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NSQF LEVEL-2

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

NSQF LEVEL-2 EXAMINATION, JUNE/JULY, 2022

MODEL ANSWERS

Date : 01. 07. 2020]

CODE NO. : **90-EK**

Subject : Beauty & Wellness

(Regular Repeater)

[Max. Marks : 60

Qn. Nos.	Value Points		Total
I.	Four alternatives are given for each of the following questions / incomplete statements. Choose the correct alternative and write the complete answer along with its question number and alphabet : $10 \times 1 = 10$		
1.	The main protein that builds the hair is (A) Globulin (B) Fibrinogin (C) Keratin (D) Haemoglobin Ans : (C) Keratin		1
2.	The step to be followed after shampooing the hair is (A) brush the hair when it is wet (B) rinse thoroughly with water (C) tie the wet hair tightly (D) scrub the ends of the hair thoroughly Ans : (B) rinse thoroughly with water		1
3.	The solution used to sterilize in comedone extractor is (A) Alcohol (B) Coconut oil (C) Water (D) Moisturizer Ans : A Alcohol		1

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[Turn over

Qn. Nos.	Value Points		Total
4.	The method in facial used to open up the pores and remove impurities is (A) steaming (B) cleansing (C) moisturizing (D) exfoliation Ans : (A) steaming		1
5.	An Indian brand manufacturing the pedicure product is (A) Revlon (B) Ayur (C) Maybelline (D) Chambor Ans : B Ayur		1
6.	While carrying out leg waxing in a pedicure the cooled wax strip should be pulled (A) at 90° to the hair (B) in the same direction of hair growth (C) slowly to avoid pain (D) in the opposite direction of hair growth Ans : (D) in the opposite direction of hair growth		1
7.	The One effect of less sleeping among the following is (A) make clear decision, be happy (B) fatigue, reduced creativity (C) prevent weight gain, remembering things clearly (D) better concentration and likely to get less ill Ans : (B) fatigue, reduced creativity		1
8.	Which among the following is not a basic massage stroke ? (A) Acupressure (B) Petrissage (C) Tapotement (D) Knuckling Ans : (A) Acupressure		1
9.	A reflexologists applies more pressure on the hand because in hands the reflex points are (A) weaker on the hand (B) present in the finger tips (C) very delicate (D) much deeper Ans : (D) much deeper		1
10.	The aroma from a top note essential oil may last for a maximum period of (A) 18 hours (B) 16 hours (C) 24 hours (D) 14 hours Ans : (C) 24 hours		1

