

NSQF

BEAUTY AND WELLNESS

SUBJECT CODE – 65

SCHEME OF VALUATION - 2023

PART- 1

I Four alternative are given for each of the following question or incomplete statements only one of them is correct or most appropriate. choose the correct alternative and write the complete answer; 10X1=10

1. a) Micro
2. a) 26 C
3. c) Paraffin manicure
4. d) All of the above
5. c) Intense pulsed
6. c) Layered nail polish
7. c) cold dark place
8. b) Liposuction
9. b) chemical peel
10. a) work together

PART - B

II Answer the following questions 10X2=20

- 11) After care advice for Shirodhara
  - Offer glass of water
  - Relax
  - Avoid sunlight and cold
- 12) Symptoms of ageing on face
  - Loss of skin elasticity
  - Sagging forehead lines crows fat
- 13) Swedish massage in a systematic and scientific manipulation of the soft tissue of the body for
  - Therapeutic pressure
- 14) Light cured gels and curing light no light gel, activator primer adhesive gel cleanses files in grades nail tips and nail forms
- 15) A regular manicure with some extra pampering of warm wax massage with mittens to keep

Hands self and hydrated.

16) Salt pedicure is a regular pedicure were salt is used to for exfoliation.

17) In fish pedicure tiny fishes are used to nibble away the accumulation and dead skin cells from the  
Feet

18) 1. Erbium 2. Co2 laser carbon oxide

19) for low forehead individual the arch should be shaped such that it a deviated at lower level

20) Advantages of lair lightness

They provide greater lifting power

They can be used for corrective work

21) Layering refers to creating any style with variable lengths throught

22) Normal skin

Oily skin

Combination skin

Dry skin

23) Shampoo, towels, styling capes, clips, pressing oil or cream, thermal irons , comb, spatula

#### PART – C

III Answer the following questions in 3or 4 sentences( any six)

6X3=18

24) 5 classical movements are Effleurage petrissage , tapotement , friction, vibration

Benefits

\* Effleurage; helps in elimination of toxins

\* Tapotement; helps to break down fatty tissue

\*Friction; eliminates waste deposits, removes tissue fluids

\*Petrissage; works on deeps tissues eliminates waste products

\* Vibration; helps is stimulating nerve endings by reducing pain

25) Advantages of physical activity

\* Maintain weight

\* Reduce high blood presser

\* Reduce type 2 diabetes heart attack stroke

26) Bullion beads area used to create or enhance nail design they are available is many colors but

Gold and silver are the most popular

27) Procedure for removal of gel nails

Shorten and shape the nails

Thin out the entire nail and file flush and cuticle and side walls gently avoid filing the nails

Manicure the nails and recommend to follow up manicure

28) Dye precursors combined with hydrogen peroxide to form permanent tint molecules

These molecules are trapped in keratin and cannot be shampooed out such colors are known as  
Permanent colors

29) Temporary tattoo procedure

- \* Clear the skin using surgical spirit thin removes grease
- \* Trace design on the body
- \* Fill in the colors using chosen medium
- \* Powder the tattoo or use fixing spray so that it lasts longer

30) Disadvantages of hair lighteners

- \* Hair lighteners damaging if proper precautions are not followed
- \* Process that requires followed take more salon time
- \* Hair needs more reconditioning
- \* Thermal styling restricted

31) Objectives of inventory control are,

- \* Protection against fluctuation in demand
- \* Better use of men, machines and material
- \* Control of stock distribution

32) Skill sets of supervisor

1. Technical skills
2. people skills
3. Managerial

33) Precautions for pedicure

Fever, broken bones, High blood pressure, Skin problems, Cancer, Ingrown nails diabetes  
Osteoporosis, varicose veins, neuropathy warts

Part - D

IV Answer the following questions (any two)

2x6=12

34) Skin; one to the fact that skin loses its elastic quality and becomes thin small lines set in and

The muscles in the face lose flexibility causing cheeks jowls upper lip eyelids

Hair; Its normal for hair to gradually thin on the scalp area and armpits . As hair pigments cells  
In numbers gray hair growth increases as hair follicles are alters hair loses its color turns g  
Gray and becomes more porous

35) Bridal makeup

- \* Prepare the client
- \* Conceal any blemishes
- \*Apply pan cake
- \* Contour the face
- \* Apply blushes
- \* makeup the eyebrows

36) Procedure for hair lighting

- \* Prepare the patron, adjust tint cape and towel to cover the clothing
- \* Examine scalp and hair
- \* section hair into four parts
- \* Wear protective gloves and prepare lightening agent
- \* Apply in 1/8 inch partings from scalp to hair end on both top of the hair stand continue to the  
Thin until the entire head remove after shade has been reached

37) Typical positions required in average spa manager , Assistant manger, Receptionist , senior  
Therapist, Attenders consultant .