

### **Overview:**

#### **Term1:**

**Theory** - Introduction to manicure. Manicure tools. Manicure procedure. Sterilisation. Assessing the hands and nails. Nail shapes. Nail disorders and diseases. Nail types.

**Practical** – Manicure desk set up. Carry out a consultation followed by skin analysis for contra-indications and carry out practical, buffing, cuticle work and painting.

#### **Term2**

**Theory** - Introduction to manicure. Manicure tools. Manicure procedure. Sterilisation. Assessing the hands and nails. Nail shapes. Nail disorders and diseases. Nail types.

**Practical** – Manicure desk set up. Carry out a consultation followed by skin analysis for contra-indications and carry out practical, buffing, cuticle work and painting.

#### **Term3:**

**Theory** – Structure of the skin and nail. Anatomy and physiology of the hand and arm. Client communication. Sample record card. Factors affecting nail growth.

**Practical** – Complete a client consultation. Select appropriate nail and skincare products to meet treatment plan. Practical application of manicure. Give appropriate homecare advice. Partake in open client session. Practice exfoliation and paraffin wax treatments.

#### **Term4:**

**Theory** - Hair Potential and Length. Hair density and Texture.

**Practical** - Blow dry, put up hair and finish client's hair using heated styling equipment.

#### **Term 5:**

**Theory** - Hair Potential and Length. Hair density and Texture. Head/face shapes and features

**Practical** - Blow dry, put up hair and finish client's hair using heated styling equipment. Provide aftercare advice.

#### **Term6:**

**Theory** - The purpose of backcombing. The physical effects of styling techniques on the hair structure. The effects of humidity on the hair structure.

**Practical** - Provide suitable aftercare advice after styling and dressing hair. Create a Pincurl set and a Velcro roller set.

## Year 10 H&B

### Overview:

#### Term1:

**Theory** - The types of hair and beauty businesses in the hair and beauty sector. Links with other industries. Business ownership and size. Holistic therapies, History of Indian head, massage. Benefits & contra indications.

**Practical** - Equipment and products, positioning of the therapist. Application of Head Massage. Effleurage, petrissage and frictions.

#### Term2

**Theory** - Business ownership and size. The trade and professional organisations and their roles. Common hair and beauty services and treatments. The types of hair products. Health, safety, hygiene and legislation. Hair and beauty career options. Benefits of promoting make up products and services.

**Practical** - Delivery of massage movements relevant to Indian head massage.

#### Term3:

**Theory** - Opportunities in related industries. Training and education pathways. Skills and attributes required by industry professionals. Hair and beauty research project

**Practical** – Delivery of massage movements relevant to Indian head massage.

#### Term4:

**Theory** – Research project planning considerations. Prepare a research project proposal. Prepare to carry out a hair and beauty research project

**Practical** – Confirm client choice. Use product according to manufacturer's instructions. Consultation to establish clients needs, contra indications, how to deal with contra actions.

#### Term 5:

**Theory** - Hair and beauty research project production. **Understanding the hair and beauty sector Exam.**

**Practical** - Shampoo and Conditioning continued. Adaptation of the water temperature and flow to suit the needs of the client's hair, scalp and comfort, leaving hair clean and free of products.

#### Term6:

**Theory** - Hair and beauty research project production. How water temperature affects the hair structure.

**Practical** - Disentangling the hair without causing damage to hair or scalp. Demonstrate safe and hygienic working practices Provide suitable aftercare advice. How water temperature affects the hair structure. Aftercare advice.

## Year 11 H&B

### Overview:

#### Term1:

**Theory** - Introduction to a facial skincare treatment: cleansing, skin analysis, skin exfoliation, skin warming (hot towels), comedone extraction, Skin types, conditions and characteristics.

**Practical** - Manual massage techniques mask therapy, toning and moisturising. Preparation and positioning. Skin analysis. Follow good health and safety practices. Provide clear recommendations.

#### Term 2

**Theory** - Professionalism. Anatomy and physiology. Structure and function of the skin. Importance of using products, tools, equipment and techniques. Structure and function of the skin. Diseases and disorders of the skin.

**Practical** - Record the results of the treatment. Health and safety working practices. Adapt facial skincare treatments to suit the client's skin, record results, contra-actions, and provide suitable aftercare advice, considering retail opportunities.

#### Term3:

**Theory** - Names and position of the bones relevant to Facial Skincare. Structure and function of the bones, neck and shoulders relevant to Facial Skincare. Skin analysis and consultation. Tools and Aftercare.

**Practical** – Consultation. Follow good health and safety practices. Cleansing, toning, moisturising.

#### Term4:

**Theory** - Professionalism. Anatomy and physiology. Health and Safety. Aftercare. Structure and function of the skin

**Practical** - Adapt treatment to suit the client's skin, record results, contra-actions, and provide suitable aftercare advice, considering retail opportunities. Enhance communication skills and behaviour.

#### Term 5:

**Theory** - Natural ageing. Bones and anatomy. Lymph and anatomy. Circulation and anatomy. Working time calculations. Cost, client preference, trend, skin type, colouring.

**Practical** - Research a variety of people/clients about their skin type, recording signs of natural ageing, lifestyle, environmental factors (e.g. smoking, diet and neglect).

#### Term6:

**Theory** - Communication. Personal presentation, buying signals. Establish client requirements.

**Practical** - Give accurate and relevant information to the client. Close the sale, Record the results of the treatment. Health and safety working practices.

