



**Coimisiún na Scrúduithe Stáit**  
**State Examinations Commission**

**Leaving Certificate Applied 2015**

**Marking Scheme**

**Hair & Beauty**

**Common Level**

## **Note to teachers and students on the use of published marking schemes**

Marking schemes published by the State Examinations Commission are not intended to be standalone documents. They are an essential resource for examiners who receive training in the correct interpretation and application of the scheme. This training involves, among other things, marking samples of student work and discussing the marks awarded, so as to clarify the correct application of the scheme. The work of examiners is subsequently monitored by Advising Examiners to ensure consistent and accurate application of the marking scheme. This process is overseen by the Chief Examiner, usually assisted by a Chief Advising Examiner. The Chief Examiner is the final authority regarding whether or not the marking scheme has been correctly applied to any piece of candidate work.

Marking schemes are working documents. While a draft marking scheme is prepared in advance of the examination, the scheme is not finalised until examiners have applied it to candidates' work and the feedback from all examiners has been collated and considered in light of the full range of responses of candidates, the overall level of difficulty of the examination and the need to maintain consistency in standards from year to year. This published document contains the finalised scheme, as it was applied to all candidates' work.

In the case of marking schemes that include model solutions or answers, it should be noted that these are not intended to be exhaustive. Variations and alternatives may also be acceptable. Examiners must consider all answers on their merits, and will have consulted with their Advising Examiners when in doubt.

## **Future Marking Schemes**

Assumptions about future marking schemes on the basis of past schemes should be avoided. While the underlying assessment principles remain the same, the details of the marking of a particular type of question may change in the context of the contribution of that question to the overall examination in a given year. The Chief Examiner in any given year has the responsibility to determine how best to ensure the fair and accurate assessment of candidates' work and to ensure consistency in the standard of the assessment from year to year. Accordingly, aspects of the structure, detail and application of the marking scheme for a particular examination are subject to change from one year to the next without notice.



# Coimisiún na Scrúduithe Stáit State Examinations Commission

*Leaving Certificate Applied 2015*

## Vocational Specialism – Hair and Beauty

(240 marks)

**Tuesday, 9 June**

**Morning 11.30 to 1.00**

Total Mark

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Credit

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### *Directions to Candidates*

1. Write your EXAMINATION NUMBER in this space:
2. WRITE ALL ANSWERS INTO THIS ANSWER BOOK.
3. Candidates must attempt **FOUR** questions;  
one question from **each** of the four sections.
4. Each question carries 60 marks.

### Marking Scheme

*For the Superintendent only*

Centre Stamp

### *For the Examiner only*

		Question	Mark
1. Total of end of page totals.			
2. Aggregate total of all disallowed questions.		1	
3. Total mark awarded. (1 minus 2)		2	
4. Bonus mark for answering through Irish.		3	
5. Total mark awarded if Irish Bonus. (3 + 4)		4	
6. Credit.		5	
Note: The mark in row 3 must equal the mark in the <b>Total</b> box.		6	
		7	
		8	
		<b>TOTAL</b>	

# Section 1 – Salon and Customer Care

(Attempt Question 1 or Question 2 from this section. Each question carries 60 marks.)

1. (a) A receptionist should always be well groomed. State **four** ways that this might be achieved. (12 marks)

4 @ 3 marks each

1. \_\_\_\_\_

\*Good personal hygiene      \*No strong perfumes/aftershave

\*Smart dress      \*Clothes freshly laundered and ironed

2. \_\_\_\_\_

\*Clothes in good repair e.g. no missing buttons, hems falling down

\*Clean shoes      \*Shoes repaired e.g. heels

3. \_\_\_\_\_

\*Hands and nails clean      \*No chipped varnish

\*Hair washed and tidy      \*Hair styled

4. \_\_\_\_\_

\*Clean teeth/fresh breath

- (b) Outline the factors that a receptionist should consider when managing **each** area of a salon identified below. Give **two** factors for **each** area.

Music (8 marks)

2 factors @ 4 marks each

1. \_\_\_\_\_

\* Match salon style to create the right atmosphere e.g. peaceful, high energy

\*Type of clientele e.g. younger or older clients      \*Volume so as not too intrusive

2. \_\_\_\_\_

\*Background music only      \*Not selected based on receptionists preferences

Refreshments (8 marks)

2 factors @ 4 marks each

1. \_\_\_\_\_

\*Vary refreshments available e.g. hot and cold      \*Make sure all clients are offered

refreshments      \*Ensure cups are clean

2. \_\_\_\_\_

\*Ensure safe practices when serving hot drinks      \*Keep refreshment area stocked

\*Keep refreshment area clean and tidy

Reading Material

(8 marks)

