



ACADEMIC YEAR 2023-2024, SEMESTER – II
STUDY MATERIAL FOR B.Sc. FASHION TECHNOLOGY
BASICS OF COSMETOLOGY



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ACADEMIC YEAR 2023-24
PREPARED BY
FASHION TECHNOLOGY DEPARTMENT



BASICS OF COSMETOLOGY

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Unit: I Cosmetology – An Introduction

Cosmetology – Introduction, Definition, and its importance-difference between beautician and Cosmetologist -features of a cosmetologist – Types and application- Self- grooming– definition and its importance.

Unit: II Pedicure

Pedicure, definition, need for pedicure, tools and equipment used for pedicure, step by-step procedure of pedicure-, pedicure technique– benefits – difference between spa and regular pedicure - Pedicure safety.

Unit: III Manicure

Manicure- equipment used for Manicure, Types- French, hot oil, dip power manicures-paraffin wax treatments -shaping of nails, removal of the cuticles, Mehendi-Classical, Arabic, Glitter, Painting and Nail Art – Nail Care.

Unit: IV Skin and hair

Structure and function of skin, Skin types, skin tones, tips for skin care and steps in basic facial. Care for skin and hair-Basic Hairstyles: Knotted style - Rolling style – Plaited style - Basic structure of skin and hair, Products available, skin and hair care, makeup for face and hairdo styles.

Unit: V Face makeup

Face makeup - meaning, makeup application, Make-up types, shape and colour of Hair, hair care and hair styles for occasion.

Basic Haircuts- Straight Trimming, “U”-cut and “V”– Cut.



UNIT: I

COSMETOLOGY – AN INTRODUCTION

INTRODUCTION OF COSMETOLOGY:

Cosmetology is the study and application of beauty treatments, including hair styling, skin care, cosmetics, manicures/pedicures, and permanent or non-permanent hair removal. It is a growing field with plenty of long-term career options.

Students can study a wide range of beauty treatments or specialize in a specific area, and there are plenty of career choices for qualified cosmetologists, including barber, hair color specialist, skin care consultants, while others move into more technical professions like aesthetics. Before practicing as a licensed aesthetician, students must complete between 260–1500 hours of training and pass a written and practical exam, although the requirements differ depending on where you would like to work.

Cosmetology is a growing industry with plenty of long-term career options. Since 2016, over 800,000 cosmetology graduates have started a new career in beauty, and the number is set to carry on rising.

Cosmetology also requires some artistic flair, making it an excellent career for creative-minded people. The best make-up artists and hair stylists build their reputations on coming up with interesting variations on current trends or creating new ones for everyone else to follow. And the most successful practitioners can see their work transferred onto cinema screens or giant billboards advertising high-end fashion lines.

DEFINITION OF COSMETOLOGY:

The cosmetic treatment of the skin, hair, and nails. The work of beauty therapists, including hairdressing, facials, manicures, etc.

IMPORTANCE OF COSMETOLOGY:

One of the most important aspects of working as a cosmetologist is your ability to promote your work's products along with your services. Learn about the products that your salon carries so you can educate your clients on items for hair care, skin care and nail care.

Cosmetology and aesthetic medicine are clinical procedures that deal with proper skincare techniques and the various "state of the art" hair and skin treatments for enhancing one's cosmetic appearance either through surgery or other non-surgical means, such as botox injections or laser techniques.

Chemistry is involved in every aspect of the cosmetology field including hair, hair dyeing, and chemical reactions formed when blending chemicals. All beauty products are made from combinations of chemicals and fall into the realm of chemistry.



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Skilled cosmetologist and aestheticians can perform facials, chemical peels and other skincare treatments to improve the texture and appearance of the skin. These transformations can give individuals a renewed sense of self and in still a greater sense of confidence in their appearance.

Cosmetology is the study of beauty and how to apply it. Cosmetology covers hairstyling, skin care, cosmetics, nails and electrolysis. Cosmetology is not just makeup. It is many other things dealing with the art of beauty. Cosmetology is also used by many and has been used for many years. In this essay i will be showing you how cosmetology evolved over the years from all over the world. And how cosmetology differs from place to place.

Cosmetology has been around for about ten thousand years or so. Cosmetology has been used by many from ancient greeks for modern day people. Cosmetology also has advance somewhat since the start but not much. Many of the techniques that was used thousands years ago are still used today.

Cosmetology was used for vanity reasons. Those reasons was to protect skin against the environment because it was so hot and for religious rituals. Cosmetology were so important to the Egyptians that archaeologists have found makeup and ointments in their tombs that they used. Egyptians hieroglyphics and paintings also used that eyeshadows that was used by both men and women of noble classes to make their eyes seem bigger in paintings.

The Egyptians also used the plant called henna to tattoo themselves to enhance their beauty. They also used the henna to dye gray hairs and paint nails on both genders. Another thing was perfumes. The Egyptians used many strong scents to make their perfumes. For example some of the smells that were used was myrrh, cinnamon, cassia, chamomile, lavender, peppermint, lily, cedar, aloe, rosemary, rose, olive oil and almond oil blended with animal fats and oils. One of the most common methods to make the perfumes were a process called enfleurage. That was when they took flowers, roots or resins that was soaked in layers of fat to create



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Difference between beautician and Cosmetologist:

Cosmetologist	Beautician
• A cosmetologist is a professional who provides beauty services such as hair styling, cutting, coloring, and shampooing, makeup application, and skincare. • They often work in salons, spas or beauty shops. Beauticians typically have completed a cosmetology program at a vocational school or community college. • Cosmetologists may work in a variety of settings, including salons, spas, and resorts. • Some cosmetologists may also work as independent contractors, traveling to their clients' homes or offices to provide beauty services.	• Beauticians are licensed professionals who provide beauty services such as hair styling, manicures, pedicures and skin care treatments. • They often work in salons, spas or beauty shops. They may sell beauty products, such as shampoo, conditioner, makeup, hair styling products and nail polish. • Beauticians typically have completed a cosmetology program at a vocational school or community college. • Some states require beauticians to pass a state-administered examination in order to obtain a license. • In addition to providing beauty services, beauticians may also advise clients on how to take care of their skin and hair at home.

FEATURES OF COSMETOLOGIST:

Cosmetologist need to know a variety of skills out in the working world. Practical skills like hair cutting, colouring, styling, and basic skin care are all things you'll need to know, but did you know that they also need to know a bit about business and marketing?

While you don't need to be a master of marketing to be a successful cosmetologist, there are a few basic business tactics you should be aware of. Here are five essential skills cosmetologists need to know!



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1. SOCIAL MEDIA

Beauty professionals are all over Instagram, Facebook, and YouTube. In fact, according to Media Kix, Beauty, Lifestyle, Fitness & Fashion Influencers are in the top six most popular types of influencers on Instagram. We can definitely see the reason why. Makeup and hair before and afters, how-tos, and transformations are all aesthetically pleasing, motivating, and some audiences even find them relaxing.

As a beauty professional you can easily tap into this demanding market. Create a business Instagram account, give yourself a professional bio and photo, and then start posting high quality pictures of your work! This is also a great way to reach potential clientele, and connect with repeat guests. You can also utilize this as a portfolio to show off your work or refer future employers to.

2. TIME MANAGEMENT

Time management means planning your tasks for the day and doing them efficiently. Here are a few tips to use to keep on track:

- o Get a planner. You can keep this on your phone, or if you're a fan of written planners, keep it in your purse or bag. Write down all of your plans on a per day basis. Don't leave anything out. Plan your lunch, your appointments, your family plans, everything! This will help you visualize your daily schedule and the time constraints you're working with.
- o Stick to your commitments. Once you've written everything down, stick to it. Try your best to be dedicated to the timeframe of each commitment. Showing up late or taking too long can shift your schedule entirely.
- o Plan personal time. Your relaxation is important. It can be very easily to overload your calendar, and it can suddenly make things feel overwhelming. If you don't plan a break, your time management skills can feel a bit rough.
- o Time management skills. These can be hard to master, so don't fret if you don't stick to everything perfectly the first day. Keep dedicating yourself to learning the skill, and you're sure to pick it up quickly!

3. COMMUNITY BUILDING

Many good businesses realize that their involvement in their local community is one of the most important things they can do. Building relationships outside the walls of the salon can help the relationships on the inside. Consider working with local charities, go to community events, and get involved where you can.



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Not only can you get your business name out there, but you feel good when you do good.

4. NETWORKING

In addition to getting to know the local community around you, you'll want to get to know other professionals. Collaborations, features, and just supporting those around you in their skills can help you build a network of friends and peers that might help you in several ways in the future.

Good networking can help you in future employment, events, or just making friends with people who have similar interests!

5. FINANCIAL MANAGEMENT

Money can be a source of stress for a lot of people. It doesn't have to be! Practicing good financial management can help you keep the stress off. Here are a few money managing tips you can put into practice:

- Keep a financial journal. Make sure to write down your income and expenditure. It is recommended that you track where money moves each time you pay a bill or purchase a new item. Always keep receipts, keep track of proof of purchases.
- Budget. Try your best to plan expenses ahead of time. If you know you'll have to replace a salon chair soon, plan for it and save.

TYPES AND APPLICATION OF SELF GROOMING:

These five different types of personal grooming help us understand why personal grooming is important for everyone:

1. Personal Hygiene
2. Dental Care
3. Skin Care
4. Hair Care
5. Nail Care

1. Personal Hygiene

"Take care of your body. It's the only place you have to live"

-Jim Rohn

One of the foremost types of personal grooming that is required for better health and an exceptional image is good hygiene. The World Health Organization (WHO) defines hygiene



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as “Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.”

Previously, hygiene products were limited to soaps, face washes, and hair care products. During the Covid-19, consumer interest in personal hygiene products increased, emphasizing the importance.

One who maintains cleanliness keeps germs, infectious bacteria, and viruses away. Personal hygiene helps you stay clean, which boosts your confidence and improves personal relationships.

Here are 10 tips to practice optimum personal hygiene:

1. Wash your hands frequently with clean water and apply soap.
2. Taking bath washes away dead skin cells and dirt.
3. Make sure you are brushing your teeth twice a day.
4. Floss your teeth once a day for optimal oral hygiene.
5. Cleaning your tongue once or twice a day may help you reduce bad breath.
6. Cleaning and trimming your nails reduces your chances of contracting an infection.
7. Wear always clean clothes, dirty clothes can lead to skin irritations.
8. Cover your mouth with a face mask; this is critical during Covid-19.
9. A good night's sleep is essential for good health.
10. Visit the doctor for regular health check-ups before it becomes a problem.

2. Dental Care

“A genuine smile comes from the heart, but a healthy smile needs good dental care.”

-Wayne Chirisa

Oral hygiene has a significant impact on overall health. Gum disease, for example, has been linked to a number of health problems, including heart disease, stroke, diabetes, preterm labor, and even Alzheimer's disease.

It is the practice of preventing decay and infection in your teeth and other mouth structures. This includes brushing and flossing on a regular basis. It is also advised to see a dentist at least twice a year for a dental exam and cleaning in order to maintain good oral hygiene.

In order to have healthy teeth and fresh breath, here are some personal grooming tips to help you achieve and maintain good oral hygiene:



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1. Consume nutritious foods and avoid sugary snacks.
2. Tobacco products should be avoided.
3. After meals, rinse your mouth with water or chew sugarless gum.
4. Brush your teeth at least twice a day, preferably after each meal.
5. If you have a habit of grinding your teeth while sleeping, consider wearing a night guard.

A few raw and crunchy fibrous foods, such as celery, cucumbers, apples, pears, carrots, and lettuce, help scrub tooth surfaces and remove plaque, which can cause teeth to appear yellow.

