

Critchlow Labour College (CLC)



CURRICULUM FOR

Cosmetology

**3-MONTHS
(Certificate course)**

SKILL PROFICIENCY DETAILS

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

1. Practice beauty techniques.
2. Make and cut different hairstyles.
3. Identify different types of skins and their facials.
4. Do makeup on different types of skins i.e. oily, dry, Acne, etc.
5. Apply hairstyle/cut on different faces.
6. Acquire skills on salon work i.e. safety precautions, skin and hair conditions etc.
7. Select, Operate and handle equipment according to professional standards.

KNOWLEDGE PROFICIENCY DETAILS

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

1. Explain beauty techniques, proper appearance, speech, social behaviour etc.
2. Understand the Makeup, facial, manicure, pedicure, body massage, hair colouring, styling and application of Hina etc.
3. Describe the general principles of a balanced diet and nutrition.
4. Identify safety precautions including safety practices, conditions upon which medical advice must be sought.
5. Elaborate upon professional ethics, good professional standards, hygiene and the sanitization procedure.

CURRICULUM DELIVERY STRUCTURE

	Course Delivery	Co Curricula Activities / Vacations	Test	Total
Week	1-20			400 hrs
	10	5	1	

SCHEME OF STUDIES

Cosmetology
(3 – Months Course)

Sr. No.	Subjects	Theory Hours	Practical Hours	Total Hours	
1.	Hair Care	25	60	85	
2.	Skin Care	25	60	85	
3.	Make-up	25	60	85	
4.	Fitness	25	60	85	
6.	Functional English	20	20	40	
5.	Work Ethics	-	20	20	
Total		120	280	400	

DETAIL OF COURSE CONTENTS

(Cosmetology 3-Month Course)

Subject: Hair Care

Theory

Sr. No.	Main Topics	Theory (Hours)
1	<p>1.1 Study of Hair</p> <p>1.1.1 Definition of hair</p> <p>1.1.2 Study of different textures of hair (dry, oily, normal, dandruff)</p> <p>1.2 Cosmetics of hair</p> <p>1.2.1 Procedure for the use and preparation of shampoos, dyes, oils, creams, and conditioners.</p> <p>1.2.2 Developers and lotions used for the setting, cutting, perming, straightening of different textures of hair.</p> <p>1.3 Procedure for washing, shampooing and combing the hair.</p> <p>1.4 Hair dyes</p> <p>1.4.1 Introduction of hair colour problems and remedies.</p> <p>1.4.2 Difference between natural and fashion shades.</p> <p>1.5 List of equipment used for hair cutting and styling</p> <p>1.6 Histology of hair</p> <p>1.6.1 Nutrients required for the nourishment of hair</p> <p>1.7 Diseases of hair and their remedies through different procedures by using herbal and cosmetic shampoos, oils, conditioners etc</p> <p>1.7.1 Falling of hair</p> <p>1.7.2 Dandruff of hair</p> <p>1.7.3 Whitening of hair</p>	<p>2</p> <p>1</p> <p>1</p> <p>1</p> <p>5</p> <p>2</p> <p>3</p> <p>5</p> <p>5</p>
Total		25

PRACTICAL

Sr. No.	Main Topics	Practical (Hours)
1	<p>1.1 Cosmetics of hair</p> <p>1.1.1 Use and preparation of shampoos, dyes, oils, creams, conditioners</p> <p>1.1.2 Developers and lotions used for the setting, cutting, perming, straightening of different textures of hair</p> <p>1.1.3 Washing</p> <p>1.1.4 Shampooing</p> <p>1.1.5 Combing different textures of hair</p> <p>1.2 Hair dyes</p> <p>1.2.1 Introduction of hair colouring problems and their remedies, colour removing etc</p> <p>1.2.2 Difference between natural and fashion shades</p> <p>1.3 Hina</p> <p>1.3.1 Preparation and application of hina</p> <p>1.3.2 Use of oils and creams</p> <p>1.4 Hair cutting of different texture and face shapes</p> <p>1.4.1 Equipment for hair cutting.</p> <p>1.4.2 Steps</p> <p>1.4.3 U shape</p> <p>1.4.4 Round shape</p> <p>1.4.5 Bob cutting</p> <p>1.4.6 Soldier cutting</p> <p>1.4.7 Forward cutting</p> <p>1.4.8 Sheggy cutting</p> <p>1.5 Hair styling 1.5.1 Roller setting.</p> <p>1.5.2 Blow-drying.</p>	<p>5</p> <p>5</p> <p>5</p> <p>5</p> <p>10</p> <p>5</p>

