

2023

BEAUTY AND WELLNESS

(Theory)

Full Marks : 30

Time : 1 hour

The figures in the margin indicate full marks for the questions

General Instructions:

- (i) Write all the answers in the answer script.
- (ii) Attempt all parts of a question together at one place.

SECTION – A

(Marks : 8)

Choose and write the correct answer of the following from the given alternatives: 1 x 8 = 8

- 1.** Which of the following method is used to receive information from the sender?
 - (a) Listening
 - (b) Speaking
 - (c) Telling
 - (d) Writing

(3)

5. Face clean-up is done for _____ the skin pores and allowing the skin to breathe.
- (a) Clogging
 - (b) Unclogging
 - (c) Exfoliating
 - (d) Congesting.
6. A method of killing micro-organisms with the help of steam is _____.
- (a) Sterilization
 - (b) Wiping
 - (c) Baking
 - (d) Steaming.
7. Which one of the following is a personal protective equipment?
- (a) Scissors
 - (b) Forcep
 - (c) Apron
 - (d) Tweezer.
8. The main purpose of cuticle nipper is to _____
- (a) Remove hang nails and dead skin
 - (b) Cut nails
 - (c) File nails
 - (d) Remove toenails.

(4)

SECTION – B

(Marks : 4)

Answer the following questions in one word or one sentence each (any four):

1 × 4 = 4

9. What are Blackheads? 1
10. List the different types of hair. 1
11. Name any two agents used for bleaching. 1
12. Name the stages of hair growth cycle. 1
13. What is a Manicure? 1
14. Name the six different services offered in Beauty and Wellness sector. 1

SECTION – C

(Marks : 6)

Answer the following questions in 20-50 words each (any three):

2 × 3 = 6

15. What are the benefits or importance of personal hygiene? 2
16. What are the features of dry skin? 2

(2)

2. Unisex salon offer beauty and wellness services to
- (a) Only men
 - (b) Only women
 - (c) Both men and women
 - (d) Only models and celebrities.
3. The outermost layer of the skin is the
- (a) cuticle
 - (b) epidermis
 - (c) dermis
 - (d) subcutis.
4. _____ helps in improving the appearance of feet and toenails
- (a) Threading
 - (b) Hairstyle
 - (c) Pedicure
 - (d) Bleaching.

(5)

17. Name the different types of masks. Describe clay mask. 2
18. What are the benefits of threading? 2

SECTION – D

(Marks : 12)

Answer the following descriptive type question in 60-100 words each (any three): $4 \times 3 = 12$

19. What are the aftercare advices that you should give to the customers after pedicure treatment. 4
20. What are the benefits of facial waxing? 4
21. What are the reasons for the growth of beauty and wellness sector? 4
22. Describe any six responsibilities of a Beauty Therapist. 4
23. What is face bleech? Explain the procedure of face bleaching. 4
24. Describe any four types of alternative hair removal procedures. 4

★★★