

Cosmetology and selfcare

The objective of a cosmetology and self-care certificate course is to equip students with the fundamental knowledge and practical skills necessary for a successful career in the beauty industry. Through comprehensive training in areas such as skincare, haircare, makeup application, and client consultation, the course aims to cultivate proficiency and confidence in delivering professional beauty services. Students learn about industry standards, hygiene practices, product knowledge, and client communication to ensure safe and effective treatments. With a focus on hands-on experience and theoretical understanding, the course prepares individuals to pursue employment opportunities in salons, spas, and other beauty-related settings, fostering career readiness and professional growth.

Maharana Pratap P. G. College, Jungle Dhusar, Gorakhpur

Cosmetology And Self Care Certificate Programme

Session :2023-2024

Unit 1-Course Content-

- Personality Development, Health and Hygiene, Nutrition.
- Physical Education
- Physiology and Anatomy, skin Care (Dermatology).

Unit 2- Customer Cleaning

Making of colour Wheel.

- Making Of tints & Shades.
- Colour Mixing.

Unit 3- Eyebrows and types

- Oval
- Long
- Round
- Square
- Heart
- Diamond

Unit 4- Waxing and Types

- Full hands
- Full Legs
- Thighs
- Neck
- Face
- full Body

Unit 5- Manicure

- For the Fingernails and hands

Unit 6- Pedicure

- For Feet and the nails

Unit 7- Bleaching

- Full Hands
- Full Legs
- Neck
- Hair
- Full Body

Unit 8- Head massage

Unit 9-Hair Treaments

- Mehendi dye
- Shampoo and hair conditioning

- Hair Colour

Unit 10- Hair Cuts

- “U” hair Cut
- Bob cut
- Straight Cut
- Step Cut
- Layered cut
- Sadhna Cut

Unit 11- Saree Draping

- Simple Draping
- Bengali Draping
- Gujrati Draping

Unit 12- Makeup

- Regular Makeup
- Party Makeup
- Wedding makeup