Qn. Nos.	Value Points		Total																
II.	Fill in the blank with suitable answer : $4 \times 1 = 4$																		
11.	The person who styles the hairs of performers and artists in TV, film, theatre, photo shoot is Ans : make-up artist		1																
12.	An establishment dealing with cosmetic treatment for men and women is Ans : Salon		1																
13.	The name of the brand having different names as Elidor, Seder and Sedal is Ans : Sunsilk		1																
14.	The another name of hair removal is Ans : Epilation or depilation (any one)		1																
III.	Match the function of tools given in Column-A with their names given in Column-B and write correct answer along with its letter : $4 \times 1 = 4$																		
15.	Match the following : <table style="width: 100%; border: none;"> <tr> <td style="text-align: center;">Column-A</td> <td style="text-align: center;">Column-B :</td> </tr> <tr> <td>i) Removes make-up</td> <td>a) Depilatories</td> </tr> <tr> <td>ii) Forms a barrier between the skin and the make-up</td> <td>b) Foundation</td> </tr> <tr> <td>iii) Makes the skin even and covers the small imperfections</td> <td>c) Toner</td> </tr> <tr> <td>iv) Dissolves the hairshaft below the surface of the skin</td> <td>d) Wax</td> </tr> <tr> <td></td> <td>e) Cleanser</td> </tr> <tr> <td></td> <td>f) Mask</td> </tr> <tr> <td></td> <td>g) Moisturizer</td> </tr> </table> Ans : i) e) — Cleanser ii) g) — Moisturizer iii) b) — Foundation iv) a) — Depilatories	Column-A	Column-B :	i) Removes make-up	a) Depilatories	ii) Forms a barrier between the skin and the make-up	b) Foundation	iii) Makes the skin even and covers the small imperfections	c) Toner	iv) Dissolves the hairshaft below the surface of the skin	d) Wax		e) Cleanser		f) Mask		g) Moisturizer		1 1 1 1
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Qn. Nos.	Value Points		Total
IV.	Answer the following questions : 6 × 1 = 6		
16.	Define 'Anma massage'. Ans : Anma is a traditional Japanese massage involving kneading and deep tissue work		1
17.	What is the function of cuticle pusher ? Ans : Cuticle pusher is used to roll back the cuticle.		1
18.	The average ideal length of hair for waxing in hand care should be 3 mm to 6 mm. Why ? Ans : * If the hair is shorter than 3 mm, then the wax won't pull the hair out by the roots. * If the hair is too long, the client may experience significant discomfort.		1 1
19.	What are the permanent methods of hair removing ? Ans : Permanent methods of hair removing are * Short wave method (laser) * Electric tweezers * Galvanic. (any two) $\frac{1}{2} + \frac{1}{2}$		1
20.	What is 'extraction' ? Ans : Extraction is the process in which Black heads and white heads are removed from the facial skin using an extractor.		1

Qn. Nos.	Value Points		Total				
21.	Who is 'Electrologist' ? Ans : A person specialized in permanent hair removal using galvanic equipment.		1				
V.	Answer the following questions : 6 × 2 = 12						
22.	Explain the importance of Peppermint and lavender essential oils used in aroma therapy. Ans : a) Peppermint : Useful in treating * headaches, muscle aches * digestive disorders like slow digestion, indigestion and flatulence b) Lavender : * It helps in relaxing * Helpful in treating wounds, burns and skin care.	1 1	2				
23.	Mention the two differences between nail cutter and nail filer. Ans :						
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nail cutter</th> <th style="width: 50%;">Nail filer</th> </tr> </thead> <tbody> <tr> <td>Nail cutter is also known as nail clipper and nail trimmer It is a hand tool used to trim finger nails, toe nails and hang nails.</td> <td>Nail filer is a tool used to gently grind down and shape the edges of nails. Nail filer may either be emery board ceramic, glass, crystal plain metal files.</td> </tr> </tbody> </table>	Nail cutter	Nail filer	Nail cutter is also known as nail clipper and nail trimmer It is a hand tool used to trim finger nails, toe nails and hang nails.	Nail filer is a tool used to gently grind down and shape the edges of nails. Nail filer may either be emery board ceramic, glass, crystal plain metal files.	1 1	2
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24.	<p>'Nail polish remover should not be used extensively.' Give reasons.</p> <p style="text-align: center;">OR</p> <p>While shaping the nails, soaking of nails in soap water is necessary in manicure. Why ? Give reasons.</p> <p>Ans :</p> <ul style="list-style-type: none"> * Nail polish remover contains acetone which is powerful and effective, but harsh on skin and nails. 1 * It makes the nails more brittle. 1 		2
	OR		
	<p>Ans :</p> <ul style="list-style-type: none"> * The water and soap will help to loosen dirt, dead skin and any dust left over from filing and buffing. 1 * It soften the cuticles 1 		
25.	<p>List the international brands that manufacturing various pedicure products.</p> <p>Ans :</p> <p>International brands that are manufacturing feet care products are</p> <ul style="list-style-type: none"> * Maybelline $\frac{1}{2}$ * Colorbar $\frac{1}{2}$ * Chambor $\frac{1}{2}$ * Revlon $\frac{1}{2}$ 		2
26.	<p>Write a short note on 'scrubber'.</p> <p>Ans :</p> <ul style="list-style-type: none"> * Scrubbers are used for exfoliation. People with dry skin should avoid exfoliants which include a significant portion of pumice or crushed volcanic rock. 1 * Pumice is considered a good material to exfoliate the skin of the feet. 1 		2

