

# B

**CCE RF  
CCE RR  
Revised & Unrevised**

**NSQF LEVEL-2**

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

**NSQF LEVEL-2 EXAMINATION, MARCH/APRIL, 2019**

**MODEL ANSWERS**

Date : 04. 04. 2019 ]

CODE NO. : **90-EK**

**Subject : Beauty & Wellness**

**( Regular Fresh & Regular Repeater )**

**[ Max. Marks : 60**

<b>Qn. Nos.</b>	<b>Value Points</b>		<b>Total</b>
I.	<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 × 1 = 10</i>		
1.	The food group that provides the body with lots of vitamins and minerals is (A) Carbohydrates (B) fruits and vegetables (C) proteins (D) fatty and sugary food <b>Ans : B — fruits and vegetables.</b>		1
2.	The pressure point in the temple region that revitalizes the hair is (A) Amon (B) Hyakue (C) Shintei (D) Taiyo <b>Ans : D — Taiyo</b>		1

**RF & RR (B) - 405**

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Gn. Nos.	Value Points		Total
3.	<p>The film forming agent in a nail polish is</p> <p>(A) Silver halide (B) Nitrocellulose</p> <p>(C) Tosylamide (D) Butyl acetate</p> <p><b>Ans :</b> A — Silver halide</p>		1
4.	<p>The type of facial recommended for the persons with dry and dehydrated skin is</p> <p>(A) Normal facial (B) Acne facial</p> <p>(C) Galvanic facial (D) Collagen facial</p> <p><b>Ans :</b> C — Galvanic facial</p>		1
5.	<p>The reflex point of left shoulder is located in the</p> <p>(A) bottom part of the little finger of left hand</p> <p>(B) middle part of the forefinger of left hand</p> <p>(C) bottom part of the little finger of right hand</p> <p>(D) middle part of the forefinger of right hand</p> <p><b>Ans :</b> A — bottom part of the little finger of left hand</p>		1
6.	<p>The tool used to gently grind down and shape the edges of nail is</p> <p>(A) cuticle cutter (B) cuticle softener</p> <p>(C) nail cutter (D) nail filer</p> <p><b>Ans :</b> D — nail filer</p>		1
7.	<p>The colour of coverstic used to cover yellow areas and pigmentation marks on the skin before applying foundation is</p> <p>(A) green (B) purple</p> <p>(C) orange (D) pink</p> <p><b>Ans :</b> B — purple</p>		1

Gn. Nos.	Value Points		Total
8.	<p>Steps of buffing the nails in pedicure are given below :</p> <p>(i) polish the nail gently with the smoothest part of the buffer</p> <p>(ii) smooth out the major ridges with pink portion of the buffer</p> <p>(iii) repeat side to side motion on the nail with purple portion of the buffer</p> <p>The correct order of these steps is</p> <p>(A) (i), (ii), (iii)</p> <p>(B) (iii), (ii), (i)</p> <p>(C) (ii), (iii), (i)</p> <p>(D) (i), (iii), (ii)</p> <p><b>Ans : C — (ii), (iii), (i)</b></p>		1
9.	<p>The practice that should NOT be followed among the following with reference to hand waxing is</p> <p>(A) dusting the area with a baby powder before waxing</p> <p>(B) applying wax in the opposite direction of hair growth</p> <p>(C) waxing the hair when they are 3 mm to 6 mm long</p> <p>(D) applying hand pressure to the area after removing the wax completely.</p> <p><b>Ans : B — applying wax in the opposite direction of hair growth</b></p>		1
10.	<p>The use of foot cream is to</p> <p>(A) maintain the moisture of feet</p> <p>(B) control the growth of hair</p> <p>(C) prevent the formation of cuticle</p> <p>(D) increase the growth of toe nails.</p> <p><b>Ans : A — maintains the moisture of feet</b></p>		1

