



**TERTIARY AND VOCATIONAL EDUCATION COMMISSION
COMMON WRITTEN EXAMINATION – 2022**



**Cosmetology
NVQ Level 5 Semester II Examination
Advance Hand Care and Foot Care - 093C001M09**

- Answer any five (05) Questions.

Time: 3 Hours

Total Marks 100

Question 01

Paraffin wax is a white or colourless soft, solid wax. It's made from saturated hydrocarbons. It's often used in skin-softening salon and spa treatments on the hands, cuticles and feet because it's colourless, tasteless and odorless.

01. How does prepare paraffin wax bath for hand care and foot care treatments? Explain briefly. 05 Marks
02. Discuss two (02) effects of paraffin treatment for hand and foot. 05 Marks
03. Explain two (02) types of paraffin wax application methods. 05 Marks
04. Explain two (02) contraindications for paraffin wax treatment. 05 Marks

Question 02

A number of people have dry skin. It happens when the skin does not have all the water or naturally occurring oils it needs to maintain itself and remain soft and supple.

01. Explain briefly differences between dehydrated skin and dry skin. 05 Marks
02. Describe two (02) advance skin hydration treatments can be practiced in a beauty salon. 08 Marks
03. How do you advice your client to prevent from dry skin? Discuss with examples. 07 Marks

Question 03

Cracked heels, also referred to as heel fissures, are a common foot condition, which can cause discomfort or even pain. They result from dry skin and are accompanied by thickened skin, plus sometimes yellow or brown calluses around the heel edge. Often, the only problem with cracked heels is their appearance.

01. Explain briefly three (03) possible causes for cracked heels. 06 Marks
02. Describe two (02) advance treatments for cracked heels. 08 Marks
03. Explain after care procedure for cracked heel treatment. 06 Marks

Question 04

Skin whitening, also known as skin lightening and skin bleaching, is the practice of using chemical substances in an attempt to lighten the skin or provide an even skin colour by reducing the melanin concentration in the skin.

01. Describe two (02) advance skin lightening (chemical) treatments. 08 Marks
02. Explain three (03) adverse effects of chemical skin lightening treatments. 06 Marks
03. What are advanced technological approaches for skin lightening? 06 Marks

Question 05

A manicure is a cosmetic beauty treatment for the fingernails and hands performed at home or in a nail salon

01. Describe main steps of cosmetic manicure procedure. 10 Marks
02. Explain briefly two (02) types of nail hardeners. 05 Marks
03. Discuss importance factors for selecting of nail colour. 05 Marks

Question 06

A consultation allows you to gather information from your client, understand their goals and recommend the right products. The key to a great consultation understands the client's needs and expectations, which are then recorded and signed off by the client and the beautician.

01. Draft a client consultation form for advance hand care and foot care treatment. (10 Marks)
02. Explain importance of record keeping of the client consultation. (10 Marks)

Question 07

Write down short notes on following topics.

01. Treatments for egg shell nail 07 Marks
02. Nail care products 07 Marks
03. Nail caviar 06 marks

Question 08

Massage is the manipulation of the body's soft tissues. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet or a device. The purpose of massage is generally for the treatment of body stress or pain.

01. Describe two (02) types of hand massage techniques. 08 Marks
02. Explain two (02) benefits of foot massage. 06 Marks
03. Introduce two (02) types of modern instruments for hand and foot massage. 06 marks