

Cosmetology Skills----You must get each one marked off as you go. :)

1. Draping for a basic shampoo/conditioning

2. Draping for a chemical service

3. Basic shampoo/conditioning

4. Four section block

5. Scalp massage

6. Mock client consult

7. Analyze texture, porosity, and density

8. wet set with rollers

9. Fingerwaves

10. Stand up pin curls

11. Barrel curls

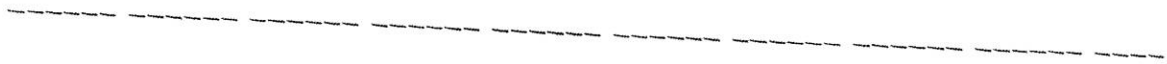
12. Pin curl set using different bases

13. Sculpted curls

14. Blow dry style



15. Marcel iron long hair



16. Curling iron entire head on base



17. Curling iron entire head half base



18. Curling iron entire head off base



19. Chignon



20. French Twist



21. updo's



22. French braid (visible)



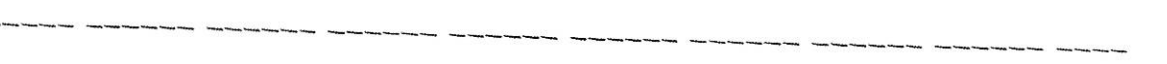
23. French braid (invisible)



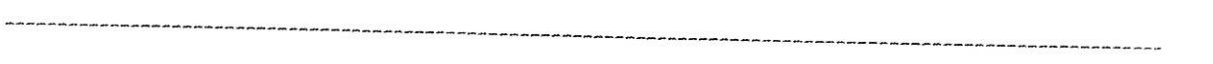
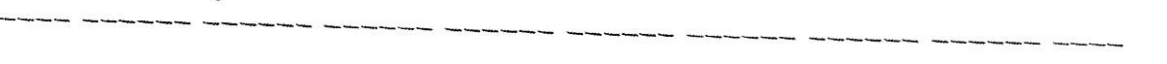
24. Fishtail braid



25. Rope braid



26. Your own braid styles



27. Blunt cut

28. 45 graduated cut

29. 90 uniform layers

30. 180 long layers

31. Razor cut

32. Clipper cut

33. Nine section block

34. Basic perm wrap

35. Spiral perm wrap

36. Curvature perm wrap

37. Bricklay perm wrap

38. Piggyback perm wrap

39. Create your own perm wrap

40. Thio relaxer virgin hair

41. Thio relaxer retouch

42. Color patch test

43. Color strand test

44. Single process virgin color

45. Single process retouch

46. Frosting hair with cap

47. Painting highlights

48. Foil highlights

49. Creative foil patterns

50. Eyebrow tweeze

51. Eyebrow wax

52. Lip wax

53. arm wax

54. leg wax

55. Basic facial massage

56. Basic facial

57. Fruity facials

58. Makeup application

59. Hand/arm massage

60. Basic manicure

61. Nail art

62. Foot/leg massage

63. Basic Pedicure

64. Nail tip application

65. Nail wrap application

66. Acrylic on nail sheets

67. Acrylic over tips

68. Sculptured acrylic

69. UV gels on tips or natural

70. UV gel over forms

How fast can you be and still do a great job???

1. Timed basic perm wrap

2. Timed bricklay perm wrap

3. Timed spiral perm wrap

4. Timed curvature perm wrap

Color me fast.....and accurate.....

1. Timed color retouch

2. Timed virgin color

3. Timed foils

4. Timed cap

5. Timed tease highlight

5. Timed relaxer virgin hair

6. Timed relaxer retouch

Let's take a look back in time.....

1. Create 1920,s style

2. Create 1930,s style

3. Create 1940,s style

4. Create 1950,s style

5. Create 1960,s style

6. Create 1970,s style

7. Create 1980,s style

8. Create 1990,s style

9. Create 2000,s style

Cosmo to Cosmo.....

1. Shampoo another student's hair

2. Style another student's hair

Freesaloneducation.com reports.....watch haircutting videos and write a report on the cut.

1. women's cuts

2. Men's cuts

3. Fringe

Style me.....