Gn. Nos.	Value Points		Total
II.	Fill in the blanks with suitable answers : $4 \times 1 = 4$		
11.	A tough but flexible, non-mineral protective outer covering of any organ of an organism is ..... <b>Ans :</b> Cuticle		1
12.	The person who promotes a particular product, service or company brand in a beauty sector is a ..... <b>Ans :</b> Sales representative		1
13.	In Latin language 'acus' means ..... <b>Ans :</b> needle		1
14.	The mechanical method of exfoliation of dead skin is ..... <b>Ans :</b> microdermabrasion.		1
III.	Different types of hair conditioners are given in <b>Column-A</b> and their uses are given in <b>Column-B</b> . Match them : $4 \times 1 = 4$		
15.	Match the following : <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="text-align: center;"><b>Column-A</b></p> <p>i) Thermal protectors</p> <p>ii) Sequestrents</p> <p>iii) Acidifiers</p> <p>iv) Detanglers</p> </div> <div style="width: 45%;"> <p style="text-align: center;"><b>Column-B :</b></p> <p>a) hold moisture in the hair</p> <p>b) maintain the pH of the conditioner at about 3.5</p> <p>c) modify the hair surface</p> <p>d) shield the hair against excessive heat</p> <p>e) clean the hair in hard water also</p> <p>f) penetrate the hair and strengthen its structure</p> <p>g) make dry and porous hair more soft.</p> </div> </div> <p><b>Ans :</b></p> <p>i) d) — shield the hair against excessive heat</p> <p>ii) e) — clean the hair in hard water also</p> <p>iii) b) — maintain the pH of the conditioner at about 3.5</p> <p>iv) c) — modify the hair surface</p>		1 1 1 1

Gn. Nos.	Value Points		Total
IV.	Answer the following questions : <span style="float: right;"><math>6 \times 1 = 6</math></span>		
16.	<p>A person with dry skin or fragile nails should not soak the nails in warm water for more than five minutes. Why ?</p> <p><b>Ans :</b></p> <p>If dry skin is soaked in warm water, it becomes very soft and gets damaged during filing.</p> <p>The nails will be more soft and it will be difficult for cuticle removing.</p>	$\frac{1}{2}$  $\frac{1}{2}$	1
17.	<p>Define body massage.</p> <p><b>Ans :</b></p> <p>Massage is the handling of superficial and deeper layers of muscle and connective tissue using various techniques, to enhance function, aid in the healing process, decrease muscle reflex activity, inhibit motor-neuron excitability, promote relaxation and well-being, and as a recreational activity.</p>		1
18.	<p>Sodium chloride is used in manufacturing shampoos. Why ?</p> <p><b>Ans :</b></p> <p>Sodium chloride is used as a preservative and fragrance. It adjusts the viscosity of the shampoo.</p>		1
19.	<p>Name any two types of eye shadows.</p> <p><b>Ans :</b></p> <p>i) compact</p> <p>ii) loose, powder eye shadow</p> <p>iii) cream eye shadow</p> <p>iv) Stick eye shadow. <span style="float: right;">( any two )</span></p>	$\frac{1}{2} + \frac{1}{2}$	1

Gn. Nos.	Value Points		Total
20.	<p>Name any <i>two</i> Indian brands that manufacture manicure kits.</p> <p><b>Ans :</b></p> <p>i) Lotus</p> <p>ii) VLCC</p> <p>iii) Ayur</p> <p>iv) Jovees</p> <p>v) Lakme</p> <p>vi) Dazzler</p> <p>vii) Himalaya. ( any <i>two</i> )</p>	<p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p>	1
21.	<p>What is the function of salicylic acid in shampoos ?</p> <p><b>Ans :</b></p> <p>Salicylic acid helps to lather and rinse away layers of dead skin cells, preventing scaly skin and flaking scalp in future.</p>		1
V.	Answer the following questions : $6 \times 2 = 12$		
22.	<p>Suggest tips for a first time practitioner for arm waxing.</p> <p><b>Ans :</b></p> <p>i) Lightly powder the area to be waxed</p> <p>ii) Use cold wax or Melt the wax but do not boil the wax</p> <p>iii) Use tweezers to pluck any stray hairs</p> <p>iv) Remove bits of wax that remain on the skin by applying body lotion.</p>	<p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p>	2
23.	<p>Explain the duties of a beauty consultant.</p> <p><b>Ans :</b></p> <p>A beauty consultant advices about personal appearance, with a focus on making someone looks more beautiful and professionally polished.</p> <p>Beauty consultants work 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.</p>	<p>1</p> <p>1</p>	2

