products directly to the scalp.
3. Do not mix different chemicals at once.
4. Always test new products on a small area before full use (patch test).
5. Follow product instructions carefully.
6. Seek professional help for chemical treatments.

Summary

Hair treatment is the process of cleaning, nourishing, and conditioning the hair to keep it healthy and beautiful. There are two main types of treatment — natural and chemical. Proper hair treatment strengthens the hair, prevents damage, and enhances beauty. A good cosmetologist must know how to carry out treatments carefully and safely.

Evaluation

1. Define hair treatment.
2. Mention two types of hair treatment and give two examples each.
3. List four steps involved in hair treatment.
4. State three importance of hair treatment.
5. Mention two precautions to observe during hair treatment.

Assignment

1. Explain the difference between natural and chemical hair treatments.
2. List and describe the six basic steps in hair treatment.
3. Identify five examples of natural products used for hair treatment and their benefits.
4. Discuss three dangers of improper chemical hair treatment.
5. Outline five ways to maintain healthy hair after treatment.

WEEK 6: SIMPLE HAIR STYLING

Introduction

Hair styling is one of the most creative and exciting aspects of beauty and cosmetology. It involves arranging, shaping, and designing the hair into various attractive forms to enhance appearance. Simple hair styling focuses on basic techniques such as plaiting, weaving, and braiding, which are essential for every beginner cosmetologist. Proper hair styling does not only beautify the person but also protects the hair from damage and promotes neatness.



Meaning of Hair Styling

Hair styling is the art of arranging the hair in a particular design or pattern to make it look neat, beautiful, and fashionable. It is a skill that requires creativity, patience, and understanding of hair

texture and facial shape.

Simple hair styling can be done using natural hair or artificial extensions, depending on the desired look.

Tools and Equipment Used for Hair Styling

To achieve beautiful hairstyles, the right tools and equipment must be used. Some of the common tools include:

1. **Comb:** Used for parting, detangling, and smoothing the hair.
2. **Brush:** Helps to remove tangles and smoothen the hair surface.
3. **Tail Comb:** For parting and sectioning the hair neatly.
4. **Hair Clips and Pins:** Used to hold hair sections in place while styling.
5. **Hair Dryer:** For drying the hair after washing or treatment.
6. **Apron and Towel:** To protect the client's clothing during styling.
7. **Mirror:** To check and adjust the appearance of the hair during and after styling.
8. **Hair Cream or Gel:** Helps to hold styles in place and make them shine.

Visual Aid Suggestion:

Show pictures or real samples of styling tools and demonstrate their proper use in class or during a salon visit.

Simple Hair Styling Techniques

There are several basic methods used in creating simple hairstyles. These techniques are the foundation for more advanced styling skills.

1. Plaiting

Plaiting involves dividing the hair into sections and intertwining them to form a pattern. It can be done in different forms such as three-strand plaits, cornrows, or box braids.

Steps in Plaiting:

1. Wash, condition, and dry the hair.
2. Comb thoroughly to remove tangles.
3. Divide the hair into neat sections.
4. Apply a small amount of cream or gel.
5. Plait each section tightly but gently to avoid pain.

Importance: Keeps the hair neat, prevents breakage, and can last for several days or weeks.

2. Weaving

Weaving involves attaching artificial or natural hair extensions to one's hair to increase length or volume.

Steps in Weaving:

1. Prepare and section the natural hair.
2. Braid a base (cornrow) for the attachment.
3. Sew or fix the extension to the cornrow using a weaving needle and thread.
4. Style and trim the extension to the desired length.

Importance: Enhances beauty, allows for creative designs, and protects natural hair underneath.

3. Braiding

Braiding is similar to plaiting but may involve intricate patterns or multiple strands of hair. It can be done with or without attachments.

Steps in Braiding:

1. Divide the hair into small sections.
2. Cross and twist strands over one another in a regular pattern.
3. Secure the ends with thread, rubber bands, or clips.

Importance: Braids last long, promote hair growth, and are easy to maintain.

Care of Styled Hair

After styling, the hair needs to be maintained to ensure it remains neat and healthy.

1. Cover the hair with a scarf or net at night.
2. Apply oil or cream to keep it moisturized.
3. Avoid scratching or pulling the hair.
4. Clean the scalp regularly with cotton wool dipped in water and mild shampoo.
5. Restyle when the hair becomes rough or old.

Safety Precautions During Hair Styling

1. Wash and sanitize all tools before and after use.
2. Avoid using sharp or broken tools.
3. Do not make hairstyles too tight to prevent hair loss.
4. Keep electrical tools like dryers away from water.
5. Always ensure the client is comfortable during styling.

Summary

Simple hair styling involves arranging the hair into attractive forms such as plaiting, weaving, or braiding. The right tools, proper handling, and safety precautions must be observed to achieve a

beautiful and healthy result. Good hair styling enhances beauty, confidence, and personal hygiene.

Evaluation

1. Define hair styling.
2. List five tools used in hair styling and their uses.
3. Describe three simple hair styling techniques.
4. State three ways of caring for styled hair.
5. Mention two safety precautions during hair styling.

Assignment

1. Explain the importance of hair styling in beauty and cosmetology.
2. Outline and describe the steps involved in plaiting.
3. Differentiate between weaving and braiding.
4. Identify five causes of hair damage during styling and how to prevent them.
5. Draw and label any three tools used in simple hair styling.

WEEK 8: INTRODUCTION TO SKIN CARE PRODUCTS

Introduction

The skin is the largest organ of the human body and serves as a protective covering against germs, sunlight, and harsh environmental conditions. For a person to look attractive and healthy, the skin must be properly cared for. In beauty and cosmetology, skin care involves using appropriate products to clean, nourish, and protect the skin. This lesson introduces common skin care products such as soaps, creams, and lotions, explaining their types, uses, and how to apply them properly.



Meaning of Skin Care Products

Skin care products are substances or mixtures applied to the skin to keep it clean, soft, smooth, and healthy. They are designed to protect the skin from dirt, dryness, and damage, while also enhancing its natural beauty.

Common examples include soaps, creams, lotions, toners, and moisturizers. Each product performs a specific function depending on skin type and need.

Types of Skin Care Products and Their Uses

1. Soaps

Soap is a cleansing agent used to remove dirt, oil, and germs from the skin.

Types of Soaps:

- **Toilet Soap:** For general body washing and daily hygiene.
- **Medicated Soap:** Contains antiseptics that help prevent skin infections (e.g., Dettol, Tetmosol).
- **Beauty Soap:** Enriched with moisturizers and fragrances to enhance smoothness and glow.
- **Herbal Soap:** Made from natural ingredients like aloe vera, neem, or shea butter.

Uses:

- Cleans the body and removes sweat and dirt.
- Helps prevent body odor and skin infections.
- Leaves the skin feeling fresh and healthy.

Precaution:

Avoid using harsh soaps that make the skin dry or cause irritation.

2. Creams

Creams are semi-solid substances applied to the skin to soften, protect, and improve its texture.

Types of Creams:

- **Moisturizing Creams:** Add water and oil to the skin, preventing dryness.

- **Antiseptic Creams:** Help heal wounds and prevent infection.
- **Sunscreen Creams:** Protect the skin from harmful ultraviolet (UV) rays.
- **Beauty Creams:** Lighten or smoothen the skin and reduce blemishes.

Uses:

- Maintain the skin's moisture balance.
- Protect against sun damage and dryness.
- Improve the skin's appearance and glow.

Precaution:

Always check ingredients before use; avoid bleaching creams with harmful chemicals like hydroquinone.

3. Lotions

Lotions are lighter than creams and contain more water, making them easy to spread and absorb.

Types of Lotions:

- **Body Lotion:** Keeps the skin soft and moisturized.
- **Cleansing Lotion:** Used to remove makeup or dirt.
- **Baby Lotion:** Gentle on delicate skin and suitable for infants.

Uses:

- Hydrate and refresh the skin.
- Make the skin feel smooth and cool.
- Suitable for use in hot weather.

Precaution:

Avoid applying lotion to broken or irritated skin. Choose the right lotion for your skin type (dry, oily, or normal).

General Guidelines for Using Skin Care Products

1. Always wash the skin before applying any product.
2. Apply a small amount of product evenly to the skin.
3. Choose products suitable for your skin type.
4. Store products in a cool, dry place.
5. Avoid sharing personal products to prevent infection.
6. Do a patch test before using new products to check for allergies.

Importance of Using Skin Care Products

1. Promote cleanliness and hygiene.
2. Prevent skin infections and dryness.
3. Maintain a fresh and glowing appearance.
4. Protect against harmful sun rays and harsh weather.
5. Boost self-confidence through improved personal appearance.

Summary

Skin care products such as soaps, creams, and lotions are essential for keeping the skin clean, soft, and healthy. Each product has a specific function and must be chosen according to skin type. Proper use of these products promotes hygiene, beauty, and protection against infections and environmental damage.

Evaluation

1. Define skin care products.
2. Mention three examples of skin care products and their uses.
3. State two functions of soap.
4. Give two precautions to observe when using creams.
5. List three importance of using skin care products.

Assignment

1. Explain the difference between cream and lotion.
2. List and describe four types of soaps and their functions.
3. Identify and explain five ways of caring for the skin using beauty products.
4. Mention three harmful effects of using wrong skin care products.
5. Draw and label a chart showing types of skin care products and their uses.