1. Pick a style from a magazine and do it on a mannequin.

2. Fantasy hairstyle

3. Divide mannequin in half, do a different style on each half.

Cosmo F. tical Grades

Name

start date

end date

Infection Control

- 1 Arrives with disinfected implements in
- 2 Sanitizes hands
- 3 Sanitizes work area
- 4 Precautions to clean body fluids
- 5 Implements dropped not used
- 6 Places disposable materials in trash a
- 7 Used tools separate of disinfected
- 8 Sanitizes area after tasks

Infection Control Grade

Thermal Styling - Curling Iron

- 1 Drapes Model
- 2 checks temp of iron w paper towel
- 3 sub-sec relate to diameter of iron
- 4 demonstrates 2 on-base curls
- 5 demonstrates 2 off-base curls
- 6 places comb between iron and scallp
- 7 partings sub-sect straight n consi
- 8 hair is free of fish hooks
- 9 hair is free of ridges

Thermal Styling- Curling Iron

Thermal Styling- Flat Iron

- 1 Drapes model
- 2 checks temp iron w paper/towel
- 3 parts sections straight consis size
- 4 prevents burns
- 5 press comb-press w back of comb
- 6 hair is free of ridges

Therm Styling/Flat Iron Grade

Eyebrow Wax Grade

- 1 Proper draping
- 2 Checked for diseases and disorders
- 3 Explained proper ~~shaving~~ of arch
- 4 Eyes protect ~~with~~
- 5 Antiseptic used ~~properly~~
- 6 Tweezers used properly
- 7 Hair tweezed in proper direction
- 8 Skin held taut
- 9 Area cleaned and sanitized

Eyebrow Wax Grade

Permanent Wave

- 1 drapes for chemical services
- 2 sections hair
- 3 sect correlate to rod length
- 4 sub sect correlates w rod-size
- 5 partings are straight and clean
- 6 wraps three rods
- 7 winds hair evenly and smoothly
- 8 fastens band top rod/not twisted
- 9 applies protective cream/cotton
- 10 wears disposable gloves/saturate
- 11 curl is even saturated for process
- 12 demonstrates mock test curl
- 13 finishes without fishhooks

Permanent Wave Grade

Facials

- 1 Proper draping
- 2 Applies cleanser, avoiding eye area
- 3 Spreads cleanser using upward motions
- 4 Removes cleanser
- 5 Applies massage product
- 6 facial manipulations a minimum of one time
- 7 Maintains hand contact w/ skin
- 8 Uses fingertips/ palms for manipulations
- 9 Demonstrates effleurage
- 10 Demonstrates petrissage
- 11 Demonstrates tapotement
- 12 Removes massage product
- 13 Applies toner or astringent to skin
- 14 Applies moisturizer
- 15 Prevents cross-contamination

Facial Grade

Braiding French Over/Under

- 1 Drapes client
- 2 Places eye pads on
- 3 Sections Hair
- 4 Braids one quadrant
- 5 sections are clean

Braiding French Over/Under Grade

Eval:
Date:
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Eval:
Date:
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Eval:
Date:
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Cosmo Practical Grades

Name

		start date										end date									
Skin Analysis																					
1	Uses mag glass to analyze face																				
2	Uses mag glass to analyze neck																				
3	Uses mag glass to analyze shoulders																				
4	Describes client's skin type																				
5	Recommendation for client's skin type																				
Skin Analysis Grade																					
	Eval:																				
	Date:																				
	%																				
Eyebrow Tweezing																					
1	Cleanses eyebrow w/antiseptic																				
2	Wears disposable gloves																				
3	Tweezes hair in same direction while holding skin tightly																				
4	Cleanses tweezed area w/antiseptic																				
Eyebrow Tweezing Grade																					
	Eval:																				
	Date:																				
	%																				
Upper Lip Wax																					
1	Cleanses upper lip w/antiseptic																				
2	dries upper lip																				
3	wears disposable gloves																				
4	tests wax temperature																				
5	applies wax in direction of growth																				
6	applies strip in direction of growth																				
7	holds skin tightly removing strip																				
8	removes strip in opposite direction																				
9	cleanses waxed area w/antiseptic																				
10	Prevents cross-contamination																				
Upper Lip Wax Grade																					
	Eval:																				
	Date:																				
	%																				
Basic Layered Haircut RAZOR																					
1	Drapes Client																				
2	wets and sections hair																				
3	holds comb & razor in hand 100%																				
4	Establishes and follows guide lines																				
5	removes min. of 1/4" of hair																				
6	completes a blended layered haircut																				
7	uses cutting tools safely																				
8	cleans or sweeps area when finished																				
Basic Layered Razor Cut																					
	Eval:																				
	Date:																				
	%																				
Skin Analysis																					
1	Removes traces of oil w/ remover																				
2	applies base coat to nails																				
3	Applies 2 coats base to free edge																				
4	applies top coat																				
5	removes excessive polish on skin																				
Polish Change - Grades																					
	Eval:																				
	Date:																				
	%																				
Manicure																					
1	sanitized clients hands																				
2	places bowl water on work area																				
4	file nail from corner to center																				
5	apply cuticle remover w/applicator																				
7	push back cuticles																				
6	soaks fingertips in bowls																				
9	brushes nails downward																				
	w/out cutting demonstrates ability to trim excessive cuticle																				
	Cleans under the free edge																				
	dries clients hands and nails																				
Manicure - Grades																					
	Eval:																				
	Date:																				
	%																				

