



## TERTIARY AND VOCATIONAL EDUCATION COMMISSION

NVQ Level 5 Semester I Examination – 2020/21

### Diploma in Cosmetology

#### Introduction to Professional Cosmetology and Ethics - 093C001M01

Answer any **five (05)** Questions.

Time: 3 Hours

Total Marks: 100

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#### Q01.

Beauty rituals have existed for thousands of years, and through the ages, people have searched for the “fountain of youth”—the way to stay young forever. While the philosophy of beauty is recognized within many different cultures, the various rituals and standards of beauty vary from one culture to another.

- A. The word “cosmetics” actually comes from the Greek word ‘kosmetikos’, originating in the 17<sup>th</sup> century. Write down two ingredients which were used for makeup practices in Greece and their specific applications. (06 marks)
- B. Compare the ancient beauty rituals of Egypt with Rome highlighting the differences in makeup ingredients, skin care routines and hair dressing and styling. (08 marks)
- C. Ancient people in India used plant derived herbal ingredients to treat their skin. Discuss about the outcomes which they expected from those herbs as beautifying agents. (06 marks)

**(20 marks)**

#### Q02.

Hair, nail and skin care professionals enhance the lives of their clients and give them confidence by helping them look their best. In addition to talent, cosmetologists share a passion for their work, a keen eye for style and a variety of attributes that make cosmetology a rewarding career for them.

- A. Your personality as a cosmetologist plays vital role in the development of the carrier path in beauty industry. Briefly explain this statement. (05 marks)
- B. How can you use the body language to show your positive attitudes towards the client (05 marks)
- C. An etiquette can be defined as the customary code of polite behavior in society or among members of a particular profession or group. Write down 5 etiquettes in customer care which should be followed by a beautician. (10 marks)

**(20 marks)**

**Q03.**

Personal grooming has become an essential in our daily life. A well-groomed individual stands out amongst the crowd. Acquiring the basic skills to care for your skin and learn makeup tips to enhance your personal appearance make a positive impact in your social engagements through proper personal grooming skills.

- A. How can you identify a well-groomed beautician (03 marks)
- B. You have to be well equipped to build confidence to perform as a beautician. How do you develop the confidence to carry out your job professionally (05 marks)
- C. Write down three types of communication barriers and the methods which can be followed to overcome those barriers. (12 marks)

**(20 marks)**

**Q04.**

- A. What are the techniques which can be used in time management. (05 marks)
- B. Write down the importance of having a contingency plan in time management. (05 marks)
- C. Stress is a normal part of life that can either help us to learn and grow or can cause us significant problems. Justify this statement giving examples. (04 marks)
- D. Briefly explain three activities which can be recommended to manage the stress resulting from huge workload. (06 marks)

**(20 marks)**

**Q05.**

- A. A beautician should use a hygienic pack to enhance her personal hygiene. What are the materials and tools which should be included in a hygienic pack (06 marks)
- B. When starting a career in cosmetology, it is imperative to develop a strong code of work ethics. Write down the advantages of following up ethics regularly. (07 marks)
- C. What are the things you can do to promote positive awareness of the professional beauty industry in Sri Lanka (07 marks)

**(20 marks)**

**06.**

- A. Write down the major functions of each gland located in human skin. (04 marks)
- B. State the common symptoms of acne and discuss how does acne development damage your appearance (06 marks)
- C. State the four types of acne pimples. (04 marks)
- D. Discuss the differences between black heads and white heads. (06 marks)

**(20 marks)**

**Q07.**

- A. Briefly explain the hair growth cycle. (06 marks)
- C. What is the reason for hair graying with the age (06 marks)
- D. Normal flora of microorganisms on our skin surface is very important to maintain a healthy skin. Discuss about this statement. (04 marks)
- E. What is the importance of bacteriology for the field of cosmetology (04 marks)

**(20 marks)**