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WEEK 9: FACIAL TREATMENT

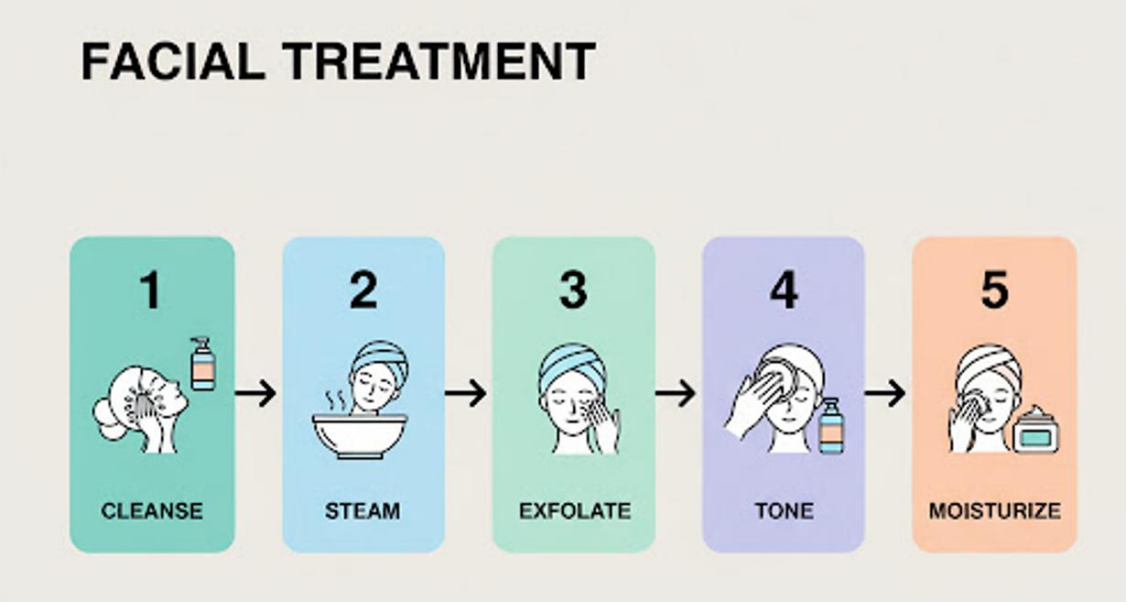
Introduction

Facial treatment is one of the most important beauty routines in cosmetology. It involves a series of skin-care steps designed to clean, refresh, and nourish the face, giving it a healthy, smooth, and youthful appearance. A good facial removes dirt, dead skin cells, and excess oil, helping to prevent pimples, blackheads, and other skin problems. It can be done at home or in a beauty salon using proper tools, products, and techniques.

Meaning of Facial Treatment

Facial treatment is a beauty care process carried out on the face to cleanse, tone, and rejuvenate the skin. It is part of professional cosmetology and helps to maintain good facial hygiene and improve the overall appearance of the skin.

Facials are done regularly to promote blood circulation, relax facial muscles, and give the skin a glowing look.



Importance of Facial Treatment

1. **Cleansing:** Removes dirt, oil, and impurities from the pores.
2. **Improves Skin Health:** Keeps the face smooth, fresh, and hydrated.
3. **Prevents Skin Problems:** Helps reduce acne, blackheads, and roughness.

4. **Stimulates Blood Circulation:** Gives the face a healthy and youthful glow.
5. **Promotes Relaxation:** Relieves tension and stress in the facial muscles.
6. **Enhances Beauty:** Improves the skin's texture, tone, and brightness.

Steps in Facial Treatment

Facial treatment is a systematic process that involves cleansing, steaming, exfoliation, and toning. These steps must be done carefully and in the right order for best results.

1. Cleansing

Cleansing is the first and most essential step in facial treatment. It involves removing dirt, makeup, and oil from the skin using a gentle cleanser or cleansing milk.

Procedure:

- Tie the client's hair away from the face using a headband.
- Apply the cleanser using cotton wool or fingertips in circular motions.
- Wipe off the cleanser with a clean towel or facial sponge.

  Purpose:

  To remove all impurities and prepare the face for further treatment.

Visual Aid Suggestion:

Show pictures of different facial cleansers and how to apply them on the skin.

2. Steaming

Steaming helps to open the pores of the skin, loosen dirt, and soften blackheads for easy removal. It also improves blood flow to the face.

Procedure:

- Use a facial steamer or a bowl of hot water.

- Cover the head with a towel and lean over the steam for about 5–10 minutes.
- Pat the face dry gently after steaming.

  Caution:

  Avoid steam that is too hot to prevent burns.

  Purpose:

  To open pores, soften impurities, and allow better absorption of skin products.

3. Exfoliation

Exfoliation involves removing dead skin cells from the surface of the face using a facial scrub or exfoliating cream.

Procedure:

- Apply exfoliating cream to the face.
- Massage gently in circular motions for 3–5 minutes.
- Rinse off with lukewarm water and pat dry.

  Purpose:

  To make the skin smooth, soft, and refreshed.

Illustration Suggestion:

Display samples of natural exfoliants (e.g., sugar and honey mix, oatmeal scrub).

4. Toning

Toning helps to close the pores, remove any remaining dirt, and refresh the skin after cleansing and exfoliation. Toners also balance the skin's pH and tighten it.

Procedure:

- Apply toner using cotton wool and gently wipe across the face.

- Allow it to dry naturally before applying moisturizer.

  Purpose:

  To tone and tighten the skin and prevent infections.

Visual Aid Suggestion:

Show different toner bottles and how they are applied using cotton pads.

5. Moisturizing

Moisturizing helps to keep the skin hydrated and soft after facial treatment.

Procedure:

- Apply a small amount of moisturizing cream or lotion to the face.
- Massage gently using upward and outward strokes.

  Purpose:

  To maintain smoothness and protect the skin from dryness.

Precautions During Facial Treatment

1. Wash hands thoroughly before touching the face.
2. Use clean tools, towels, and products for every client.
3. Avoid steaming for too long to prevent skin irritation.
4. Choose products suitable for the client's skin type (oily, dry, or normal).
5. Avoid applying harsh or expired products on the skin.
6. Do not perform facials on broken or infected skin.

Materials and Tools Needed

- Headband or scarf

- Facial cleanser and cotton wool
- Facial steamer or bowl of hot water
- Exfoliating cream or scrub
- Toner and moisturizer
- Clean towel and mirror

Skin Types and Suitable Products

Skin Type	Description	Recommended Products
Oily Skin	Shiny and prone to pimples	Oil-free cleanser and toner
Dry Skin	Rough and flaky	Moisturizing cleanser and cream
Normal Skin	Balanced and smooth	Mild cleanser and toner
Combination Skin	Oily in T-zone, dry on cheeks	Gentle cleanser and balanced moisturizer

Summary

Facial treatment is a systematic beauty care process involving cleansing, steaming, exfoliation, and toning. It keeps the face clean, soft, and radiant. Regular facial treatment helps prevent acne and other skin problems, promotes circulation, and enhances personal beauty.

Evaluation

1. Define facial treatment.
2. Mention four steps involved in facial treatment.
3. State two importance of facial steaming.
4. What is the purpose of exfoliation?

5. List three precautions to observe during facial treatment.

Assignment

1. Explain in detail the five steps of facial treatment.
2. Identify and describe the materials used for facial treatment.
3. Discuss three benefits of facial treatment to the skin.
4. Differentiate between cleansing and toning.
5. Draw and label a chart showing the facial treatment steps in order.

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WEEK 10: NAIL CARE TOOLS AND SAFETY

Introduction

Nail care is an essential aspect of personal grooming and beauty culture. It involves keeping the fingernails and toenails clean, neat, and well-shaped. Proper nail care helps to prevent infections, promote good hygiene, and enhance physical appearance. In beauty and cosmetology, nail care services such as manicure and pedicure are very important because they improve the look of the hands and feet.

In this lesson, we shall discuss the tools used in nail care, their uses, and the safety precautions that should be observed during nail care practices.



Meaning of Nail Care

Nail care refers to the process of cleaning, trimming, shaping, and polishing the nails on the fingers and toes to make them healthy and attractive. It includes both **manicure** (nail care for hands) and **pedicure** (nail care for feet).

Good nail care not only beautifies the hands and feet but also helps to maintain personal hygiene and prevent nail diseases or injuries.

Types of Nail Care

1. **Manicure:** The beauty treatment given to the hands and fingernails. It involves cleaning, trimming, shaping, and polishing the nails.
2. **Pedicure:** The beauty treatment given to the feet and toenails. It includes soaking, scrubbing, trimming, and polishing the nails and skin of the feet.

Nail Care Tools and Their Uses

Proper nail care requires specific tools and equipment. Each tool has a particular purpose and must be handled carefully to ensure safety and effectiveness.

Tool/Equipment	Description/Use
Nail Cutter or Clipper	Used for trimming or cutting the nails neatly.
Nail File or Emery Board	Used to smooth and shape the edges of the nails after cutting.
Cuticle Pusher	Used to push back the cuticles gently.
Cuticle Nipper	Used to trim excess or dead cuticles around the nails.
Nail Brush	Used for scrubbing the nails and removing dirt.
Buffer	Used to smooth and polish the nail surface, giving it a shiny appearance.

Manicure Bowl	Used to soak the hands in warm water to soften the nails and cuticles.
Pedicure Bowl	Used for soaking the feet during pedicure treatment.
Towel	Used to dry the hands and feet after washing or soaking.
Foot File or Pumice Stone	Used to remove dead skin or rough spots from the feet.
Cotton Wool	Used for cleaning the nails or removing nail polish.
Nail Polish Remover	Used to remove old or unwanted nail polish.
Nail Polish or Varnish	Used to add color and beauty to the nails.
Apron	Worn to protect clothes from stains during nail treatment.
Disinfectant Solution	Used to sterilize tools before and after use to prevent infection.

Safety Precautions in Nail Care

Safety is very important during nail treatment. Carelessness can cause cuts, infections, or accidents. To ensure safety, both the cosmetologist and client must follow certain rules and hygiene practices.

1. **Wash Hands and Feet Properly:** Both the client and beauty therapist should wash their hands and feet before starting nail care.
2. **Sterilize Tools Before and After Use:** Tools should be cleaned and disinfected after every use to prevent the spread of infections such as fungi or bacteria.
3. **Handle Sharp Tools Carefully:** Tools like nail cutters, scissors, and nippers should be handled with care to avoid cuts.
4. **Avoid Sharing Personal Tools:** Each person should have personal nail care items to reduce the risk of disease transmission.