1.5.3 Perming. 1.5.4 Straightening.	5
1.6 Histology of hair 1.6.1 Application of different vitamin capsules on hair	15
1.7 Diseases and defects of hair and their remedies through different procedures by use of herbal and cosmetic shampoos 1.7.1 Falling of hair 1.7.2 Dandruff of hair 1.7.3 Whitening of hair	
Total	60

SUBJECT: SKIN CARE

THEORY

Sr. No.	Main Topics	Theory (Hours)
1	1.1 Study of different kinds of skin (dry, oily, acne, problem skin) through 1.1.1 Herbal 1.1.2 Cosmetic method	1
	1.2 Importance of vitamins for the nourishment of the skin 1.2.1 Deficiencies of vitamins 1.2.2 Food sources of vitamins (which food source is important for nourishment of skin)	1
	1.3 List of equipment required for facial	1
	1.4 Procedure for bleaching, types of bleach used for different types of skins	1
	1.5 Preparation and use of different types of oils and creams used for facial	1
	1.6 Procedure and preparation of different types of masks	1
	1.7 Procedure for making and applying wax	1

1.8 Procedure for applying steam	1
1.8.1 Advantages of steam for different kinds of skin	
1.8.2 Effects and remedies	
1.9 Procedure for removal of black and white heads	1
1.9.1 Effects and remedies	
1.10 Cosmetics for skin	1
1.10.1 Study of different types of creams, oils, scrubs and masks used for different types of skin	
1.11 Diseases and remedies of skin	1
1.12 Advantages & disadvantages of facial massage	2
1.13 Manicure and pedicure	1
1.13.1 Importance	
1.13.2 Requirement and procedure for manicure and pedicure	
1.13.3 List of equipment used in manicure and pedicure.	
1.14 Health and Hygiene	10
1.14.1 Sterilize tools and equipment	
1.14.2 Observe oral/ personal hygiene	
1.14.3 Maintain workplace hygiene	
1.14.4 Undertake proper disposal of cosmetic waste/ tool and equipment	
1.14.5 First Aid	
Total	25

PRACTICAL

Sr. No.	Main Topics	Practical (Hours)
1	1.1 Facial of different kinds of skin (dry, oily, acne, problem skin) through	5
	1.1.1 Herbal	
	1.1.2 Cosmetic method	
	1.2 Equipment required for facial	1
	1.3 Preparing mask	5
	1.4 Preparation of essential oils	4
	1.5 Bleaching	2
	1.6 Threading	3

1.7 Waxing	3
1.8 Steam	3
1.9 Removal of black and white heads	3
1.10 Eye brows, eye lashes	5
1.11 Cosmetics of skins	5
1.11.1 Different types of cream, oils, scrubs and masks used for different types of skin. (labels and brands)	
1.12 Diseases and remedies of skin	10
1.13 Massage of different facial muscles through different methods	5
1.14 Manicure and pedicure procedure	5
1.15 Equipment for manicure and pedicure	1
1.16 Health and Hygiene	4
1.16.1 Sterilize tools and equipment	
1.16.2 Observe oral/ personal hygiene	
1.16.3 Maintain workplace hygiene	
1.16.4 Undertake proper disposal of cosmetic waste/ tool and equipment	
1.16.5 First Aid	
Total	60

SUBJECT: MAKE UP

Theory

Sr. No.	Main Topics	Theory (Hours)
1	1.1 Study of different kinds of skin	3
	1.1.1 Oily	
	1.1.2 Dry	
	1.1.3 Normal	
	1.1.4 Acne	
	1.2 Types of make up used for different occasions	2
	1.2.1 Party Make up	
	1.2.2 Bridal Make up	
	1.2.3 Model Make up	
	1.3 Foundation and techniques of makeup	2
	1.3.1 Contouring the makeup	

	1.4 Procedure of cleansing the skin before makeup	1
	1.4.1 Various cleansing creams and lotions	
	1.5 Cosmetics of makeup	1
	1.5.1 Study of different types and brands of make up used for different kinds of skin (available in market) List of	
	1.6 equipment and tools required for make up	1
	Chemistry for cosmetology	
	1.7 Basic chemistry elements and symbols	3
	1.7.1 Physical and chemical changes.	
	1.7.2 Cosmetic for skin	
	1.7.3 Sterilization	
	1.7.4 Salon Planning & Management	
	1.8 Planning for proper lay out (Select Salon Furniture,	
	1.8.1 Tools, Equipment & Beauty Products)	20
	Provide Updated Operational Manual serve	
	1.8.2 Safety Requirements	
	1.8.3 Ob Update Knowledge about industry products &	
	1.8.4 equipment	
Total		25