Cosmo Practical Grades

Name

		start date										end date									
Pedicure																					
1	sanitizes clients feet																				
2	places bowl of water on area																				
4	uses nail file to shape nail from corner to center																				
5	applies cutcl remover w applicator																				
7	orange wood to push back cuticles																				
6	soaks feet in bowl																				
9	brush in downward movement w/out cutting demonstrates ability to trip excessive cuticle																				
	cleans under the free edge																				
	dries clients feet and nails																				
Pedicure - Grade																					
Eval:																					
Date:																					
%																					

Eval:	
Date:	
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Eval:	
Date:	
%	

		start date										end date									
Shampooing																					
1	Proper draping																				
2	Proper use of neck strip																				
3	Preliminary hair brushing																				
4	Complete saturation of the hair																				
5	Proper application of shampoo																				
6	Correct scalp manipulations																				
7	Complete final rinse																				
8	No water left on floor																				
9	Patrons clothing kept dry																				
10	Proper detangling technique																				
Shampooing Grade																					

Eval:	
Date:	
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Eval:	
Date:	
%	

		start date										end date									
Basic Layered Haircut Shears																					
1	Drapes Client																				
2	wets and sections hair																				
3	holds comb & razor in hand 100%																				
4	Establishes and follows guide lines																				
5	removes min. of 1/4" of hair																				
6	completes a blended layered haircut																				
7	uses cutting tools safely																				
8	cleans area when finished																				
Layered Haircut Shears Grade																					
Eval:																					
Date:																					
%																					

Eval:	
Date:	
%	

Eval:	
Date:	
%	

		start date										end date									
Styling																					
1	Comb out cape used																				
2	Relaxed brushing performed																				
3	Strong tight tease used to hold style																				
4	Adequate # of pins used to hold style																				
5	All pins used are not showing																				
6	No gaps or splits in style																				
7	Outer layer of hair smooth/sleek																				
8	Adequate hairspray used to hold style																				
9	Area cleaned and sanitized																				
Styling Grade																					

Eval:	
Date:	
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Eval:	
Date:	
%	

		start date										end date									
Hair Color - Retouch																					
1	Drapes for a Chemical service																				
2	sections the hair																				
4	wears dispos gloves during application																				
5	Applies at scalp cover 1/2-1" Regrowth																				
7	Applies color to scalp and ends of hair																				
6	check sect ensure complete coverage																				
9	Removes excess color product from skin																				
Hair Color - Retouch																					
Eval:																					
Date:																					
%																					

Eval:	
Date:	
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Eval:	
Date:	
%	

Cosmo Practical Grades

Name		start date		end date	
Chemical Relaxer - Retouch					
1	Drapes for a Chemical service sections the hair				
2	applies base cream hairline/ears				
3	wears dispos gloves during application				
4	Applies relaxer to regrowth				
5	cross/chk sect ensure complete coverage				
6	smoothes hair w/back w/non-metal comb, fingers or app brush				
7	keeps mid shaft and ends free of product				
8	unprotected free from product				
9	Relaxer - Retouch Grades				
Hair Color - Highlighting					
1	Drapes for a Chemical service sections the hair				
2	wears dispos gloves during application				
4	Completes 3 foils				
5	demonstrated clean partings				
7	Using brush/bowl applies color evenly to the hair strand- not touching scalp				
6	Removes excess color product from the skin				
9	Hair Color - Highlighting				

Eval: _____
Date: _____
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Eval: _____
Date: _____
%

Chemical Relaxer - Virgin					
1	Drapes for a Chemical service sections the hair				
2	applies base cream hairline/ears				
3	wears dispos gloves during application				
4	Applies 1/4" from scalp to 1/2" end				
5	smoothes hair w/back w/non-metal comb, fingers or app brush				
7	cross/chk sect for full coverage				
6	keeps unprotected area free from product				
9	Relaxer - Virgin Grades				

Eval: _____
Date: _____
%

Eval: _____
Date: _____
%

Hair Color - Virgin					
1	Drapes for a Chemical service sections the hair				
2	wears dispos gloves during application				
4	Using bottle/brush/bowl applies product 1/2" from scalp up to 1/2" from ends				
5	Applies color to scalp area & ends of hair				
7	cross/chk sect ensure complete coverage				
6	Removes excess color product from the skin				
9	Hair Color - Virgin				

Eval: _____
Date: _____
%

Eval: _____
Date: _____
%