

CCE RR

NSQF LEVEL-2

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

NSQF LEVEL-2 EXAMINATION, JUNE, 2017

MODEL ANSWERS

Date : 22. 06. 2017]

CODE NO. : **90-EK**

Subject : Beauty & Wellness

(English Version)

(Regular Repeater)

[Max. Marks : 60

Qn. Nos.	Value Points	Total
I. 1.	B — Science of life	1
2.	A — diet	1
3.	C — cleansing	1
4.	B — laser technique	1
5.	D — cosmetics	1
6.	D — foot lotion	1
7.	B — Sunsilk	1
8.	A — polysorbate 20	1
9.	C — proteins	1
10.	A — strength training exercise	1

RR-XXVII-8058

[Turn over

Qn. Nos.	Value Points	Total	
II. 11.	excess cuticle		1
12.	keratin		1
13.	saloon		1
14.	electrologist		1
III. 15.	i) (c) needles	1	
	ii) (d) strokes	1	
	iii) (b) herbal oils	1	
	iv) (f) fragrant oils	1	4
IV. 16.	Reflexology is based on the principle that there are reflexes in the hands and feet that relate to every organ and system of the body.		1
17.	a) Cold wax b) Warm or hot wax.		1
18.	Nail polish remover has acetone. Even though it is effective as a remover, its continuous usage will be harsh on skin and nails and make them more brittle.		1
19.	a) cleansing milk b) massage cream c) scrub d) toner e) rose water f) face pack. (any two of them)		1
20.	Cuticle is a tough but flexible, non-mineral outer covering of an organism, or parts of an organism, that provides protection.		1
21.	Health spa is an organization which provides health and well-being services in a relaxing environment.		1

Qn. Nos.	Value Points	Total	
V. 22.	a) Stair climbing is a physical activity that enhances our strength. b) It increases our stamina and energy to perform activities. c) Reduces body weight d) It reduces the cholesterol levels and maintains a good level of it in the body. e) It boosts our attitude, mood and confidence. f) It is helpful in conservation of energy. (any two points)		2
23.	Steps of manicure : a) removing nail polish b) soaking nails in warm water c) scrubbing d) applying nail polish OR Steps of applying nail polish : a) Pick a nail polish of your choice and roll it between your hands. b) Paint one stripe of colour in the middle of the nail. Then paint a stripe on the left continuing to the right. It should be evenly distributed.		2
24.	Sterilization : Sterilization is a process of eliminating or killing all forms of microbial life, including transmissible agents present on any surface, contained in a solution or any medication.		2
25.	Preparations for beginning pedicure : i) Make the client sit comfortably ii) Sanitize your hands iii) Sanitize hands and feet of the client iv) Prepare the pedicure soaking with warm water, soap and dettol. Always have clean table towels available.	½ ½ ½ ½	2

Qn. Nos.	Value Points	Total	
26.	i) Nail polishes are made up of nitrocellulose dissolved in a solvent (butyl acetate or ethyle acetate). ii) It has foaming agent iii) It has resins and plasticizers iv) It has colouring agents and adhesive polymers.		2
27.	Duties of a beauty therapist : i) Beauty therapist carries out face and body treatments for the clients to help them look and feel better. ii) He/She gives advice to clients and promote retail beauty products to support the services they offer. OR Work of an aromatherapist : i) Aromatherapist treats a variety of physical conditions and psychological disorders. ii) He/She uses essential aromatic oils extracted from flowers, trees, fruits and herbs, selected for their therapeutic properties.		2
VI, 28.	Sanitization is necessary to reduce the amount of pathogens found on the surface of tools and equipment used in a saloon. Ways of sanitizing tools and equipment in a saloon : i) Rinse the tools and equipment in hot soapy water. Rinse with clear water to remove all traces of soap. ii) Following manufacturer's directions, immerse equipment in the chemical sanitizer to remove the pathogens. Rinse in hot water to remove traces of chemicals.	1 2	3