5. **Use Clean Towels and Bowls:** Dirty towels or bowls can harbor germs. Always use clean and dry materials.
6. **Do Not Cut Too Deep:** Avoid trimming nails too short to prevent injuries or ingrown nails.
7. **Avoid Treating Infected Nails:** Do not perform manicure or pedicure on clients with nail infections or open wounds.
8. **Work in a Clean Environment:** Ensure that the salon or beauty area is neat, well-ventilated, and properly lit.
9. **Use Quality and Non-Toxic Products:** Cheap or expired products can damage nails or cause allergic reactions.
10. **Dispose of Waste Properly:** Cotton wool, tissues, and other waste materials should be disposed of hygienically.

Benefits of Proper Nail Care

1. Keeps nails neat, attractive, and healthy.
2. Prevents nail infections and bad odor.
3. Boosts confidence and improves personal appearance.
4. Promotes relaxation and comfort.
5. Enhances professional grooming and cleanliness.

Common Nail Problems

1. **Brittle Nails:** Nails that break easily due to dryness or poor diet.
2. **Discolored Nails:** May result from infections or use of harsh chemicals.
3. **Ingrown Nails:** When the edge of the nail grows into the skin, often due to improper cutting.

4. **Fungal Infection:** Caused by fungi attacking the nail bed, leading to discoloration and odor.
5. **Hangnails:** Small pieces of torn skin around the nails that can cause pain or infection.

Illustration Suggestion:
Show diagrams of healthy nails versus infected nails for comparison.

Summary

Nail care is an essential beauty and hygiene practice that keeps the nails clean, healthy, and beautiful. It involves the use of various tools such as nail cutters, files, buffers, and cuticle pushers. To prevent infection and accidents, all tools must be properly sterilized, and good hygiene must be maintained. Safe and regular nail care ensures healthy nails, comfort, and beauty.

Evaluation

1. Define nail care.
2. List five tools used for nail care and state their uses.
3. Mention three safety precautions to observe during nail care.
4. State two benefits of proper nail care.
5. Mention two common nail problems and their causes.

Assignment

1. Explain the meaning and importance of nail care.
2. Identify and describe ten nail care tools and their functions.
3. Outline five safety precautions to observe during manicure and pedicure.

4. Discuss three common nail problems and how to prevent them.
5. Draw and label five nail care tools neatly in your notebook.

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WEEK 11: CUSTOMER CARE IN BEAUTY SERVICES

Introduction

Customer care is the foundation of every successful beauty business. In beauty and cosmetology, good customer care means providing professional, friendly, and respectful services to clients to ensure their satisfaction and comfort. A cosmetologist's attitude, communication skills, and courtesy can either attract or drive away customers.

Every client who visits a salon expects to be treated with kindness, respect, and professionalism. Therefore, understanding and practicing good customer care helps build trust, loyalty, and a good reputation for the beautician and the salon.

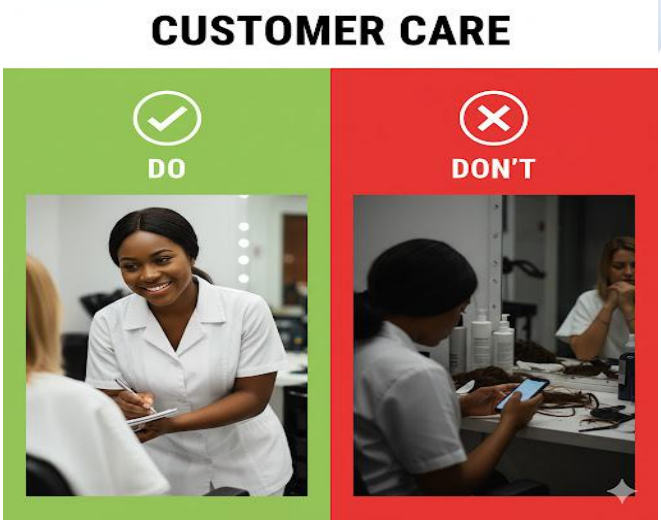
Meaning of Customer Care

Customer care refers to the process of attending to customers politely and efficiently before, during, and after providing beauty services. It involves satisfying customers by meeting their needs and ensuring they have a pleasant experience.

In cosmetology, customer care includes greeting clients warmly, listening to their needs, providing the required services professionally, and showing appreciation after the service.

Example:

A beautician who greets a client with a smile, listens carefully to what hairstyle they want, and ensures they are happy with the result is practicing good customer care.



Importance of Customer Care in Beauty Services

1. **Customer Satisfaction:** Good customer care ensures that clients are happy and satisfied with the services rendered.
2. **Customer Retention:** A satisfied client is more likely to return for future services.
3. **Business Growth:** Happy customers will recommend the salon to their friends and family, attracting more clients.
4. **Professional Reputation:** Good customer relations build the reputation of the beautician and the salon.
5. **Conflict Reduction:** Proper communication and courtesy help prevent misunderstandings and conflicts.
6. **Encourages Feedback:** When clients are treated well, they freely share their opinions, which helps improve service quality.
7. **Boosts Confidence:** Good customer relationships make both the cosmetologist and client comfortable, creating a friendly environment.

Qualities of a Good Customer Care Attendant

1. **Politeness:** Always speak respectfully and avoid rude or harsh words.
2. **Neatness:** Maintain personal cleanliness and a tidy salon environment.
3. **Punctuality:** Always be on time and ready for work before customers arrive.
4. **Good Communication Skills:** Speak clearly, listen attentively, and use simple language.
5. **Patience:** Some clients may be difficult; be calm and composed while attending to them.
6. **Honesty:** Be truthful about products, prices, and services offered.
7. **Confidence:** Show assurance and professionalism when carrying out beauty services.

8. **Empathy:** Show understanding and concern for clients' feelings and needs.
9. **Cheerfulness:** A warm smile and friendly tone make clients comfortable.
10. **Professionalism:** Maintain proper dressing, posture, and behavior while at work.

Customer Care Practices in Beauty Services

1. **Welcoming the Customer:** Greet clients warmly when they enter the salon.
2. **Listening to the Client:** Pay attention to what the customer wants before starting any service.
3. **Offering Assistance:** Help the client feel comfortable and relaxed.
4. **Explaining the Service:** Tell the client what you will do and the products you will use.
5. **Performing Services Neatly:** Carry out the beauty work with care and precision.
6. **Using Clean Tools and Equipment:** Ensure all materials used are clean and disinfected.
7. **Maintaining Polite Conversation:** Talk gently and avoid gossip or rude language.
8. **Thanking the Client:** Appreciate customers after service and encourage them to visit again.
9. **Following Up:** Ask returning clients about their previous experience to show care and consistency.
10. **Maintaining Confidentiality:** Do not disclose personal information shared by clients.

Poor Customer Care Practices to Avoid

1. Ignoring or arguing with customers.
2. Being rude, impatient, or disrespectful.
3. Using dirty tools or towels.

4. Failing to listen to customers' requests.
5. Overcharging or being dishonest about prices.
6. Gossiping or speaking ill of clients.
7. Keeping customers waiting unnecessarily.
8. Showing bad attitude or poor personal hygiene.
9. Not apologizing when mistakes occur.
10. Failing to thank or appreciate clients.

Customer Care Equipment and Materials

- Customer record book
- Appointment book
- Telephone or mobile phone (for bookings)
- Reception table and chair
- Waiting area chairs
- Refreshments (optional)
- Mirror and display shelf
- Clean towels and capes

These materials help maintain organization, professionalism, and comfort for customers.

Summary

Customer care in beauty services involves treating clients with respect, kindness, and professionalism. Good customer care builds loyalty, attracts new clients, and ensures business growth. Every beautician must practice patience, honesty, and good communication to maintain

positive relationships with clients. A satisfied customer is the best advertisement for any beauty salon.

Evaluation

1. Define customer care.
2. State five importance of customer care in beauty services.
3. Mention five qualities of a good customer care attendant.
4. List three poor customer care practices to avoid.
5. Explain why honesty and patience are important in customer care.

Assignment

1. Discuss in detail the meaning of customer care in beauty services.
2. Outline and explain five practices of good customer care.
3. Identify five bad customer care habits and their effects on business.
4. List and describe five qualities that make a beautician successful with clients.
5. Write short notes on how to maintain good communication and courtesy in the salon.

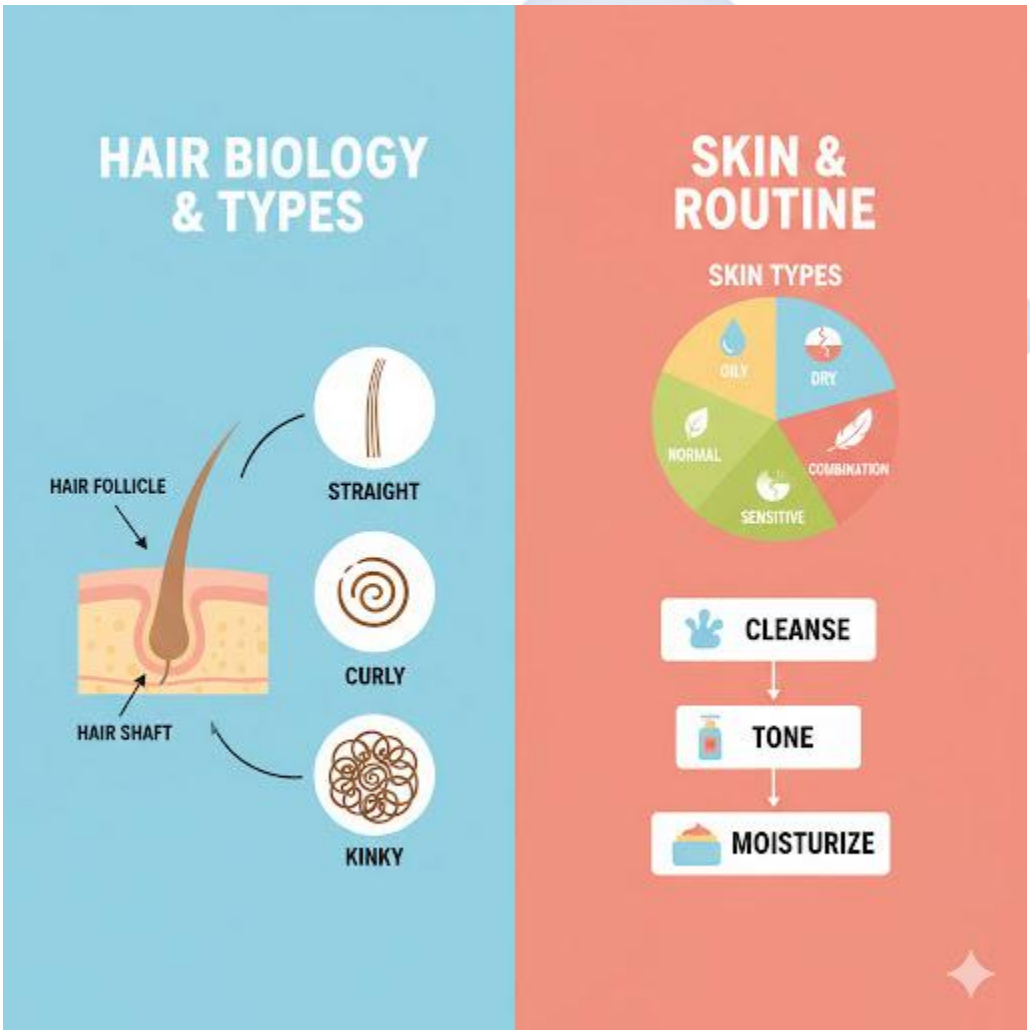
THIRD TERM - JSS 1 BEAUTY AND COSMETOLOGY LESSON NOTES