Also, these crunchy foods require more chewing time, so they also stimulate saliva, which helps neutralize acids that can erode your teeth.

Sour candies, bread, alcohol, carbonated drinks, ice, citrus, potato chips, and dried fruits are among the worst foods for your teeth.

3. Skin Care

“Invest in your skin. It is going to represent you for a very long time.”

-Linden Tyler

Skincare is essential for the following reasons: It maintains the health of your skin. Because you shed skin cells throughout the day, it's critical to keep your skin glowing and in good condition. These reasons make skincare one of the most essential types of personal grooming on this list.

A good skincare routine can aid in the prevention of acne, the treatment of wrinkles, and the maintenance of youthful skin.

The first step in developing an effective routine is determining your skin type. Then you'll know how to take care of it. Dry skin, oily skin, combination skin, sensitive skin, and normal skin are the various types of skin.

Here is a basic recommended skin-care routine

1. Wash face twice a day morning and night, follow up with a full-face gentle cleanse.
2. Apply toner after cleansing your face and before applying any other products.
3. Apply serum. Morning is an excellent time to apply an antioxidant serum, such as a brightening vitamin C serum.
4. Apply eye cream because eye creams are thinner than face moisturizers.



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5. Spot treatment, it's best to use acne spot treatments at night, when your body is resting and repairing itself.
6. Apply moisturize, lightweight lotion for the morning, ideally with SPF 30 or higher. In the evening, you can use a thicker night cream.
7. Apply Retinoids, Can be used to reduce dark spots, breakouts, and fine lines.
8. Apply sunscreen the most important aspect of any skin-care regimen is sun protection. Skin cancer and signs of ageing can be avoided by protecting your skin from UV rays.

4. Hair Care

“Invest in your hair, it's the crown you never take off.”

Haircare is one of the foremost personal grooming tips recommended by experts. It is essential not only for our appearance but also for our overall health. Having healthy hair allows us to look our best while also ensuring the health of our hair and scalp.

To keep your hair as healthy as possible, it is important to visit a reputable salon and use quality hair care products.

Following haircare routines provide numerous benefits:

1. Prevents hair loss – If you use natural products you are more likely to experience less hair loss. Moving on, it is critical to strengthen your hair from the roots up. It is possible if you take good care of your hair by oiling, shampooing, and conditioning it on a regular basis.
2. Increases hair volume – Hair volume is defined not only by the number of hair strands but also by the thickness of a hair strand. Thick hair is always appealing and impressive.
3. Boosts hair volume – Good haircare routine will help you get pleasant-looking hair from the outside and make them healthy from the inside.
4. Provides shine – The finest of hair creams and hair serums can help in putting on that shine on your hair, proper hair-maintenance can give way to frizz-free hair.
5. No dandruff-related problems – If you look after your hair and provide them with adequate moisture, then, you can easily get rid of dandruff-related issues.



5. Nail Care

“Your hand and feet never take a day off so take care of them”

-Tammy Taylor

Well-groomed nails help to project a positive image. Nails that are broken, bitten, dirty, or have hangnails will ruin an image. Every day, we use our hands, and they are also one of the first things that others notice about us. Having good-looking nails can give you a boost of confidence throughout the day.

Fungus infections of the nail, painful ingrown fingernails and toenails, and skin infections in the hands and feet can all be avoided with proper nail care.

Nail care is especially important for diabetics because infections of the feet are particularly dangerous. Keep your hands, feet, and nails clean, short, and trimmed. This makes nail care as one of the most significant personal grooming tips.

There are two ways to care for your nails:

1. Manicure is a treatment for the hands and fingernails that includes nail trimming and polishing as well as cuticle removal. It has various advantages, including the prevention of infections, the promotion of healthy blood circulation, and the ability to make your hands and feet appear younger.
2. Pedicure is a therapeutic treatment for the feet that removes dead skin, softens hard skin, shapes and treats toenails, and so on. Pedicures not only keep feet looking nice, but they also keep nails trimmed, calluses under control, and skin moisturised. A foot massage also aids in the relief of tension and the stimulation of circulation.

DEFINITION AND IMPORTANCE OF SELF-GROOMING:

It is an act of improving and caring for your own body and appearances. Self-grooming is far too essential for career development. Self-grooming involves bathing daily, personal hygiene and even dressing. You might have realized before that when you smile, people take it as pleasant. On the other hand, when you display a rude attitude on your face, people tend to drift away from you.

1. Makes you confident.

Once you start working on personal grooming, you'll inevitably notice a big change in yourself. You'll witness significant improvement in your self-confidence and self-esteem. Wrinkled clothing does not render the right impression on the people. It reduces your self-confidence and makes you conscious of yourself.



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2. Enhances your personality.

When you have a pleasing personality, you'll be respected and appreciated by everyone. Your attire, hairstyle, shoes, body language and everything that is associated with you are accountable for improving your personality.

3. Makes you unique from others.

A well-groomed person inevitably looks different from the people who are not properly dressed. Good dressing expresses professionalism. The right hairstyle gives a neat and polished look to your face. A person with trimmed hair, immaculate suit and properly tied tie will naturally stand out.



UNIT: II

PEDICURE



DEFINITION OF PEDICURE:

A pedicure is a cosmetic treatment of the feet and toenails, analogous to a manicure. During a pedicure, dead skin cells are rubbed off the bottom of the feet using a rough stone. Skincare is often provided up to the knee, including granular exfoliation, moisturizing, and massage. Professional care and treatment of the feet, as removal of corns and trimming of toenails a single treatment of the feet.

NEED FOR PEDICURE:





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A pedicure helps clean and moisturise your feet, and also provides nail care. Getting a monthly pedicure done is advisable, as it's an effective way to detect early signs of corns and fungal infections, among other things.

STEP BY – STEP PROCEDURE OF PEDICURE:

Step 1: Prep your nails for your at-home pedicure

Time to finally get rid of the remnants from your last pedi (seriously, how long have you had that chipped-as-hell red?) and do a proper polish removal. To remove every last bit of color, soak a cotton pad in nail polish remover (I'm a fan of gentle, acetone-free formulas) and hold it on each nail for a few seconds to allow the paint to break down before you start swiping. If you want that perfectly smooth, lacquered finish at the end, don't half-ass this step.

Pro tip: If you're left with any weird stains or a yellow tinge (you'll usually see this after removing darker colors, like red polish or black polish), rub cuticle oil over the surface of your nails to lighten any residue.

Step 2: Soak your toes and feet

Before you start soaking, your first job—and this is important—is to go around your house and gather every candle you can find. Oh, and get yourself a glass of wine while you're at it. The trick to making an at-home pedicure feel like a spa experience instead of, you know, rubbing your own feet in your too-small-for-comfort apartment, is setting the ~mood~ at your makeshift pedicure station.

Once the ambiance is right, you're ready to soak your feet—which softens tough skin and cuticles (and is downright relaxing). I suggest using a pedicure basin (aka a really big bowl) if you have one, but your bathtub is also a sound option. Fill 'er up with warm water and add a liberal scoop of skin-soothing bath salts (or use a cup of sea salt). Let your feet soak for a few minutes before moving to the next step.

Step 3: Get rid of any dead skin

Okay, so, this is low key my favourite part. I know I'm weird, but it's way satisfying to see how smooth your feet get after rubbing everything off. After patting your feet dry, grab a foot file or a pumice stone and go ham on your calluses, removing any and all dead skin. Be sure to really focus on your heels and any other calloused, hard areas. Scrape until your feet feel smooth, but don't scrub your feet raw—you could end up causing irritation, which is never fun.

Step 4: Trim your toenails

Once your feet are smooth AF, it's time to whip your toenails into shape. Reach for classic nail clippers to trim and cut your nails. Don't worry about getting the edges perfect—you'll take care of that in the next step.



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Step 5: Shape your toenails

Now that your toenails are at a perfect length, it's time to smooth them out. Pick up a nail file and shape the corners and edges. There's no need to rush during this step—take your time filing until all of your nails are even.

Step 6: Add a few drops of cuticle oil

Don't forget to pay special attention to your cuticles on each toe. While you can use an orange stick to push back your cuticles, save the trimming or cutting for the pros. Cuticles protect your nails from bacteria, and you shouldn't trust yourself (or anyone, really) to mess with them—especially with that glass of wine in hand.

Instead, show them some love by working in a few drops of cuticle oil. It'll make a major difference in the shine, health, and overall strength of your nails.

Step 7: Massage your feet with lotion

With a foot cream or body lotion, begin massaging your toes, feet, and calves until, well, you want to stop. Not only will this massage feel amazing, but it'll also help moisturize your feet after all that scrubbing and soaking. Finish off by grabbing a cotton pad soaked with rubbing alcohol to clean the surface of each nail, removing any oily residue that could prevent your polish from sticking.

Step 8: Apply a layer of base coat

If you're thinking that you can skip this step, pls reconsider. Since the base coat acts as a barrier between the natural oils that come from your nails and your actual polish, it's super important to swipe it on if you want your pedicure to last. And who doesn't want that?

Step 9: Paint your toenails

If you have toe separators, grab 'em. Otherwise, tear off a piece of paper towel, rolling or twisting it into a rope, and weaving it through your toes to prevent the polish from smudging. Apply two thin coats of your color of choice, letting the paint dry for a few minutes between each coat. If you kind of suck at painting inside the lines, use an orange stick to clean any mess-ups.

Step 10: Finish with a top coat

Unless you want your pedicure to chip the next day, you don't want to skip this step, either. Layer on a top coat to seal in the nail polish. You'll be left with a super shiny and long-lasting finish.



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TOOLS AND EQUIPMENTS USED FOR PEDICURE:



- Acetone
- Cotton balls
- Cuticle cream
- Cuticle pusher or Cuticle nipper
- Foot bath
- Lotion
- Nail Buffer
- Nail file
- Nail polish
- Orange wood stick
- Toenail clippers
- Toe Spacers
- Towels
- Pedicure Spa
- Pumice stone (removes dead skin from sole of foot)
- Paper towels (rolled between toes to separate them)



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BENEFITS OF PEDICURES:

While manicures and pedicures are great for relaxation, there are many more benefits for your health and well-being. Looking for an easy way to pamper yourself while also boosting your skin health? Look no further than our clean, 100% vegan Mani in a Box and Pedi in a Box Deluxe 4 Step systems! These all-in-one kits are perfect for DIY manis and pedis at home, or you can bring them to your salon for a luxurious spa treatment. But these kits aren't just about looking and feeling great—they also offer some serious health benefits! Here are 6 reasons why manicures and pedicures are good for your health.

1. EXFOLIATES DEAD SKIN CELLS

By removing dead skin cells, a good manicure or pedicure can help keep your skin soft and smooth, while also unclogging pores and reducing the risk of ingrown nails. Our Mani in a Box and Pedi in a Box kits include a gentle sugar scrub made with pure sugar that easily and effectively sloughs off dead skin cells to unveil healthy skin underneath.

2. IMPROVES BLOOD CIRCULATION

Massaging your hands and feet during a manicure or pedicure with our creamy massage butter can improve blood circulation, promoting the delivery of oxygen and nutrients to your skin and improving its overall health and appearance. This is also a great way to release muscle tension and improve joint mobility.

3. PREVENTS INFECTIONS

Regular nail care can help prevent infections by keeping your nails and cuticles clean and healthy, reducing the risk of fungal or bacterial infections. Our Pedi in a Box 4 Step also includes a sea salt soak that helps to detoxify and deodorize feet and eliminate any harmful impurities that may cause infections.

