



TUCSIN 2015

Career Focus
Beauty & Hairdresser Industries

Inside this issue:

INTRODUCTION	1
BEAUTY THERAPIST	2
HAIRDRESSER	3
INSTITUTIONS	4
FOOD FOR THOUGHT	5



Dear Students

If you love the idea of making people feel good and look their best, a job in the beauty industry could be the place for you! It might take some schooling after high school, but nothing near as tedious as college. It's fun, rewarding, and has flexible hours. Plus, you get paid for making people look gorgeous! In this edition we will focus on how to become a Beauty Therapist and a Hairdresser. This job requires creativity and is an interesting field of work.

- Martina

SPECIALITY AREAS IN THE BEAUTY BUSINESS:

Beauticians / Aestheticians specialize in skin care, facial treatments, make-up, manicure, pedicure and waxing.

Beauty Consultants are cosmetics sales staff. They are usually employed in a department store to promote and sell the cosmetics of a particular manufacturer. They advise customers on product choice and may occasionally do a make-up demonstration.

Cosmetologists practice cosmetology, which is the art or profession of applying cosmetics (or of carrying out plastic surgery).

Body Therapists provide a full range of body treatments, both manual and electrical.

Electrologists specialize in the removal of unwanted hair from all over the body, especially the face.

Health & Beauty Therapists work as beauticians, body therapists and also advise clients on health matters, particularly relating to skin.

Massage Therapists perform body massage only, often specializing in Aromatherapy.

Somatologists practice in the field of somatology, which is the science of the human body (or the science of the properties of the body).

Manicurists and pedicurists clean, shape and polish fingernails and toenails.

Scalp treatment specialists apply medicated lotions to treat scalp conditions and hair loss.

Beauty Therapists / Somatologists care for the whole body - providing massage, electrical treatment, facials, make-up, manicures and pedicures. **A beauty therapist is in fact, a beautician, a body therapist and an electrologist all in one.**

Hairdressers cut and style people's hair. People working in the beauty business usually work in clean, pleasant surroundings with good ventilation. Good health and stamina are important because these workers must stand a great deal.

HEALTH AND BEAUTY TECHNOLOGIST (SOMATOLOGIST)

The health and beauty technologist uses a battery of electronic equipment and highly specialized techniques for both face and body. He/she also provides clients with advice on the correct application of make-up.

JOB CHARACTERISTICS

Assessing, treating and preventing disorders involving the skin and body.
Prescribing slimming treatment in conjunction with a recommended doctor's diet.

Applying specialized make-up techniques and selling cosmetics.

Removing unwanted facial and bodily hair, permanently and temporary.

Manicuring, pedicuring and tinting eyelashes.

Applying a variety of electrical equipment and specialized massage techniques such as reflexology, aromatherapy and manual lymph drainage.



REQUIREMENTS & TRAINING

Secondary Education

Possession of a **HIGCSE/NSSCH** or outstanding **IGCSE/NSSCO** Grade 12 or equivalent qualification is needed to be admitted to a South African Technicon.

Compulsory Subjects: Biology

Recommended Subjects: Physical Sciences

TERTIARY

The **N. Dip.:** Somatology is offered by the following technicons: Pretoria, Witwatersrand, Natal and Cape. The course duration is between two and three years and includes practical and theoretical training. Prospective students can also complete the **B. Tech., M. Tech.** and **D. Tech.:** Somatology.

Formal training is offered in Namibia, at Shadonai Beauty School. Several stores send their employees for certain courses to South Africa. These people are mainly involved in the application of make-up and are called beauty consultants.

PERSONALITY

A prospective health and beauty technologist should have a courteous, pleasant personality and possess good interpersonal skills

WORK OPPORTUNITIES

- ◇ cosmetic companies
- ◇ beauty salons & beauty clinics
- ◇ television make-up studios
- ◇ skin-care clinics
- ◇ gyms and health clubs & health hydro's and spas

This career has excellent entrepreneurial prospects as somatologists can open up their own businesses in any one of the above areas or they can contract their services out to any of the above businesses.

HAIRDRESSERS

Hairdressers render a service to clients by washing, cutting, perming, colouring, tinting, curling and styling their hair.



JOB CHARACTERISTICS

Hairdressers cut and style hair according to customer requests. The tasks differ according to the requirements of their clients. They may first have to study a client's face, hair and scalp before deciding on a style and treatment. They also trim, shape, shampoo and tint or bleach hair. They give scalp treatments and massages, and permanent waves.

They also trim and style beards and moustaches and sometimes advise customers on personal grooming and cosmetic aids available. Some hairdressers fit and style wigs. Hairdressers need to keep up-to-date with the latest trends in hairstyles and cutting techniques.

Hairdressers work indoors in salons that must meet certain sanitation codes. Hairdressers who manage or own salons have the responsibility of ordering supplies, keeping records, receiving clients, hiring employees and keeping the salon clean. Hairdressers' tools and accessories include: scissors, clippers, razors, combs, brushes, tweezers, towels and hairdryers, various solutions, bleaches and tints, cleaning and sterilizing equipment.

Hairdressers who own or manage salons also work with appointment books, employee schedules and various financial and clerical forms. Hairdressing salons are usually pleasant and attractive so as to appeal to the public. Normally each hairdresser is assigned to a work area, which has a customer chair and an area where equipment such as combs, rollers and hairdryers are kept.

REQUIREMENTS & TRAINING

Secondary Education

Possession of a **HIGCSE/NSSCH** or outstanding **IGCSE/NSSCO** Grade 12 or equivalent qualification is needed to be admitted to a South African Technicon.

