

**GOVT.POLYTECHNIC,
BBSR
BEAUTY CULTURE
DEPT.
PERSONALITY DEVELOPMENT**

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Chapter-1

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INTRODUCTION

Every human being unique. But he gave some special character to each one that special character of each person can be said as a special point of their personality. The personality of a person is not inherited but is cultivated. If one can know what is that special character he or she is given and can improve that, then that special character will make them special. Everyone will be attracted towards that special character, not to the weak points, personality doesn't only means a beautiful face well proportionate figure or a well-dressed appearance. Personality is the sum of both inner and outer perfection. No human being is perfect from all direction but they have some distinct features what will help them to camouflage their imperfection, we worried about our imperfection but we should effort to develop or improve that special perfection. This will lift us from ordinary to special.

- Every Women's Assets

Every human's assets are her good look. It doesn't mean a well proportionate body or a good facial feature. It is the total of how you carry yourself. Assets can be your height, weight, hair texture hair, length hairstyle, skin color, complexion texture of teeth, smile, voice graciousness, and posture. From all these features some of them are God-gifted, and some can be cultivated, and some can be camouflaged.

● Analysis of one's assets and liabilities with reference to the personality To carry out self-analysis successfully, you must try to look at yourself as you would look a stranger. Then use a mirror, a tape major a scale, a recent photograph to evaluate yourself as others see you. Then the next step is to try to help that's stranger. Identify her best features and try to determine where improvement is required. Bone structure and height are two physical characteristics that cannot be changed, you have to live with them and to show their best advantages. Many things can be done with the color cosmetics, hairstyle and posture can be improved and measures can be taken to correct irregularities to improve your appearance. As a cosmetologist, you will always be working around other people.

A pleasing personality is essential to become successful in your hairstyle, accessories, and clothing will vary according to the formalities of various activities. Neatness and the good test are synonyms for being well groom because you are expected to go the way in good grooming.

Day-to-Day measures for Personality Development ❖Body

Odour

1. Take a daily bath.
2. Avoid body odor by using a good quality deodorant.
3. Perspiration states should never show in your clothes.
4. Undergarments should be changed daily.
5. Shoes should be clean and perfect for your feet.

❖Oral Hygiene

1. Keep teeth and gum in good condition.
2. Brush twice a day.
3. Have a dental examination every six months.
4. Avoid odor by rinsing the mouth with a good antiseptic.

❖ Hair Style

1. Keep the hair healthy and textures.
2. Select a style i.e. most suitable to you and appropriate for your job. 3. If you use any color on your hair retouch it often enough to show that the re growth will not be noticed

❖ Hands and Legs

1. Be sure that your hands look slim, nice, and attractive.
2. Wear gloves whenever possible, and use a protective cream.
3. Nail biting is a nervous habit.
4. The application of artificial nails may help you to eliminate this habit. 5. In growth, nails are usually caused by cutting too deeply into the corners of the nail. 6. Keep the nails rounder straight across the top.

❖ Superfluous Hair

1. Underarms can collect perspiration that causes offensive odor. This can be removed by shaving and waxing.
2. Eyebrows should be shaped properly to complement your facial shape. 3. Bleach can be used to lighten that unwanted hair on the face and arms. 4. Legs and arms

should be free from extra superfluous hair growth

by waxing ❖Skin Care and Cosmetics

- 1.A daily routine of skincare is must cleansing is the beginning of skin complexion. 2.Use correct cosmetics that match your skincare.
- 3.Wear make-up that is appropriate for you and your job.
- 4.Corrective makeup can be applied to conceal minor imperfection.

❖Clothing

- 1.Your cloth should be clean, pressed and free from perspiration.
2. The clothing you wear should be suitable for your work.
- 3.Check yourself in a full-length mirror before you leave home.
- 4.The pattern design and color of your cloth should complement your height figure and complexion.

❖Posture

- 1.While standing turns your body slightly to make a slimmer and taller look. 2.Walking should be smooth gliding, rhythmic action without noise.
- 3.While sitting doesn't back up to the chair and doesn't slide with buttock as you sit down. 4.Don't carry handbags, packages, magazines under your arm.

Elimination of accentuating of the positive

❖Emotion

- 1.You should develop self-control, learn to control your emotion.
- 2.Try not to reveal your negative emotion such as anger, jealousy, enemy, and dislike.
- 3.Develop yourself to smile always and greet people pleasantly.
- 4.Don't interfere in conversation until you are not asked to do so.
- 5.Cover your mouth when you cough nose when you sneeze lawn.

6.Practice punctuality

❖Communication Skill

- 1.Avoid speaking in a loud, harsh, and angry voice.
- 2.Adopt a cordial manner of greeting customers in person or over the phone.
- 3.Avoid gossip about anyone.
- 4.A key part of any good communication is the ability to listen.