4. SOFTENS ROUGH, CALLUSED SKIN

If you spend a lot of time on your feet or engage in activities that cause calluses or rough patches of skin, regular manicures and pedicures can help soften your skin and reduce discomfort. By removing calluses on your feet, you will be able to distribute your weight more evenly, which results in better posture and less back pain. By keeping your skin in tip-top shape, your hands and feet will look and feel healthier and your whole body will benefit.

5. PROMOTES YOUTHFUL SKIN

Did you know manicures and pedicures can help maintain healthy and toned skin? It's true! These treatments promote good blood circulation, which in turn can help improve skin texture, elasticity, and firmness. This can lead to a more radiant and youthful appearance for your hands, arms, elbows, feet, legs, and knees.



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6. STRESS RELIEF

A little self-care can go a long way toward reducing stress and promoting overall well-being. Getting a manicure or pedicure can be a great way to free your mind and unwind, while also enjoying the benefits of improved skin health. With our wide variety of uplifting or relaxing scents, you can choose the best one for your mood or skin's needs.

DIFFERENCE BETWEEN SPA AND REGULAR PEDICURE:

Aspect	Regular Pedicure	Spa Pedicure
Setting	Nail salon environment	Tranquil spa ambiance
Treatment Depth	Basic foot maintenance	Comprehensive treatment with exfoliation, masks, and specialty add-ons
Products Used	Standard nail care products	Premium, luxury products enhancing the experience
Time Commitment	Quick, around 30-45 minutes	Leisurely, at least an hour or more
Cost	Budget-friendly	Higher price tag for the indulgent experience

PEDICURE SAFETY:

1. Apply a cream to moisturize your nails, especially after removing nail polish since most removers contain chemicals that dry the nails.
2. To prevent infection, never cut or forcefully push back your cuticles. If you must push them back, only do so gently after a shower or bath.
3. While most nail salons follow strict cleanliness and disinfection guidelines, look for the following when visiting a salon:
 - o Does your nail technician have the necessary experience and/or license, if required?
 - o Are the stations clean?
 - o Does the nail technician wash her hands between clients?



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- o Are there dirty tools lying around?
 - o In addition, do not hesitate to ask how they clean their tools.
4. Shave your lower legs after getting a pedicure, not before. That means not shaving your lower legs for at least 24 hours before you get a pedicure. If you nick yourself while shaving, a pedicure could put you at risk for an infection.
 5. If you get frequent manicures and pedicures, consider purchasing your own tools to be used at the salon.
 6. In addition, check that the pedicure foot-baths and filters are thoroughly disinfected before you use them. If they are improperly cleaned, they can harbour bacteria and fungus. If the salon does not appear clean, then move on.
 7. If you want to wear a bright red or orange polish, prevent discoloration by applying an extra layer of base coat. If your nails become yellowed and discoloured from the polish, your nails should return to normal color over several weeks if the same color is not reapplied.
 8. While some people beg to differ, there is no scientific evidence that immersing nails in gelatine makes them stronger. Polishes that contain strengthening ingredients increase nail stiffness, which may make nails break more frequently.
 9. Do not wear artificial nails to cover up nail problems as they may make them worse. Artificial nails are not recommended for people who are prone to fungal infections or have brittle nails. For people with healthy nails, artificial nails can be fine as long as they are not worn continuously.
 - o Know what products are used in your artificial nails as the substances used can cause an allergic reaction in some people. If you develop a rash or other reaction, tell your doctor what products you used.



UNIT: III

MANICURE



DEFINITION OF MANICURE:

A manicure is a mostly cosmetic beauty treatment for the fingernails and hands performed at home or in a nail salon. A manicure usually consists of filing and shaping the free edge of nails, pushing and clipping (with a cuticle pusher and cuticle nippers) any non-living tissue (but limited to the cuticle and hangnails), treatments with various liquids, massage of the hand, and the application of fingernail polish. When the same is applied to the toenails and feet, the treatment is referred to as a pedicure. Together, the treatments may be known as a mani-pedi. Most nail polish can stay on nails for 2–3 days before another manicure is required for maintenance, if there is no damage done to it.

Some manicures include painting pictures or designs on the nails, applying small decals, or imitation jewels (from 2 dimension to 3 dimension). Other nail treatments may include the application of artificial gel nails, tips, or acrylics, which may be referred to as French manicures.



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Nail technicians, such as manicurists and pedicurists, must be licensed in certain states and countries, and must follow government regulations. Since skin is manipulated and often times trimmed, there is a risk of spreading infection when tools are used across many people. Therefore, having improper sanitation can pose serious issues.

EQUIPMENT USED FOR MANICURE:

- Bowl of warm water or finger bath
- Cuticle nipper (cuticle knife, cuticle clipper)
- Cuticle pusher
- Foot bath (pedicures)
- Manicure table
- Nail art brushes/tools
- Nail brush
- Nail buffer
- Nail clippers
- Nail file (usually an emery board)
- Nail scissors
- Orangewood stick
- Pumice stone / foot file (pedicures)
- Rubber thimble (used to help open polish)
- Toe separator (pedicures)

Common manicure supplies include:

- Cotton balls/pads
- Cuticle remover
- Hand cream
- Hand towels
- Massage lotion
- Mild scrub



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- Nail jewels (often self-adhesive)
- Nail polish
- Nail polish remover or nail polish remover wipes
 - o Base coat polish & ridge filler polish
 - o Color varnish
 - o Top coat or sealant

For decoration:

- Fimo/Nail art cane slices
- Flocking Powder
- Glitter
- Sanitizing spray/towels
- Small dried flowers



TYPES OF MANICURE:

French manicures:





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French manicure with glitter nail art on ring finger Jeff Pink, founder of the professional nail brand ORLY, is credited with creating the natural nail look later called the French manicure in 1976.

In the mid-1970s, Pink was tasked by a film director to come up with a universal nail look that would save screen actresses from having to spend time getting their nails redone to go along with their costume changes. Inspired by the instant brightening effect of a white pencil applied to the underside, Pink suspected that the solution was to apply that same neutralizing principle to the top of the nail. "I got one gallon of white polish for the tips, and pink, beige, or rose for the nail," he recalled in a 2014 interview with The National.

The Natural Nail Kit, as Pink called it then, was a hit among movie stars and studios who found the time-saving strategy indispensable. "The director commented that I should get an Oscar for saving the industry so much money," he said. Eventually Pink took the trend to the catwalk crowd in Paris, and they liked it, too. But, it still needed, as he thought, a more pleasing name. He gave it the French rebranding on the flight back home to Los Angeles.

Nails that have undergone a French manicure are characterized by a lack of artificial base color and white tips at the free edge of the nail. For this reason, they are sometimes referred to as French tips. The nail tips are painted white, while the rest of the nails are polished in a pink or a suitable nude shade. French manicures can be achieved with artificial nails. However, it is also as common to perform a French manicure on natural nails. Another technique is to whiten the underside of the nail with white pencil and paint a sheer color over the entire nail.

Hot oil manicures:

A hot oil manicure is a specific type of manicure that cleans the cuticles and softens them with oil. Types of oils that can be used are mineral oil, olive oil, some lotions or commercial preparations in an electric heater.





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Dip powder manicures:



Dip powder manicures are an alternative to traditional acrylic nails and gel polish. Dip powders have become popular due to ease of application. They are similar to traditional silk or fiberglass enhancements, with the fiber being replaced by acrylic powder. Both methods rely on layering cyanoacrylate over the natural nail and encasing either the fiber or acrylic powder. While a single layer of fiber is typical, multiple alternating layers of powder and cyanoacrylate may be used in dip nails.

PARAFFIN WAX TREATMENTS:



Hands or feet can be covered in melted paraffin wax for softening and moisturizing. Paraffin wax is used because it can be heated to temperatures of over 95 °F (35 °C) without burning or injuring the body. The intense heat allows for deeper absorption of emollients and essential oils. The wax is usually infused with various botanical ingredients such as aloe vera, azulene, chamomile, or tea tree oil, and fruit waxes such as apple, peach, and strawberry, are often used in salons. Paraffin wax treatments are often charged as an addition to the standard manicure or pedicure. They are often not covered in general training and are a rare treatment in most nail salons.

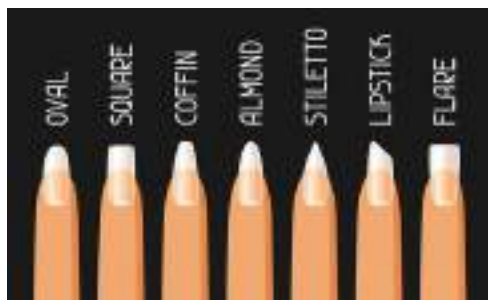
Professional services should not include dipping clients' hands or feet into a communal paraffin bath, as the wax can be a vector for disease. Paraffin should be applied in a way that avoids contamination, often by placing a portion of the wax into a bag or mitt, which is placed on the client's hand or foot and covered with a warm towel, cotton mitt, or bootie to retain warmth. The paraffin is left for a few minutes until it has cooled.



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SHAPES OF NAILS:



Fingernails in the shape of squovals (or square ovals)

There are several nail shapes: the basic shapes are almond, oval, pointed, round, square, square oval, square with rounded corners, and straight with a rounded tip. The square oval shape is sometimes known as squoval, a term coined in 1984. The squoval is considered a sturdy shape, useful for those who work with their hands.

REMOVAL OF CUTICLES:

Cuticle remover poisoning

Cuticle remover is a liquid or cream used to remove excess tissue around the nails. Cuticle remover poisoning occurs when someone swallows this substance.

This article is for information only. DO NOT use it to treat or manage an actual poison exposure. If you or someone you are with has an exposure, call the local emergency number (such as 911), or the local poison control center can be reached directly by calling the national toll-free Poison Help hotline (1-800-222-1222) from anywhere in the United States.

Poisonous Ingredient

The ingredients in cuticle remover that can be harmful are:

- Potassium hydroxide
- Sodium hydroxide

MEHANDI:

CLASSICAL MEHANDI:





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Mehndi is a form of temporary skin decoration using a paste created with henna. In the West, mehndi is commonly known as henna tattoo, although it is not a permanent tattoo.

Mehndi is a popular form of body art in South Asia and resembles similar traditions of henna as body art found in North Africa, East Africa and the Middle East. There are many different names for mehndi across the languages of South Asia.

There are many variations and designs. Women usually apply mehndi designs to their hands and feet, though some, including cancer patients and women with alopecia, occasionally decorate their scalps. The standard color of henna is brown, but other design colors such as white, red, black and gold are sometimes used.[1]

In South Asia, Mehndi is applied on the body during both Hindu and Muslim weddings. Hindu women apply Mehndi during festivals like Karva Chauth, Vat Purnima, Diwali, Bhai Dooj, Navratri, Durga Puja, and Teej. Muslim women use mehndi during occasions like Eid al-Fitr and Eid al-Adha.[4]

At Hindu and Sikh festivals, women often have henna applied to their hands, feet and sometimes the backs of their shoulders. Conversely, men usually have it applied on their arms, legs, back, and chest. For women, it is usually drawn on their palms, backs of their hands and on feet, where the design will be clearest due to contrast with the lighter skin on these surfaces, which naturally contains less of the pigment melanin.

ARABIC MEHNDI DESIGNS:



This pattern is drawn on the palm. Generally, it starts from one corner of the wrist and ends at fingertip on the opposite corner. Vine, lace, and flowers are the main elements of this pattern.

Arabic mehndi designs are applied on both, hands and feet but you can apply them on your back as it looks quite flattering. The design elements of the Arabic mehndi are majorly dominated by floral artwork, paisleys and free-flowing diagonal trails.