Practical

Sr. No.	Main Topics	Practical (Hours)
1	1.1 Make up of different kinds of skin	5
	Use of different types of make up (on different occasions)	15
	1.2.1 Party Make up	
	1.2.2 Bridal Make up	
	1.2.3 Model Make up	
	1.3 Foundation & techniques of make up	10
	1.3.1 Contouring the make up	
	1.4 Cleansing of skin before make up by using different creams and lotions	5

	1.5 Application of different types and labels of cosmetics available in market.	5
	1.6 Equipment and tools required for make up	5
	1.7 Evening and bridal make up	5
	1.8 Professional make up	5
	1.9 Learning the procedures of electricity for cosmetology.	5
	1.9.1 Basic electricity	
	1.9.2 Direct and alternative current	
	1.9.3 Safety devices and treatment for shock	
	1.10 Know how of sterilization and different types of cosmetics available in market (biochemistry)	
	1.11 Salon Planning & Management	5
	1.11.1 Planning for proper lay out (Select Salon Furniture, Tools, Equipment & Beauty Products)	5
	1.11.2 Provide Updated Operational Manual	
	1.11.3 Observe Safety Requirement	
	1.11.4 Update Knowledge about industry products & equipment	
Total		60

SUBJECT: FITNESS

Theory

Sr. No.	Main Topics	Theory (Hours)
1	1.1 Definition of fitness importance of fitness in our daily life	1
	1.2 Study of basic exercise	2
	1.2.1 Movement classification, techniques, effects.	
	1.2.2 Procedure for correct standing and sitting positions.	
	1.2.3 Procedure of figure faults by exercise, effects and contraindication.	
	1.2.4 Procedure for different types of exercises	
	1.3 Body massage	1
	1.3.1 Definition of massage.	

1.3.2 Importance of body massage.	
1.4 Body massage	1
1.4.1 Definition of massage.	
1.4.2 Importance of body massage.	
1.5 Types of massage	1
1.5.1 Friction massage	
1.5.2 Vibratory massage	
1.5.3 Stroking massage, etc	
1.6 Procedure of relaxation therapy	1
1.6.1 How to relax the body muscles	
1.7 Diet and nutrition	1
1.7.1 Importance of diet in our daily life.	
1.7.2 Balance diet.	
1.8 Importance of cholesterol in our daily life.	1
1.8.1 Definition of cholesterol	
1.8.2 Effects and remedies of cholesterol	
1.9 Caloric chart	7
1.9.1 Consumption of calories according to need, age, status and sex.	
1.10 Importance of food groups in our diet.	7
1.10.1 Types of food groups	
1.10.2 Role of carbohydrates, proteins, minerals, fats & vitamins in our daily life.	
1.10.3 Deficiencies	
1.10.4 Food sources of these groups	
1.11 Overweight and under nutrition persons	2
1.11.1 Diseases caused by being overweight.	
1.11.2 Diseases of under nutrition person.	

Total	25
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PRACTICAL

Sr. No.	Main Topics	Practical (Hours)
1	1.1 exercises 1.1.1 Movement, classification, techniques & effects. 1.1.2 Correct standing and sitting position 1.1.3 Correction of figure faults by exercise, effects and contra-indication. dy massage	15
	1.2 Bo Movement & their effects	5
	1.2.1 Types of massage	5
	1.3 Friction massage	
	1.3.1 Vibratory massage	
	1.3.2 Stroking massage	
	1.3.3 Relaxation therapy	
	1.3.4 Different types of exercises	5
	1.3.5 Toning, relaxation and figure correction	5
	1.3.6 Powders, creams and oils and their uses.	5
	1.3.7 Knowledge of caloric chart according to need, age,	5
	1.3.8 status and sex.	5
	1.3.9 Maintenance and reduction of weight by using balanced diet and different types of exercise	10
Total		60

LIST OF PRACTICALS

Sr. No.	Experiments
1.	Different types of hair cutting.
2.	Making different types of hairstyles i.e. roller setting, blow drying, perming and straightening.
3.	Doing different types of facials. <ul style="list-style-type: none"> ➤ Simple facial. ➤ Dry skin facial. ➤ Oil skin facial. ➤ Acne facial. ➤ Problem skin facial.
4.	Doing makeup on different faces for different occasions. <ul style="list-style-type: none"> ➤ Party makeup. ➤ Bridal makeup.
5.	Manicure.
6.	Pedicure.
7.	Preparation and application of hina.
8.	Body massage. <ul style="list-style-type: none"> ➤ Different types of oils and creams. ➤ Techniques of massage.
9.	Threading.
10.	Waxing.
11.	Bleaching.
12.	Hair colouring.
13.	Application of different types of masks.
14.	Doing different types of exercises.