2 factors @ 4 marks each

1. \_\_\_\_\_

*\*Magazines / newspapers are in good condition and removed when they become torn*

\_\_\_\_\_  
*\*Old dated magazines are removed*

2. \_\_\_\_\_

*\*A range of reading material available to suit male/female and younger/older clients*

\_\_\_\_\_  
*\*Reading material offered to all clients*

Cloakroom

(8 marks)

2 factors @ 4 marks each

1. \_\_\_\_\_

*\*Hang coats up carefully on hangers*

\_\_\_\_\_  
*\*Look after clients' belongings – keep them safe / watch over them*

2. \_\_\_\_\_

*\*Return correct items to clients / assist clients*

(c) The receptionist is on the phone when a client arrives. What should the receptionist do?

(8 marks)

2 points @ 4 marks each

\_\_\_\_\_  
*\*Use body language to acknowledge the client e.g. eye contact, nod of the head to indicate you have seen them arrive. \*Indicate to them to take a seat.*

\_\_\_\_\_  
*\*Don't linger on the phone, deal with the phone call as efficiently as possible*

\_\_\_\_\_  
*\*As soon as the call is finished give the client your full attention immediately \*Apologise for keeping the client waiting*

(d) The receptionist is often the first and last point of contact for a client.

Discuss the effect that this can have on a salon. Give **two** developed points. (8 marks)

2 developed points @ 4 marks each

1. \_\_\_\_\_

*\*First and last impressions count so the receptionist needs to present a professional image*

\_\_\_\_\_  
*\*The manner in which a receptionist handles a customer has a direct impact on customer satisfaction*

2. \_\_\_\_\_

*\*The receptionist can ensure that a client doesn't leave a salon unhappy by talking to them*

\_\_\_\_\_  
*about their experience and trying to deal with / rectify any issues*

2. (a) Identify **four** measures that can be taken to avoid slips **and** trips occurring in a salon. (12 marks)

4 measures @ 3 marks each

1. \_\_\_\_\_  
*\*Wipe up any water spillages immediately*
- \_\_\_\_\_
- \*Carry out repairs immediately that could lead to slips e.g. leaking pipes and sinks*
2. \_\_\_\_\_  
*\*Watch out for slippery surfaces caused by products e.g. oils*
- \_\_\_\_\_
- \*Avoid washing floors during opening hours*
3. \_\_\_\_\_  
*\*Watch for loose rugs and curling corners that could cause trips*
- \_\_\_\_\_
- \*Make sure rugs have non slip backing      \*Avoid trailing flexes*
4. \_\_\_\_\_  
*\*Keep all areas well lit      \*Don't leave rubbish lying around to fall over*
- \_\_\_\_\_

- (b) Discuss *safe* footwear for salon employees. Give **three** points. (12 marks)  
3 points @ 4 marks each

1. \_\_\_\_\_  
*\*Shoes should have non slip / rubber soles to reduce the risk of slipping*
- \_\_\_\_\_
2. \_\_\_\_\_  
*\*Shoes should protect the feet and have closed toes*
- \_\_\_\_\_
3. \_\_\_\_\_  
*\*Shoes should have sensible heel height to avoid the risk of back pain and sore feet*
- \_\_\_\_\_

- (c) Identify **three** possible causes of back pain for salon employees. (12 marks)  
3 causes @ 4 marks each

1. \_\_\_\_\_  
*\*Bad posture from bending over clients*
- \_\_\_\_\_
- \*Standing for long periods of time*
2. \_\_\_\_\_  
*\*Wearing incorrect footwear that provides little or no support*
- \_\_\_\_\_
3. \_\_\_\_\_  
*\*Bending / lifting incorrectly*
- \_\_\_\_\_

- (d) Give **four** reasons why a salon should have staff trained in health and safety management. (12 marks)

*4 reasons @ 3 marks each*

1. \_\_\_\_\_  
*\*To help to prevent workplace injuries and ill health*
- \_\_\_\_\_
- \*To identify the hazards associated with salon activities and the risks*
2. \_\_\_\_\_  
*\*To put safety measures and systems in place*
- \_\_\_\_\_
3. \_\_\_\_\_  
*\*To monitor and review health and safety standards*
- \_\_\_\_\_
- \*To ensure health and safety awareness and practices amongst staff*
4. \_\_\_\_\_
- \_\_\_\_\_

- (e) Suggest **four** practical ways that staff knowledge and on-going awareness of health and safety can be addressed and promoted in a salon. (12 marks)

*4 practical ways @ 3 marks each*

1. \_\_\_\_\_  
*\*Putting on the agenda of staff meetings      \*Discussing at staff meetings*
- \_\_\_\_\_
- \*Organising training sessions*
2. \_\_\_\_\_  
*\*Displaying posters / signage in the staff room*
- \_\_\_\_\_
- \*Fire drills*
3. \_\_\_\_\_  
*\*Observation of practices and feedback*
- \_\_\_\_\_
- \*Involvement in the updating / revision of a safety statement*
4. \_\_\_\_\_  
*\*Participating in safety audits / safety checks*
- \_\_\_\_\_

## Section 2 – Haircare

(Attempt Question 3 or Question 4 from this section. Each question carries 60 marks.)

