

GOVERNMENT OF THE PUNJAB  
**TECHNICAL EDUCATION & VOCATIONAL  
TRAINING AUTHORITY**



**CURRICULUM FOR  
BEAUTICIAN**

**(3 – MONTH COURSE)**

Revised January, 2009

**CURRICULUM SECTION  
ACADEMICS DEPARTMENT**

96-H, GULBERG-II, LAHORE

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## **TRAINING OBJECTIVES**

The objective of this course is to train the student in beauty techniques to work in beauty parlors and for self-grooming & self-employment.

On completion of the course the students should have learnt, Professional ethics, Knowledge of hair and skin care, Manicure, Pedicure, Makeup, Eyebrows, Eye lashes, Facial treatment, Body massage, Hina, Exercise, Diet and nutrition, Hair cutting, dressing, styling and coloring, the knowledge of fitness and diet for healthy look, and to acquaint themselves with latest cosmetology techniques etc.

## **CURRICULUM SALIENT:**

Entry level	:	Middle.
Duration of Course	:	3-Months.
Total training Hours	:	400 hours.
		6 Days per week
	:	7 Hours /day(Friday 5Hrs.)
	:	40 Hours per week
Training Methodology	:	Practical 90%
		Theory 10%

## **SKILL PROFICIENCY DETAILS**

On successful completion of this course, the trainee should be able to: -

1. Apply beauty techniques.
2. Make and cut the different hairstyles.
3. Understand and deal with different types of skins i.e. oily, dry, acne etc.
4. Apply the make-up on different faces.
5. Make the hairstyle or cut on different faces.
6. Apply the Hina.

**KNOWLEDGE PROFICIENCY DETAILS**

On successful completion of this course, the trainee should be able to: -

1. Explain beauty culture techniques, proper appearance, speech, social behavior etc.
2. Understand the Makeup, facial, manicure, pedicure, body massage, hair culturing, coloring, styling and application of Hina.
3. Describe the general principles of balanced diet and nutrition.

## **SCHEME OF STUDIES**

### **Beautician (3 – Month Course)**

<b>Sr. No</b>	<b>Main Topics</b>	<b>Theory Hours</b>	<b>Practical Hours</b>	<b>Total Hours</b>
1.	Introduction & Importance	1	-	1
2.	Physical Hygiene	2	23	25
3.	Fitness	10	50	60
4.	First aid	1	3	4
5.	Skin Care	9	84	93
6.	Manicure &Pedicure	1	10	11
7.	Makeup	3	50	53
8.	Hair care	5	50	55
9.	Hina	-	11	11
10.	Opticure, Denticure and Audicure	3	21	24
11.	Basic Cosmetology	3	23	26
12.	Massage Technique	2	23	25
13.	Work Ethics	-	12	12
<b>Total</b>		<b>40</b>	<b>360</b>	<b>400</b>

**DETAIL OF COURSE CONTENTS****Beautician**  
(3 – Month Course)

<b>Sr. No.</b>	<b>Topics</b>	<b>Theory Hours</b>	<b>Practical Hours</b>
<b>1.</b>	<b>Introduction &amp; Importance</b> 1.1. Qualities of beautician	1	-
<b>2.</b>	<b>Physical Hygiene</b> 2.1. Washing and Cleaning of Face 2.2. Hair Washing Techniques 2.3. Hygienic ways of keeping clean 2.4. Use of Deodorants	2	23
<b>3.</b>	<b>Fitness</b> 3.1. Basic exercises 3.1.1. Movement Classification, Techniques, Effects. 3.1.2. Procedure for Correct Standing and Sitting positions. 3.1.3. Procedure of figure faults by exercise, effects and contra-indication. 3.1.4. Procedure of different types of exercises 3.2. Importance of body massage & types 3.3. Techniques of massage toning, relaxation and figure corroding.	10	50
<b>4.</b>	<b>First aid</b> 4.1. Emergencies and remedies	1	3
<b>5.</b>	<b>Skin Care</b> 5.1. Study of Different Kinds of Skin (Dry, Oily, Acne, Problem skin) 5.1.1. Through Herbal	9	84