WEEK 1: REVIEW OF SECOND TERM WORK

Introduction

The second term focused on essential aspects of hair and skin care — two major branches of beauty and cosmetology. Hair care involves maintaining clean, healthy, and well-styled hair, while skin care focuses on keeping the skin smooth, fresh, and glowing. These practices are important because they improve personal appearance, boost confidence, and promote good hygiene.

In this revision, we will recap the key topics covered in the previous term to strengthen our understanding and prepare for more advanced lessons this term.



Overview of Hair Care

Hair care refers to the maintenance and treatment of the hair to keep it clean, strong, and attractive. It involves regular washing, conditioning, oiling, and styling using safe and suitable products.

Key Points Reviewed from Last Term:

1. **Structure of the Hair:** The hair consists of three main parts – the *cuticle* (outer layer), *cortex* (middle layer), and *medulla* (inner layer).
2. **Functions of the Hair:** Hair protects the scalp from sunlight, helps regulate body temperature, and enhances beauty and personality.
3. **Hair Types:** There are straight, curly, and kinky hair types, and each requires suitable products and care methods.
4. **Hair Treatment:** Includes washing, conditioning, and applying natural treatments like shea butter, coconut oil, or aloe vera to maintain softness and prevent dandruff.
5. **Hair Styling:** Simple hairstyles such as plaiting, weaving, and cornrows were introduced using appropriate tools like combs, brushes, and pins.

Overview of Skin Care

Skin care is the act of cleaning, moisturizing, and protecting the skin from dirt, germs, and harsh weather conditions. The skin is the body's largest organ and needs proper care to remain healthy and radiant.

Key Points Reviewed:

1. **Types of Skin:** There are oily, dry, normal, and combination skin types, each requiring specific products.
2. **Facial Treatment:** Steps include cleansing, steaming, exfoliation, and toning to remove dirt and dead skin cells.
3. **Skin Care Products:** Includes soaps, creams, and lotions that nourish and protect the skin.

4. **Proper Use of Products:** Always use safe products suitable for one's skin type and avoid harsh or bleaching chemicals.
5. **Personal Hygiene:** Cleanliness of the body, clothes, and environment helps maintain healthy skin.

Relationship Between Hair and Skin Care

Hair and skin care are closely related because both promote cleanliness, beauty, and confidence. Dirt or infection in the hair can affect the scalp and facial skin, while poor skin hygiene can lead to rashes or irritation that affect overall appearance.

Example:
Using dirty hair tools may spread dandruff or bacteria to the skin around the neck and face.

Importance of Hair and Skin Care

1. Promotes personal hygiene and neatness.
2. Enhances physical beauty and confidence.
3. Prevents skin and scalp infections.
4. Improves self-image and social acceptance.
5. Encourages healthy habits and self-discipline.

Tools and Products Reviewed

Hair Tools: Comb, brush, hair dryer, scissors, and apron.
Skin Tools: Cotton wool, facial sponge, towel, steamer, and exfoliating cream.
Products: Shampoo, conditioner, lotion, moisturizer, toner, and natural oils.

Summary

Hair and skin care are vital components of beauty and cosmetology. They help maintain cleanliness, prevent infections, and enhance appearance. Last term's lessons provided the foundation for understanding how to care for the hair and skin using the right tools, methods, and safety practices. This knowledge will be useful for more advanced beauty skills in this term.

Evaluation

1. Define hair care and skin care.
2. Mention three parts of the hair and state their functions.
3. List four types of skin and identify one characteristic of each.
4. State three importance of maintaining clean hair and skin.
5. List five tools or products used in hair and skin care.

Assignment

1. Explain the relationship between hair care and skin care.
2. Describe the steps involved in facial treatment.
3. Identify three types of hair and how each should be properly maintained.
4. Mention five natural products that can be used for hair or skin care.
5. Discuss two reasons why personal hygiene is important in beauty and cosmetology.

WEEK 2: REVIEW OF SECOND TERM WORK

Weaving, Threading, and Cornrow Patterns

Introduction

Advanced hair styling involves creative and skilled methods of arranging the hair into beautiful and neat patterns. These hairstyles go beyond basic plaiting and include styles such as weaving, threading, and cornrows. They are not only fashionable but also part of African heritage, expressing identity, culture, and artistry.

Hair styling is an essential part of beauty and cosmetology because it enhances appearance, promotes confidence, and can serve as a source of income for professionals in the beauty industry.

Meaning of Advanced Hair Styling

Advanced hair styling refers to the process of designing and arranging hair into complex or decorative patterns using professional techniques and tools. It involves skill, creativity, and attention to detail. Examples of advanced hair styling techniques include *weaving*, *threading*, *cornrowing*, *braiding with extensions*, and *styling with accessories*.

Types of Advanced Hair Styling

1. Weaving

Weaving is a technique of interlacing strands of hair together to form different styles. It can be done with natural hair or with extensions (artificial hair). Hair weaving is popular because it allows for versatility and protection of natural hair.

Types of Hair Weaving:

- **Sew-in Weaving:** Involves braiding the natural hair into cornrows and sewing in hair extensions using needle and thread.

- **Bonding or Gluing Weaving:** Hair extensions are attached to the natural hair with adhesive or glue.
- **Crochet Weaving:** Involves looping synthetic hair through braided hair using a crochet hook.



Steps in Hair Weaving:

1. Wash, condition, and dry the hair.
2. Braid the hair into cornrows.
3. Choose suitable extensions.
4. Use needle and thread or glue to attach the extensions.

5. Trim and style the hair neatly.

Advantages of Weaving:

- Protects natural hair from harsh weather.
- Promotes hair growth.
- Offers variety of styles.
- Gives a fuller and longer appearance.

2. Threading

Threading is a traditional African hairstyle that uses black or colored threads to wrap sections of hair from root to tip. It helps stretch the hair, prevents breakage, and promotes growth.

Materials Needed:

- Hair thread (black or colored)
- Comb
- Scissors
- Hair oil or cream
- Hair clips

Steps in Threading:

1. Wash and condition the hair properly.
2. Divide the hair into small, even sections.
3. Apply hair cream or oil to soften the hair.
4. Take a piece of thread and wrap it from the root to the tip of each section.
5. Tie the end securely and repeat for all sections.
6. Style into desired patterns or updos.

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Advantages of Threading:

- Strengthens and stretches natural hair.
- Less expensive than weaving.
- Long-lasting and protective.
- Suitable for school girls and traditional occasions.

3. Cornrow Patterns

Cornrows are traditional African hairstyles where the hair is braided very close to the scalp in straight or curved rows. Cornrows can be plain or designed into intricate patterns such as zig-zag, spiral, or circular shapes.

Tools and Materials:

- Tail comb
- Hair cream or gel
- Hair extensions (optional)
- Hair clips or pins

Steps in Making Cornrows:

1. Wash and detangle the hair.
2. Apply cream or gel to soften it.
3. Use a tail comb to part the hair into neat sections.
4. Braid each section close to the scalp using firm and even tension.
5. Continue braiding until all sections are completed.
6. Apply oil or gel to smooth and shine the hair.

Types of Cornrow Patterns:

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- Straight cornrows
- Zig-zag cornrows
- Circular or spiral cornrows
- Heart-shaped cornrows
- Two-step or double cornrows

Advantages of Cornrows:

- Neat and long-lasting.
- Low maintenance.
- Suitable for all ages and occasions.
- Can be combined with extensions for variety.

Safety and Hygiene During Hair Styling

1. Wash hands and tools before and after styling.
2. Disinfect combs, brushes, and needles to prevent infection.
3. Avoid pulling the hair too tightly to prevent scalp damage.
4. Use clean towels and sterilized materials.
5. Ensure clients are comfortable throughout the styling process.

Qualities of a Good Hair Stylist

- Neatness and personal cleanliness.
- Creativity and attention to detail.
- Patience and good communication skills.
- Punctuality and honesty.

- Proper knowledge of different hair types and products.

Summary

Advanced hair styling involves skilled methods such as weaving, threading, and cornrows. Each method requires careful preparation, proper tools, and hygiene. These hairstyles not only beautify the hair but also preserve African culture and can serve as profitable businesses. A good stylist must always maintain professionalism, neatness, and creativity.

Evaluation

1. Define advanced hair styling.
2. Mention and explain three advanced hair styling techniques.
3. List five tools used in weaving and threading.
4. Explain three advantages of cornrow hairstyles.
5. State three safety precautions to observe during hair styling.