❖Communication skills

- 1.Communication is the media of exchange your feelings through language,
- 2.The language you use should be familiar to both you and the listener.
- 3.An unfamiliar language can develop negative communication.

Definition of personality?

→ think personality is the dynamic organization within the individual of the psychological systems by which the person both shapes and adapts uniquely to an ever-changing internal and external environment.

→The word personality comes from the Latin word "persona" which means "Mask". →The mask is used in dramas to show different characteristics, emotions, and behavior. →In Sanskrit "Bektetua" is the word for personality which means the essence of Bhakti or the person.

→Hence, personality means the essence of the character and behavior of an individual.

→It has two important dimensions:

- Internal personality
- External personality

What is internal personality?

→Internal personality is the inner self such as mind, creativity, and anything else.

→Internal personality means the essence of character and behaviour of ourselves within the internal world.

→As deep as the ocean and as expansive as an ocean.

→The internal personality has five types physical, mental, emotional, and intellectual, and spiritual.

→All these are interconnected in related and all these bodies are interdependent of each other.

External personality

→External personality the body that appears from head to toe, such as skin, body shape, speech, dress. We can improve to impress the viewer. →Both the internal and external personality on both dimensions are interconnected and interdependent of each other.

Concept of personality

→As a cosmetologist, you always working around other people's work and the others will be your clients.

→A pleasing personality is essential in any sector.

→To be successful, you must develop your personality and image as well as your technical abilities.

→Skill in work performing the action is most important to become successful and achieve a strong personality.

→We cannot live without action for a moment.

→Skill in performing in action involves three main points

- maximum possible perfection
- beautiful action
- relaxation of mind while doing the action
- last but not least the right approach behind the action

→Mastery over the mind to understand the mind's situation and action without any exhaustion or tiredness is another concept of a strong personality. →The concept of personality is focusing on the economic thought process of the brain. It is to observe that emotions are never imbalanced. They are always in duality, like and dislike, excitement and depression, are few

examples of imbalance emotional personality.

→The concept of personality is to bring balance at an emotional level as a systematic approach.

→To achieve success, one should use its internet most cleverly. →Acceptance is very important before you reject. The right attitude is another wonderful tool to build a strong and successful personality.

Characteristics and features of personality

- We know that personality refers to internal and external qualities some of the features are general but it is unique to each individual.

- Different types of characteristics of personality

- Personality is something that is unique to each individual.

- Personality refers particularly to the persistent quality of an individual.

- It represents a dimension.

- Features of personalities like lifestyle, nature of parents, parents reject the child whereas other people are caring in supporting.

- It is derived from the genetic personal features of the parents. →Some of the personality features like eating disorder symptoms, Anti Social behavior, attitude believe, which are generally harmful to others.

- Some of the

- Another type of personality feature is affected by your diet habits. Wrong diet habits can lead to malnutrition.

For example, It is a sign of wrong personality features that people have like smoking that has a bad effect on your health making it a bad habit.

- Physical aggression is a broad and line personality features like stress is a reflection of personality features that may be caused due to environmental emotion, question, physical level.

Desirable qualities to cultivate

- Some of the desirable qualities need to be cultivated in a candidate to become successful and become fit for an organization. qualities like initiative flexibility technical leadership problem-solving attitude learning attitude and communication.
1. Performance skill
 2. Negotiation skill
 3. Conversational skills
 4. Calmness
 5. Carefree
 6. Trust in own self
 7. Confidence on Lord
 8. Tolerance of power
 9. Appreciation
 10. Politeness
 11. Good temperament
 12. Peace-loving
 13. Non-dominance
 14. Non-aggressive
 15. Constructiveness
 16. Kindness
 17. Hard-working

18. Systematic and planned way of

working 19. A good sense of

judgment

20. Punctuality

21. Initiative

22. Perseverance

23. Efficient

24. Happy to go lucky

personality 25. Warm

hearted

26. Social

27. Well mannered

28. Non-sentimental

29. Handle pressurizing work 30.

Non-moody

31. Cheerfulness

32. Optimistic

33. Unbiased

34. Realistic

35. Not envious

36. Liberal

37. Broadminded

38. Selfless

39. Sharing
40. Generous
41. Self-confidence
42. Psychological independence
43. Assertiveness
44. Leadership
45. Socially bold
46. Balanced
47. Charitable
48. Hospitable
49. Conscious
50. Responsibility
51. Truthfulness
52. Impartiality
53. Loyal
54. Carefulness
55. Humble
56. Sympathetic
57. Stable
58. Ambitious
59. Perfectionist
60. Focused

Negative qualities to eliminate in order to become a successful
cosmetologist. • We have a lot of negative qualities that can be discarded

to become a successful

cosmetologist. Qualities like

1. Revengefulness
2. Aggressiveness
3. Cruel
4. Lack of focus and concentration
- 5.

Forgetfulness

6. Impulsive
7. Impatient
8. Lazy and lethargic
9. Untidiness
10. Irregular and unsystematic
11. Inefficient

12. Lack of punctuality

13. Lack of preserve aliens

14. Lack of initiative

15. Excessive Indifference

16. Ill-mannered

17. Depressed

18. Habitual of blaming others

19.