	<p>5.1.2. Cosmetic method</p> <p>5.2. Study of Different Types of Creams, Oils, Scrubs and Masks Used for Different Types of Skin</p> <p>5.3. Importance of Vitamins for the Nourishment of the Skin</p> <p>5.4. Equipments required for facial.</p> <p>5.5. Preparation and Use of Different Types of Oils and Creams Used for Facial.</p> <p>5.6. Cleansing</p> <p>5.7. Preparing mask.</p> <p>5.8. Bleaching.</p> <p>5.9. Threading.</p> <p>5.10. Waxing.</p> <p>5.11. Procedure of Applying Steam</p> <p>5.12. Advantages of Steam for Different Kinds of Skin its effects and remedies</p> <p>5.13. Procedure for Removal of Black and White Heads along with effects and remedies</p> <p>5.14. Eyebrows, Eyelashes.</p>		
<b>6.</b>	<p><b>Manicure &amp; Pedicure</b></p> <p>6.1. Importance</p> <p>6.2. Remedies</p> <p>6.3. Requirement and Procedure for manicure and pedicure</p> <p>6.4. List of equipment used in manicure and pedicure.</p>	1	10
<b>7.</b>	<p><b>Makeup</b></p> <p>7.1. Foundation and Techniques.</p> <p>7.2. Use of different types of makeup (Oily / Dry)</p> <p>7.3. Party Makeup</p>	3	50

	7.4. Bridal makeup.		
<b>8.</b>	<b>Hair Care</b> 8.1. Texture of Hair (Dry, Oily, Normal, Dandruff) 8.2. Falling of Hair 8.3. Dandruff of Hair 8.4. Whitening of Hair 8.5. Washing, shampooing and combing hair. 8.6. Hair cutting, steps, ushape, round shape, bob cutting, side puff cutting, soldier cutting, forward cutting etc. 8.7. Hair Styling 8.8. Roller setting 8.9. Blow drying 8.10. Hari Dyes 8.11. Introduction of Hair colouring , problems and remedies 8.12. Application of streaking	5	50
<b>9.</b>	<b>Hina</b> 9.1. Application of Hina in different design on hands	-	11
<b>10.</b>	<b>Opticure, Audicure and Denticure</b> 10.1. Cleaning and Caring of Eyes 10.2. Cleaning and Caring of Ears 10.3. Cleaning and Caring of Teeth	3	21
<b>11.</b>	<b>Basic Cosmetology</b> 11.1. Making different Creams 11.2. Making different Powders 11.3. Making different Lotions 11.4. Making different Ubtans	3	23
<b>12.</b>	<b>Massage Techniques</b> 12.1. Manual Massage	2	23



	12.2. Machine Massage 12.3. Massage Therapy		
<b>13.</b>	<b>Work Ethics</b>	-	12
<b>Total</b>		<b>40</b>	<b>360</b>

**LIST OF TOOLS AND EQUIPMENT**

Beautician (3 - Month Course)

<b>Name of Trade</b>	<b>Beautician</b>
Duration of Course	3 - Months

<b>Sr. No.</b>	<b>Tools / Equipments</b>	<b>Quantity</b>
1.	Revolving Chairs Designed for Parlour Use.	5
2.	Wooden Counters for Parlour.	5
3.	Large Mirror Mounted on Wall.	2
4.	Stands for Rollers and Pins.	2
5.	Wash Basin Fitted in Counter With Tap.	1
6.	Tube Lights.	6
7.	Water Spraying Gun.	2
8.	Set of Hair Combs and Brushes.	1 set
9.	Set of Scissors.	2 sets
10.	Towels and Aprons.	3 sets
11.	Curtains.	4
12.	Other Accessories (Perming and Straightening Pins & Lotions, Some Quantity of Makeup, Different Facial Cleansers with Toning Lotion and Masks).	1 bottle each

**LIST OF MACHINERY**

<b>Sr. No.</b>	<b>Machinery</b>	<b>Quantity</b>
1.	Steamer.	1
2.	Massager.	1
3.	Hair Dryers.	2
4.	Electric Rollers.	1 set
5.	Facial Machine.	1
6.	Skin Toning Machine	1
7.	Grinder	1
8.	Mixer	1
9.	Blower	1
10.	Calibrated Measuring Containers	1 Set

**MINIMUM QUALIFICATION OF TEACHER**

1-year Diploma from recognized Parlour with 2–Years teaching experience.

## **REFERENCE BOOK**

- Beauty links by Prof. Shafiq Anwar.

### **EMPLOYABILITY OF PASS OUT**

1. Pass outs may join any beauty parlor.
2. They can establish their own beauty parlor.
3. They can groom themselves at their home.
4. They can join organizations like, Airlines, Show Business etc, where numerous females work and are essentially required to put on makeup and hair styling.
5. They can establish their own institutions to conduct beauty parlor courses, currently an institution namely Depilex is successfully working on the same lines.