Assignment

1. Write out the steps involved in weaving and threading.
2. Draw and label two common cornrow patterns.
3. Explain why hygiene is important in hair styling.
4. Mention five qualities of a professional hair stylist.
5. Describe one traditional African hairstyle you know, stating its cultural significance.

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WEEK 3: INTRODUCTION TO BEAUTY PRODUCTS

Identifying Safe and Harmful Ingredients

Introduction

Beauty products are substances used to enhance the appearance of the skin, hair, nails, and overall body. They include items such as creams, lotions, soaps, shampoos, perfumes, and makeup. Beauty products have become an important part of daily grooming and personal care. However, it is very important to understand their ingredients because some may be beneficial and safe, while others may be harmful to the body.

Every individual should learn to identify safe products and avoid those that can cause damage to the skin, hair, or health in general. In cosmetology, knowledge of product ingredients helps beauticians choose the right materials for their clients and maintain professional standards.



Meaning of Beauty Products

Beauty products are substances or preparations applied to the body, especially the skin, hair, face, and nails, to clean, protect, beautify, or alter appearance. They can be natural (from plants, fruits, oils) or artificial (chemically manufactured).

Examples of Beauty Products:

- Skin care: creams, lotions, soaps, toners, moisturizers.
- Hair care: shampoos, conditioners, relaxers, gels, and sprays.
- Nail care: polish, cuticle oil, and remover.
- Makeup: foundation, powder, lipstick, eye shadow, mascara, and eyeliner.
- Fragrance: perfumes and body sprays.

Classification of Beauty Products

1. **Natural Beauty Products:**
   These are made from natural sources such as plants, herbs, fruits, and oils. Examples include shea butter, coconut oil, aloe vera gel, and turmeric soap. They are gentle on the skin and rarely cause irritation.
2. **Synthetic Beauty Products:**
   These are made from chemical ingredients in laboratories. They are common in commercial cosmetics and may include artificial colors, fragrances, and preservatives. Examples include chemical-based bleaching creams, hair relaxers, and perfumes.
3. **Organic Beauty Products:**
   These are made from naturally grown plants without the use of harmful fertilizers or pesticides. They are safe and environmentally friendly.

Safe Ingredients in Beauty Products

Safe ingredients are substances that nourish, protect, and maintain the skin or hair without causing harm. They are usually derived from natural or well-tested chemical compounds.

Examples of Safe Ingredients:

- **Aloe Vera:** Soothes and moisturizes the skin.
- **Coconut Oil:** Conditions the hair and hydrates the skin.
- **Shea Butter:** Softens and protects the skin.
- **Vitamin E:** Prevents skin damage and aging.
- **Glycerin:** Retains moisture in the skin.
- **Essential Oils (Lavender, Lemon, Tea Tree):** Provide fragrance and antibacterial properties.

Importance of Safe Ingredients:

- Maintain healthy skin and hair.
- Prevent irritation and allergies.
- Improve appearance naturally.
- Build trust between beauticians and clients.
- Promote sustainable and eco-friendly beauty practices.

Harmful Ingredients in Beauty Products

Harmful ingredients are chemicals that may cause skin reactions, hair damage, or long-term health problems when used frequently. Some are banned or restricted in cosmetics because of their toxic effects.

Examples of Harmful Ingredients:

- **Hydroquinone:** Common in bleaching creams; causes skin thinning and discoloration.

- **Mercury:** Found in some skin-lightening creams; can damage kidneys and nerves.
- **Formaldehyde:** Used as a preservative in shampoos and nail polish; can cause allergic reactions.
- **Parabens:** Used to prolong shelf life but may disturb hormonal balance.
- **Sodium Lauryl Sulfate (SLS):** A foaming agent in soaps and shampoos that can dry out the skin.
- **Lead:** Found in some lipsticks and eye pencils; harmful to the nervous system.

Signs of Harmful Product Reactions:

- Rashes and redness
- Itching or burning sensation
- Peeling or blistering skin
- Hair breakage or scalp irritation
- Eye or nose irritation from strong fragrances

Importance of Reading Product Labels

Every beauty product has a label that lists its ingredients, manufacturing date, expiry date, and directions for use. Reading labels helps users:

1. Identify safe ingredients.
2. Avoid expired or fake products.
3. Prevent allergic reactions.
4. Know the correct method of use.
5. Ensure the product suits their skin or hair type.

Beauticians must develop the habit of checking product authenticity by looking for:

- NAFDAC registration number.
- Manufacturer's details.
- Expiry date.
- Batch number and ingredients list.

Precautions When Using Beauty Products

1. Always perform a *patch test* before using a new product.
2. Avoid sharing personal items like lip gloss, powder puffs, and razors.
3. Store products in a cool, dry place.
4. Discard expired or contaminated products.
5. Seek medical advice if any irritation occurs.
6. Avoid mixing different products without professional guidance.

Summary

Beauty products are used to enhance appearance and maintain personal hygiene. However, not all products are safe. Some contain harmful ingredients that can damage the skin and overall health. Understanding how to identify safe and unsafe products is a vital skill for every beautician. Reading product labels, choosing natural ingredients, and avoiding harsh chemicals help ensure healthy beauty practices.

Evaluation

1. Define beauty products and give three examples.
2. Mention and explain two types of beauty products.
3. List four safe ingredients used in beauty products.

4. Identify three harmful chemicals found in cosmetics and their effects.
5. Explain why it is important to read product labels before use.

Assignment

1. Make a chart showing five beauty products, their ingredients, and their uses.
2. List five safe natural beauty ingredients found in Nigeria.
3. Write three harmful effects of using unapproved or fake beauty products.
4. State five precautions to take when using beauty products.
5. Visit a beauty salon and identify two products with their NAFDAC registration numbers.

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WEEK 4: DAILY SKIN CARE ROUTINE

Cleansing, Toning, and Moisturizing

Introduction

The skin is the largest organ of the human body and serves as a protective covering. It regulates temperature, prevents the entry of germs, and helps eliminate waste through sweat. Keeping the skin clean and healthy is essential for personal beauty, confidence, and good health. A **daily skin care routine** helps to maintain smooth, glowing, and youthful skin.

Proper skin care involves regular cleansing, toning, and moisturizing. These three steps—often referred to as the *CTM routine*—are fundamental to every beauty regimen, whether for men or women, young or old. Every beautician must understand these steps to maintain their own appearance and to guide clients in developing a suitable daily routine.



Meaning of Skin Care Routine

A **skin care routine** refers to the regular steps taken daily to clean, protect, and nourish the skin. It helps to remove dirt, oil, and dead cells while keeping the skin hydrated and protected from damage.

A good routine depends on:

- The person's **skin type** (dry, oily, normal, or combination).
- The **environment** (dusty or humid weather).
- The **products** used (natural or chemical-based).
- The **individual's lifestyle** (diet, exercise, and hygiene habits).

The Three Major Steps in a Daily Skin Care Routine

1. Cleansing

Meaning:
Cleansing is the process of washing or cleaning the face and skin to remove dirt, oil, sweat, and makeup. It is the first and most important step in skin care.

Purpose of Cleansing:

- Removes dirt, sweat, and impurities.
- Prevents acne, pimples, and blackheads.
- Opens pores for better absorption of other products.
- Refreshes and brightens the skin.

How to Cleanse the Face Properly:

1. Wash your hands first to remove germs.
2. Wet your face with lukewarm water.

3. Apply a mild cleanser or facial soap.
4. Gently massage in circular motions for about 1–2 minutes.
5. Rinse thoroughly with clean water.
6. Pat dry with a clean towel (do not rub).

Recommended Cleansers:

- For oily skin: Lemon or charcoal-based soap.
- For dry skin: Cream or honey-based cleanser.
- For sensitive skin: Aloe vera or cucumber cleanser.

2. Toning

Meaning:
Toning is the process of applying a liquid called a *toner* to the face after cleansing. It helps to remove leftover dirt and close the skin pores.

Purpose of Toning:

- Restores the skin's natural pH balance.
- Tightens and closes pores to prevent infection.
- Removes traces of cleanser or soap.
- Refreshes the skin and prepares it for moisturizing.
- Helps control oil production, especially in oily skin.

How to Apply Toner:

1. Pour a small amount of toner on a cotton pad.
2. Gently wipe it over the face and neck.
3. Allow it to dry naturally for a few seconds.

Examples of Natural Toners:

- Rose water
- Lemon water (diluted)
- Aloe vera juice
- Green tea

3. Moisturizing

Meaning:
Moisturizing is the process of applying a cream, lotion, or oil to the skin to keep it soft, smooth, and hydrated.

Purpose of Moisturizing:

- Prevents dryness and flaking.
- Keeps the skin smooth and radiant.
- Forms a protective barrier against dust and sun.
- Helps maintain elasticity and reduce wrinkles.
- Gives the skin a youthful glow.

How to Moisturize Properly:

1. Use a small amount of moisturizer.
2. Apply gently on the face and neck after toning.
3. Massage in upward circular motions.
4. Choose products suitable for your skin type.

Examples of Natural Moisturizers:

- Coconut oil

- Shea butter
- Olive oil
- Aloe vera gel
- Honey

Additional Skin Care Tips

1. Always remove makeup before sleeping.
2. Drink plenty of water daily.
3. Eat fruits and vegetables for healthy skin.
4. Avoid harsh soaps and expired products.
5. Protect the skin from too much sun using sunscreen or hats.
6. Maintain personal hygiene by using clean towels and pillowcases.
7. Avoid touching your face with dirty hands.

Importance of a Daily Skin Care Routine

- Promotes a clean and attractive appearance.
- Prevents skin infections and irritation.
- Builds self-confidence and good grooming habits.
- Reduces premature aging and wrinkles.
- Encourages discipline and personal hygiene in young people.

Summary

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A daily skin care routine involves cleansing, toning, and moisturizing the skin. These steps help to remove dirt, restore freshness, and keep the skin hydrated and healthy. Regular care prevents common problems such as acne and dullness. Every beautician and individual should practice proper skin care to maintain natural beauty and confidence.