3. (a) Suggest **four** factors to consider when purchasing a hair comb. (12 marks)

*4 factors @ 3 marks each*

1. \_\_\_\_\_

*\*Size of the comb e.g. is it for pocket, handbag, dressing table etc.*

\_\_\_\_\_

*\*What the comb is needed for e.g. removing tangles from long hair*

2. \_\_\_\_\_

*\*Distance between the teeth e.g. wide tooth comb or fine tooth comb*

\_\_\_\_\_

*\*Material it is made from e.g. plastic, metal, bone or wood*

3. \_\_\_\_\_

*\*Sharpness of the teeth to avoid scratching the scalp*

\_\_\_\_\_

*\*Strength of the teeth so they don't break easily*

4. \_\_\_\_\_

\_\_\_\_\_

(b) State **three** reasons why it is important to clean and sterilise combs in the salon. (12 marks)

*3 reasons @ 4 marks each*

1. \_\_\_\_\_

*\*To ensure the salon is hygienic and professional*

\_\_\_\_\_

*\*To remove dandruff, dirt, grease and skin particles*

2. \_\_\_\_\_

*\*To remove the build-up of hair products*

\_\_\_\_\_

*\*To prevent the spread of infection between clients*

3. \_\_\_\_\_

\_\_\_\_\_

(c) Name **and** describe **one** method that can be used to sterilise a comb. (12 marks)

*1 name @ 4 marks each*

Name \_\_\_\_\_

*\*Ultra violet (UV) radiation cabinet*

*2 points @ 4 marks each*

Description \_\_\_\_\_

*\*Remove all hair from the comb*

\_\_\_\_\_

*\*Wash the comb in warm soapy water to remove grease and hair products*

\_\_\_\_\_

*\*Place in an ultra violet radiation cabinet*




\_\_\_\_\_

*\*Turn frequently to expose all surfaces for 20-30 minutes*

\_\_\_\_\_



(d) Identify **two** functions / tasks that can be carried out using **each** type of comb pictured below. (24 marks)

	<p style="text-align: center;"><i>2 functions / tasks @ 4 marks each</i></p> <p>1. _____  <i>*Tail used for sectioning the hair when cutting</i></p> <p>_____</p> <p><i>*Helps to get a parting straight</i></p> <p>2. _____  <i>* Tail used for sectioning the hair when applying colour</i></p> <p>_____</p>
	<p style="text-align: center;"><i>2 functions / tasks @ 4 marks each</i></p> <p>1. _____  <i>*Used for thick curly hair to lift the hair from the scalp</i></p> <p>_____</p> <p><i>outwards</i></p> <p>2. _____  <i>*Used to create an 'afro' style</i></p> <p>_____</p>
	<p style="text-align: center;"><i>2 functions / tasks @ 4 marks each</i></p> <p>1. _____  <i>*Helps to hold hair in place</i></p> <p>_____</p> <p><i>*Acts as a decorative accessory</i></p> <p>2. _____  <i>*Used to embellish the hair for a special occasion</i></p> <p>_____</p> <p><i>*Gives a focal point to the hair</i></p>

4. (a) Suggest **four** reasons why a client might request hair colouring services from a salon. (12 marks)

4 reasons @ 3 marks each

1. \_\_\_\_\_  
*\*To get a professional service      \*To get the benefit of advice from a professional*

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2. \_\_\_\_\_  
*\*Because they don't want to do it themselves      \*It can be a messy process at home*

---

3. \_\_\_\_\_  
*\*To cover grey hair      \*To get a new look*

---

4. \_\_\_\_\_  
*\*To avail of a wider range of colours and products*

---

5. \_\_\_\_\_  
*\*To fix a problem with home colouring that may have turned out wrong*

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(b) Identify **four** functions / benefits of using a hair colour chart in a salon. (12 marks)



4 functions / benefits @ 3 marks each

1. \_\_\_\_\_  
*\*To be able to show a client the full range of colours available*

---

2. \_\_\_\_\_  
*\*To see the differences between colours*

---

3. \_\_\_\_\_  
*\*To enable the client and hairdresser agree on the final colour that will be applied*

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4. \_\_\_\_\_  
*\*Can be used as part of a client consultation*