Gn. Nos.	Value Points		Total
24.	<p>Explain the therapeutic properties of essential oil.</p> <p><b>Ans :</b></p> <p><i>They are :</i></p> <ul style="list-style-type: none"> <li>i) anti-inflammatory</li> <li>ii) analgesic</li> <li>iii) bactericidal</li> <li>iv) antiviral</li> <li>v) antiseptic</li> <li>vi) synergistic.</li> </ul> <p style="text-align: right;">( any 4 points )</p>	4 × ½	2
	<b>OR</b>		
	<p>Explain stone massage.</p> <p><b>Ans :</b></p> <p>STONE MASSAGE :</p> <p>It uses cold or water heated stones to apply pressure and heat to the body. Stones coated in oil can also be used. The hot stones commonly used are Basalt stone or Lava rocks. As the stones are placed along the recipient's back, they help to retain heat which then deeply penetrates into the muscles, releasing tension.</p>		2
25.	<p>Who is a receptionist in a beauty sector ? Mention their duties.</p> <p><b>Ans :</b></p> <p>Receptionist :</p> <p>A receptionist receives people entering the beauty work area, Handles enquiries Makes appointments Deals with client payments Maintains the appearance of the reception area. They should always deal with the people in a polite, efficient manner.</p>		2
26.	<p>As a beautician, how do you implement sanitization of materials in your salon ?</p> <p><b>Ans :</b></p> <p><i>Sanitization is implemented by :</i></p> <ul style="list-style-type: none"> <li>a) washing the implements with soap and warm water</li> <li>b) completely immersing the metal implements in disinfectants.</li> </ul>	1 1	2
	<b>OR</b>		

Gn. Nos.	Value Points		Total
	<p>“Sterilization should be followed compulsorily in the parlours.” Explain.</p> <p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— sterilization is a process which helps to eliminate or kill all forms of microorganisms.</li> <li>— It helps to prevent infection</li> <li>— It helps to prevent spreading of disease causing microorganisms</li> <li>— Hygiene of the parlour can be maintained.</li> </ul>	<p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p>	2
27.	<p>“It is a better practice to consume whole grains than refined grains in our daily diet.” Justify this statement.</p> <p><b>Ans :</b></p> <p>Whole grains provide useful nutrients which are stripped away in refined grains.</p> <p>Whole grains contain fibre which promote healthy digestive system.</p> <p>They are rich in carbohydrates, proteins, vitamins and minerals.</p> <p>They are rich in anti-oxidants which prevent cancer, diabetes, diseases of heart, etc.</p>	<p>1</p> <p>1</p>	2
VI.	Answer the following questions : <span style="float: right;"><math>4 \times 3 = 12</math></span>		
28.	<p>Explain the steps of mehendi paste preparation.</p> <p><b>Ans :</b></p> <p><i>Steps of mehendi paste :</i></p> <ul style="list-style-type: none"> <li>i) Sieve the mehendi powder twice through a fine nylon or cotton cloth to remove thick particles</li> <li>ii) Mix the sieved mehendi with hot water, tea leaves, tamarind or lemon juice in a flat plate. Mix the tea water and mehendi using a spoon in circular motion to prevent lumps, and adjust the consistency</li> <li>iii) Additives like mehendi oil, okra juice, eucalyptus oil, ground clove and a little sugar may be added to the paste. This paste is then put in a cone.</li> </ul>	<p>1</p> <p>1</p> <p>1</p>	3



Gn. Nos.	Value Points		Total
29.	<p>How do you clarify the doubts of your client who is confused about the blackheads, whiteheads and pimples.</p> <p><b>Ans :</b></p> <p>i) White heads are closed, white bumps that are formed when the skin pore is completely blocked.</p> <p>ii) Black heads are tiny, open dark spots that are formed when the pore is partly blocked.</p> <p>iii) Pimples are inflamed bumps that contain pus. They are often caused by clogged pores, and develop when white heads or black heads get infected.</p>	<p>1</p> <p>1</p> <p>1</p>	3
30.	<p>List the benefits of downward dog pose.</p> <p><b>Ans :</b></p> <p><i>Benefits of downward dog pose :</i></p> <p>i) Calms the brain and helps relieve stress and mild depression</p> <p>ii) Energises the body</p> <p>iii) Strengthens the shoulder, hamstrings, calves, arches and hands</p> <p>iv) Strengthens the arms and legs</p> <p>v) Improves digestion</p> <p>vi) Relieves headache, insomnia, back pain and fatigue.</p>	<p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p>	3
	<b>OR</b>		
	<p>Mention the importance of the exercise climbing stairs or hills.</p> <p><b>Ans :</b></p> <p><i>Importance of stair climbing :</i></p> <p>i) It requires no specific equipment to climb</p> <p>ii) Reduces weight</p> <p>iii) Reduces the cholesterol levels and maintains a good level of the same in the body</p> <p>iv) Reduces the risk of osteoarthritis that primarily affects the knees and hips</p> <p>v) Boosts our mood, attitude and confidence</p> <p>vi) Increases stamina and energy to perform activities.</p>	<p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p>	3

