

CCE RF

NSQF LEVEL-2

**KARNATAKA SECONDARY EDUCATION EXAMINATION BOARD, MALLESWARAM,
BANGALORE – 560 003**

NSQF LEVEL-2 EXAMINATION, MARCH/APRIL, 2017

MODEL ANSWERS

Date : 10. 04. 2017]

CODE NO. : **90-EK**

Subject : Beauty & Wellness

(English Version)

(Regular Fresh)

[Max. Marks : 60

Qn. Nos.	Value Points	Total
I. 1.	B — diary products	1
2.	D — alopathy	1
3.	A — massage	1
4.	C — threading	1
5.	D — dead cells of skin	1
6.	A — removing unwanted hair	1
7.	B — Lakme	1
8.	D — citric acid	1
9.	C — heel-to-toe walk	1
10.	A — Swedish massage.	1
II. 11.	Polish the nails	1
12.	Conditioner	1
13.	Pedicurist	1
14.	Nail technician	1

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[Turn over

Gn. Nos.	Value Points		Total
III. 15.	i) d) — asthma, cough-cold ii) e) — burns, wounds iii) b) — fungal infections, athletes' foot iv) c) — digestive disorders, muscle ache		1 1 1 1
IV. 16.	Aerobics keep our heart, lungs and circulatory system healthy and improve overall fitness.		1
17.	Steaming is a method adopted to open up the pores to remove impurities from the skin.		1
18.	i) Lotus ii) VLCC iii) Ayur iv) Jovee v) Lakme vi) Dazzler vii) Himalaya } (Any two)	$\frac{1}{2} +$ $\frac{1}{2}$	1
19.	M.A.C. is Make-up Art Cosmetics.		1
20.	Aromatherapist in a beauty organisation is a person who treats a variety of physical conditions and psychological disorders using aromatic oils.		1
21.	Rolling the nail polish bottle causes air bubbles in the polish and makes the polish stick to the nails.		1
V. 22.	<ul style="list-style-type: none"> • A breakfast provides necessary energy to the body. • It keeps our body system active for the whole day. (any points related to the answer)		2
23.	Nail polish removers are made up of volatile organic compound acetone. It is harsh on the skin and nails and make them more brittle.	1 1	2
24.	<ul style="list-style-type: none"> • The water and the soap will help to loosen the dirt, dead skin and dust left over from filing and buffing. • Cuticle becomes soft. OR <ul style="list-style-type: none"> • Baby powder absorbs body oils and moisture, allowing the wax to stick to the hair. • It makes the waxing process much less painful. 	1 1 1 1	2
25.	<ul style="list-style-type: none"> • A pumice stone or a foot file or a foot scrapper is used to remove dead skin cells from the heels. • File the heels with a pumice stone or a scrub. • Use optimum pressure to scrub to avoid hurting. • Feel the area of filing and complete scrubbing. 		2

Qn. Nos.	Value Points		Total
26.	<p><i>Dress code of a beautician while waxing :</i></p> <ul style="list-style-type: none"> • Clean and washable clothes should be worn. • Plastic aprons should be worn to protect the practitioner's clothing. • Jeweleries that would come in contact with the client should be removed. • Long hair should be tied back. 		2
27.	<p><i>Duties of saloon manager :</i> He should,</p> <ul style="list-style-type: none"> • support other colleagues with managing the day to day running of business. • comply with all workplace legislation. • monitor performance towards attaining specific targets. <p style="text-align: center;">OR</p> <p>An electrologist is a specialist in hair removal process. She uses electrolysis to permanently destroy the hair follicles to stop hair growth.</p>		2 2
VI. 28.	<p><i>Cuticle removing during a manicure :</i></p> <ul style="list-style-type: none"> • Dry the nails and apply a cuticle softener. • Submerge the fingers in a small bowl of warm water and soak them for about 3 minutes. • Dry the finger nails gently using a towel. • Use a cuticle pusher to push back the cuticle on the surface of the nail by the rounded part of the cuticle pusher. • Use the pointed, sharp part to push down the cuticles and the corners of the nails. • Repeat this process for all other nails. Using a cuticle trimmer remove dead skin around the nails. Gently scrap the tip around the edge of the nail bed to remove dead skin built up. <p>These give a clean and finished look for the nail.</p>	$\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	3
29.	<p><i>Active ingredients in oily shampoos and conditioners and their uses.</i></p> <ul style="list-style-type: none"> • Grape extract (<i>Vitis vinifera</i>) — It has (a) polyphenols (b) tannins (c) procyanidins. • They have a natural photo-protector effect. • They protect hair efficiently against the damage caused by hair dyes, sun and environmental pollution. <p>Make the hair shiny and silky.</p> <p style="text-align: center;">OR</p> <p><i>Main ingredients of antidandruff shampoos and conditioners.</i></p> <ul style="list-style-type: none"> • Coal tar • Ketoconazole • Salicylic acid • Selenium sulphide • Zinc pyrithione. 		3 3

Qn. Nos.	Value Points		Total
	<p><i>Steps of hand reflexology techniques :</i></p> <ol style="list-style-type: none"> 1. Make the client sit in a comfortable chair in a quiet, darkened room. 2. Ask the clients to close their eyes and tell them to focus on any area of their body where they feel discomfort or pain. 3. Identify the reflex point on the client's hand that corresponds to the part of the body the client wants to be worked on. 4. Press the reflex point firmly. Gradually increase the pressure to trigger the reflexes. 5. Maintain pressure for 30 seconds and release. 6. Wait a few seconds and repeat. 7. Use one finger or thumb to apply gentle in a circular and anti-circular way for 5 seconds. Repeat several times for each reflex point. 8. Apply reflexology to both hands of the client. 9. Make the client sit quietly for at least 10 minutes after finishing reflexology. If possible make the client lie down and rest for half an hour. 10. Inform the client to drink several glasses of water within a few hours. 		4
33.	<p><i>Steps of applying mascara :</i></p> <ol style="list-style-type: none"> 1. Apply lash thickener before applying mascara. 2. Close your eyes while applying mascara and then take eyelid in a grip. Apply the mascara in a zigzag movement. One or two coats can be applied. 3. Take the eyebrow brush and comb the eyelashes gently and make sure that you separate each eyelash from the other. 4. For smudged mascara take a wet cotton bud and gently wipe it over the areas that need correction. <p style="text-align: center;">OR</p>		4

Qn. Nos.	Value Points		Total
	<p><i>Steps for daily make-up :</i></p> <ol style="list-style-type: none"> 1. Moisturize your face. 2. Apply foundation that matches your natural skin tone for a smooth skin effect. 3. Apply powder for that flawless look to your face and matte down any shiny areas on the face. Gently tap the powder pad on the back of your hand before applying it on your face. 4. Blush adds colour and freshens up the face instantly. 5. Pluck your eyebrows, apply eye shadow, eyeliner and mascara. 6. Define the lips using lip liner and fill up the lip colour using the brush. 7. Use lip-gloss for a glossy look. 		4
34.	<ol style="list-style-type: none"> a) Scrubbing too much when shampooing dries the hair and make them brittle. b) Pulling breaks the hair 'traction' a type of hair loss. c) Brushing wet hair will snap and break them. d) Hot water dries hair. It opens the cuticle, which makes it more absorbent to pollutants on the hair and scalp. 		4