Biased

20. Attention seeking

21. Conservative

22. Stubborn

23. Self-centered
24. Selfish

25. Possessive

26. Shy

27. Unsympathetic

28. Disobedient

29. Corrupt

30. Daydreamer

31. Ambiguous

Questions

1 mark

1. What is internal personality?
2. What is external personality?
3. What is personality?

2 marks

1. Define personality
2. What do you mean by assets?
3. How to evaluate one's self?

5 marks

1. Write down the importance of communication skills for personality

development. 8 marks

1. What is the day to day measures for personality development?
2. Write down the importance of clothing and emotion for the personality development

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Chapter-2 Self-Confidence

Meaning of self-confidence

- It means confidence in one's self and one's powers and abilities. →It commonly refers to simply believing in one's self.
- As per psychology, self-confidence is defined as an individual trust in his/her abilities, capabilities, and own judgment. Self-confidence can help a person successfully faced day-to-day challenges and demands.
- Self-confidence can also bring more happiness as the person is happy with her/his success.
- Well, a person can feel better about her/his capability can feel more energetic motivated, and also can achieve the goal easily.
- It is also similar to self-efficiency based upon individual future performance, which is based on the prior performance and also focused on a part.

Reasons for lack of self-confidence

- Lack of self-confidence is an issue that is affecting people's performance nowadays. →It

is mostly due to negative experiences and act as a handle to become successful. →Due to fear and failure lacking confidence make a person face difficulties in taking the initiative.

→Fear of other people's opinions.

→Fear of criticism.

→Assuming others are better than oneself.

→Avoiding social gatherings and events giving a reason for everything he/she does. →Snapping back aggressively towards criticism.

→Taking defensive postures like folding hands accompanied by crossing legs. →Seeking people's approval.

→Judging himself or herself by what people say and think.

→Inability to make decisions for oneself.

→Panicking and getting over-concerned at crossroads in life. →Few of the points are there which affect psychological a person into losing their self-confidence

a.Neglect during childhood

→Children living in families with constant fights between parents can cause the child to think that he/she might somehow be responsible for all the problems and end with self-confidence. Then the child grows up he/she is deprived of self confidence. b.Abuses

→Sexual abuse in childhood can make a child prone to abuses in the future from other people in their life.

→Family with a history of alcohol and drug abuse can also result in the child to lack of self-confidence.

c.Appearance

→Children and adult who are obese often find it difficult to boost their self confidence
→Due to shyness caused by their appearance, they tend to stay away from social gatherings.

Boosting one's confidence.

How to boost one's confidence.

- To boost one's confidence few points are to be followed.
- Pick the good.
- Determine the action.
- Define the process.
- Do the work.
- Evaluate and adjust.
- To boost your confidence first take all those things which can help to gain your confidence.
- After picking a goal next figure out the way to gain experience in the particular thing.
- Eg: If you want to speak confidently on stage you can do this by speaking in front of a mirror first to practice.
- It is the practice that is important before you evaluate the process. →So you need to figure out what it is that you need to experience in order to do the action properly.

→You will also need to figure out X number of times you need to practice. →It is the part of a practice where you put your hand down to do what you are committed to.

→Now it's time to achieve your goals and observe the way you are inside.

→Honestly evaluate yourself and ask yourself if the experience that you gained has directed you towards the right objective. If the answer is yes it's great. →If the answer contradicts then ask yourself to evaluate where the fault is.

Self-confidence on the job.

→Self-confidence refers to the trusted person has in its abilities and judgment which enables him to express his knowledge and opinion freely with no or little difficulty.

→Self-confidence is not a permanent state of mind a person's level of confidence may decrease or increase in a period. When some people are confident all the time others tend to experience fluctuating situations and other groups of people have almost no confidence at all.

→Self-confidence is dependent on various factors including the person's temperament, society, culture, educational level, wealth, trends of success, and failures. →A highly confident person self-confident after suffering consecutive failures but whatever the case may be self confidence is always a mind game, it is dependent on the mentality or the mindset of a person do and one can become confident if he/she tries to. →Self-confidence comes always with **tremendous** advantages. Especially in your career path and job. →It is

one of the skills that is needed every step of the way. Certain positions require you to have absolute self-confidence in yourself

→Such professions are lawyers, judges, journalists, managers, Public Relations officers, actors, teachers, sales personnel, cosmetologist, etc. Self-confidence is a skill that is needed by everyone.

