

Course Code	Course Name	Credits
26GN953	COMPREHENSIVE BEAUTY AND WELLNESS	02

Course Description

This course is designed to provide practical knowledge and professional skills in beauty therapy and wellness practices. It emphasizes hands-on training, enabling learners to perform a wide range of beauty treatments, maintain hygiene and safety standards, and develop entrepreneurial abilities for self-employment in the beauty and wellness industry.

Course Objectives

- To develop technical competency in beauty and wellness services.
- To understand skin, and hair care principles.
- To promote self-employment and entrepreneurship in the beauty industry.
- To familiarize learners with tools, products, and techniques used in beauty and wellness treatments.

Skills Enhancement Outcomes

- Demonstrate practical skills in performing basic beauty treatments such as facials, manicure, basic makeup, and hair styling.
- Apply appropriate techniques for skin and hair care based on individual client needs.
- Use beauty tools and cosmetic products safely and effectively while maintaining hygiene and sanitation standards.
- Maintain workplace safety and personal hygiene as per industry standards.
- Develop entrepreneurial skills for setting up and managing a small-scale beauty and wellness business.
- Implement basic marketing and customer retention strategies for business growth.

Course Content and Practical Training

- Introduction to beauty and wellness industry
- Basics of personal grooming and hygiene
- Structure and types of skin and hair
- Skin care treatments:
 - Cleansing, toning, moisturizing
 - Facials for different skin types
 - De-tanning techniques
- Hair care and styling:
 - Hair cutting techniques
 - Basic hairstyling and setting
- Makeup techniques and Hand care:
 - Basic make-up looks
 - Use of cosmetic products and tools
 - Manicure and basic nail art
- Tools, equipment, and product knowledge
- Hygiene, sanitation, and safety practices
- Client consultation and communication skills
- Basics of nutrition and wellness
- Salon management and customer handling

Learning Outcome

At the end of the course, learners will be able to independently perform beauty and wellness treatments, maintain professional standards, and establish and manage a small-scale beauty and wellness enterprise.