Arabic Mehndi designs have taken the world by storm with Asian, Middle Eastern and European women all loving it alike. This type of mehndi style is most popular in Arab



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countries like UAE, Qatar, Bahrain and Oman, hence it is named 'Arabic Mehndi' and is also referred to as Mughlai mehendi Design.

GILLTER MEHNDI:



If you apply glitter when the henna paste is wet, the glitter will stick to and enhance the paste. If you apply glitter to the henna pattern when it is dry and sealed, there will be an overall sparkle. Use only cosmetic quality polyester glitter, often sold as body glitter.

Glitter henna is a great alternative to traditional brown henna as it only lasts 6-8 hours, so it's perfect for a night out. Instead of wearing a necklace or bracelets, get some silver henna done instead. You can buy the glitter gels or get some loose glitter and mix it into body glue to make your own.

PAINTING MEHNDI:



Mehndi (also called Mehendi) is the traditional art of painting the hands, feet or body with a paste made from the powdered, dried leaves of the henna plant (Botanical name : Lawsonia Inermis). It stains a usually cherry-red to brown color but this can vary with time left on and a range of other factors.

Tips from Professional Mehndi Artists

- For best results, after mixing the paste, wait two hours before using.
- If you would prefer a more fluid paste, it is okay to add 5–6 drops of water into the bottle.



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- Leave the paste on the skin for a minimum of six hours—the longer the better, to ensure a lasting tattoo!

Henna is a natural, plant based, dye that is mixed into a paste and piped on to skin - usually hands or feet. It then has to be left to dry for several hours before it is brushed off, leaving a brown/orange stain. The stain stays on the skin for anything from a few days to a few weeks.

A henna tattoo can last up to three weeks on the skin, but you'll probably notice that it will start to fade after two or three days. It will gradually fade away until it's completely removed from the skin.

NAIL ART-NAIL CARE:



Gel Manicures & Gel Overlays

DO

- Be especially careful in the first 24 hours after application and avoid intense heat during this period (for example saunas, hot baths, sunbeds etc)
- Use cuticle oil daily to keep your nails nourished, to stimulate growth and prevent lifting.
- Dry the hands thoroughly after washing and apply moisturiser.
- Always wear rubber gloves when washing up, cleaning or gardening.
- Always wash your hands thoroughly after being in contact with chlorine, insect repellent or sunscreen.
- Wear gloves when cooking with spices such as turmeric or curry powders as they can stain the nails. Dye from new jeans or newly colour hair can also stain gel polish.
- Always return to the salon for maintenance and removal and follow any advice given to you by your nail technician.

AVOID

- Avoid using your nails as tools as this could lead to cracking. Instead use the pads of your fingers (for example typing).



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- Avoid long periods of time in water (for example long baths, swimming, washing up etc).
- Avoid picking or peeling the product off as this could damage your natural nails.
- Avoid filing your nails and pushing your cuticles back, as this will break the seal of the gel and can lead to chipping.

Standard Polish Manicures

DO

- Be especially careful in the first 24 hours after application and avoid intense heat during this period (for example saunas, hot baths, sunbeds etc)
- You must be extra careful with your nail polish manicure in the first 1-2 hours after application to prevent smudging. Nail polish is usually touch dry within 10 minutes, but it takes 1-2 hours for nail polish to dry completely.
- Use cuticle oil daily to keep your nails nourished, to stimulate growth and prevent lifting.
- Dry the hands thoroughly after washing and apply moisturiser.
- Always wear rubber gloves when washing up, cleaning or gardening.
- Always wash your hands thoroughly after being in contact with chlorine, insect repellent or sunscreen.
- Wear gloves when cooking with spices such as turmeric or curry powders as they can stain the nails. Dye from new jeans or newly colour hair can also stain gel polish.
- Always return to the salon for maintenance and removal and follow any advice given to you by your nail technician.

AVOID

- Avoid using your nails as tools as this could lead to cracking. Instead use the pads of your fingers (for example typing).
- Avoid long periods of time in water (for example long baths, swimming, washing up etc).
- Avoid picking or peeling the product off as this could damage your natural nails.
- Avoid filing your nails and pushing your cuticles back, as this will break the seal of the nail polish and can lead to chipping.



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Gel Pedicures

DO

- Be especially careful in the first 24 hours after application and avoid intense heat during this period (for example saunas, hot baths, sunbeds etc)
- Wear open toe shoes if possible.
- Use cuticle oil and moisturising lotion daily to keep your toenails and feet nourished.
- Always return to the salon for maintenance & removal and follow any advice given to you by your nail technician.
- Remember dye from new jeans, socks, tights or shoes can stain gel polish.

AVOID

- Avoid long periods of time in water (for example long baths, swimming, washing up etc).
- Avoid picking or peeling the product off as this could damage your natural nails.
- Avoid filing your toenails and pushing your cuticles back, as this will break the seal of the gel and can lead to chipping.

Standard Polish Pedicures

DO

- Be especially careful in the first 24 hours after application and avoid intense heat during this period (for example saunas, hot baths, sunbeds etc)
- Wear open toe shoes if possible. Nail polish is usually touch dry within 10 minutes, but it takes 1-2 hours for nail polish to dry completely.
- Use cuticle oil and moisturising lotion daily to keep your toenails and feet nourished.
- Always return to the salon for maintenance & removal and follow any advice given to you by your nail technician.
- Remember dye from new jeans, socks, tights or shoes can stain nail polish.

AVOID

- Avoid long periods of time in water (for example long baths, swimming, washing up etc).
- Avoid picking or peeling the product off as this could damage your natural nails.
- Avoid filing your toenails and pushing your cuticles back, as this will break the seal of the nail polish and can lead to chipping.



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Nail Extensions (Gel Nail & Acrylic)

DO

- Be especially careful in the first 24 hours after application and avoid intense heat during this period (for example saunas, hot baths, sunbeds etc)
- Keep your nails at a workable length. Nails that are too long for your activity level will place the stress area of your enhancement under too much pressure which can result in breakage and damage to your natural nail.
- Use cuticle oil daily to keep your nails nourished, to stimulate growth and prevent lifting.
- Dry the hands thoroughly after washing and apply moisturiser.
- Always wear rubber gloves when washing up, cleaning or gardening.
- Always wash your hands thoroughly after being in contact with chlorine, insect repellent or sunscreen.
- Wear gloves when cooking with spices such as turmeric or curry powders as they can stain the nails. Dye from new jeans or newly colour hair can also stain gel polish.
- If there are signs of nail lifting, come into the salon to correct the enhancement before water and bacteria settle under the nail. This can cause infection if not corrected.
- Always return to the salon for maintenance and removal and follow any advice given to you by your nail technician.

AVOID

- Avoid using your nails as tools as this could lead to cracking. Instead use the pads of your fingers (for example typing).
- Avoid long periods of time in water (for example long baths, swimming, washing up etc).
- Avoid picking or peeling the product off as this could damage your natural nails.
- Avoid filing your nails and pushing your cuticles back, as this will break the seal of the gel and can lead to chipping.



UNIT: IV
SKIN AND HAIR





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STRUCTURE AND FUNCTION OF SKIN:

The skin is primarily made up of three layers. The upper layer is the epidermis, the layer below the epidermis is the dermis, and the third and deepest layer is the subcutaneous tissue. The epidermis, the outermost layer of skin, provides a waterproof barrier and contributes to skin tone.

Skin structure:

The skin is the largest organ of the body. It has three main layers, the epidermis, the dermis and the subcutaneous layer.

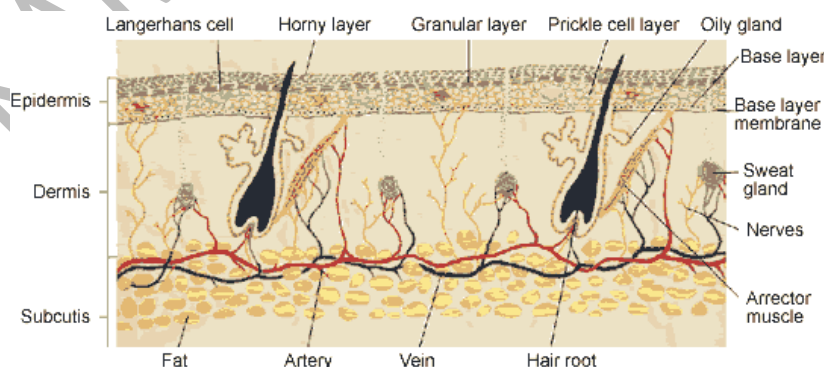
The epidermis is an elastic layer on the outside that is continually being regenerated. It includes the following:

- Keratinocytes - the main cells of the epidermis formed by cell division at its base. New cells continually move towards the surface. As they move they gradually die and become flattened.
- Corneocytes - the flattened dead keratinocytes that together make up the very outer layer of the epidermis is called the stratum corneum or horny layer. This protective layer is continually worn away or shed.
- Melanocytes – produce the pigment melanin that protects against UV radiation and gives skin its colour.

The dermis is the inner layer that includes the following:

- Sweat glands – produce sweat that travels via sweat ducts to openings in the epidermis called pores. They play a role in temperature regulation.
- Hair follicles – are pits in which hairs grow. Hairs also play a role in temperature regulation.
- Sebaceous glands – produce sebum (an oil) to keep hairs free from dust and bacteria. Sebum and sweat make up the 'surface film'.

The subcutaneous layer under the dermis is made up of connective tissue and fat (a good insulator).





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Functions of the skin:

- Provides a protective barrier against mechanical, thermal and physical injury and hazardous substances.
- Prevents loss of moisture.
- Reduces harmful effects of UV radiation.
- Acts as a sensory organ (touch, detects temperature).
- Helps regulate temperature.
- An immune organ to detect infections etc.
- Production of vitamin D.

SKIN TYPES:

Several criteria are used to classify the different types of skin. For example, Fitzpatrick's classification, first described in 1975, is based on skin color and its response to sun exposure. It is used to determine the proper type of sun protection factor or to predict the risk of skin cancer, among others. However, from a cosmetic point of view, skin is classified according to several factors related to its balance: sebaceous secretion, hydration and sensitivity level. Thus, each type of skin will have its own characteristics and require different cares. The type of skin is determined by genetics, although it will also be affected by other factors and can change with time.

Based on these characteristics, there are five types of healthy skin: normal, dry, oily, combination (both oily and dry skin) and sensitive. Below, we describe the main characteristics of each type of skin.

NORMAL SKIN:

This skin is neither too dry nor too oily. It has regular texture, no imperfections and a clean, soft appearance, and does not need special care.

SENSITIVE SKIN:

Sensitive skin is more prone to react to stimuli to which normal skin has no reaction. It is a fragile skin, usually accompanied by feelings of discomfort, such as heat, tightness, redness or itching. This type of skin loses its barrier (or protective) function, making it easy for microorganisms and irritant substances to enter it, and increasing the possibility of having an infection and allergic reactions. It is a delicate skin that needs more care to fight dryness, roughness and its usual appearance. Sometimes, it is referred to as irritated skin instead of sensitive, but these terms are synonymous and there are no dermatological differences between them.



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DRY SKIN:

In many cases, dry skin is caused by external factors such as the weather, low air humidity and immersion in hot water, and it is usually temporary. However, for some people it may occur more often and even be a lifelong condition. Since dry skin can crack leaving it more exposed to bacteria, although in general this is not serious, it may cause other skin disorders, such as eczema, or be more prone to infections if not properly managed.