Evaluation

1. Define a skin care routine.
2. List and explain the three main steps of daily skin care.
3. State three purposes of cleansing.
4. Mention two examples of natural toners and moisturizers.
5. Explain two reasons why moisturizing is important.

Assignment

1. Describe how to perform a complete daily skin care routine at home.
2. Differentiate between cleansing and toning.
3. List four examples of products used for moisturizing the skin.
4. Write five tips for maintaining healthy skin.
5. Prepare a short presentation on natural skin care remedies found in Nigeria.

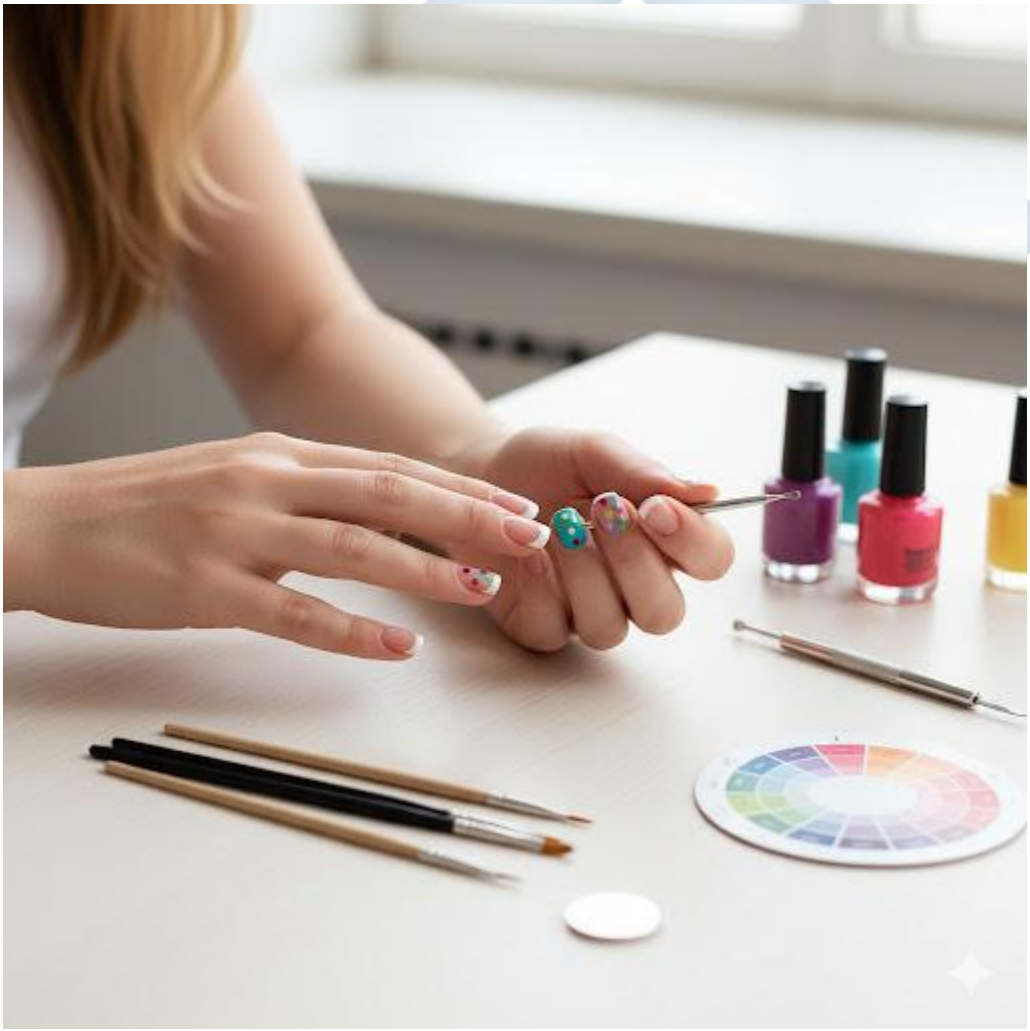
WEEK 6: NAIL ART

Simple Decoration and Colour Combination

Introduction

Nail art is the creative process of decorating and beautifying fingernails and toenails using different colours, designs, and decorative materials. It is an important aspect of beauty and cosmetology that allows individuals to express their creativity and style. In modern times, nail art has become very popular in beauty salons, fashion shows, and even personal grooming routines.

Nail art is not just about painting the nails; it involves careful shaping, polishing, and designing using tools, polish, and accessories. For beauticians, mastering simple nail decoration and understanding colour combination is essential for professional practice.



Meaning of Nail Art

Nail art refers to the artistic decoration or embellishment of the nails after a manicure or pedicure. It involves the use of nail polish, stickers, gems, beads, or paints to create beautiful designs on the nails.

It is a creative way of enhancing personal appearance, and it helps to complement fashion, clothing, and makeup.

Examples of Nail Art:

- Simple coloured polish
- French tips (white edges)
- Dotted or striped designs
- Floral patterns
- Glitter and rhinestone decorations

Tools and Materials Used in Nail Art

To create neat and attractive nail art, the beautician must use the right tools and materials.

Common Tools:

1. **Nail file and buffer** – for shaping and smoothing the nails.
2. **Cuticle pusher** – for pushing back the cuticle.
3. **Nail brush** – for cleaning nails before painting.
4. **Dotting tool** – for making dots or circular designs.
5. **Fine nail art brush** – for drawing lines and patterns.
6. **Tweezers** – for placing small decorative items like gems or stickers.

Common Materials:

1. **Base coat** – a clear polish applied before coloured polish to protect the nails.
2. **Nail polish (various colours)** – for painting and designing the nails.
3. **Top coat** – a transparent polish applied after decoration to protect the design.
4. **Nail stickers and stones** – for decorating and enhancing design.
5. **Glitter and powder** – for sparkle and shine.
6. **Remover (acetone)** – for cleaning or correcting errors.

Steps in Simple Nail Art Decoration

Performing nail art requires patience, cleanliness, and creativity. The following are steps for simple nail decoration:

1. **Clean the Nails:**
   Wash hands and clean nails with a brush to remove dirt and oil. Dry properly.
2. **Shape the Nails:**
   Use a file to shape nails into the desired form (square, oval, or round).
3. **Apply Base Coat:**
   Apply a thin layer of base coat to protect nails from staining and help polish stick better.
4. **Apply Nail Polish:**
   Paint the nails with the desired colour. Apply two thin coats for smooth coverage. Allow to dry.
5. **Create the Design:**
   Use brushes, dotting tools, or stickers to create simple patterns such as flowers, lines, or dots. Be creative but neat.
6. **Add Decorations:**
   Stick small gems, glitter, or rhinestones if desired. Use tweezers for precision.

7. **Apply Top Coat:**
   After the design is dry, apply a top coat to seal and protect the decoration. This adds shine and prevents chipping.
8. **Clean Up:**
   Use a small brush dipped in remover to clean excess polish around the nails.

Principles of Colour Combination in Nail Art

Colour combination is very important in nail art. It involves choosing colours that complement each other and suit the client's outfit, skin tone, or occasion.

Guidelines for Good Colour Combination:

1. **Complementary Colours:** Use colours that contrast but look good together (e.g., red and gold, blue and white).
2. **Analogous Colours:** Combine colours next to each other on the colour wheel (e.g., pink and purple, yellow and orange).
3. **Monochrome Colours:** Use different shades of the same colour (e.g., light blue and navy blue).
4. **Neutral Colours:** Combine bright colours with neutral ones like white, black, silver, or nude.
5. **Seasonal or Occasion Colours:** Choose colours that fit the event (e.g., red and green for Christmas, soft tones for weddings).

Safety and Hygiene in Nail Art

- Always sterilize tools before and after use.
- Avoid using sharp or damaged tools.
- Do not use expired polish or adhesive.

- Avoid applying nail products on injured or infected nails.
- Keep the work area clean and dry.
- Wash hands before and after every session.

Maintaining hygiene ensures client safety and promotes professionalism in beauty practice.

Importance of Nail Art

1. Enhances beauty and confidence.
2. Complements fashion and personal style.
3. Boosts creativity and artistic skills.
4. Creates business opportunities for beauticians.
5. Promotes self-care and good grooming habits.

Summary

Nail art is the creative decoration of nails to improve appearance. It involves using tools, polish, and decorations like glitters and stones. A good nail art design requires skill, colour knowledge, and cleanliness. Beauticians must always maintain hygiene and choose appropriate colour combinations to produce elegant and professional results.

Evaluation

1. Define nail art.
2. List five tools and materials used in nail art.
3. State four steps in simple nail decoration.
4. Mention three principles of colour combination.

5. Explain two safety precautions during nail art practice.

Assignment

1. Describe in detail how to perform a simple nail art decoration.
2. List and explain any four tools used in nail art.
3. Draw and label a simple diagram showing nail art materials.
4. State five reasons why cleanliness is important in nail decoration.
5. Design a colour chart showing complementary and analogous colours used in nail art.

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WEEK 8: SALON HYGIENE AND SANITATION

Keeping the Salon Clean and Free of Infection

Introduction

A beauty salon is a place where people go to improve their appearance through hair care, skin care, nail treatment, and other beauty services. Because many clients visit the salon daily, it is very important to keep it clean, neat, and well-organized. Proper hygiene and sanitation in the salon help prevent infections, promote comfort, and maintain the salon's good reputation.

Salon hygiene and sanitation involve all the practices and measures taken to ensure that tools, equipment, and the environment are free from dirt, germs, and diseases. A beautician must make cleanliness a daily habit to ensure the safety and satisfaction of clients.



Meaning of Hygiene and Sanitation

Hygiene refers to the practice of keeping oneself, tools, and the surroundings clean to maintain good health and prevent disease. It includes washing hands, sterilizing tools, and maintaining personal cleanliness.

Sanitation is the process of maintaining clean conditions in the environment by removing dirt, waste, and germs to prevent infection. It includes sweeping, disinfecting, proper waste disposal, and ventilation.