15.	Preparation of different caloric charts
16.	Application of massage.

LIST OF TOOLS / EQUIPMENT / MACHINERY (Cosmetology 3-Month Course)

Name of Trade	Beautician
Duration of Course	3 – Month

Sr. No.	Equipments / Machinery	Tools Quantity
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
13.	Steamer.	1
14.	Massager.	1

15.	Hair dryers.	2
16.	Electric rollers.	1 Set
17.	Facial machine.	1
18.	Skin toning machine	1
19.	Hair Straightner	1

EMPLOYABILITY OF PASS OUTS

1. Pass outs may join any beauty parlour.
2. They can establish their own beauty parlour.
3. They can groom themselves at their home.
4. They can join sectors such as airlines, show business etc, where numerous females work and are essentially required to put on makeup and style hair.
5. They can establish their own training institutions to conduct beauty parlour courses. Currently an institution by the name of Diplex is successfully working along the same lines.

List of National and International Accreditation

1. National Accreditation Council - Registered
2. Center for Technical and Vocational Training – Accepted

Trainer:

Gaitridavi N. Chintamanie

*MBA – Ongoing
Diploma in Micro-cosmetology
Beautician*

AREAS OF EXPERTISE

Manicures & pedicures
Deep tissue massage
Waxing
Eyelash tinting and
eyebrow dyeing
Tanning
Cosmetics Therapist
Beauty treatments
Up selling
Holistic treatments
Training

PROFESSIONAL

SBB - Certified Trainer
First Aid Certificate
Micro-cosmetologist

PERSONAL SKILLS

Client care
Hygienist
Listening skills
Team Builder
Inter-personal Skills

PERSONAL DETAILS

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East Coast Demerara
Guyana

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<https://triplecsalonandspa.com>

DOB: 06/08/1997
Nationality: Guyanese
Marital Status: M
Children: 1

Gaitridavi N. Chintamanie

Beauty Therapist/ Cosmetologist

PERSONAL SUMMARY

A well-presented, articulate and capable beauty specialist trainer with a proven ability to provide the necessary customer service and care required to ensure overall client satisfaction. Ability to carry out variety of treatments with confidence and competence on customers to help them look and feel the best they can. An excellent communicator who can relate well with people at all levels and is able to work well as part of a team or individually. Comfortable working in a fast paced, hands-on work environment and consider no job too big or too small.

WORK EXPERIENCE

Triple C Salon and Spa (<https://triplecsalonandspa.com/>)
CEO/ Founder June 2013 - Present

Responsible for providing professional facial beauty and body treatments to customers and also creating a calm environment where they can relax. Carrying out all procedures to a high standard and ensuring client confidentiality.

Duties:

- Providing guests with the highest standards of beauty care and attention.
- Using cutting edge technology to perform traditional treatments.
- Meeting and greeting customers when they arrive.
- Providing cutting edge treatments & excellent customer care to clients.
- Giving aftercare advice on treatments and skincare matters.
- Ensuring the beauty salon is run efficiently and effectively.
- Selling beauty care products at every opportunity.
- Marketing the beauty salon by actively organizing promotional activities.
- Keeping the Beauty Salon to a high standard of hygiene and cleanliness
- Charging customers and taking payment from them.
- Handling customer comments and complaints in a professional manner.
- Correctly accounting for all monies taken and beauty products sold.
- Ensuring that all equipment is in safe working order, maintained and serviced.
- Helping client's complete a medical questionnaire before any treatments.
- Training and Facilitation – Trainer for the Critchlow Labour College

KEY SKILLS AND COMPETENCIES

- Good communication and social skills.
- Strong, proven retail sales background.
- Fully aware of health and safety policy, and fire procedures.
- Experience of nail technology, spray tanning, spa therapy and
- Microdermabrasion and Micro-cosmetology

ACADEMIC QUALIFICATIONS

Master's in Business Administration
Nations University 2018 - Present
Certificate in Micro-cosmetology – 2018
CXC - Hope Secondary School 2011

REFERENCES – Available on request.