Dry skin signs and symptoms may vary depending on different factors such as age, health status or their cause. It is generally characterized by a feeling of tightness and roughness. It may also acquire an ashy grey color, with occurrence of desquamation, itching, redness and small cracks. Cracked skin is usually observed in very dry skin and presents small cracks, which, in more serious cases, may be deeper and even bleed.

Atopic skin is a skin disease characterized by dry skin that leads to desquamation and irritation and causes upsetting symptoms, such as itching. The main cause is genetic predisposition, although other factors may trigger its occurrence or aggravate the condition as well, which may be environmental, allergic, related with food and even with some clothes.

OILY SKIN:

Oily skin has a porous, humid and bright appearance. It is caused by excessive fat production by sebaceous glands, and usually determined by genetic and/or hormonal causes. It is frequent in adolescents and young people under 30 years old, and usually related with the occurrence of acne.

COMBINATION SKIN:

Based on its location, it presents characteristics of both dry and oily skin since the distribution of sebaceous and sweat glands is not homogeneous. The area with more oil is usually the T- zone (forehead, nose, and chin), while the skin on the cheeks is normal or dry.

SCALY SKIN:

Repeated skin irritation due to environmental factors, such as the sun, the wind, dryness or excessive humidity, may cause skin desquamation that is the detachment of big scales from the epidermis, which sometimes look like fine dust. However, desquamation may also be the result of some condition, such as an allergic reaction, a fungal or staphylococcus infection, an immune system disorder or cancer, and of oncological treatments. In these cases, desquamation is usually accompanied by itching.



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RED SPOTS:

There is a large number of dermatological causes and diseases for the appearance of red spots or rash, including infections, heat, allergens, immune system disorders and medications.

SKIN MOLES:

Moles are dark dots or spots on the skin that usually appear during childhood and adolescence. They are caused by groups of pigmented cells. In general they are harmless, but it is best to check them with a dermatologist if they change size, shape or color, or if itching or bleeding occurs, since some may become cancerous.

In general, it is important to pay attention to skin appearance because, regardless of the type of skin you have, there are certain characteristics that could be a sign of a skin problem.

SKIN TONE:

Striking the right tone

For many make-up artists, one of the most exciting discoveries on their professional journey is the moment they can truly identify the full range of hues in every individual's skin tone and undertone – it's only then they can understand the distinct differences between the two, and why it's crucial to get this right. The skin tone - or the 'complexion' - is the surface color, the shade you see at a glance, which simply comes down to the amount of melanin in the skin. Skin tones range in variety, from palest hues to darkest browns, but are usually placed into four categories - fair, light, medium or dark. Things start to get a little more complex with undertones. An 'undertone' is the subtle, muted color beneath the surface of the skin which doesn't change with lighting, tanning, hair color or any other external factor, and it's this that make-up artists must use to fine-tune their color palettes.

See your true colors

To the untrained eye, it can seem ludicrous that a face is made up of blues, yellows, reds and greens, but undertones truly are a spectrum of color. What's more, an undertone has nothing to do with how light or dark the skin appears on the surface – so the same rules apply for all skin tones and ethnicities. Despite the infinite varieties of skin undertones, in general there are three categories - warm, cool and neutral. Warm undertones are yellow, peach and gold with green toned veins. Cool undertones are red and pink with blue toned veins. And neutral undertones are predominantly olive or a combination of warm & cool hues. For a MUA, having a good eye for skin undertones and the ability to identify whether it is warm, cool or neutral is critical to the overall make-up look – from getting the right shade of foundation, through to selecting colors for lips, eyes and cheeks. Jos Brands, expert MUA and Head of Education at Kryolan comments: "When I first cast eyes on a model, I can normally establish the undertone immediately, but sometimes it is more difficult. Some



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people have an unusual undertone and surface tone combination”. Paul Merchant, Global Head of Make-up at Kryolan adds: “Some people can have different undertones across their face. For example, the cheeks can be warm, but their forehead and chin is cool. This is why it’s important to use a palette with a wide variety of shades. If you use just one shade on the entire face, it can end up looking like a mask”.

The theory test

A foundation that doesn’t match the skin’s unique undertones can jar and look ‘off’. This is where the principles of color theory come into play (see M.U.I. Issue 3) - if opposing colors are placed on top of each other, they can start to neutralize. So, if you use a foundation that’s too warm or cool on a neutral undertone, it can look orange or pink. Likewise, if you use a color that’s warm on a cool undertone, or cool on a warm undertone, it can appear grey. If the skin is tanned, or the lighting is particularly harsh or muted, ensure you go for lighter or darker shades with the same undertone – it’s not simply a case of selecting the next shade up or down. Jos Brand explains how color theory can be used when a quick solution is required: “Sometimes, on a job, the exact foundation match is simply not available, in which case you need to mix the right shade yourself. This can only work if you have a good working knowledge of color theory and harmony.”

Skin tone

This is the surface color of the skin, normally categorized as fair, light, medium and dark. Many factors can change the surface hue of the skin, such as sun exposure and skin conditions, but the skin’s undertone will always remain the same.

Skin undertone

Undertones are classified as warm, cool and neutral. Cool undertones are pink, red and blue, warm undertones are peach, yellow and gold.

Finding out your undertone



WARM



COOL



NEUTRAL

Get creative

Once you’ve got the foundation right, consider the rest of the make-up. When working on skin with warm undertones, warm yellow, orange and red-based colors are more flattering. However, cooler toned blues and greens can actually work well as contrasting ‘statement’



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colors. Skin with cool undertones is flattered with green, blue and blue-toned red, yet warmer tones, like warm-red, orange and yellow can be used to make a bold statement. There's also a classic red lipstick for all undertones – orange-red for warm and blue-red for cool. Skin with neutral undertones, like olive skin or skin with a combination of warm & cool undertones, can get away with almost anything. When creating any type of make-up look, do consider color harmony principles to avoid a chaotic make-up look, but don't be afraid to experiment. Paul Merchant is an advocate of trusting your own judgment: "You can see with your own eyes if a lip, eye or cheek color works on a specific person – and if it's not right, wipe it off. Some of my most successful make-up looks over the years have been achieved through experimentation".



Tips & Tricks

Make-up artists must see the model in person before they can determine their true skin undertones, as on a photograph their skin may appear different through digital editing, lighting or make-up, and, of course, always check in daylight if you can. There are a number of basic tests you can carry out when you get close to the skin to determine the undertones. One of the first things a MUA should check is the veins; if they're blue, the skin has cool undertones. If green, then warm. And if the skin appears to have both blue & green veins it's neutral. A great back-up plan is the 'white vs. cream test' – simply hold two garments, one of each color, against un-made-up skin and see which one compliments the skin tone best. White looks good against warm, cream looks better against cool. If both look great, then it's neutral. If you're still not 100% sure, ask the model what color jewellery they prefer to wear. If gold jewellery enhances their complexion, they're warm. If they prefer silver jewellery against their skin, they're cool. And if they like both, they're probably neutral.

SKIN CARE TIPS:

Below are seven skin care tips that dermatologists recommend to all of their patients—and actually use themselves.

However first, take some time to identify and understand your skin type:

- Sensitive skin may sting or burn after product use



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- Normal skin is clear and not sensitive
- Dry skin is flaky, itchy or rough
- Oily skin is shiny and greasy
- Combination skin is dry in some areas and oily in others

Understanding your skin type will help you learn how to take care of your skin and select skin care products that are right for you.

To maintain healthy skin, dermatologists recommend the following tips:

1. **Wear sunscreen daily.** Sunscreen is one of the single most important things you can do for your skin. When applied correctly, sunscreen protects your skin against the sun's harmful ultraviolet (UV) rays, which cause sunburn, skin cancer, and premature skin aging, like wrinkles and age spots. For the best protection, apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing, and reapply every two hours or after swimming or sweating. To save time in your skin care routine, you can consider using a moisturizer that also contains sunscreen. However, while cosmetics that contain sunscreen are convenient, remember to reapply them in order to achieve the best sun protection. Keep in mind that since no sunscreen can block 100% of the sun's UV rays, it's also important to seek shade and wear sun-protective clothing when outdoors, including a lightweight long-sleeved shirt, pants, a wide-brimmed hat and sunglasses with UV protection, when possible. For more effective sun protection select clothing with an ultraviolet protection factor (UPF) label.
2. **Stay out of tanning beds.** Just like the sun, tanning beds emit harmful UV radiation that causes skin cancer. In fact, even one indoor tanning session can increase your risk of developing melanoma by 20%, squamous cell carcinoma by 67% and basal cell carcinoma by 29%. If you want that golden glow, achieve it with self-tanning products instead. When applied correctly, self-tanners look natural and won't give you orange skin, streaks or blotches.
3. **Simplify your skin care routine.** Less is more when it comes to skin care. Using too many products, especially multiple anti-aging products, can irritate your skin. Instead, focus on the basics, such as a gentle cleanser, sunscreen, and moisturizer. Establish morning and night time skin care routines that work well for your skin, and stick with them.
4. **Choose skin care products formulated for your skin type.** Understanding your skin type will help you learn how to take care of your skin and select skin care products that are right for you. As mentioned above, here's how to identify and understand your skin type:
 - o **Sensitive skin:** May sting or burn after product use



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- o **Normal skin:** Clear and not sensitive
 - o **Dry skin:** Flaky, itchy or rough
 - o **Combination skin:** Dry in some areas and oily in others
 - o **Oily:** Shiny and greasy
5. **Treat your lips.** Since skin cancer can form on the lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher before going outdoors. If your lips feel chapped or dry, apply petroleum jelly for added moisture.
6. **Keep your hands off your face.** Whenever you touch your face, you transfer dirt, germs, and oil from your hands to your face. Do your best to leave your skin alone throughout the day. Avoid picking, popping or squeezing pimples, as this can cause scarring.
7. **Check your skin regularly.** Skin cancer is the most common cancer in the U.S., affecting one in five Americans in their lifetime. Further, nearly 20 Americans die from melanoma, the deadliest form of skin cancer, every day. However, when detected early, skin cancer—including melanoma—is highly treatable. In fact, the five-year survival rate for people whose melanoma is detected and treated before it spreads to the lymph nodes is 98%. It is important to check your skin regularly for new spots, spots that are different from other spots on your body, or moles that itch, bleed or change color, as these are often early warning signs of skin cancer. If you notice any suspicious spots, make an appointment to see a board-certified dermatologist.

The skin is your body's largest organ, so it's important to take good care of it. If you have questions about your skin type or how to take care of your skin, talk to a dermatologist.

STEPS IN BASIC FACIAL:

Step 1: Cleanse well





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First and foremost, start with a clean canvas. It is really important to cleanse your face thoroughly to remove any dirt, makeup or product build-up before you start with your facial. Wipe off any makeup residue from the face using cleansing wipes. Then use an oil-based cleanser or any facial oil like coconut oil or olive oil and gently clean your skin surface. It will help get rid of every ounce of dirt and give you a clean slate to work on. Lastly, use a mild foam cleanser like

Dove Beauty Moisture Conditioning Facial Cleanser on your face and wash off with lukewarm water.

Step 2: Exfoliate



The second step is to exfoliate. Exfoliating skin with a mild scrub helps remove dead skin cells, polish the skin and making it brighter. Take a pea-sized amount of your face scrub and rub it gently onto face and neck in a circular motion. If you are blessed with oily skin, use

St. Ives Gentle Smoothing Oatmeal Scrub & Mask

. For dry skin, we recommend

St. Ives Energizing Coconut & Coffee Scrub

. Splash the scrub off with lukewarm water.

BB Pro tip: Scrub essentially on the nose and chin area to deep cleanse and get all the blackheads and impurities out from the skin.