Qn. Nos.	Value Points	Total	
	<p>Steps involved in hair spa for normal hairs :</p> <ul style="list-style-type: none"> i) Make the client sit comfortably on the chair and cover the shoulder with a towel. ii) Massage the hair scalp with warm olive oil for ten minutes. Wrap the scalp and hair completely with a cotton cloth soaked in warm water and squeezed thoroughly. Give pressure point massage. iii) Steam the head with the help of a head steamer for 5-7 minutes. After steam leave it for five minutes. iv) Wash the hair thoroughly with a specialized shampoo used for normal hair. Rinse the hair with plenty of luke warm water. v) Apply scitable conditioner and leave the hair for two to three minutes. Rinse it thoroughly with cold water. 		3
32.	<p>Practices which help of get a good sleep at night :</p> <ul style="list-style-type: none"> i) Drink a cup of warm milk. This helps to produce hormones that induce sleep. ii) Any kind of physical activity helps in getting a relaxing sleep. iii) Taking a long hot bath before going to bed. iv) Keep a regular routine of sleeping and waking up. v) Have your dinner at least three hours before bed time. vi) Avoid consumption of nicotine, caffeine and alcohol. <p style="text-align: center;">(any four points)</p> <p style="text-align: center;">OR</p>		4

Qn. Nos.	Value Points	Total	
	<p>Balanced Diet :</p> <p>A balanced diet is one that provides the body with all essential nutrients, vitamins and minerals required to maintain cells, tissues and organs as well as their functions.</p> <p>A balanced diet needs to contain foods from all the main food groups namely fruits and vegetables, proteins, carbohydrates, dairy products, fatty and sugary food in the correct proportions to provide the body with optimum nutrition.</p> <p>Nutritional needs vary depending on sex, size, age and activity levels of individuals.</p> <p><i>Fruits and vegetables</i> provide lots of vitamins and minerals. They also have a high water and low fat content.</p> <p><i>Proteins</i> are required for growth and repair of nerve cells, muscle cells etc. They are also necessary for healing.</p> <p><i>Carbohydrates</i> provide a long lasting, slow release of energy which prevents an energy crash throughout the day. They are generally low in fat.</p> <p><i>Dairy products</i> are good sources of calcium which help to promote strong bones and teeth. They regulate muscle contraction.</p>		4
33.	<p>General rules for acne treatment :</p> <p>i) Never pop, squeeze or prick acne</p> <p>ii) Do not use harsh soaps, scrubs, toners, astringent or masks</p> <p>iii) Gently wash the affected skin with warm water and mild soap twice a day.</p> <p>iv) Do not touch the face directly with hands.</p> <p>v) Use acne medication as prescribed by the doctor.</p> <p>vi) Limit sun exposure by covering skin.</p>		

Qn. Nos.	Value Points	Total	
	vii) Apply oil-free skin care and hair care products that won't block the pores of the skin. viii) Apply acne medication 5-15 minutes after washing. ix) Apply acne medication before make-up. (Write any <i>four</i> points) OR Advantages of gold facial : i) Gold facial is made up of creams which contain 24-carat gold, which penetrates the skin easily. ii) It gives a powerful rejuvenating treatment. iii) Gold has a powerful effect on drainage, facilitating the removal of toxins and wastes. iv) It accelerates the regeneration of new cells. v) It helps to restore youthful qualities of the skin like softness, smoothness, elasticity, resilience and radiance. (any <i>four</i> points)	4	
34.	Hair spas are becoming popular because : i) it strengthens the hair follicles, nourishes the roots and revitalizes the scalp that leads to natural hair rebirth. ii) it helps to normalize the oil secretions. iii) it increases cell metabolism and stimulates blood circulation. iv) it eliminates impurities inside the pores and repairs damaged hair. v) it is a rehydrating therapy that restores vital oils and moisture for a smooth, sensuous glow that begins at the roots. (any <i>four</i> points)		4