Importance of self-confidence on the job.

→Self-confident people can express themselves freely and create a lasting impression on the minds of employees during the applications and interviews.

→Because of the relationship bond, self-confidence and competency, people easily trust any confident people. Due to this substantial projects and valuable contracts of and awarded to highly confident employees.

→Self-confidence is the driving factor that spurs entrepreneurs and **pioneers** into commencing new projects.

→With a high level of self-confidence, you can take independent but great decisions in your organization or your field of work and you don't have to worry your superiors with constant requests for directions and instructions.

Self-confidence in social situations.

→ can lead to feeling confident in many situations. Here are a few points that work for you in various social situations.

1. Let your body do the talking.

- Nonverbal communication such as body language and facial expressions can be just as important as your words.
- Your posture is the key.
- Slouching and looking at the ground makes you appear to be uninterested or shy which makes it hard for both others and you to approach a conversation.
- In this agreement, it can make you seem like a pushover (as if someone could push you over).
- Standing up straight reflects confidence.
- You can remember to do this by pushing your shoulders back and looking in a window or mirror from time to time to catch yourself.

2. Be mindful of your tone of voice.

- A friendly or gentle tone of voice is helpful and any kind of communication especially an uncomfortable one.
- When you are mindful of how you say things you will feel more confident. ● You make others feel at ease if your voice is calm and/or friendly stay away from sarcasm
- It can confuse others and makes you feel extra insecure if they don't get it. try to speak not louder just slower.
- You want others to hear you and be careful not to sound aggressive. ● The best tip I have ever received is to practice talking about something in a mirror and watch how you

say it and how you interpret your tone of voice.

3. Be a good listener.

- How you listen is just as important as what you say.
 - Put down your phone take out your earphones and try to focus on what is being said.
 - Look directly at the person who's talking to you.
 - Communicating with your facial expressions does not mean you stare at them the entire time and make them feel uncomfortable you need to maintain eye contact from time to time.
 - If someone is talking about their rough day or is trying to vent don't respond with "oh your day was bad. Listen to what happened to me". If you want to change the conversation to focus on you validate them first " I'm sorry that sucks. What did you do?" it is much better response and makes them feel like they can share with you.
- ### 4. Take a reality check.

- If you think that you're going in the opposite direction of positive or confident thinking, stop and check the fact.
- A client did this with success and recently she said, " when I was worried what my new friends would think of me for showing up to a party I was invited to. I remembered that they invited me so they want me to be there". She was able to see the truth, her friends probably wanted her there but her anxious thoughts neither feel insecure rather than feeling socially confident about the situation.

5. Smile.

- If you are unhappy don't try to fake it but smiling generally lightens your mood and makes other people respond more positively to you.

- Research shows that if you smile why you are on the phone with customer service or frustrating people they respond better to your request. Just seeing a friendly face makes you more approachable and lead others to view you as more confident. This also can make you feel more confident making a smiling triggers happy emotions.

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Chapter-3 Professional attitude

towards patrons/customers.

- Your attitude towards work and determine your profession of work which affects your productivity and valuable level and determine your overall success.
- A positive professional attitude creates more productivity and also helps to maintain and also increases job satisfaction.
- Our attitude consists of internal and external components. ● The internal

component involves the way you display yourself whereas the external component involved the way you display to others.

- In the workplace a professional attitude

consists of several attitudes.

- Effectively managing your tone.

- Display of leadership.

- Working ethically.

- Determination.

- Acting and thinking creatively.

- Appreciating **diversity**.

- Focusing on customer satisfaction.

- Managing conflict effectively.

- Displaying emotional intelligence.

- Emotional intelligence means not let your emotions overpower you. Learn to control them. This can help you **tackle** stress successfully and manage conflictual situations with utmost calmness.

- To display a positive professional attitude you need to think about and decide how you want to be received by others.

- Act **cordially** with your co-workers and respect your supervisors. ● If conflicts arise within your co-workers stay calm and try to help solve the problem with the ten understanding and nonjudgemental attitude. ● Avoid conflicts with your co-workers

when you disagree with the decisions and do not ask any questions.

- Always be mindful of your body language.
- Acknowledge your mistakes and do not **hesitate** to admit them, so that everyone can know that you will be more careful in the future not to repeat the mistake.
- Share the credit with others building a sense of unity and cooperation that will go along effectively.

Chapter 4 The students should be able to evaluate one's self

- Every Women's Assets

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both you and the listener. 3. An unfamiliar language can develop

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Chapter-5 Care of skin (self-care)

Skin is the outermost part of our body. Based on the surface area. It is the largest organ. It acts as a cover to our body. Generally, the skin has 3 layers

1) Epidermis

ii) Dermis

iii) Subcutaneous layer.