Step 3: Massage your face



No facial is complete without a facial massage and, let's be honest, this is the most fun part of the treatment. This step is essential to increase blood circulation and improve muscle tones, which keeps skin firm and bright. Dampen your palms and take a small amount of face massage cream. Start with the middle of your forehead and work towards temples. Then massage along the sides of your nose and cheeks. Lastly massage lips, chin and jawline. Don't forget to massage the neck. Use your fingers and massage in an upward direction working towards the chin. Wash your face with water after good 10 minutes of massage time.

BB Pro Tip: Use both hands and give yourself a facial massage with the help of your fingertips, moving them in an upward, outward circular motion, never down. The upward motion would help to lift up the skin and firming it while downward can result in saggy skin.

Step 4: Take steam



Time for some pore cleaning! After exfoliating and massaging, next comes the steam. It helps the pores to open and makes skin absorbent for the products to follow. Heat is also good for the skin as it makes skin relaxed and moist. This step does wonders for oily and acne-prone skin. Boil water in a pot and take it off the stove. Lean over it and take



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steam for 5-10 minutes. Cover your head with a towel and to make sure the heat is trapped and skin gets the steam. Take the towel off every now and then if you need air.

BB Pro Tip: Add aromatic essential oils like lavender oil or rose oil to the water for a salon-like experience. You can also put green tea or rosemary for extra skin benefits and aromatherapy treatment.

Step 5: Mask it



After steaming, your skin needs something nourishing and moisturising. Face masks get all the impurities out and give its radiance back. Grab your favourite face mask and enjoy some relaxed time while your skin relaxes as well. We suggest

Lakmé Strawberry Blush & Glow Mask

that suits every skin types and gives glowing, rejuvenated skin.

You can also DIY a face mask according to your skin type and requirement using natural ingredients from your kitchen. For example, facial for oily skin, prepare a face mask with oatmeal and avocado or for dry skin, blend banana and honey. Just put chilled cucumber slices on your eyes and leave the face mask for 15 minutes before washing it off.



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Step 6: Get toning



An essential part of your CTM routine, toning is also very important in facial. Now that your skin has absorbed the nutrients and goodness of the face masks, toner would help to close and clean the pores. It also restores the balance of the skin and is essentially beneficial for acne-prone skin as it doesn't let the dirt settle in on the skin. Take a cotton pad and pour a small amount of toner such as

Lakmé Absolute Pore Fix Toner

. It shrinks and tightens pores that were opened during the steam and leaves skin clean and bright. Gently move the cotton pad all over the face and let it dry.

Step 7: Moisturise obviously



Wrap up your 7-step home facial with a soothing moisturiser. Cleansing and steam dries out the skin in the process and thus the facial needs to end with moisturising skin. This last step hydrates the skin and helps to retain and sealing in the moisture it lost. Make sure your hands are clean. Get a lightweight moisturiser such as



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Lakmé Peach Milk Soft Creme Moisturizer and apply it all over your face using your fingertips. Gently massage the cream onto face and neck and let it absorb in the skin. If you're performing the facial at night, finish with applying eye cream to nourish the under eye area.

CARE FOR SKIN:

- Wash up. Bathe in warm—not hot—water; use mild cleansers that don't irritate; and wash gently—don't scrub.
- Block sun damage. Avoid intense sun exposure, use sunscreen, and wear protective clothing.
- Don't use tanning beds or sunlamps. They emit the same harmful UV radiation as the sun.
- Avoid dry skin. Drink plenty of water, and use gentle moisturizers, lotions, or creams.
- Reduce stress. Stress can harm your skin and other body systems.
- Get enough sleep. Experts recommend about 9 hours a night for teens and 7-8 hours for adults.
- Speak up. Talk to your doctor if you notice any odd changes to your skin, like a rash or mole that changes size or color.

1. Protect yourself from the sun

One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems — as well as increase the risk of skin cancer.

For the most complete sun protection:

- Use sunscreen. Use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or perspiring.
- Seek shade. Avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- Wear protective clothing. Cover your skin with tightly woven long-sleeved shirts, long pants and wide-brimmed hats. Also consider laundry additives, which give clothing an additional layer of ultraviolet protection for a certain number of washings, or special sun-protective clothing — which is specifically designed to block ultraviolet rays.



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2. Don't smoke

Smoking makes your skin look older and contributes to wrinkles. Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow and makes skin paler. This also depletes the skin of oxygen and nutrients that are important to skin health.

Smoking also damages collagen and elastin — the fibers that give your skin strength and elasticity. In addition, the repetitive facial expressions you make when smoking — such as pursing your lips when inhaling and squinting your eyes to keep out smoke — can contribute to wrinkles.

In addition, smoking increases your risk of squamous cell skin cancer. If you smoke, the best way to protect your skin is to quit. Ask your doctor for tips or treatments to help you stop smoking.

3. Treat your skin gently

Daily cleansing and shaving can take a toll on your skin. To keep it gentle:

- Limit bath time. Hot water and long showers or baths remove oils from your skin. Limit your bath or shower time, and use warm — rather than hot — water.
- Avoid strong soaps. Strong soaps and detergents can strip oil from your skin. Instead, choose mild cleansers.
- Shave carefully. To protect and lubricate your skin, apply shaving cream, lotion or gel before shaving. For the closest shave, use a clean, sharp razor. Shave in the direction the hair grows, not against it.
- Pat dry. After washing or bathing, gently pat or blot your skin dry with a towel so that some moisture remains on your skin.
- Moisturize dry skin. If your skin is dry, use a moisturizer that fits your skin type. For daily use, consider a moisturizer that contains SPF.

4. Eat a healthy diet

A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. The association between diet and acne isn't clear — but some research suggests that a diet rich in fish oil or fish oil supplements and low in unhealthy fats and processed or refined carbohydrates might promote younger looking skin. Drinking plenty of B

5. Manage stress

Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. To encourage healthy skin — and a healthy state of mind — take steps to



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manage your stress. Get enough sleep, set reasonable limits, scale back your to-do list and make time to do the things you enjoy. The results might be more dramatic than you expect.

BASIC HAIRSTYLE:

A good haircut can enhance your facial features. The right hairstyle can make you look younger, better and prettier. Your hairstyle has direct impact on your physical appearance. A new haircut can instantly change the way you look.

A hairstyle, hairdo, haircut or coiffure refers to the styling of hair, usually on the human head but sometimes on the face or body. The fashioning of hair can be considered an aspect of personal grooming, fashion, and cosmetics, although practical, cultural, and popular considerations also influence some hairstyles.

The oldest known depiction of hair styling is hair braiding which dates back about 30,000 years. Women's hair was often elaborately and carefully dressed in special ways, though it was also often kept covered outside the home, especially for married women.

KNOTTED STYLE:

As quick and convenient up-dos have become the most sought-after lockdown and work-from-home hair style, we wanted to round up 12 top knot styles for every hair type so that everyone can get involved.

1. Curly Top Knot:



Unruly strands, fierce frizz and tight curls can sometimes sabotage the tight, slicked back look we're trying to achieve. But fear not, as the top knot style complements curly hair too. Loose front curls effortlessly highlight facial features while the top bun adds texture and volume to your hair.



2. Sleek Top Knot:



Make the most of unwashed hair and give yourself a natural face lift with this incredible scraped back look. Whether you choose to pull out strands or slick every baby hair off your face, you can rest assured that this hair style will be nothing short of a sleek statement.

3. Half Up, Half down Top Knot:



Alternatively, you can take a more relaxed approach to the top knot style with a half up, half down look. Perfect for lazy days, this intentionally messy hair style shows off your jawline in a casual manner.



4. Low Top Knot:



The low knot with loose curls gives us total Meghan Markle vibes. Classy and minimalistic, it's an elegant take on the top knot that will suit every occasion, from weddings to dates, evening dinners and Bohemian summer looks.

5. Braided Top Knot:



Not only are braids a great protective hairstyle but they're also one sure-fire way to make a statement top knot that's dripping with detail. Whether it's French braids, box braids or twists, you can rest assured that you'll be sporting an enviable bun.

6. Space Top Knots:





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Space bun top knots are the super easy and super cute up-do that everyone can get involved with. Simply part your hair straight down the middle and create two classic top knots to really enhance the symmetry of your facial features.

7. Pastel Top Knot:



Pop your way to the top with a knot that boasts colour. From pastel to neon, there's no other style that will be as head-turning. We love this super girly pastel pink top knot and the long fringe that shapes the face.

8. Petite Top Knot:



Calling all short-haired boys and girls: we know getting your hair up into a bun can be a challenge but it's time to grab all the bobby pins you can find and embrace little tufts, as we make small top knots cool this season.

9. Front Top Knot:





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The front-facing top knot is a style for the souls that want to be noticed. With a lot of serum and forward brushing, you can achieve this sleek and dramatic fashion statement in no time.

10. Top Knot Mohawk:



We've seen this look all over the runway so it's only right we included it in our top knot haul. Inspired by the Bantu knots, this knot hawk is one way to get creative with your hair. Great for curly, afro, wavy and straight hair, we think this would make an epic summer hairdo.

11. Messy Top Knot:

So, it might not look as neat and uniformed as every other top knot but that's what we love about the messy bun. This scruffy top knot has flyway hairs and loose strands that delicately lace the face and neckline for a flawless, barely-there look.





12. Men's Top Knot:



We did say the top knot was a style that everyone could get involved with. Although the man bun has been around for a while now, you can stay on trend by keeping the sides of your hair short and the top long. Then simply tie it all up for a top knot that totally pops.

ROLLING STYLE:

Types of hair rollers and how to use them:

1. Velcro Rollers

Velcro rollers give you the kind of long-lasting volume you just can't get from a blowout. These curlers work for all hair types, but give the most bang for their buck on fine hair. Wrap sections of your hair around the velcro roller. Hold in place with a straight pin, and leave your curls to set for 30 minutes. Remove the velcro rollers and finger comb your hair.

2. Flexi Rods

Also known as bendy rollers, these bend into any shape and hold themselves in place without pins or clips. They're ideal for creating tight ringlets or stretching out a tight curl. Section off your hair and roll vertically from end to root. Depending on the thickness and coarseness of your hair, use a heat protectant spray and blast with a blow dryer to speed up the drying process. Take out the rods and finger comb your curls.

3. Foam Rollers

Foam rollers are one of the more comfortable options if you're looking to set your hairstyle overnight. The spongy body protects your head from the outer clips that hold the roller in place while you sleep. Section your hair and starting at the end, roll up each piece of section in the hair roller to the scalp and clip it in place. When you wake up, unroll your curls and spritz with a curl refresher.



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4. Steam Rollers:

Steam hair rollers are similar to hot rollers, except that they're heated up one at a time by holding them over steam. You can get a variety of waves and curl patterns with these curlers. If you start them at the ends of your hair and roll up toward the scalp, you'll get more of a curl, and if you place them a few inches from the roots and then wrap the hair around the cylinder, you'll get more body. With either technique, wait about 20 minutes for the rollers to cool, then unravel, comb through with your fingers and finish with an anti-frizz hairspray.

5. Spoolies:

These are another type of hair roller with various options for creating ringlets, or waves. Start with a volumizing mousse from mid-length to ends to combat frizz, then section out your hair. Place the spoolie at the scalp, wrap the hair around the thin middle section, and then collapse the top over it to lock the hair in place. If you're looking for some quick body, leave the spoolies in for about 10 minutes. For tighter curls, leave them overnight and unroll in the morning.

