



WELCOME TO HIGHLANDS COLLEGE HAIR AND BEAUTY ACADEMY

BEAUTY THERAPY- STUDY PACK





Welcome to Highlands College Beauty Academy. As part of your Beauty Therapy Course you will be learning lots of anatomy and physiology knowledge and demonstrating new practical skills in order for you to become competent Beauty Therapists and continue to have a fantastic career within an exciting industry.

In this booklet, we have set out tasks that will give you an idea of some of the topics you will be expected to learn throughout your time with us, this will also give you a head start before you begin your studies in September.



Create your own Mood Board

The Beauty industry is a very creative industry and as part of your course you will have to create an image based on a theme with your makeup skills.

We would like you to create a mood board with a collection of ideas and images for make-up based on either of the following themes:

- Festival
- Elements
- Fantasy
- Hollywood

You can present your mood board on whichever way you think looks best, for example you may choose to present it on paper, poster paper, or PowerPoint. We have also provided a template for you on the following page to put your final idea on!

Have fun creating your image!





Nails

The first few units you will cover on the Beauty Diploma course are manicure, pedicure and gel nails. We also love demonstrating our nail art skills at the academy! Below are some useful basic nail art links for you to have a look at and we have attached a nail template for you to have a go at some of your own nail art designs!

<https://www.youtube.com/watch?v=D0gTkPAkFIIs>

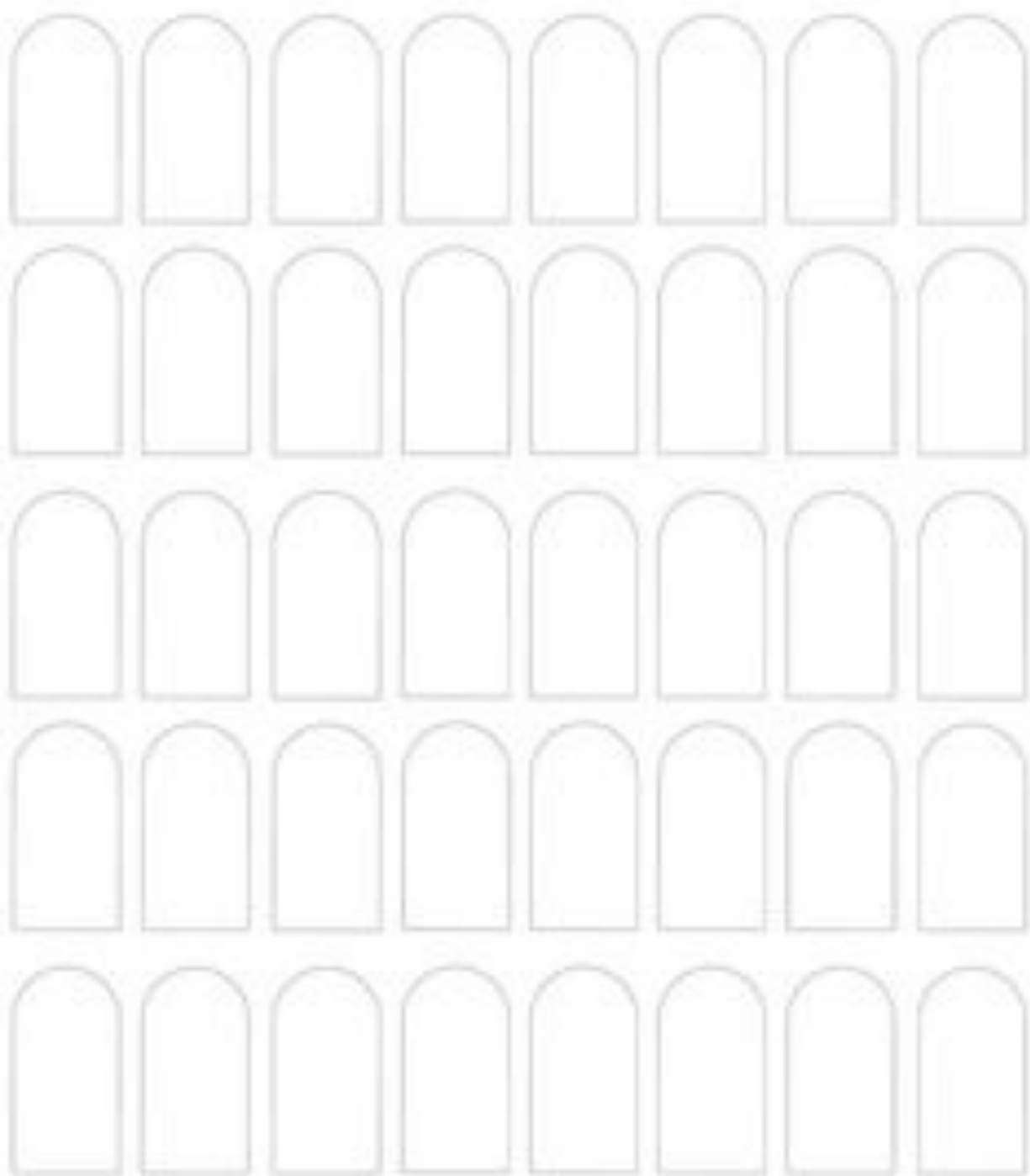
<https://www.youtube.com/watch?v=-6A8ZwYUHhE>

