

**MOUNT CARMEL COLLEFE AUTONOMOUS  
BANGALORE**  
**Certificate course for Beginners in Cosmetology ( Beautician Course)**  
**2025-2026**

**SYLLABUS**

**Duration – 240hrs –3 months ( Short term course)**

**Paper 1. Cosmetology basics**

**Objective:**

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**

**3hours**

1. Understanding health and safety practices
  - a. Infection control practices
    - i. Hygiene
    - ii. Sanitation, Disinfection and Sterilization
    - iii. Waste disposal
  - b. First aid
2. Skin consultation and analysis
3. Facial
4. Manicure and pedicure
  - a. Nail/hand/foot/anatomy
  - b. Understanding nail diseases

**Practical skill**

**4X7 = 28**

1. Understanding health and safety practices
  - a. Prepare the work area
  - b. Disinfect and prepare a sterile kit
  - c. Dispose of waste materials as per guidelines
2. Perform skin consultation and analysis using the equipment's
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.
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

## **Paper 2 Hair basics**

**3hours**

### **Objective:**

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**

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

6X15=60

### **Practical skill**

1. Perform hair consultation and analysis
2. Shampooing and conditioning
  - a. 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 out blow-drying and finishing hair
4. Hair cutting
  - a. Prepare for haircutting services
  - b. Provide basic haircutting services adapting various cutting techniques
5. Creative hair styling and dressing
  - a. Provide clear recommendations to the client
  - b. 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 Massage therapy**

Objective:

- 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**

2hour

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

#### **Practical skill**

##### **1. Hair spa**

##### **2. Hair fall and dandruff treatment**

**4X10= 40**

3.

##### **4. Oil massage**

##### **5. Hand and foot spa**

- 1. Perform client consultation and help in choosing the desired **spa massage** therapy by identifying the influencing factors
- 2. Prepare self, client and work station for **spa massage** therapy
- 3. Demonstrate common massage techniques
- 4. **Perform the basic types of**
  - a. **Hair spa**
  - b. **Hand and foot spa**
  - c. **Face massage, leg massage , hand massage**

### **Paper 4 Makeup Artistry and saree draping**

Objective:

- 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**

**6hour**

- a. Skin and hygiene, understanding Skin types
- b. Understanding aesthetics of face
- 1. 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. Cream, liquid and powder contour
  - i. Eye shadow, eyelashes, Eyeliner, blusher & lip colour
  - j. Working with highlight & shade
2. Make-up consultation

4X10=40

**Practical skill**

1. Prepare self, client and work station for makeup
2. Demonstrate proper care of brushes and other tools
3. Demonstrate prepping of skin and finding the correct foundation/concealer
4. Perform
  - a. Basic make up
  - b. Day make up
  - c. Party make up demo
  - d. Bridal make up demo

**Saree draping**

**1X10=10**

Indian style saree draping

- e. South Indian Saree Draping
- f. Different types of Lehenga dupatta draping

**Basic hair styling**

**1.Hair styling product and tools knowledge**

**2. thermal hair styling methods**

**3. Textures of hair**

**3X15=45**

**Practical skill**

- a. Basic Section of hair
- b. Basic hair styles
- c. Curling (using straightener, curler, blow dry curls) (5hour)
- d. Providing volume with blow dry
- e. Different types of braids
- g. Different type of bun
- i. Back combing techniques

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

**MOUNT CARMEL COLLEFE AUTONOMOUS**

**BANGALORE**

**2025-2026**

**Duration – 240hrs**

**Paper-1 (40 hours)**

**Cosmetology basics**

**Paper-2**

**Hair basics (65 hours)**

**Paper-3 (40hours)**

**Spa therapy**

**Paper-4 (95hours)**

**Basic Make up Artistry and saree draping**