Compulsory Subjects: Life Sciences

Recommended Subjects: Physical Sciences

TERTIARY

Diploma: Various relevant diplomas - most universities of technology, e.g. CPUT, DUT.

In Namibia the Okakarara Vocational Centre, Namibia Youth Services and Shadonai Beauty College offer training in Hairdressing.

WORK OPPORTUNITIES

- ◇ hair salons hotels and departmental stores
- ◇ film and television industry
- ◇ unisex styling salons for Performing Arts Councils
- ◇ self-employment, with enough experience and capital, can start own business

INSTITUTIONS THAT PROVIDE TRAINING

It is expected of the **Namibia Training Authority** as the official regulating body in the Vocational Education and Training sector, to ensure that all training providers operating within the borders of our country, indeed meet quality training standards. The following institutions are now registered with the NTA and have been issued with registration certificates :

Okakarara Vocational Training Centre
(067) 317 069

Shadonai Beauty School
Tel: +264 61 301780

NAMIBIA YOUTH SERVICE

Skills Training

This is the last phase of the National Youth Service training programme, and recruits are given the opportunity to commence with skills training in one of the following fields up to vocational training level three.

Hairdressing and Cosmetology

Regardless of the trades pursued by the youth, all trainees are compelled to undertake these subjects in order to upgrade their proficiency in general numeracy and literacy with a view to coping with chosen trades. These are:

- ◇ *Information Communication Technology Fundamentals;*
- ◇ *Communication;*
- ◇ *Entrepreneurship*

This phase of training is offered for a period of two to three years depending on the trade and the levels offered. Job attachment is required for all the trades and NYS facilitates the process as the organization has entered into agreements with various institutions both private and public.

Contact details : info@nys.com.na, Tel#: +264 61 415500
<http://www.nys.com.na>

SHADONAI BEAUTY SCHOOL

SHADONAI is a Namibian college, training with passion and nurturing ambition in each of the students that enter our community. They offer internationally accredited training in Beauty Therapy, Hairdressing and Business Administration and are accredited with ITEC, CITY & GUILDS and CIDESCO international examining boards.

For more information on the courses they offer please visit : <http://www.shadonai.com>



FOOD FOR THOUGHT

Here are some of the crazy things people have done in the name of beauty throughout history, plus some other Jeopardy-worthy tidbits.

1. The term for a makeup artist in Egyptian hieroglyphic is derived from the root "sesh," which means, "to write, to engrave." Makeup application was taken pretty seriously back then: **the same accuracy was needed to paint lips as to write out a text.** (FYI: By "text" we mean etching symbols into a rock, not typing out a message on your iPhone.)
2. **Perfume was central to Egyptian civilization and was used for both cosmetic and medical purposes.** For example, Kyphi, one of the most famous Egyptian perfumes, made from flowers, honey, wine and berries, was also prepared as a drink to cure lung, intestinal, and liver problems. That said, don't go chugging a bottle of Chanel No. 5 .
3. In ancient Greece, the most sought-after hair color was blond. Not many Greeks were naturally blond, so light hair was probably perceived as beautiful because it was so exotic. **Women would lighten their hair using plant extracts or arsenic(!).** They also washed their locks with a mixture of ashes, olive oil, and water.
4. People have been playing, "kitchen beautician" since the Middle Ages, when various foods were used as beauty aids. Curdled milk was applied to acne, cucumber juice removed freckles, while boiled nettles produced a smooth, even complexion. **Women even attempted to remove wrinkles with the help of ointments made of wax and almond oil, or crocodile fat.** (Yes, that last one totally grossed us out too.)
5. It's a shame that extensions weren't available during the Heian Period when **a Japanese woman's beauty was judged by the length of her hair,** since the ideal was considered almost two feet longer than her waist. We're assuming that ponytails were a popular hairstyle back then.
6. In Renaissance Italy women created the ultimate red lip and cheek stain by mixing cochineal, sandalwood or cinnabar with wax or grease. The application process was complex, but **the red color lasted for over a week, even if she washed her face every day.**
7. Despite being called the "Golden Age of Spain," having a tan was a serious beauty faux pas back then. **In an effort to maintain a porcelain complexion, young women would eat clay, even though it often caused anemia or chlorosis.** In the late 18th century, members of The French Court such as Marie Antoinette also obsessed over having flawless alabaster skin. They faked it with thick layers of white powder (made out of everything from white lead and talc to pulverized bone) combined with wax, whale blubber, or vegetable oil to give the face makeup a greasy consistency that adhered to the skin.
8. **Lipstick was considered an essential item for female nurses in the armed forces during the Second World War,** both to remind women that they were ladies first and military second, and because it might have a calming effect on the male soldiers.
9. Before L'Oréal launched the first mass market hairspray in 1960, women had to choose between slicking their hair down with a greasy brilliantine or using a mechanical sprayer to coat it with shellac dissolved in a solution of water and alcohol.
10. A 1991 study showed that female politicians who employed Hollywood makeup artists and photographers were 30% more likely to win elections, simply by grooming her eyebrows, wearing certain colored blouses, and smiling.

Reference: Min of Labour & Social Welfare - Careers in Namibia 2005/2006

Pinterest , <http://www.cosmopolitan.com>

We're on the web:
www.tucsin.org as well as on
 Facebook

**YOU CAN FOLLOW US FOR MORE NEWS ON OUR TUCSIN
 HOMEPAGE AS WELL AS TUCSIN ALUMNI FACEBOOK PAGE.**

**Tel# : 061 224840
 E-mail: williams@tucsin.org**