

HAIR & BEAUTY

STUDY PACK

HCUC

A merger between Uxbridge College and Harrow College

Harrow
COLLEGE

uc
UXBRIDGE
COLLEGE

Welcome to hairdressing and beauty therapy. As part of your course you'll learn lots of different skills and techniques to help you build and fantastic career in the industry.

This book will give you an idea of some of the topics you can expect to learn whilst you are studying with us and give you a head start when you begin your studies with us in September.

HCUC

A merger between Uxbridge College and Harrow College

Harrow
COLLEGE

UC
UXBRIDGE
COLLEGE

CREATE YOUR OWN MOOD BOARD

The hair and beauty industry are very creative and you will have to develop your artistic skills to get the most out of your studies.

Part of your course requires you to create an image based on a theme. For this you need to design a mood board, and plan your hair, make-up and outfit.

A mood board is a collection of ideas and images based on a given theme. Design your own mood board based on a theme of your choice.

Some ideas are:

- Nature
- Hollywood
- Fantasy
- Avant Garde
- Historical
- Cultural



Take a picture of your finished mood board and send it to us on instagram: [@uxbridge.college](https://www.instagram.com/uxbridge.college)

TEST YOUR KNOWLEDGE

Test your current knowledge of the hair & beauty industry.

Click on the links below to see what you know – and what you don't.



<https://www.bellusacademy.edu/blog/test-your-beauty-knowledge-take-our-quiz/>

<https://www.proprofs.com/quiz-school/story.php?title=pp-test-your-cosmetics-knowledge-with-this-quiz>

<https://www.buzzfeed.com/aibhemalone/only-a-hairdresser-can-get-over-57-in-this-tricky-quiz>

<https://play.howstuffworks.com/quiz/makeup-quiz>

SALON SAFETY

Spot all the hazards in the picture below.



x	s	r	i	r	r	n	o	r	l	e	r	p	u	p	n	h	r	e
t	d	s	e	t	i	o	s	l	x	g	a	x	a	t	r	e	g	
i	i	h	s	r	e	h	s	i	u	g	n	i	t	x	e	v	n	a
o	s	a	i	g	n	i	h	s	a	w	d	n	a	h	a	e	i	l
f	i	r	s	t	a	i	d	b	o	x	e	d	s	l	s	a	l	l
p	n	p	l	i	a	s	o	b	c	o	x	o	c	e	s	p	n	i
e	f	s	e	s	e	r	i	w	e	s	o	o	l	a	v	r	i	p
t	e	b	w	f	i	r	e	e	x	i	t	s	n	t	p	o	b	s
o	c	o	o	e	n	s	i	p	l	u	n	e	h	d	p	n	l	b
i	t	x	t	e	g	i	n	b	a	r	b	i	c	i	d	e	e	g

Handwashing
Towels
Disinfect
Sharps box
Fire exits

Gloves
Apron
Autoclave
Spillage
First aid box

Bin Liner
Extinguisher
Barbicide
Loose wires

COMMON DISORDERS

The tables below are all muddled up! Use the internet to try and match up the names, pictures and descriptions.

Name	Picture	Description
1. Allergies	1. 	1. Silvery scales on the skin, most commonly on the elbows, knees and scalp.
2. Ringworm	2. 	2. Caused by an itch mite. Very itchy. Silvery lines on the skin
3. Impetigo	3. 	3. Red, swollen, itchy. Appears within 24 hours
4. Scabies	4. 	4. Fungal infection. Starts as a red spot, spreading out and healing from the centre.
5. Eczema	5. 	5. Bacterial infection. Honey coloured crusts
6. Psoriasis	6. 	6. Red, itchy, broken and sore skin. Caused by allergies or stress.

GET CREATIVE

Below are some links to a selection of online tutorials

Pick a few to watch and practice at home to see if you can replicate the looks.

Alternatively, find your own favourite video, replicate that look.