1) Epidermis

The epidermis is the outermost part of our body. It is the dead layer. It has blood supply only in the deepest layer

2) Dermis

It is the true skin because it contains the nerve cells, the blood vessels, sebaceous glands, hairs root, sweat gland, the color pigment, melanin layer.

The dermis is the second layer. All the functions of the skin are done here. The dermis is the thickened part of the skin

and is divided in to • Papillary layer

- Reticular layer

3) Subcutaneous layer

It is the last layer of the skin. This layer is formed by the deposition of the fat cells. This layer gives a cushion to the internal organ. The subcutaneous layer gives a rounded structure to the body. Amount of subcutaneous tissue more in the female body in comparison with the male body. The fat helps to keep the skin smooth and gives energy in necessity.

The whole body is covered with skin. But the thickness varies in different part, Skin is thickest in the palm and sole of feet and thinnest in eyelid

Division of **Epidermis**

- Epidermis is divided into 4 layers.

1) Stratum Corneum

The cornified layer is the surface layer of skin. The cells in this layer contain a hard substance called keratin & the entire surface is covered by a thin oil layer. So this layer is tough and nearly waterproof. The cells are constantly worn away and shed.

2) Stratum Lucidum

The clear layer consists of a thin layer of small cells through which light can pass.

3) Stratum Granulosum

The granular layer contains cells that are nearly dead. These cells look like granules & move towards the surface of the skin. They replace cells in the cornified layer that have been worn away.

4) Stratum Germinativum

This germinative layer lies just above the dermis. In this layer, new cells are continually formed. Among the new cells, special cells melanocytes are formed which contain melanin a brownish pigment that determines skin colors. People with fair skin have fewer melanocytes. People with no melanin suffer from

albinism. Melanin protects the skin from the UV rays of the sun. When skin is exposed to sunlight melanocytes produce a greater amount of pigment for protection. This is called tanning.

TYPES OF SKIN

There are mainly 4 types of skin, that is

1. Oily skin
2. Dry Skin
3. Normal Skin
4. Combination Skin

1) Oily Skin

- In this type of skin looks oily & shiny.
- Presence of sebaceous glands is overactive in such type of skin. So the amount of oil secretion is more in this type of skin. These skins are thick and coarse (rough)
- Open pores are visible in oily skin. Pimples, blackhead, white head, and acne are common problems in such type of skin,
- It is acidic in nature. Due to excess secretion of sebum.

2) Dry Skin

- This skin looks dull and dry.
- The sebaceous glands are not active enough in such types of skin. Due to the less secretion of these skin are dry

- Flakes and wrinkles are the problems in this type of skin.

- Due to the dryness this type of skin easily wrinkles.

- Blood circulation is poor in such type of skin.

- It is alkaline in nature. Due to less secretion of sebum.

3) Normal Skin

It is the best type of skin. This type of skin gives a velvet and soft/smooth appearance

- With balanced oil and moisture, these types of skin have the finest texture.

- There are no visible pores, smooth to touch

- It tends to become drier with

- Blood circulation is good in such type of skin. Due to this, it has a pinkish glow.

- These types of skins are less common in comparison with dry skin and oily skin.

- It is acidic,

4) Combination Skin

- The most common skin type found is combination skin. •It is a combination of both oily & dry skin.

- In such skin type the T-zone (forehead, nose, and chin) is oily and the rest of the face is dry or normal.

- It shows the problems of both dry and oily skin.

- It is acidic.

CAUSES OF OILY SKIN

It is caused by the overproduction of sebum by the sebaceous gland. It is generally found in young people i.e. from the age 16 to 25 years. In special periods the skin becomes oily such as during adolescence. It starts and decreases with growing age. During pregnancy due to hormonal imbalance, the oil glands get activated and secrete more sebum which causes the skin to be more oily.

DISORDERS OF OILY SKIN

Pimples, boils, flakes, acne, blemishes are the common skin disorders are seen in oily skin

CAUSES OF PIMPLES

- Hormonal Imbalance
- Emotional Imbalance
- Irregular diet (Diet with lots of spices, along with wrong timing & wrong menu
- Excess use of drugs.
- Avoid massage and scrubbing
- Application of astringent twice a day to draw out extra oil

CARE FOR OILY SKIN

1) Home Care

• At least 8 to 10 glasses of water should be taken daily •

Proteinous diet should be taken ie fresh

vegetables, fruits, etc. •Hair must be clean and dandruff free

• Regular elimination is required

• Regular cleansing at least twice a day is a must. • Antiseptic

cleanser should be used regularly / daily • Light massage by an oil-

free medium like orange, lemon, etc should be done.