Qn. Nos.	Value Points		Total
27.	<p>Write the duties of a beauty consultant in a beauty and wellness sector.</p> <p style="text-align: center;">OR</p> <p>Write the duties of a sales representative in a beauty and wellness sector.</p> <p>Ans :</p> <ul style="list-style-type: none"> * A beauty consultant provides advice about personal appearance, with focus on making the clients look more beautiful and professionally polished. * A beauty consultant works for departmental stores and cosmetic companies, selling their products by showing people how they work and how they can be used to improve personal appearance. 	1	2
	OR		
	<ul style="list-style-type: none"> * Sales representative promotes a particular product or company brand * They are often experts in their field and can offer technical support and training within the beauty related industries. 	1	2
VI.	Answer the following questions : $4 \times 3 = 12$		
28.	<p>Explain the steps involved in preparing mehendi cone.</p> <p>Ans :</p> <ul style="list-style-type: none"> i) Moisturize the hands, cut mylar into 6×7 inch rectangles. ii) Hold the upper edge of the paper and fold left towards centre. The middle of the wide edge will become the point of the cone. Continue rolling till the cone is formed. Use a small push pull motion to make the cone of required length and width. $\frac{1}{2}$ iii) At the last bit, shift and pull the cone until the opening at the tip is of optimum size. This can be adjusted until the opening is as small as a pin hole. $\frac{1}{2}$ 		

Qn. Nos.	Value Points		Total
	iv) Tape down the little tail, the 1½ inches left over at the tip. Add a small piece of tape around the very tip of the cone to hold the tiny opening in place and prevent any slippage or unwrapping. ½ v) Tape over the layer on the outside using 2 pieces of tape approximately 1½ inches long. Using a long chopstick put a piece of take inside. Cone is ready. vi) Fill the cone ½ to ¾ th with henna. Give the cone one twist just above the paste and seal with a tiny rubber band. ½		3
29.	Explain the procedure that you follow while doing safe arm waxing to a client. Ans : * Position the client for arm waxing and protect the client's clothes with disposable papers and towels. Melt the wax in a warmer. * Dust the area with baby powder before applying wax in order to absorb body oils or moisture on the arms. * Apply warm wax to skin using a small wooden spatula. The length of the hair should be 3 mm to 6 mm * Press fabric into the wax. Take a strip of cloth, place it on the wax and smooth it in with the direction of hair growth. Allow the wax to cool. * Once the wax is cool and hardened pull the wax in the opposite direction of hair growth firmly and quickly in a shallowed angle. * Once the strip is removed, hand pressure can be applied to the waxed area to minimise discomfort.	½ ½ ½ ½ ½ ½	3

Qn. Nos.	Value Points		Total
30.	<p>List the types of make-up brushes.</p> <p style="text-align: center;">OR</p> <p>Explain the steps for daily make-up.</p> <p>Ans :</p> <p><i>Types of make-up brush :</i></p> <p>a) Foundation brush</p> <p>b) Concealer / Camouflage brush</p> <p>c) Blusher brush</p> <p>d) Fine point eyeliner brush</p> <p>e) Flat eyeliner brush</p> <p>f) Smudger brush</p> <p>g) Spiral eyebrow brush</p> <p>h) Lip brush. (Any six)</p> <p style="text-align: right;">6 × ½</p>		3
	OR		
	<p>Ans.:</p> <p>a) Moisturize the face specially with dry skin. ½</p> <p>b) Apply foundation that matches your natural skin tone for smooth skin effect. ½</p> <p>c) Apply powder and matte down any shiny areas on your face ½</p> <p>d) Blush adds colour and freshens up your face instantly ½</p> <p>e) Apply eye shadow, eyeliner and mascara and do eye make up very carefully. ½</p> <p>f) Define the lips using the lip linear and fill up the lip colour using the brush. ½</p>		3
31.	<p>Persons suffering from which disorders hair spa treatment should not be given ?</p> <p>Ans :</p> <ul style="list-style-type: none"> * Psoriasis * Seborrhoeic dermatis * Lichen planus * Acne * Sore scalp * Fungus. <p style="text-align: right;">6 × ½</p>		3