6. Jumbo Hot Rollers

If you're wondering how to get frizz-free curls, jumbo hot rollers are your answer. These come in a box that gets plugged in to heat up. Once they're warm, wrap your hair around them from end to scalp and use a clip to keep your hair attached. Only use the smallest rollers on the longest sections of your hair to keep your curls from getting too tight. Give the rollers 15 to 20 minutes to cool in your hair, then gently unravel and brush through your hair.

7. Cold-Wave Perm Rods

Cold-wave perm rods are ideal for creating defined spirals on short and medium-length hair, particularly natural hair. Prep your wet hair with hair oil to seal in moisture. Section your hair and start each roll by tucking the hair into a folded sheet of paper. Then roll it around the rod from ends to roots, and secure it by snapping the elastic into one end of the rod. Repeat until all your hair is wound up. Wrap your head in a scarf and style these undercover by disguising them as a simple scarf up do for curly hair while they dry. Then when you take off your scarf and unroll your rods, you're ready to rock hairstyle number 2!

8. Ribbon Curlers

These hair rollers work wonders for creating perfect overnight curls on short to medium-length hair. Ribbon curlers come with a stick, a hooked end, and a spiralling piece of fabric. Twist each hair section slightly before rolling. Then, making sure the hook is facing the ceiling, hook your hair and gently pull it down into the spiralling fabric until the stick comes out completely. In the morning, take the rollers out by completely straightening the fabric,



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gently squeezing the rubber at the scalp, and sliding off the hair. Shake out your hair and spritz with a curl refresher if needed.

9. Pillow-Soft Hair Rollers

If you're wondering how to get beachy waves overnight, these hair rollers are your answer. Regardless of your hair length or texture, they'll give you crimp-free curls by morning. Curl your hair section by section, wrapping around the roller and secure by tucking the sides of the roller inwards. These hair rollers are super comfy to sleep on, like the name suggests, so if you like to style while you snooze, we highly suggest this option. In the morning, unroll your hair and finger comb through your curls.

10. Rag Rollers

Rag rollers are a budget-friendly option for creating curls, waves, or texture throughout your strands. You can buy rag rollers at a beauty supply store or use any scraps of fabric (even socks). Section off your damp hair and tie the fabric half way down an inch wide section of hair. Once the knot is secure, pull the fabric to the end of your hair, and roll like you would a regular roller until you reach your scalp. Once you're fully rolled let your rag curls sit for as long as they need to dry. Unwrap your hair and finish with an anti-frizz hairspray.

PLAITED STYLE:

Plaited style hairdo is called braids. Women often braid each other's hair or get it braided by a hairdresser. The longer your hair, the longer your potential braids. To braid hair, you have to weave the strands of hair together: this is also called plaiting, lacing, and interlacing.

Plaits and braids are often used interchangeably, but they can have different meanings depending on the region. In some places, plaits refer to three sections of hair interwoven, while braids involve three or more sections. However, in other regions, the terms are used interchangeably.

Hair plaits or braids are not necessarily out of fashion. They have been a part of various cultures and fashion throughout history. In fact, braided hairstyles are still popular today and can be seen on runways and in magazines.



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BASIC STRUCTURE OF SKIN:

Skin structure

The skin is the largest organ of the body. It has three main layers, the epidermis, the dermis and the subcutaneous layer.

The epidermis is an elastic layer on the outside that is continually being regenerated. It includes the following:

- Keratinocytes - the main cells of the epidermis formed by cell division at its base. New cells continually move towards the surface. As they move they gradually die and become flattened.
- Corneocytes - the flattened dead keratinocytes that together make up the very outer layer of the epidermis is called the stratum corneum or horny layer. This protective layer is continually worn away or shed.
- Melanocytes – produce the pigment melanin that protects against UV radiation and gives skin its colour.

The dermis is the inner layer that includes the following:

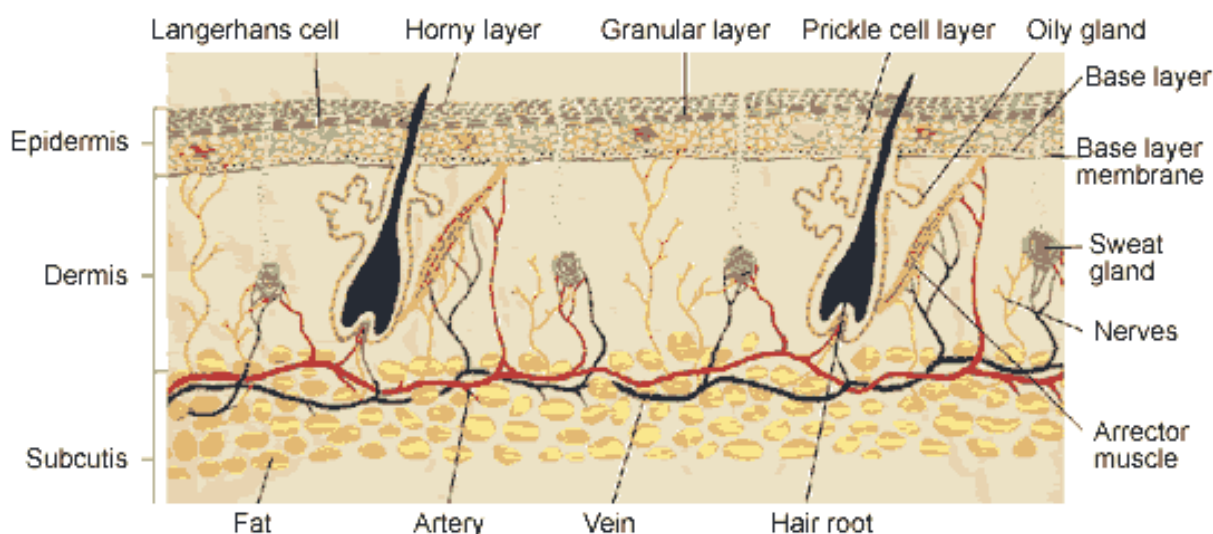
- Sweat glands – produce sweat that travels via sweat ducts to openings in the epidermis called pores. They play a role in temperature regulation.
- Hair follicles – are pits in which hairs grow. Hairs also play a role in temperature regulation.
- Sebaceous glands – produce sebum (an oil) to keep hairs free from dust and bacteria. Sebum and sweat make up the 'surface film'.



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The subcutaneous layer under the dermis is made up of connective tissue and fat (a good insulator).



Functions of the skin

- Provides a protective barrier against mechanical, thermal and physical injury and hazardous substances.
- Prevents loss of moisture.
- Reduces harmful effects of UV radiation.
- Acts as a sensory organ (touch, detects temperature).
- Helps regulate temperature.
- An immune organ to detect infections etc.
- Production of vitamin D.

Hair structure:

Hair is made up of different layers and structures.

It is the tough protein keratin that forms the strength of your hair, nails and the outer layer of skin. Keratin is a large molecule made up of smaller units called amino acids, which join together to form a chain.

The Hair Root

The epidermis, as shown in the diagram below, is the outermost layer of the skin. Each hair arises from an indentation on the epidermis. Hair is made up of two parts, the hair follicle and the hair shaft.



Hair Follicle

The hair follicle is the point from which the hair grows.

- The terminal part of the hair follicle within the skin is called a hair bulb.
- The hair bulb is the structure formed by actively growing cells.
- These cells produce the long, fine and cylindrically-shaped hair fibres.
- The hair bulb has special cells which produce the pigment that gives hair its colour.
- The pigment is called melanin and the cells producing it are known as melanocytes.
- Androgens, which are receptors for the male hormones, are located on the cells of this structure.
- The dermal papilla that feeds from the bloodstream provides nourishment to form new hair and is found at the base of the hair bulb.
- Within the skin, internal and external root sheaths cover the hair follicles.
- The outer rooting of a hair follicle has a continuous growth cycle along with the epidermis.
- Adjacent to the hair follicles are glands.
- The most important one of these glands is the sebaceous gland, as it produces and secretes the natural oils which lubricate the hair.

Hair Shaft

The part of the hair seen above the skin is called the hair shaft.

- The hair shaft is made up of dead cells that have turned into keratin and binding material, together with small amounts of water.
- This structure explains why we do not feel any pain whilst our hair is being cut.
- The hair shaft is formed of three layers:
 - The medulla – the deepest layer of the hair shaft, only seen in large and thick hairs.
 - The cortex – the middle layer of the hair shaft which provides the strength, colour and texture of a hair fibre.
 - The cuticle – the outer layer of the hair shaft is thin and colourless. It serves as protection to the cortex.



UNIT: V
FACE MAKEUP



MAKEUP APPLICATION:

1. Prep your skin with a CTM routine:

Makeup looks a lot more flawless and a lot less cakey on skin that is naturally smooth and conditioned. Following a thorough skincare routine is the answer to naturally glowing and flawless-looking skin. The first step should always be washing your face using a gentle yet effective cleanser to rid your skin of dirt, oil and impurities. Next, in order to balance the pH levels of your skin post-cleansing, use a pH-balancing toner. A toner also helps tighten your pores and improves skin texture. Follow that up with a hydrating moisturiser to prevent the makeup from drying your skin and also ensure that it looks great all day long. The Simple Kind to Skin Hydrating Light Moisturiser keeps the skin underneath your makeup healthy and prevents it from looking cakey.



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2. Use a primer:

If you want your makeup to look fresh and not melt all through the day, never skip using a primer. Primer helps blur your pores and makes your skin an even canvas for all your makeup to go on. This is because a primer helps smoothen out fine lines and pores for your makeup to wear more evenly throughout the day. Always pick a matte finish primer if you have oily skin and apply it all over your face or to targeted areas, depending on your skin's specific concerns.

3. Apply a foundation:

Next, start by applying a little bit of foundation to make your skin look flawless and your skin tone even. It is very important that you pick a shade of foundation that is the closest match to your actual skin tone, as picking the wrong shade can make you look ghostly and weird. Also, pick a foundation based on your skin type. People with oily skin should go for a matte finish foundation, like the Lakmé Absolute Mattreal Skin Natural Mousse 16hr. On the other hand, if you have dry skin, a radiant finish foundation might be a better option. Use a sponge or brush to apply the foundation for a natural, air-brushed finish.

4. Conceal problem areas with a concealer:

While following the makeup step-by-step guide, the next step is to conceal all the problem areas of your face using a concealer, especially the under-eye area. You can either use a shade that is the closest match to your skin tone or pick one that is one shade lighter to help highlight the area. To even out the skin and conceal skin imperfections. Use the included applicator to blend and buff the concealer into your skin and blend it using a sponge. Set this base makeup using a compact powder to keep sweat away.

5. Sweep on some blush:

Blush is that part of the makeup that helps add a flush of colour to your face. It gives you a healthy glow and makes you look like you have just come back from a jog. You can use natural pink shades or use something more vibrant, depending on your mood. But always pick a shade and formulation such as to suit your natural skin tone and skin type. This will ensure that the blush looks natural and is not made-up at all.

6. Time for some eye shadow:

Now is the correct time to apply eye shadow. Start with dusting some neutral colour onto your entire lids. You can then pick a dark shade and apply it to the crease. This will help intensify your eyes and add a lot of depth and dimension. Remember to take the lightest shade from your eye shadow palette and apply it to your brow bone to complete the look. If using multiple eye shadows seems like a daunting task to you while doing makeup step by step, then simply pick a colour you love from the and sweep it all over your lid for instantly beautiful eyes



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7. Eye liner, kajal and mascara:

To finish off your eye makeup, take liquid eyeliner such as the Eyeconic Liner Pen Fine Tip - Black. You can create a wing or draw a simple line. This will instantly make your eyes look bigger and brighter. Next, apply some Eyeconic Kajal to your waterline and finish it up with mascara. This will give you fluttery lashes and tie your entire eye makeup together.