2) Parlour treatment

•Whitening once a month.

• Monthly once bleaching can be done if necessary.

3) Care for skin with pimples

•Never apply any cream or greasy thing

•Weekly once steaming and a pack can be applied.

•Never try to break the pimples.

•Don't use oil in har

•No spicy and oily food should be taken and avoid sour and

chilling things

•Medicated soaps are proffered like Neam, NICO,

Margo, etc. •Avoid massage and scrubbing

- Application of astringent twice a day draw out extra oil

PACK FOR OILY SKIN

Pinch of Multani mitti, hold, Chandan powder, or sandalwood powder,

camphor, 2 drops of honey, rose water, tulsi, or mint leaf powder.

lemon/lemon peel powder, tomato, potato or cucumber Juice

Special pack for oily skin

The white part of the egg, curd, orange peel, or lemon peel

powder tomato juice

CAUSES OF DRY SKIN

- Lack of sufficient water or moisture is the main cause of dry skin.

- Insufficient amount of oil secretion

- Aging is another cause.

- Due to irregular blood circulation it looks dull and down. The

contributory factor for it is the use of cosmetics, exposure sun &

wind, A.C. (Air Condition)

Disorders of dry skin

- It chaps, flakes, and peels easily

- Even at a young age, it shows wrinkles and lines particularly around

eyes and mouth

- After the age of 25 to 30 dry skins are seen more.

CARE FOR DRY SKIN

1) Home Care

- You should use glycerin soap
- Daily cleansing with cleansing milk
- Daily massage with own hand by using a soft cream and moisturizer and use of pack with a mixture of honey rose water, sandalwood powder, almond powder.
- Steaming is necessary weekly once
- Application of nourishing cream
- Avoid powder and make-up
- Avoid dieting and have a protein diet
- Supplementary factors can be added in food such as butter, ghee, oil, cream, etc.
- Avoid frequent bleaching

2) Parlour treatment

- Facial thrice a month
- Anti-wrinkle cream can be applied

PACK FOR DRY SKIN

- A pack of sandalwood powder, almond powder, honey, rose water, camphor, cucumber powder can be used for dry skin

NORMAL SKIN

Care for Normal Skin

1) Home Care

- At a young age treat it as oily skin.
- Weekly once whitening in own hand and steaming.
- After the age of forty years treat it as dry skin.

2) Parlour treatment

- Once in a month mini facial is needed.

Pack for Normal skin

A pack of honey, rose water, sandalwood powder, besan, a pinch of haldi, juice of potato or cucumber can be applied on normal skin.

COMBINATION SKIN

Care or combination skin

1) Homecare

- Never apply any cream or greasy things
- Weekly once steaming & pack can be applied
- Never try to break pimples.
- Don't use oil in hair
- Avoid spicy, oily, sour, and chill things.
- Medicated soap should be used
- Excess massage should be avoided.

2) Parlour treatment

- Whitening once a month
- If necessary bleaching once a month

Pack for combination skin

Pinch of turmeric, Chandan powder, camphor, honey, rose water, mint, tulsi or neem powder, lemon or lemon peel powder, tomato,

potato or cucumber juice pack can be applied on combination skin and

Multani mitti can be used only in the oily areas with this pack.

OTHER TYPES OF SKIN

Apart from these major types of skin another 3 types of skin are also

seen. 1) Sensitive skin

2) Aging Skin

3) Hydrated Skin

1) Sensitive Skin

It reacts to external changes and sometimes it gets red or may start itching.

2) Aging Skin

Aging skin is time-tired skin. They are the result of a cluster of wrinkles and tiny cross lines. The skin around the throat begins to

sag 3) Hydrated Skin

These types of skins have too much moisture and look puffy. They

suffer from poor circulation of blood which causes swollen and gives a puffy look. These conditions may indicate that the skin may become closed with toxins and waste materials. It usually found in older people • Due to improper blood circulation, the toxin and waste materials are not properly purified in blood circulation. So waste material and toxins are deposited here.

FUNCTION OF SKIN

Skin is one of the most important organs of our body. It performs many functions and is highly efficient

- It covers our internal organs
- It gives an appropriate shape to the body much more than merely hold us together
- It protects us from the air, water, weather, dust, bacterial infection, sun-rays and other external factors • It also eliminates waste matter such as perspiration (sweating) • It regulates and maintains body temperature.

- It reflects the state of our internal health and our emotion

GOOD COMPLEXION

A good complexion is an unblemished uniform in color, whether black or fair. It is firm, smooth, and resistant. Skin is one of the

greatest indications of good and bad health.

