

8.1 Performing advanced beauty treatments

8.1.1 Bleaching

Bleaching is a beauty treatment which removes dirt and tan. It gives brightness to the skin. The hair is lightened and the oiliness of the skin is removed through bleaching. Bleaching should be done before Waxing or threading to avoid any small cuts. Keep the mixture away from the eyes, drape the client and then mix the bleach, test the skin to avoid rashes.

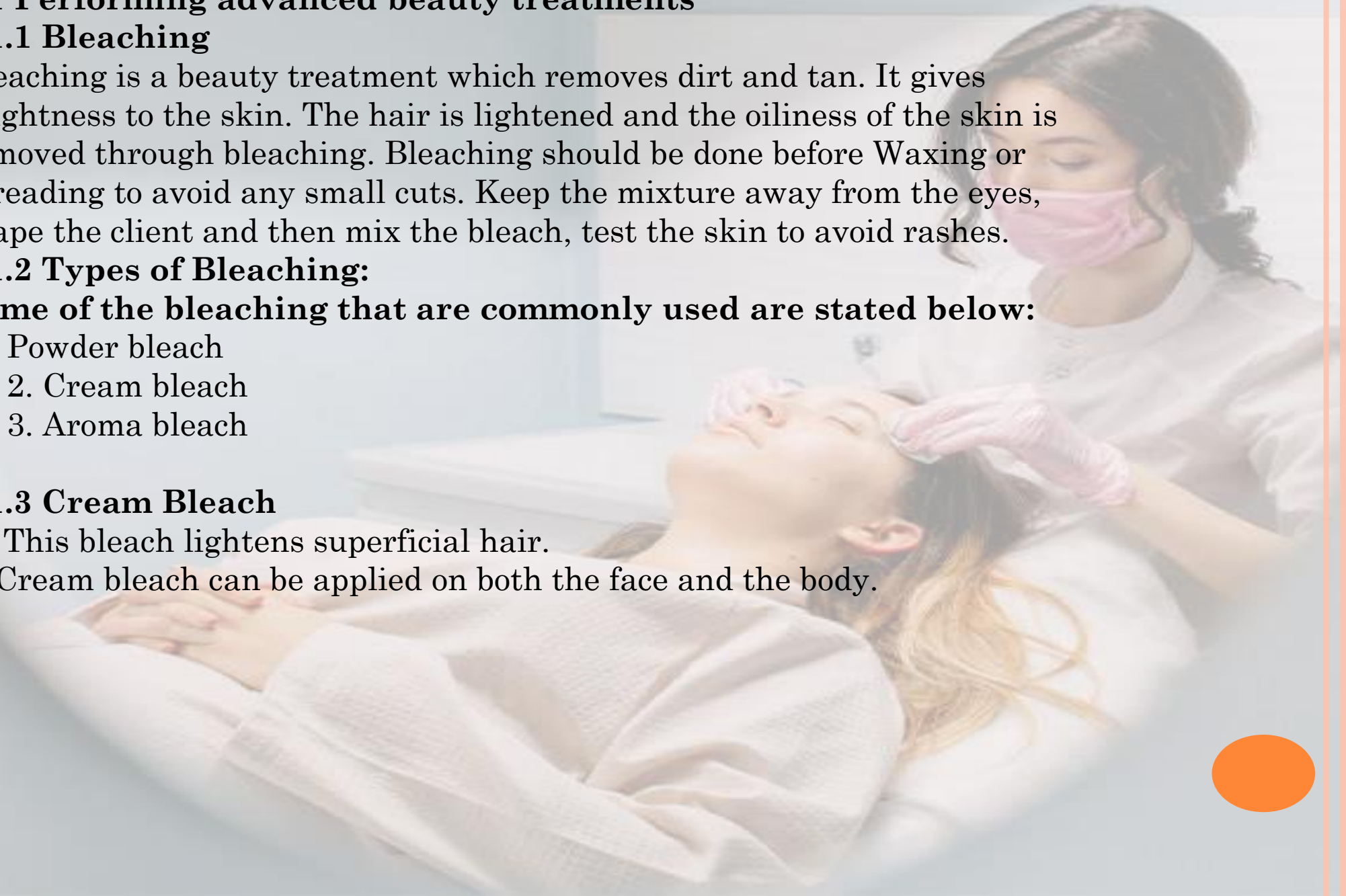
8.1.2 Types of Bleaching:

Some of the bleaching that are commonly used are stated below:

1. Powder bleach
2. 2. Cream bleach
3. 3. Aroma bleach

8.1.3 Cream Bleach

1. This bleach lightens superficial hair.
2. Cream bleach can be applied on both the face and the body.



8.1.4 Bleaching procedure:

Required tools and products:

TOOLS:Head band,Towel Cotton,Spatula,Bleach brush,Bowl,Sponge

Products: Cream, Activator.

8.1.5 Mixing ration:

Skin type:

Fair skin

Dark skin

Sensitive

Cream Activator

1:3

1:3

1:3

Timing

15Mins

10 Mins

Avoid.

8.1.6 Procedure:

1. Cleanse the face with a cleanser.
2. Apply pre bleach cream.
3. Mix the bleach and activator according to the skin colour.
4. Apply the bleach on the face.
5. Leave it for 10-15 mins according to skin colour
6. Do gentle massage with water to dilute the bleach.
7. Then wipe the face with cotton.
8. Apply post bleach cream.