Together, hygiene and sanitation ensure a safe, healthy, and pleasant salon environment for both beauticians and clients.

Importance of Hygiene and Sanitation in the Salon

1. **Prevention of Diseases:** Regular cleaning kills germs and prevents the spread of infections such as ringworm, dandruff, and athlete's foot.
2. **Client Safety:** Ensures that clients are not exposed to contaminated tools or dirty surroundings.
3. **Professional Image:** A clean salon builds trust and attracts more customers.
4. **Comfort and Freshness:** A clean salon smells pleasant and feels welcoming.
5. **Tool Maintenance:** Clean tools last longer and perform better.
6. **Legal Compliance:** Following sanitation rules helps beauticians meet health standards and avoid penalties.

Areas That Require Hygiene and Sanitation

1. **Salon Floor and Walls:**
   Must be swept and mopped daily to remove dust, hair, and spills. Walls should be free of stains.

2. **Tools and Equipment:**
   Combs, brushes, scissors, towels, and dryers must be cleaned and sterilized after each use.
3. **Work Surfaces and Furniture:**
   Tables, chairs, mirrors, and shelves should be wiped with disinfectant.
4. **Water and Electrical Appliances:**
   Water used must be clean, and appliances like hair dryers and clippers should be maintained regularly.
5. **Restroom and Waste Area:**
   Should be washed and disinfected daily to avoid bad odour and germs.
6. **Beautician's Personal Hygiene:**
   The beautician should be neat, wear clean uniforms, cover the hair, and keep nails short and clean.

Methods of Maintaining Salon Hygiene and Sanitation

1. **Sterilization:**
   The process of killing all germs on tools and equipment using heat, chemicals, or UV light.
   - *Methods:*
     - Boiling in water
     - Wiping with methylated spirit or alcohol
     - Using sterilizing machines
2. **Disinfection:**
   Reduces germs on surfaces and equipment using disinfectants such as Dettol, bleach, or antiseptic solutions.

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3. **Proper Waste Disposal:**
   Dispose of hair clippings, tissues, and used materials in covered bins. Empty bins regularly.
4. **Ventilation:**
   Allow fresh air and light into the salon by opening windows or using fans.
5. **Hand Washing:**
   Beauticians must wash their hands before and after attending to each client.
6. **Use of Clean Materials:**
   Use a clean towel for each client and wash them regularly.
7. **Pest Control:**
   Keep the salon free from insects like flies, cockroaches, and mosquitoes by using safe insecticides and maintaining cleanliness.

Tools and Equipment That Must Be Cleaned Regularly

- Combs and brushes
- Scissors and razors
- Hair dryers and rollers
- Mirrors and tables
- Towels and aprons
- Foot baths and nail tools

Keeping these items clean not only prevents infection but also ensures the comfort and satisfaction of clients.

Common Diseases Caused by Poor Salon Hygiene

1. **Ringworm:** A fungal infection that causes circular patches on the scalp or skin.

2. **Dandruff:** Caused by dirty scalp or sharing of unclean combs.
3. **Athlete's Foot:** Fungal infection caused by using contaminated pedicure tools.
4. **Boils and Pimples:** Result from dirty towels and unwashed hands.
5. **Head Lice:** Spread through sharing of combs and brushes.

Beauticians must always disinfect tools after every client to avoid spreading infections.

Safety Precautions in Salon Hygiene

1. Always sterilize tools before and after use.
2. Avoid sharing personal tools with others.
3. Keep electrical appliances away from water.
4. Use clean aprons and towels for every client.
5. Handle chemicals and disinfectants carefully.
6. Report and treat any skin infections immediately.

Maintaining safety ensures the health of both beauticians and clients.

Summary

Salon hygiene and sanitation are the foundation of professional beauty practice. Keeping the salon clean, tools sterilized, and the environment organized helps prevent disease, attract customers, and build a positive image. Every beautician must make cleanliness a daily routine to ensure safety, comfort, and excellence in beauty service delivery.

Evaluation

1. Define hygiene and sanitation.

2. State four importance of salon hygiene.
3. List five areas in the salon that should be kept clean.
4. Mention three methods of sterilizing salon tools.
5. Identify two diseases that can result from poor salon hygiene.

Assignment

1. Explain the difference between hygiene and sanitation.
2. Describe four ways of maintaining a clean and safe salon.
3. State five personal hygiene practices of a beautician.
4. List and explain any three methods of sterilizing beauty tools.
5. Draw and label a neat salon showing key hygiene areas.

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WEEK 9: PROFESSIONAL CONDUCT

Courtesy, Honesty, and Confidentiality with Clients

Introduction

Professional conduct refers to the acceptable behaviour, attitude, and ethics that a beautician must show when dealing with clients and colleagues. It involves working responsibly, respecting others, maintaining integrity, and following the rules and standards of the beauty profession. A beauty professional must always behave in a way that inspires trust and satisfaction in clients.

In the beauty and cosmetology industry, professional conduct goes beyond having technical skills — it includes how a beautician speaks, dresses, listens, and treats clients. Clients judge a salon not only by the quality of service but also by the conduct of the beautician.



Meaning of Professional Conduct

Professional conduct is the manner in which a beautician behaves or carries out duties according to professional ethics, moral principles, and salon standards. It includes:

- Being polite, respectful, and helpful to clients.
- Keeping client information private.
- Being punctual, disciplined, and honest.
- Maintaining a clean appearance and positive attitude.

A beautician with good professional conduct attracts clients, keeps them loyal, and upholds the image of the salon.

Qualities of a Professional Beautician

1. **Politeness and Courtesy:** Always greets and speaks kindly to clients.
2. **Honesty:** Tells the truth about products, services, and prices.
3. **Confidentiality:** Keeps clients' personal matters and discussions private.
4. **Neatness:** Maintains good personal hygiene and wears a clean uniform.
5. **Punctuality:** Arrives at work early and attends to clients on time.
6. **Patience:** Remains calm and understanding with difficult clients.
7. **Respectfulness:** Treats every client with dignity regardless of status or background.
8. **Good Communication Skills:** Listens carefully and speaks clearly.
9. **Self-Control:** Avoids anger, gossip, or argument in the salon.
10. **Professional Appearance:** Dresses decently, wears minimal makeup, and maintains a tidy workspace.

Courtesy in the Salon

Courtesy means showing politeness, respect, and kindness to clients. A courteous beautician uses good manners, greets clients warmly, and shows appreciation.

Examples of Courtesy in the Salon:

- Greeting clients as they enter: "Good morning, welcome to our salon."
- Offering clients a seat or refreshment.
- Listening attentively to what the client wants.
- Using polite words such as *please*, *thank you*, and *excuse me*.
- Thanking clients after service and inviting them to visit again.

Courtesy makes clients feel respected, comfortable, and valued, leading to customer satisfaction and loyalty.

Honesty in the Salon

Honesty means being truthful, sincere, and transparent in all dealings with clients and colleagues. An honest beautician builds trust and a good reputation.

Ways of Showing Honesty:

1. Always tell the truth about the quality and price of products.
2. Deliver exactly the service promised to the client.
3. Do not overcharge or collect payment for unrendered services.
4. Admit mistakes and correct them immediately.
5. Avoid using expired or harmful products.

A dishonest beautician loses clients and damages the salon's image. Therefore, honesty is the foundation of professionalism.

Confidentiality in the Salon

Confidentiality means keeping clients' personal information, conversations, and details private. Some clients may share personal stories, problems, or health conditions. A beautician must never gossip about or disclose such information to others.

Examples of Confidentiality:

- Not discussing one client's matter with another.
- Keeping clients' contact or record files safe.
- Avoiding gossip or mockery about clients.
- Respecting clients' privacy during treatments.

Confidentiality builds trust and helps maintain a strong professional relationship between beautician and client.

Ethical Behaviour in Beauty Practice

Ethics are moral rules that guide behaviour in a profession. Every beautician must obey salon ethics to maintain discipline and professionalism.

Examples of Ethical Behaviour:

1. Keep appointments and attend to clients promptly.
2. Treat all clients fairly and equally.
3. Respect colleagues and avoid competition or jealousy.
4. Keep the salon environment peaceful and orderly.
5. Never use harmful or fake beauty products.
6. Always seek to improve through training and learning.

A beautician who practices good ethics earns respect, trust, and long-term success in business.

Consequences of Poor Professional Conduct

Beauticians who behave unprofessionally face several negative outcomes:

1. Loss of clients and income.
2. Damage to the salon's reputation.
3. Loss of trust and respect from customers.
4. Legal issues if client privacy is violated.
5. Difficulty finding new employment or maintaining partnerships.

Professional misconduct can ruin a beautician's career; therefore, maintaining good behaviour and discipline is essential.

Summary

Professional conduct is the moral and ethical behaviour expected of beauticians in the salon. It includes courtesy, honesty, confidentiality, punctuality, and neatness. A beautician who behaves professionally earns respect, gains more clients, and ensures long-term success. On the other hand, poor conduct leads to loss of trust, customers, and credibility.

Evaluation

1. Define professional conduct.
2. State five qualities of a professional beautician.
3. What is courtesy? Give two examples of courteous behaviour in the salon.
4. Explain honesty and list three ways a beautician can show honesty.
5. What is confidentiality? Mention two ways to maintain it in a salon.

Assignment

1. Write short notes on:
   a. Courtesy
   b. Honesty
   c. Confidentiality
2. Describe four consequences of poor professional conduct.
3. Suggest five ways a beautician can build a good professional image.
4. Create a simple role-play showing how a beautician handles a client politely.
5. Draw and label a chart illustrating the “Code of Conduct for Beauticians.”

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WEEK 10: ENTREPRENEURSHIP IN BEAUTY CARE

Simple Business Ideas and Record Keeping

Introduction

Entrepreneurship in beauty care refers to the ability and willingness to start, manage, and grow a beauty-related business to make a profit. It involves creativity, planning, and good customer service. Every beautician has the opportunity to become self-employed by offering beauty services such as hairdressing, nail care, makeup, or skincare.