Some essential needs for lovely skin are:

1. Well balanced diet
2. Personal hygiene, and skincare
3. Fresh air and exercise
4. Sufficient sleep
5. Positive attitude and positive thinking
6. Mental stability

MINIFACIAL

A facial is a process by which we can take care of the face and

give it a smooth and glowing look. It consists of five

stages those are : 1) Cleansing

2) Steaming or vaporizing

3) Nourishing

4) Mash or pack application

5) Toning

1) Cleansing

This is the process by which we can remove the dirt, dust, grime, and other

unnecessary things from the deep pore of the skin. We can use cleansing milk

for dry and normal skin and an oil-free cleanser for oily and combination skin.

Astringent can be used before the cleanser in oily and combination skin. After cleaning we can apply a scrubber for better exfoliation with light pressure. It removes the dead skin due to the presence of granules. It has an acupuncture effect which helps to increase blood circulation.

2) Vapourising / Steaming

It acts as a deep cleaning substance. In this process the pores are opened widely due to the heat and the excess oil toxin comes out easily Blackheads, whiteheads can be removed easily. It increases the moisture.

content stimulates the blood circulation & nervous system. The steamer should be used for 2 to 3 minutes only at a time.

3) Nourishing / Application of cream

To make the skin healthy & soft this application is required. You can massage the skin with essential oil or suitable cream.

Massage should be age-appropriate that is from 16-20 light pressure should be used. After the age of 25, the pressure should be increased

After 25 cream and massage should be given according to the skin requirement Importance of Nourishing

- Relaxation
- Stimulation of skin by absorbing nourishing cream
- Tones muscles of the skin

- Activate glands
- Stimulates blood circulation
- Relief pain
- Helps to fat dissolve
- Lymphatic drainage

4) Mask or Pack application

Mask or pack is very necessary for all skin. First, identify your skin type then apply the pack. Apply the pack or mask with

the help of a brush. Leave it for 15 to 20 minutes then rinse off with water

- Oily skin - Lukewarm water
- Dry Skin - Normal water

Importance of pack

- 1) It removes dead cells
- 2) Supplies oxygen to the skin

For dry skin always use a herbal pack

For oily skin use anti pimple pack

5) Toning

Toning is the process that closes the pores opened by steaming and nourishing process

- and ● An ice cube or cold water can serve as a tonner,
- Cucumber, tomato juice act as a good tonner
 - Rosewater can be toner for dry skin.

- For oily skin use astringent with toner

Toner usually contains water and alcohol

Pack for any type of skin

- Sandalwood powder 1 tsp,
- Haldi 1/2 tsp,
- Neem, Mint, or Tulsi leaf powder 1/2 tsp,
- Honey 2 drops,
- Cucumber powder 1/2 tsp,
- Camphor 1pc

Definition of cleansing, nourishing, vapourising, toning

1) CLEANSING

This is the process by which we can clean our skin

thoroughly but the cleansing varies according to the need of the skin

- For normal skin cleansing 2 to 3 times a day is sufficient
- For oily skin a frequent cleansing is necessary because it accumulates lots of grime and dirt during the whole day.
- For dry skin, it is best to avoid frequent washing and cleansing but it is important to clean your skin before going to sleep.

Types of cleanser

1) Soap

Soap is ordinarily used as a cleanser soap contains fat. It works effectively as cleansing grim, dirt, dust soap also removes some cosmetics, out of the heavily pigmented cosmetics and eye make-up product are not easily removed. If soap is not rinsed thoroughly with water it will destroy the natural oil content of the skin and also attract dirt

Precaution

- Soap should be rinsed thoroughly otherwise it will damage natural oil content of the skin
- it may also irritate the skin
- The residue of soap attracts dust to the skin
- As it impacts the amount of the natural oil content of the skin it leads to the drying impact of the skin.
- Being alkaline soap neutralizes the natural acidic film on the skin
- Generally, we find different types of soap in the market like medicated soap, ordinary soap (which removes some amount of bacteria from the surface of the skin)
- Medicated soap is antiseptic whereas ordinary soap contains synthetic materials. Sometimes some soaps cause

allergies in skin

Types of Soap available in market pH Soap

pH soaps are formulated in a way that doesn't disturb the pH of the skin. They are preferred for any type of skin

Example: Johnson's baby soap

Moisturizing Soap

It is nothing but ordinary soap added with moisture content.

These don't have any advantages because while using the moisture is washed away or stays only for 2 to 3 hours

Example - Dove

Transparent Soap

This type of soap contains fatty materials that prevent stripping of surface film or surface oil, some of the natural oil is removed during the cleansing process.

Examples - Pears

Superfatted soap

This is nothing but the same as the transparent soap whereas this deposits an emollient film to replace some of the natural oils that are removed during the cleansing process.

