

Beauty and Wellness

(English version)

Time : 2 hours]

[Maximum Marks : 30

- NOTE :** (1) Answer **All** the questions.
(2) Draw the diagrams wherever necessary.

SECTION - A

- I. Select the correct alternative & rewrite the sentences. 5×1=5**
- 1. Source of 'vitamin D'.....**
- (A) Citrus fruits.
 - (B) Exposure to Sunlight.
 - (C) Cheese.
 - (D) Pulses.
- 2. Which one is not epilatory method of hair removal technique ?**
- (A) Threading
 - (B) Waxing
 - (C) Shaving
 - (D) Electrolysis
- 3. is used to clean under nails.**
- (A) Orange stick
 - (B) Pumice stone
 - (C) Foot scraper
 - (D) Nail filer

4. To speed up the processing time of henna use
- (A) Hair dryer
 - (B) Steam
 - (C) Dye cape
 - (D) Double Boiler

5. Which is the healthy skin type ?
- (A) Combination skin
 - (B) Oily skin
 - (C) Normal skin
 - (D) Dry skin

II. Match the following :

5×1=5

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|----------------------|---------------------------|
| 1. Hair cutting tool | (a) Strips |
| 2. Protein bleach | (b) Electric razor |
| 3. Hot wax | (c) Shears |
| 4. Shaving | (d) Sectioning hair |
| 5. Tail comb | (e) Sensitive / oily skin |
| | (f) Depilatory cream |

III. TRUE or FALSE.

5×1=5

- 1. W.H.O. stands for World Heart Organization.
- 2. The element Earth represents Tongue.
- 3. Nail filer is used to cut the excess nail.
- 4. After bleach avoid direct Sunlight for atleast 24 hours.
- 5. Lip gloss adds shine to lips.

SECTION - B

I. Answer the following questions in one sentence.

5×1=5

1. What are Roughage (or) Fibre ?
2. What are eight paths of Ashtanga yoga ?
3. Write any five Facial shapes.
4. Write any three Hair cut names.
5. Write any two benefits of doing Pedicure.

II. Answer ANY TWO questions.

2×1=2

1. Write the benefits of Reflexology.
2. Explain the meaning of Panchakarma.
3. What is Mud therapy ?
4. What are the different tools used in nail art ?

III. Answer ANY TWO questions.

2×2=4

1. What are the materials required in Bleaching ?
2. Write any eight basic asanas names.
3. Write any five Manicure types. Define French manicure.
4. What are the cosmetic creams used in Facial ? Explain any three.

IV. Answer ANY ONE question.

1×4=4

1. What are the material used in Facial and explain the procedure of Facial ?
 2. What are different types of Vitamins ? Explain function and sources of each vitamin.
 3. What is superfluous hair ? What are the two methods used to remove superfluous hair ? Explain procedure of any one of them.
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