

**MOUNT CARMEL COLLEGE AUTONOMOUS, BANGALORE**  
**DIPLOMA IN COSMETOLOGY (Beauty and Wellness)**  
**2025-2026**

**SYLLABUS**

**Duration –360hrs – 6months**

**Paper 1. Cosmetology in advance**

**Objectives**

1. To prepare the equipment, products and work area ahead of service delivery to ensure the efficiency and effectiveness of conducting treatments considering the standards of operation.
2. To have knowledge, understanding, skills and abilities required to provide
  - a. Skin care
  - b. Clean-ups and Facials
  - c. Manicure and Pedicure services

**Theory**

**6 hours**

1. Understanding health and safety practices
2. Understanding communicable diseases
  - a. Infection control practices
    - Hygiene
    - Sanitation, Disinfection and Sterilization
    - Waste disposal
  - b. First aid
3. Skin basics
  - a. Nutrition and skin health
  - b. Understanding skin diseases
4. Skin consultation and analysis
5. Facial
  - a. Scientific approach to Facials
  - b. Study of Electricity and machine
6. Manicure and pedicure
  - a. Nail/hand/foot/anatomy
  - b. Understanding nail diseases
  - c. Scientific approach to manicure and pedicure

## **Practical skill**

**4X15=60 hours**

1. Understanding health and safety practices
  - a. Prepare the work area
  - b. Disinfect and prepare a sterile kit
  - c. Dispose waste materials as per guidelines
  - d. Prepare first aid kit
2. Perform skin consultation and analysis using the equipments
3. Facials
  - a. Perform basic facial care / face clean-up process using the tools and materials and as per process laid down by the organization
  - b. Perform safe manual extraction
  - c. Perform safe handling and usage of machines
4. Manicure and pedicure
  - a. Prepare self and client
  - b. Carry out manicure services
  - c. Carry out pedicure services
  - d. Post treatment procedures
5. Understanding skin and nail product
  - a. Read product labels and recommend products appropriately
6. Occupational safety
  - a. Identify hazard labels
  - b. Using personal protection gears
  - c. Demonstration right work posture and basic exercises
7. Anti-pigmentation treatment

## **Paper 2 Hair treatments and Hair cuts**

### **Objectives**

1. To have knowledge, understanding, skills and abilities to perform basic hair care in the form of shampooing, drying, cutting, styling and colouring.
2. To have knowledge, understanding, skills and abilities required to carry out basic depilation services.

### **Theory**

**5 hours**

1. Hair science
  - a. Structure & composition of hair
  - b. Hair growth cycles & growth patterns
  - c. Factors affecting hair cycle and texture
  - d. Understanding hair and scalp diseases
2. Hair consultation and analysis
3. Shampooing and conditioning
4. Science of blow-dry and finishing hair
5. Hair cutting
6. Hair colouring
7. Keratin Treatment

8. Permanent Hair straightning
9. Mens hair cut

**Practical skill  
hours**

**6X15=90**

1. Perform hair consultation and analysis
2. Shampooing and conditioning
  - a. Prepare shampoo station
  - b. Carry out shampooing and conditioning choosing products, tools and equipment
  - c. Suitable for the client's hair and scalp condition
3. Carry our blow-drying and finishing hair
4. Hair cutting
  - a. Prepare for haircutting services
  - b. Provide haircutting services adapting various cutting techniques
5. Creative hair styling and dressing
  - a. Provide clear recommendations to the client
  - c. Create a finished style that is to the satisfaction of the client
6. Hair colouring
  - a. Prepare self, the client and work area for colouring services
  - b. Perform patch test
  - c. Provide colouring services
  - d. Provide suitable aftercare advice

**Paper 3. Spa therapy and Massage therapy**

**Objectives**

1. Understanding the science behind massages
2. To have knowledge, understanding, skills and abilities to perform basic types of hair, head and face, body and hand/foot spa massages.

**Theory**

**3 hours**

1. Different types of spa massage therapies
2. Head Massage techniques

**Practical skill**

**3X15=45 hours**

1. Hair spa
2. Hair fall and dandruff treatment
3. Oil massage
4. Hand and foot spa
5. Perform client consultation and help in choosing the desired spa massage therapy by identifying the influencing factors
6. Prepare self, client and work station for spa massage therapy
7. Demonstrate common massage techniques
8. Perform the basic types of

- a. Hair spa
- b. Head and face spa
- c. Hand and foot spa
- d. Face massage, leg massage , hand massage

#### **Paper 4. Makeup artistry in advance and saree draping**

##### **Makeup artistry**

##### **Objectives**

1. To understand the aesthetics of the face, makeup tools and techniques
2. To have knowledge, understanding, skills and abilities to perform basic types of makeup

##### **Theory**

**5 hours**

1. Skin and hygiene, Understanding Skin type
2. Understanding aesthetics of face
3. Makeup tools
  - a. Colour wheel and colour correctors
  - b. Introduction of brushes and tools required
  - c. Preparation and correction of skin before make up
  - d. Correcting and concealing
  - e. Eye shapes and types
  - f. Lip correction and lipstick filling
  - g. Different type of eyeliner
  - h. Lash application and choosing lashes
  - i. Cream, liquid and powder contour
  - j. Eye shadow, eyelashes, Eyeliner, blusher & lip colour
  - k. Working with highlight & shade
4. Make-up consultation

##### **Practical skill**

**4X15=60 hours**

1. Perform makeup consultation and help in choosing the desired makeup by identifying the influencing factors
2. Prepare self, client and work station for makeup
3. Demonstrate proper care of brushes and other tools
4. Demonstrate prepping of skin and finding the correct foundation/concealer
  - a. Corporate makeup
  - b. Party makeup
  - c. Bridal look
  - d. Stage make up

##### **Saree draping**

**1X15=15 hours**

##### **Indian style saree draping**

- a. South Indian Saree Draping
- b. Different types of Lehenga dupatta draping

## **Paper 5. Hair stylings**

### **Theory**

**4 hours**

1. Hair styling product and tools knowledge
2. Thermal hair styling method
3. Textures of hair

### **Practical skill**

**4X15 = 60 hours**

1. Basic Section of hair
2. Basic hair styles
3. Curling (using straightener, curler, blow dry curls)
4. Providing volume with blow dry
5. Different types of braids
6. South Indian bridal hairstyles
7. Different type of bun
8. Uses of hair extensions
9. Back combing techniques

**SYLLABUS FOR CERTIFICATE COURSE IN COSMETOLOGY  
SHORT TERM COURSE**

**MOUNT CARMEL COLLEGE AUTONOMOUS**

**BANGALORE**

**2025-2026**

**Duration – 360hrs**

<b>Paper-1</b>	<b>(66 hours)</b>
<b>Cosmetology in advance</b>	
<b>Paper-2</b>	<b>(90 hours)</b>
<b>Hair treatment and hair cuts</b>	
<b>Paper-3</b>	<b>(45hours)</b>
<b>Spa therapy and massage therapy</b>	
<b>Paper-4</b>	<b>(80hours)</b>
<b>Make up Artistry in advance and saree draping</b>	
<b>Paper-5</b>	<b>(65 hours)</b>
<b>Advance hair styles</b>	
<b>Internship</b>	<b>(15 hours)</b>