Examples - Dove, Pears

Liquid Soap

This soap is nothing but ordinary soap in liquid form

Example Savion, dettol, lifebuoy

Cleansing agent

There are a lot of alternatives to soap and water i.e. cleansers available in the form of cream, milk, lotion, gel, and liquid. All these are closely related.

A mixture of oil, wax, and water makes the cleansing agent. According to the skin type, the products are manufactured

Cleansing Process

Whenever you clean your skin with a cleanser don't stretch, drag or pull on your skin. Dab the cleanser all over the face with light patting

movement with the fingertips and leave the cleanser for 1-2 minutes so that the cleanser will penetrate the pores and loosen the pores. So that

the dust and make-up will remove. Wipe off/out with the help of damp cotton with upward and outward movement you can use small circular movement along the lines of the face.

2) VAPOURISING

In this technique, the skin is exposed to vapor or steam. Steaming/vaporizing opens the pores, vapors penetrate it (pores), and deeply cleanses the pores. By which all the hidden grease and dirt come out to the surface and can be cleaned thoroughly and easily. As blood circulation increases by vapourising, the face gets a pink glow. Vapourising should not exceed more than 5 minutes in severe seborrheic conditions.

Method

In the market, there are electrical steaming machines which are available, The water boils within

a minute and vapor starts to come out. Covering the head with a towel traps the vapor inside (expose the face only). Hold your head as close to the vapor as you can without any discomfort. Allow the vapor to move down your face by which the pores open widely and blackheads and whiteheads can be removed easily.

Now such steamer is available that you don't need to bring your head on the steamer but the steam can be thrown on your face where you are. Without an electrical steaming machine, the same effect can be obtained by using a basin filled with steam or hot water and bending over the basin with a towel around the head.

3) NOURISHING

It is the technique of massage with some nourishing agent like cream, oil, etc to nourish the skin. It can help to ease tension, smoothen and tighten muscles and relieve pain. The medium of nourishment should suit the skin type.

Steps of Massage

- Apply the cream all over the face and neck
- Then start the massage process from the neck with circular movements towards the jaw.

This process is repeated 3 times, then given scissor movement at the jawline with index finger and middle finger.

Then small circular movement was given with index finger and middle finger around the lip.

- The cheek area was covered with an upward circular motion from middle of face towards the ear with the pad of fingers.

- Then the laughing line was covered with a circular motion from corner of lips to corner of the nose.
- Cover the nose area with circular movement from the tips of the nose to the origin of the nose. • Give small circular movement on the eyelid from the inner eye corner towards the end of the eye, then from the end of the eye to eye-nose corner on the lower lid. Massage should be given with the ring finger.
- Given 'S' and 'B' movement in the same direction to cover the eye. Then give large circular movement to cover the eye area. Then give cupping movement to each eye. • With the middle finger one following the other lift the eyebrow upward
- Then give pinching movement with thumb and index finger on both the eyebrows.
- Then give circular movement from eyebrow line to hairline covering the forehead.
- Give zig-zag stroke in the same direction to cover the forehead area • Then give slapping movement from the middle of the forehead to towards the temple. Then give vibration with pressure on the temple
- lastly given cats and crawl movement from neck to forehead covering the whole face • Repeat all these steps 3 times,
- Complete the massage process with slapping topping and pinching movement.

TONING

Toning is the last technique used in all facial treatments to close the pores opened by cleaning and vapourising Skin freshness, astringent and readymade tonner is used for toning. A tonner

contains alcohol and water. There are some other added actives

are also used 1) Alcohol

2) Water

3) Glycerin

4) Menthol

5) Camphor

6) Baric acid

7) Rosewater

8) Alum

9) Whitehopped

Alcohol has drying effects. So the tonner intended for dry skin has

none or a little alcohol. While products for oily skin are of high alcohol

content. Tonner not only tones the skin but also removes some

amount of grease and makes the skin

feel fresh

Tonner can be used as a pre-makeup base because it also

restores the acidic and alkaline balance of the skin as

they are pH balanced NOTE

While giving massage our movements should be from insertion to origin while cleansing, nourishing, pack & toning we start either from neck or forehead. But generally, neck to forehead direction is preferred.

Questions

2marks

1. Define Personality
2. What do you mean by assets?
3. How to evaluate oneself?
4. Write down a pack for oily skin.
5. Write down the disorder of dry skin.
6. Write down the causes of pimples.
7. State the different skin types.

5marks

1. Write down the importance of communication skills for personality development? 2. Define oily skin and home remedies for it. 3. Write down the remedy for combination skin.

8marks

1. What are your day to day measure for personality development? 2. Write down the importance of clothing and emotion for personality development? 3.

Describe the structure of skin with a diagram.

4. Briefly describe mini facial.

5. Write down the function of the skin.