- 4 Waxing should not be done before bleaching
5. Shaving should not be done before bleaching

8.2 Henna & Mehandi

8.2.1 Henna:Henna plants have been used for the colouring of hair for the past 5,000 years or more. Henna leaves are dried and turned into powder to produce a red dye. The exact shade that hair takes with the application of Henna, depends on where the plant grew and on the hair colour that was there before applying the Henna

8.2.2 Preparation and application of Henna

1. Boil black tea leaves in water and let it simmer until the water has half evaporated
2. Add a few cloves in this during the winter months. It keeps your head warm and helps to add colour
3. To get a Burgundy shade, slice a Beetroot and add that to the water as it boils
4. When the water has half evaporated, strain the tea leaves, etc. and add the Henna right away to the warm/ hot water. Stir until you get a paste-like consistency.
5. Add some premixed Coffee powder if you prefer a brown shade.
6. 6. Soak this mixture in an iron container if you want a very dark black shade. However, if you want normal reddish/ Burgundy, soak overnight in an Aluminium or plastic container
7. 7. Apply the Henna to your hair. The longer it stays, the darker the shade. If you want to sleep with the mixture, wrap your hair well in some plastic



8.2.3 Application of Mehendi.

Before you can master the art of applying Henna on hands, you must practice it on glass sheet.

- Place Henna design on a table or some hard surface. Lay a sheet of clear glass on it to cover it completely
- The main thing to apply Henna from cone is to hold the cone correctly. Hold it in your right hand (if you are Right-handed), taking photo as a guide. Your hand must be comfortable while holding it and try to squeeze to see how comfortably you can do it. Squeeze little at a time, do not apply too much force as the Henna mixture is in liquid form and at the beginning, it comes out of the cone without squeezing. Learn as you do!
- Take out the pin from the cone when you are using it and keep it in someplace safe and do not forget to put it back in the cone when you are done.
- When you are ready to start, take the pin out of the cone and squeeze a little Henna tissue paper. It will be black in the beginning and hard too, keep squeezing it until the mixture comes out light in colour and is soft on a piece of.
- As one starts applying, the tip keeps on getting messy, so keep cleaning it with a tissue paper. The cleaner the tip, the neater will be your work .
- Now you have learnt how to squeeze, clean and hold the cone. Start applying the Henna on the glass sheet following the design from the paper. As a beginner, the hand may shiver, the lines will be wavy and the whole thing may get messy. Do not worry because it is normal for a beginner.



. Place the design in front of you and whenever you apply Henna on someone's hand, you will never start from the fingers as they will be near to you. You have to start from the farthest place and come to nearest. Otherwise the whole hand will get messy! .

If you have made some mistake while applying the Henna, do not worry and just wipe off with tissue paper. But be careful while working on the skin wiping will not remove the Henna colour completely. .

Now what one need for perfection is....practice! It is the regular practice that will improve your handling and applying skills. Keep practicing on glass sheet as you can see, you can wash it easily. Let it dry for the next use or wipe it with tissue paper if Henna is not completely dried.

Boby Treatment

Beauticians provide a wide range of personal beauty care treatments to clients by using special Electrical equipments. The equipment gives additional effect to the clients.

Service Duration Body Massage 60-90 minutes
To rejuvenate the whole body
Output

8.3.1 Required Tools, Equipment and Products

Disposable bath robes
2 Maroon towels
Tools
through increased blood circulation
Products
Cleansing milk
Cream or oil



8.3.2 Procedure for Body treatment

Step 1. Consult with the client whether they have any injuries or allergies.

Always give mild massage for pregnant ladies

Step 2. Prepare the client for the services and advice the client to have the disposable rope

Step 3. Make the client lie on the massage table and cover with towel comfortably

Step 4. Cleanse the whole body with cleansing milk

Step 5. Do the relaxing massage top to bottom using cream or oil for 25 minutes

Step 6. Provide the bathing rope to the client and ask them to take steam and showers.

8.4 Performing Makeup

Makeup is a group of cosmetics which are used to enhance a person's appearance. Cosmetics are generally mixtures of chemicals and or herbs. Some chemicals are derived from natural sources, but mostly used are synthetic cosmetics.

8.4.1 Purpose of Makeup:

It is applied to give one a special look that can increase their confidence. Makeup can highlight one's good features and masks imperfections. To prevent loss of moisture from the skin. Used as protection from the harmful UV radiation > Enhance and polish the appearance.



8.4.2 Makeup is mainly used at:

Wedding Fashion show

- Cinema and TV show
- Birthday & other functions

8.4.3 Before starting makeup identify the following:

- Skin type Skin colour Texture of the skin
- Client's age Client's face type
- Dress worn
- Personality
- Occasion Client's wishes
- Climate and time of the day Lighting conditions

8.4.4 Makeup polishes:

- Service: Day make up
- Time taken: Various
- Required Tools & Products:
- Make up sponges Make up brush Soft Sponge Bowl
- 11. Touch up again

9. Apply Krylon Lipstick and Lipgloss shade Blusher

- 55 Natural Cleanser Products: Krylon , Eye Shadow , Cake, Eye liner, Toner, Moisturizer, Kajal pencil Mascara, Single shade blusher (if the skin is oily, use less moisturizer) are but Dual finish foundation Translucent water Single shade Krylon lip liner Krulon lip stick and gloss