Qn. Nos.	Value Points		Total
VII.	Answer the following questions : 3 × 4 = 12		
32.	<p>Explain the steps to be followed in the hair spa having normal hair.</p> <p>Ans : <i>Hair spa for normal hair :</i></p> <ol style="list-style-type: none"> i) Make the client sit comfortably on the chair and cover the shoulder with the towel. ii) Massage the hair scalp with olive oil for 10 minutes. Wrap a cotton cloth soaked and squeezed in warm water and cover the scalp and hair completely for 10 minutes. iii) Start giving pressure point massages like Taiyo, Amon and Hyakue. iv) Steam the head with the help of head steamer for 5 to 7 minutes. Hot towel can also be used in place of steamer. Leave it for 5 minutes. v) Wash the hair thoroughly with shampoo specialized for normal hair. vi) Rinse the hair thoroughly with a plenty of luke warm water. vii) When the hair is just wet with the water use a conditioner suitable for normal hair by applying it on the ends of the hair and leave only for 2-3 minutes. viii) Wash the hair thoroughly with cold water and wash away the residue of conditioner on the hair. Brush the hair and blow dry. <p style="text-align: right;">8 × ½</p>		4
33.	<p>Write the importance of stair climbing.</p> <p style="text-align: center;">OR</p> <p>Write the benefits of Bridge pose in Yoga (setu bandha sarvangasana).</p> <p>Ans :</p> <ul style="list-style-type: none"> * It requires no specific equipment to climb. * Stair climbing is effective for cross training in between workouts * One's aerobic capacity increases which is indicative of a healthier and effective heart, lungs and blood vessels. * Reduces weight * Reduces the cholesterol levels and maintains a good level of cholesterol in the body. * It can reduce the risk of osteoarthritis that primarily affects the knees and the hip * Boosts your altitude, mood and confidence * Increase your stamina and energy to perform activities. <p style="text-align: right;">8 × ½</p>		4
	OR		

Qn. Nos.	Value Points		Total
	<p>Ans :</p> <p><i>Benefits of Bridge pose in Yoga :</i></p> <ul style="list-style-type: none"> * Stretches the chest, neck and spine * Calms the brain and helps alleviate stress and mild depression * Stimulates abdominal organs, lungs, and thyroid * Rejuvenates tired legs * Improves digestion. (Any four) 	4 × 1	4
34.	<p>Suggest a suitable diet to a person who wants to take part in body building competition.</p> <p style="text-align: center;">OR</p> <p>Explain the steps of practising warrior pose of Yoga.</p> <p>Ans :</p> <ul style="list-style-type: none"> * The body building diet comprises of extremely high protein diet 1 * Certain supplementary proteins are also taken to build muscles, under the guidelines of the dietician or gym trainer 1 * Carbohydrates are also required as a lot of energy is utilized while weight lifting and stretching exercises. 1 * To increase or gain body mass consume more of nuts, seeds or beans, meat, poultry or fish, egg, milk and milk products etc. 1 		4
	OR		
	<p>Ans :</p> <p><i>Steps of practising warrior pose :</i></p> <ul style="list-style-type: none"> * Stand with legs 3 to 4 feet apart, turning right foot out 90° and left foot slightly in. 1 * Bring your hands to your hips and relax your shoulders then extend arms out to the sides and palms down 1 * Bend right knee 90° keeping knee over ankle; gaze out over right hand, stay for a minute. 1 * Switch sides and repeat. 1 		4