Send us your pictures through instagram

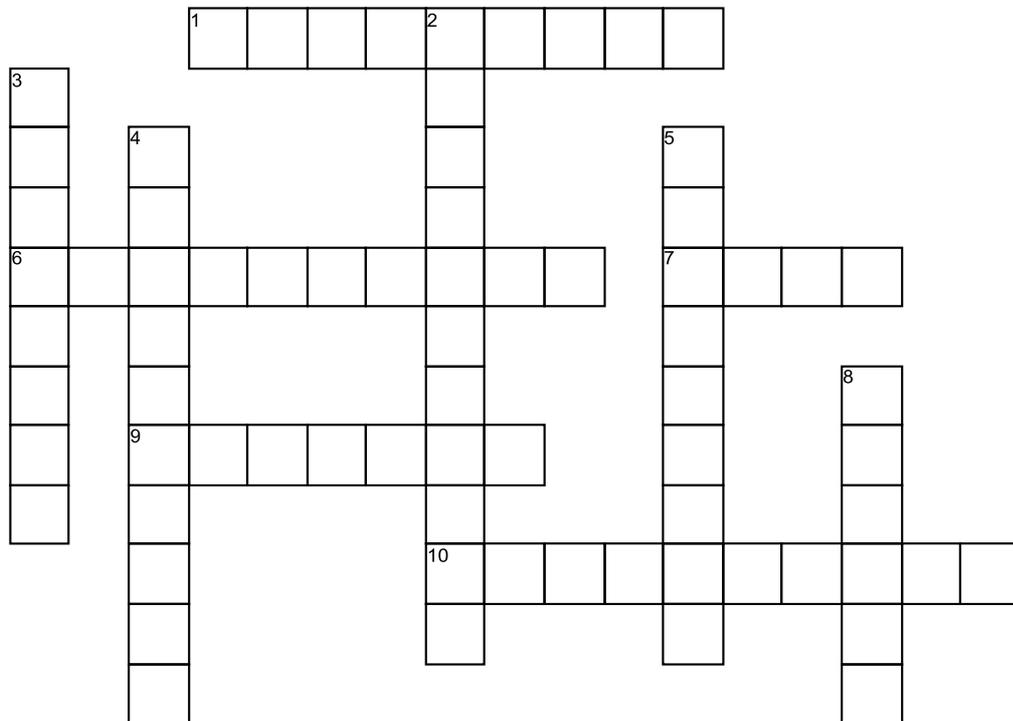
@uxbridge.college

Simple up-dos- <https://www.youtube.com/watch?v=bDfw2fbLxqw>



Simple nail designs - https://www.youtube.com/watch?v=EIL895fr_Jg

CROSSWORD – SHAMPOO & CONDITIONING HAIR



www.CrosswordWeaver.com

ACROSS

- 1 Which is the best method of sterilising a scissors?
- 6 What is the name for removing knots from the hair?
- 7 What should be used to detangle the hair?
- 9 This product cleanses the hair.
- 10 The stroking movement used to apply shampoo and conditioner.

DOWN

- 2 This product smoothes the cuticle to give a shine.
- 3 Recognised by black insect-type parasites commonly found in children and would stop the shampooing service from being carried out. (4, 4)
- 4 The kneading movement used in conditioning which relaxes the client.
- 5 What is the best method of sterilising brushes? (1, 1, 7)
- 8 The circular movements used to create a lather when shampooing

CONTACT US:

UXBRIDGE COLLEGE

Uxbridge Campus

Park Road,
Uxbridge,
Middlesex
UB8 1NQ

Hayes Campus

College Way,
Coldharbour Lane,
Hayes,
Middlesex
UB3 3BB

T +44 (0)1895 853333
www.uxbridgecollege.ac.uk

HARROW COLLEGE

Harrow-on-the-Hill Campus

Lowlands Road,
Harrow,
Middlesex
HA1 3AQ

Harrow Weald Campus

Brookshill,
Harrow Weald,
Middlesex
HA3 6RR

HCUC

A merger between Uxbridge College and Harrow College

Harrow
COLLEGE

UC
UXBRIDGE
COLLEGE

T +44 (0) 020 8909 6000
www.harrow.ac.uk



HCUC

A merger between Uxbridge College and Harrow College

Harrow
COLLEGE

UC
UXBRIDGE
COLLEGE