<https://www.youtube.com/watch?v=LABDI4-PSJE>

https://www.youtube.com/watch?v=6_Q6jAVzSBE

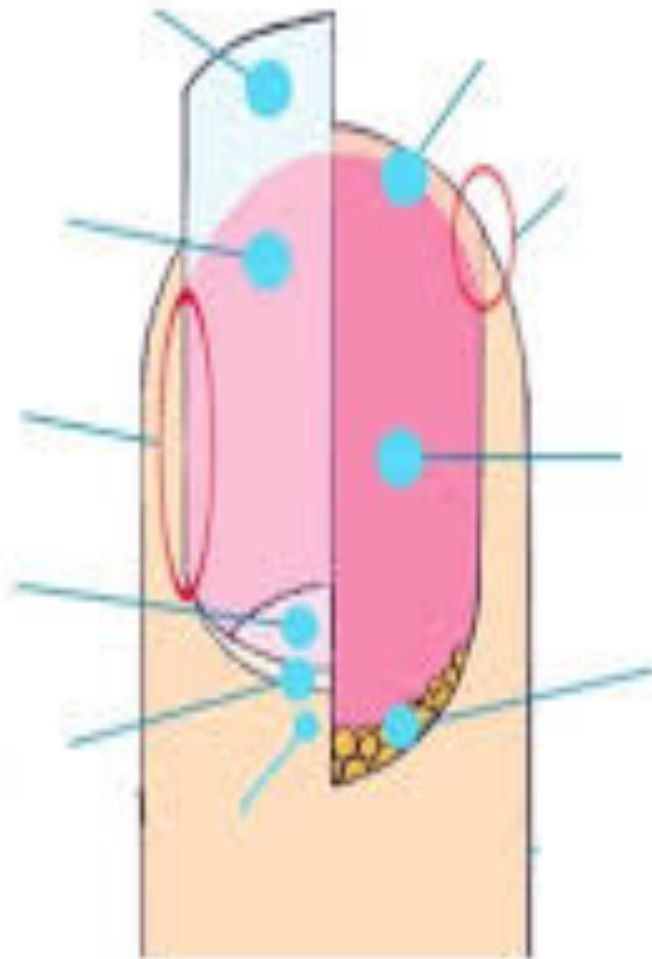


Nail Art Ideas



Test your knowledge!

Below is a cross section of the nail. Have a go at labelling the diagram. You may use books or internet research to help you.