Gn. Nos.	Value Points		Total
31.	<p>A beautician suggests her clients not to use very hot water to wash the hair and not to pull the hair back in tight ponytails. Justify her suggestion</p> <p><b>Ans :</b></p> <p>i) Hot water dries the hair</p> <p>ii) It opens the cuticle, which makes it more absorbent to pollutants on the hair and scalp</p> <p>iii) Pulling the hair back in tight pony tails can break the hair and cause traction, alopecia (a type of hair loss )</p>	<p>1</p> <p>1</p> <p>1</p>	3
VII.	Answer the following questions : $3 \times 4 = 12$		
32.	<p>Arrange the following steps of pedicure in their correct order :</p> <p>a) filing the heels of the feet</p> <p>b) buffing the nails</p> <p>c) nail cutting and filing</p> <p>d) polishing</p> <p>e) removing the nail polish</p> <p>f) scrubbing and applying foot lotion</p> <p>g) removing the cuticle</p> <p>h) soaking the feet in warm water.</p> <p><b>Ans :</b></p> <p>e) removing the nail polish</p> <p>c) nail cutting and filing</p> <p>h) soaking the feet in warm water</p> <p>a) filing the heels of the feet</p> <p>g) removing the cuticle.</p> <p>b) buffing the nails</p> <p>f) scrubbing and applying foot cream</p> <p>d) polishing.</p>	<p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p>	4
	OR		

Gn. Nos.	Value Points		Total
	<p>List the tools and equipment used in pedicure.</p> <p><b>Ans :</b></p> <p><i>Tools used in pedicure :</i></p> <ul style="list-style-type: none"> <li>i) Antiseptic hand cleanser</li> <li>ii) Wax</li> <li>iii) Disposable strips, towels</li> <li>iv) Wooden spatula</li> <li>v) Moisturizer, oil</li> <li>vi) Disposable gloves</li> </ul> <p><i>Equipment :</i></p> <ul style="list-style-type: none"> <li>i) Container for disinfectant</li> <li>ii) Wax pot heater.</li> </ul>	<p>3</p> <p>1</p>	<p>4</p>
33.	<p>A person with sinus problem needs hand reflexology session. Describe the step that you follow for this session.</p> <p><b>Ans :</b></p> <p>Reflexology session : Sinus problem :</p> <ul style="list-style-type: none"> <li>i) Make the client sit in a comfortable chair in a quiet and darkened room. Ask the client to close her eyes and tell to focus on the sinus area.</li> <li>ii) The reflex point of sinus are located in the upper part of the forefingers of both the hands.</li> <li>iii) Press on the forefingers firmly. Gradually increase the pressure to trigger the reflex and make the client comfortable.</li> <li>iv) Maintain the pressure for 30 seconds and release. Wait for few seconds and then repeat the procedure.</li> <li>v) Apply reflexology to all the areas of both the hands but give more attention to sinus area.</li> <li>vi) Make the client relax quietly for 10 minutes after finishing the reflexology session. If possible make client lie down and rest for half an hour.</li> <li>vii) Inform the client to drink sufficient amount of water within a few hours of applying reflexology, which helps to flush the toxins that were released from the muscles or organs during the session.</li> </ul>	<p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p>1</p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p>	<p>4</p>

Gn. Nos.	Value Points		Total
34.	<p>Explain the application of loose powder and list its applications.</p> <p><b>Ans :</b></p> <p><i>Application of Loose powder :</i></p> <p>i) Dab the powder puff into loose translucent powder and lightly press the powder all over the face, making sure that the powder is visible.</p> <p>ii) Take the powder brush and remove all excess powder from the face.</p> <p><i>Benefits of Loose powder :</i></p> <p>i) Loose powder creates a more natural look</p> <p>ii) It sets the basis for make-up, foundation, cover-stick</p> <p>iii) It creates a more matte appearance</p> <p>iv) It blots any oiliness.</p>	<p>1</p> <p>1</p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p>	4
	<b>OR</b>		
	<p>Explain the characteristic features of the four types of skin.</p> <p><b>Ans :</b></p> <p><i>Characteristic features of 4 types of skin :</i></p> <p>i) Normal skin : Shows neither oil nor flaking skin. It should feel supple and smooth.</p> <p>ii) Oily skin : It is characterized by the grease on the tissue. This skin have large pores and extra shine.</p> <p>iii) Dry skin : This type of skin may feel taut or show flakes of dead skin. It is associated with small pores.</p> <p>iv) Combination skin : It is most common skin type. It exhibits traits of all the above three types. The skin is usually oily in the T-zone and normal to dry elsewhere.</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>	4