Beauty care entrepreneurship helps reduce unemployment and empowers individuals, especially young people, to earn a living from their skills. It is not just about making money but also about providing quality services that satisfy clients and build long-term relationships.



Meaning of Entrepreneurship

Entrepreneurship is the process of identifying a business opportunity, organizing resources, and taking risks to start and run a business for profit.
An **entrepreneur** is a person who starts and manages a business.

In beauty care, an entrepreneur may operate a hair salon, nail studio, spa, or cosmetic shop. Entrepreneurs are creative, confident, and willing to take calculated risks to grow their businesses.

Examples of Entrepreneurs in Beauty Care:

- Hairdressers and barbers
- Makeup artists
- Skincare specialists
- Nail technicians
- Cosmetologists
- Beauty product sellers
- Spa and massage operators

Simple Beauty Business Ideas

There are many small-scale business opportunities in beauty and cosmetology that require little capital. These include:

1. **Mobile Hairdressing:** Offering home service for clients who prefer convenience.
2. **Barbing Salon:** Providing haircut services for men and boys.
3. **Manicure and Pedicure Services:** Caring for nails and selling nail products.
4. **Makeup Artistry:** Preparing clients for weddings, parties, and photoshoots.
5. **Cosmetic Sales:** Selling soaps, creams, lotions, perfumes, and other beauty products.

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6. **Skincare Therapy:** Offering facials, exfoliation, and natural skincare treatment.
7. **Wig Making and Hair Extensions:** Producing and styling wigs for sale.
8. **Spa Services:** Providing body massage, steam bath, and relaxation treatments.
9. **Beauty Training Centre:** Teaching others beauty and cosmetology skills.
10. **Henna and Body Art:** Drawing beautiful designs for special occasions.

Qualities of a Good Beauty Entrepreneur

A successful beauty entrepreneur must possess the following qualities:

1. **Creativity:** Ability to create new styles and solutions.
2. **Confidence:** Believing in one's skills and ideas.
3. **Discipline:** Managing time, money, and resources wisely.
4. **Good Communication Skills:** Relating well with clients and workers.
5. **Honesty and Integrity:** Building trust through truthful dealings.
6. **Hard Work and Dedication:** Being consistent and reliable.
7. **Good Record Keeping:** Keeping accurate records of income, expenses, and stock.
8. **Customer Care:** Providing friendly and professional service to retain clients.
9. **Adaptability:** Adjusting to market changes and client needs.
10. **Business Planning:** Setting goals and working toward them systematically.

Importance of Entrepreneurship in Beauty Care

1. **Employment Creation:** Beauticians can employ others in their salons.
2. **Self-Reliance:** Entrepreneurs depend on their skills instead of waiting for jobs.
3. **Wealth Creation:** It generates income and reduces poverty.

4. **Skill Development:** Encourages learning and continuous improvement.
5. **Economic Growth:** Contributes to the national economy.
6. **Innovation:** Promotes creativity in beauty styles and products.
7. **Confidence and Independence:** Builds pride in one's work and achievements.
8. **Community Development:** Provides services and supports local activities.

Meaning of Record Keeping

Record keeping means writing down or storing important information about the business. It involves keeping accurate details of income, expenses, sales, and materials used in the salon.

Proper record keeping helps the beautician to know whether the business is making profit or loss, plan for the future, and avoid waste.

Types of Records Kept in a Beauty Business:

1. **Sales Record:** Daily list of all services rendered and products sold.
2. **Expenditure Record:** Details of money spent on rent, electricity, water, and materials.
3. **Stock Record:** List of items available for sale or use, such as creams and towels.
4. **Client Record:** Names, contacts, and preferences of clients.
5. **Appointment Book:** Schedule of clients and their time of visit.
6. **Staff Record:** Attendance, duties, and payment records of employees.

Importance of Record Keeping

1. Helps in tracking income and expenses.
2. Shows whether the business is making profit or loss.
3. Aids in proper planning and budgeting.
4. Helps in restocking materials on time.
5. Prevents wastage and misuse of funds.

6. Builds trust and accountability with clients and partners.
7. Helps when applying for loans or grants.

A beautician who keeps proper records runs a more organized and successful business.

Simple Tools for Record Keeping

1. Record books or ledgers
2. Receipt booklets
3. Invoices
4. Cashbook
5. Stock cards
6. Computer or mobile bookkeeping apps

Beauticians may use manual record books or digital systems depending on the size of their business.

Summary

Entrepreneurship in beauty care involves starting and managing a beauty-related business such as a salon or cosmetic shop. A successful entrepreneur is creative, disciplined, and customer-oriented. Record keeping is an important aspect of managing a beauty business because it helps track profits, plan effectively, and sustain growth.

Through entrepreneurship and proper management, beauticians can become employers of labour and contribute to economic development.

Evaluation

1. Define entrepreneurship in beauty care.
2. List five examples of beauty business ideas.

3. Mention five qualities of a good beauty entrepreneur.
4. What is record keeping?
5. State three types of records kept in a beauty salon.

Assignment

1. Explain five importance of entrepreneurship in beauty care.
2. Mention and describe five records a beauty entrepreneur should keep.
3. List five business ideas that require little capital in the beauty industry.
4. Suggest four tools that can be used for record keeping.
5. Create a simple record table showing daily sales and expenses in a beauty salon.

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WEEK 11: REVISION PROJECT (GROUP OR PRACTICAL REVISION)

Introduction

The revision project serves as the final activity for the term. It is designed to help students review, apply, and demonstrate all the practical and theoretical knowledge gained throughout the session. Beauty and Cosmetology is a hands-on subject that requires both understanding and practice. Hence, this revision focuses on teamwork, creativity, hygiene, and professionalism in beauty services such as hair styling, skincare, nail care, and customer relations.

Through this project, students will work in groups to display the skills learned during the term while revising major concepts like salon hygiene, professional conduct, and entrepreneurship.

Purpose of the Revision Project

The main purpose of this revision project is to:

1. Reinforce the understanding of beauty care concepts.
2. Test practical skills in hairstyling, skincare, and nail treatment.
3. Encourage teamwork, leadership, and cooperation among students.
4. Promote creativity and innovation in beauty techniques.
5. Evaluate professional behaviour such as neatness, courtesy, and punctuality.

Areas of Focus for the Revision

The revision project will cover the following major topics from the term:

1. **Hair Styling Techniques:**
    - Weaving, threading, and cornrow patterns.
    - Use of combs, brushes, and hair pins.
    - Proper sectioning of hair and maintenance of cleanliness during styling.
2. **Beauty Products:**
    - Identification of safe and harmful ingredients.

- Proper application of lotions, creams, and soaps for different skin types.
- Awareness of the effects of harmful products like bleaching creams.

3. **Daily Skin Care Routine:**
    - Steps in cleansing, toning, and moisturizing.
    - Importance of using mild products suitable for one's skin type.
4. **Nail Care and Art:**
    - Manicure and pedicure safety.
    - Simple decoration and color combinations.
    - Sterilization of tools before and after use.
5. **Salon Hygiene and Sanitation:**
    - Keeping the salon environment clean.
    - Proper disposal of waste materials.
    - Regular disinfection of tools and surfaces.
6. **Professional Conduct and Customer Care:**
    - Showing courtesy, honesty, and confidentiality with clients.
    - Communicating politely and respecting clients' preferences.
7. **Entrepreneurship and Record Keeping:**
    - Understanding small beauty business ideas.
    - Keeping records of sales, expenses, and appointments.
    - Importance of good customer relationships for business growth.

Group Project Activities

Each group will perform one or more of the following practical tasks:

1. **Hair Styling Demonstration:**
    - Choose a hairstyle such as weaving, threading, or cornrow.
    - Prepare tools and keep the working area clean.
    - Style a classmate's hair neatly and confidently.
2. **Facial Treatment Routine:**
    - Demonstrate the process of cleansing, exfoliating, steaming, and toning.
    - Use mild natural products where possible.
    - Maintain hygiene throughout the process.
3. **Nail Care and Art Practice:**
    - Perform a simple manicure or pedicure.
    - Apply nail polish or decoration using proper color combinations.
4. **Salon Hygiene Demonstration:**
    - Clean up the salon area and arrange all tools properly.
    - Show correct waste disposal methods and disinfection practices.
5. **Entrepreneurship Simulation:**
    - Create a mini salon business setup.
    - Assign roles such as stylist, cashier, receptionist, and cleaner.
    - Keep simple sales records and serve "clients" professionally.

Expected Learning Outcomes

By the end of this revision project, students should be able to:

1. Demonstrate mastery of hairstyling, skincare, and nail care techniques.
2. Maintain hygiene and professional conduct in salon operations.

3. Identify and use beauty products correctly and safely.
4. Work effectively in groups with good communication and cooperation.
5. Apply entrepreneurial and record-keeping skills in a simulated salon environment.

Teacher's Role

- Guide students during group activities.
- Supervise the use of tools and materials.
- Observe teamwork, neatness, and skill accuracy.
- Evaluate individual and group performance.
- Offer constructive feedback and correction where necessary.

Summary

The revision project brings together everything learned during the term—from hairstyling and skincare to nail care, hygiene, and business management. It allows students to demonstrate both their practical abilities and theoretical understanding. The key to success in this project lies in teamwork, discipline, hygiene, and creativity. Beauty and cosmetology is not only about looking good but also about professionalism, customer satisfaction, and entrepreneurship.

Evaluation

1. State three major purposes of the revision project.
2. Mention four practical activities covered during the revision.
3. List three areas of focus reviewed during the project.
4. Explain the importance of teamwork in beauty care practice.
5. Identify two roles of the teacher in the revision project.

Assignment

1. Define a revision project in beauty and cosmetology.
2. Mention and explain three beauty services that can be demonstrated in a group revision.
3. Describe how proper hygiene contributes to successful salon practice.
4. List five items that should always be kept clean in a beauty salon.
5. Suggest two ways students can demonstrate entrepreneurship during their revision project.