Test your knowledge!

Below is a Word Wall. Match each structure of the nail to the description below. Use books or internet research to help. The first one is completed for you.

FREE EDGE/ HYPONYCHIUM/ NAIL PLATE

NAIL GROOVES / LUNULA

NAIL MATRIX

FREE EDGE

The part of the nail which extends beyond the finger or toe for protection

The tracks on either side of the nail moves on as it grows

The living tissue underneath the free edge of the nail

The active tissue that generates cells

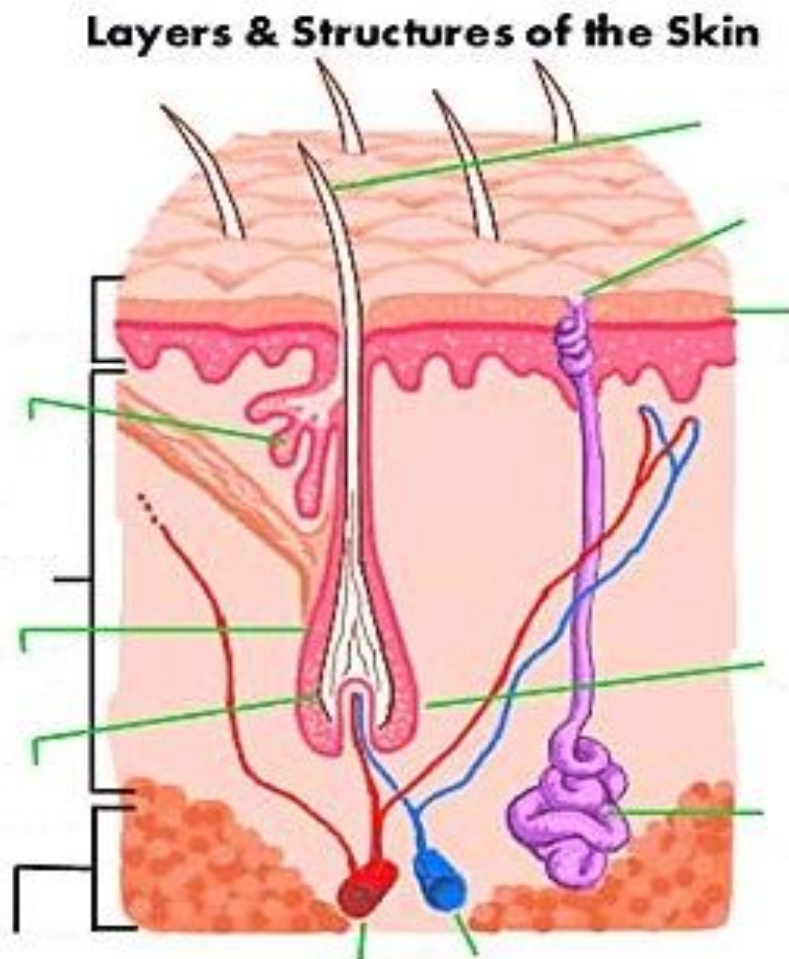
The visible part of the matrix that appears lighter; half moon shape at the base of the nail

The visible nail area from the nail root to the free edge

Test your knowledge!

On the Diploma in Beauty Therapy, you will learn a lot about the skin. Did you know our skin is the largest organ in the body and it accounts for one- eighth of the body's weight!

Below is a diagram of the basic skin structure. Have a go at labelling the diagram and then on the following page name the 6 basic functions of the skin. Use books and internet research to help you.



Test your knowledge!

Functions of the skin

Name the 6 functions of the skin and add a brief description next to each one.

The first one is completed for you

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|---|---|
| S | <ul style="list-style-type: none">• SENSATION• The skin is sensory organ and the sensations of touch, pressure, pain, heat and cold. It allows us to recognise objects by their feel. In beauty therapy it is important we check client comfort during treatment to prevent a contraction |
| H | |
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