8. Wear your favourite shade of lipstick:

Before you wear lipstick, it is important to wear a lip liner. Lining your lips can help prevent colour from bleeding out or feathering. Choose a lip liner that's the same shade as your lipstick and outline the natural line of your lips to help make your pout look fuller. You can also colour your lips with liner before applying the lipstick to help create a smooth base.

MAKEUP TYPES:

1. Nude Makeup:



Nude makeup aims to enhance natural beauty without appearing heavily made-up. It focuses on achieving a flawless complexion while keeping the overall look subtle.

Use lightweight foundations and concealers to even out your skin tone. Emphasize features with neutral tones, and opt for sheer lip colors.



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Nude Crayon Gel Eyeliner a weightless foundation that provides natural coverage and an eye shadow palette with versatile shades.



2. Dewy Makeup:

Dewy makeup emphasizes a luminous, healthy glow. It involves products that create a fresh and hydrated appearance, giving the skin a radiant sheen.

Apply illuminating primers, liquid highlighters, and dewy-finish foundations. Use cream-based blushes for a youthful flush.



Hydrating primer, water based moisturizer for a dewy base, and liquid highlighter for a radiant complexion.



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3. Airbrush Makeup:

Airbrush makeup provides a flawless finish with a lightweight feel. It involves using an airbrush machine to spray a fine mist of makeup onto the skin.

Practice controlled spraying for an even application. Build coverage gradually and focus on achieving a natural-looking complexion.

4. Eye Makeup:



Eye makeup includes a range of techniques to enhance the eyes, from eye shadow and eyeliner to mascara and false lashes.

Experiment with different eye shadow looks, master eyeliner techniques (winged, tight line), and choose mascaras that volumize or lengthen lashes.

5. Matte Makeup:

Matte makeup focuses on a shine-free finish. It's known for its long-lasting properties and velvety appearance.





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Use matte foundations, setting powders, and lipsticks. Control shine with blotting papers throughout the day.



6. Pastel Makeup:

Pastel makeup involves soft, muted shades that create a dreamy and whimsical look.

Experiment with pastel eye shadows, blushes, and lip colors. Blend shades seamlessly for a subtle yet impactful effect.

7. Natural Makeup:



Natural makeup aims to enhance features while maintaining a barely-there look. It's perfect for a casual, everyday appearance.

Use minimal foundation, focus on enhancing the eyes and brows, and opt for sheer lip colors.



8. HD Makeup:



HD makeup is designed to look flawless on high-definition cameras, providing a smooth and polished appearance.

Use products with finely milled pigments for a seamless finish. Blend meticulously to avoid any visible lines.

9. Bridal Makeup:



Bridal makeup is characterized by a long-lasting, radiant look that enhances the bride's natural beauty.

Use waterproof and long-wearing products. Focus on a balanced complexion, defined eyes, and a romantic lip color.



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SHAPE AND COLOR OF HAIR:

HEART



A heart-shaped face is one with high, prominent cheekbones. It will typically have a larger, wider forehead, rounded cheeks and a pronounced chin.

Below, hair expert, Henri Calayag of Henri Calayag Salon, explains how heart-shaped beauties can get the best hair look.

Cut: A layered bob with a cropped pixie cut or a soft fringe, Calayag says, will do “wonders to show off a delicate bone structure.”

Colour: It’s best to opt for a lighter base colour than your natural shade, with a generous helping of chunky highlights. This will stop you from looking too harsh. Ombré is one shade that works great for long hair, with the tips lighter than the roots.

OVAL





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An oval face shape means you have a narrow forehead, wide cheekbones and a smooth jawline. If you have an oval face, your face is longer than it is wide and your jaw is soft without any sharp angles or points.

Having an already balanced face shape, below are the looks Louis Phillip Kee of Louis Phillip Kee Salon recommends.

Cut: According to Kee, oval faces are the most versatile shape: almost any style or cut will look great. However, no matter the length of your hair, you will look best with layers near the cheekbones, lips or chin. The pixie cut is one style that frames an oval face and looks perfect with spiked bangs. Long, layered locks, bouncy bobs and choppy crops are all excellent options because oval faces are perfectly balanced.

Colour: You can add dimension to your style using high and low lowlights mixed in with the base colour. To further enhance your look, go for a light wash of brightness to frame the face.

SQUARE



If you have a square-shaped face, you have a small face with a wide forehead and a wide jaw. Your forehead, cheekbones and jaw will be the same width, but your jaw will have sharp angles to it.

According to Lourd Ramos of Creations by Lourd Ramos Salon, below are the looks you have to try.

Cut: To give the face a nice silhouette, try chin-length cuts or sharp-edged bobs above the jaw. Super short hair also looks great, as long as you have a longer fringe to frame the eyes and forehead. Ramos also advised that slanted, feathered bangs perfectly frame the face, jaw, cheeks and ears.

Colour: Avoid dark shades as they sharpen angles even more. Instead, opt for highlighting, with slices of lightness on top to frame the face and create depth.



RECTANGLE



A rectangle face is actually a mix of two different other shapes - a hybrid of the oval and square shaped face. It means elongated cheeks with a wide forehead and jawline. Rectangular face shapes feature a square jaw and a face that's longer than it is wide.

The secrets to flattering this shape, according to Jude Hipolito and Rose Velasco of Juro Salon Exclusive, are simple.

Cut: To make the face appear shorter and wider, go for a fringe combined with fullness on the sides. For short styles, it's better to have a chin-length bob softly layered or curled on the sides with a nice side-swept fringe.

Colour: Avoid stripey, solid highlights, as these further elongate the rectangular face shape. The perfect colour for rectangle face shapes is "ombré hair beginning with dark roots, mid-part colour, and graduating to lighter colored ends lessens the look of an elongated face shape."



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ROUND



Like a square-shaped face with softer angles, a round-shaped face means the sides of your face curve slightly outward instead of being straight. Your chin is rounded, and your cheekbones are the widest part of your face.

Jing Monis of Jing Monis Salon, says this face shape is more versatile than many people think.

Cut: It's best to allow the chin to be the focal point of your look. Soften the shape of long hair using layers that start from the chin, or a chin-length bob with side-swept bangs. Those with fine hair should add squared layers, while those with thick hair should texturise more to avoid too much volume.

Colour: To give the illusion of a longer, oval face, try dip-dyed or ombré hair styled in a middle part.

HAIRSTYLE FOR OCCASION:

For casual outings try the loose beach waves:





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This one is a simple two step hairstyle for the party. Simply braid your hair when still damp from a wash and go to bed! You'll wake up with the prettiest, most effortless beach waves. Perfect for a sunday brunch with the girls!

The underside braided bun:



Don't feel like washing your hair for college or a regular work day? Try this simple bun with a twist.

Flip your hair in front and comb through. Start braiding a French braid upwards, starting from the nape of your neck. When you reach the crown, add the remaining hair to it and tie a bun. And voila! Pull out a few strand in the front for a messy look.

For formal outings try a neat high bun:



For a formal event, you always want to keep your hair out of your face. All you'll need for this hairstyle is a thick black rubber band.

Just tie your hair in a high ponytail with a clear elastic and slide the black band on your ponytail. Start wrapping your hair around the thick rubber band and hide it in your hair. Secure your hair around it with another elastic band and tuck the ends under it.



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For A festive look try this chic knot bun



Section your hair in two halves at the base of your neck and tie a loose knot. If you have longer hair, tie a second knot. Tuck the knots inside. Use the remaining strands to wrap around the bun created after you twirl the knots. Secure the bun with a few bobby pins and add accessories if you want.

Parties demand that you accessorize your hair:



If you are a party animal, this one is super simple hairstyle and just needs a jewelled hair band. Place the hairband on your head and just tuck the remaining hair at the back. Pull out two fringes in the front and you're done! Add a few bobby pins for better grip throughout the night!



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BASIC HAIRCUTS:

STRIGHT TRIMMING:



1. Comb your hair out and straighten it. Before cutting your hair, make sure it's free of any knots and tangles and that it falls straight. If you have straight hair, you can cut it dry or damp. If you have wavy or curly hair, wash it, dry it, and straighten it so that your cuts will be more precise and even.

- If you have curly or wavy hair and don't plan to style it straight, remember to cut it a little longer than you want it to be: once it's wavy or curly again, it'll be shorter.

2. Pull your hair back into a low ponytail. Part your hair down the middle. Pull it back into a low ponytail at the nape of your neck, then secure it with a hair tie. Make sure that the ponytail is neat and smooth, and that all your hairs are in elastic.



3. Tie another elastic a few inches/centimetres below the first one. Smooth your ponytail down as much as you can, then wrap another elastic around it. Adding elastics gives you control before and as you cut. Depending on how long your hair is, and how short you plan on cutting it, you may need to add a third elastic below the second one.

If you don't have extra elastics, just gently pull the first elastic down to right above the place you want to cut your hair.



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4. Hold the ponytail in your fingers where you want to cut it, and cut. Make a V-shape with your fore and middle fingers, then close your fingers around the ponytail. Using sharp hairdressing shears, cut your hair slowly and carefully, a little bit at a time.

Make sure to cut an inch or so below the hair tie, rather than above, so that it's easier to flatten out the hair between your fingers. Cutting above the hair tie, where your hair is thickest, will result in a choppy cut.



5. Undo the ponytail and check the shape. Turn around so that your back is facing the mirror, and hold another mirror up in front of you. Your hair will either have a rounded bottom edge or a slight curve. If this is not straight enough for you, proceed to the next step.



6. Part your hair down the center and make 2 ponytails. Drape the left side of your hair over your left shoulder, and the right side over your right shoulder. Tie them tightly, letting the hair hang over your shoulders.



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- If your hair is particularly thick or unruly, it into 4 ponytails to make it more manageable. Just make sure all ponytails are the same length and lie in front of your shoulders.



7. Pinch one ponytail in your fingers and cut. Grab a ponytail, then pinch it between your fore- and middle fingers as you did earlier, and drag your fingers downward at a slight upward angle (that is, with the angle higher nearer your shoulders and lower at your neck). Cut the hair below your fingers using the same process as before.

Cutting your hair at this angle will allow you to cut the hair from the back of your head shorter; when you brush your hair out, it will be the same length.



8. Repeat the process with each ponytail. To ensure that you're cutting each ponytail at the same length, measure the uncut hair against the cut hair. Take the innermost strands from both the left and right sections. Note where the cut strand ends on the uncut strand with your fingers.



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V-Cut Hair:



The V-shaped haircut is a popular look, especially for long hair. Instead of having even tips, your hair is cut into layers on ends forming a “V”, which you can best show off when you let your hair down.

U-Shaped Haircut:



The U-shaped haircut looks exactly like it's named. With this style, the length of your hair is kept longest in the back, while the sides are gradually cut shorter with a few face-framing strands around your chin to create a rounded, U-shape all around.

One of the key benefits of this haircut is that it makes thin hair look thicker and damaged ends feel healthier. Because the ends are cut in a rounded shape, they give the softness and fullness of a blunt haircut without looking too bulky, thanks to the light layering that's done around the sides and front of your face. In short, you get the best of both worlds: the volume of a single-length cut without the bulk that generally comes with one.

Another thing we love about this haircut is that it's fairly easy to keep up with (especially compared to some of the shaggier cuts you may have had in the past). The cut itself yields volume and bounce with a simple air dry, but you'll get even lusher results when you blow dry it. Aside from that, there's not much else to maintain. A U-Shaped haircut keeps its shape nicely as it grows out, but we recommend getting the ends freshened up every two to three months.