---

5. \_\_\_\_\_  
*\*To provide the exact reference no that can be recorded for future applications*

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- (c) Why is a *patch test* (skin test) carried out before a hair colouring service? (4 marks)  
1 @ 4 marks

*\*To ensure that the client is not sensitive or allergic to the colour*

- (d) How would you recognise a reaction following a patch test?  
Give **four** signs / symptoms. (8 marks)  
4 signs / symptoms @ 2 marks each

1. \_\_\_\_\_  
*\*Red skin around the test area*

2. \_\_\_\_\_  
*\*A rash appears                      \*Spots appear*

3. \_\_\_\_\_  
*\*The skin becomes itchy              \*The skin stings / burns*

4. \_\_\_\_\_  
*\*Swelling in the area*

- (e) Identify **four** items of information that should be recorded on a client record card following a hair colour service. (12 marks)  
4 items @ 3 marks each

1. \_\_\_\_\_  
*\*Date of colour service              \*Name of stylist/colourist*

2. \_\_\_\_\_  
*\*Type of colour service provided              \*Name of product used*

3. \_\_\_\_\_  
*\*Colour reference number              \*Notes/remarks about the service*

4. \_\_\_\_\_

- (f) Suggest **four** tips / areas of advice that a hair stylist might offer to a client following a hair colour service. (12 marks)  
4 @ 3 marks each

1. \_\_\_\_\_  
*\*Use shampoo and conditioner made for colour treated hair to help maintain the colour*

*\*When possible allow hair to dry naturally to avoid the hair dryer drying it out*

2. \_\_\_\_\_  
*\*Avoid swimming because chlorinated water affects the colour*

*\*Wear a swimming hat to protect the hair when swimming*

3. \_\_\_\_\_  
*\*Protect hair from sun to avoid fading e.g. wear a hat*

*\*Get roots touched up every 4 weeks to keep colour looking good*

4. \_\_\_\_\_

## Section 3 – Beautycare

(Attempt Question 5 or Question 6 from this section. Each question carries 60 marks.)

5. (a) Suggest **four** factors that should be considered when selecting nail polish colour. (12 marks)



*4 factors @ 3 marks each*

1. \_\_\_\_\_

*\*Your favourite colour and what makes you feel good*

\_\_\_\_\_

*\*A colour that complements the clothes you wear*

2. \_\_\_\_\_

*\*What's in fashion 'on trend'*

\_\_\_\_\_

*\*A colour suitable for an occasion*

3. \_\_\_\_\_

*\*A colour for the season e.g. red for Christmas, pastels for spring etc.*

4. \_\_\_\_\_

- (b) Give **four** reasons why *base coat* is applied before nail colour. (12 marks)

*4 factors @ 3 marks each*

1. \_\_\_\_\_

*\*Helps the coloured varnish to adhere to the nail more easily*

2. \_\_\_\_\_

*\*Creates a barrier that protects the nails from damaging dyes and staining*

3. \_\_\_\_\_

*\*Gives nails a more even / smooth texture before applying nail colour*

4. \_\_\_\_\_

*\*Gives extra strength to the nails to help prevent breaking and splitting*

- (c) Identify **two** problems with the nail varnish application in the photograph below. (8 marks)



2 problems @ 4 marks each

*\*Uneven application of varnish*

1. \_\_\_\_\_

*\*Nails painted too close to cuticles      \*Cuticles flooded*

2. \_\_\_\_\_

Outline **two** ways the problem could be rectified. (8 marks)

2 ways @ 4 marks each

1. \_\_\_\_\_

*\*Not overloading nail polish brush      \*Paint close to but not touching cuticles*

\_\_\_\_\_  
*\*Dip cotton wool bud in nail polish remover and use to clean up nail edges/cuticles*

\_\_\_\_\_  
*\*Use good quality nail polish      \*Make sure brush is in good condition*

\_\_\_\_\_  
*\*Ensure nails are left to dry before using hands*

- (d) Suggest **four** tips that a beauty therapist could give to a client on caring for his / her nails after they have been painted. (12 marks)

4 tips @ 3 marks each

1. \_\_\_\_\_

*\*Keep hands out of hot water e.g. baths*

\_\_\_\_\_  
*\*Avoid washing up without wearing rubber gloves*

2. \_\_\_\_\_

*\*Use top coat to help the polish last longer*

\_\_\_\_\_  
*\*Wear gloves for jobs such as gardening*

3. \_\_\_\_\_

*\*Don't use nails as tools for opening items etc.*

4. \_\_\_\_\_

- (e) Discuss the nail service called the *two-week manicure*. Give **two** points. (8 marks)

2 points @ 4 marks each

1. \_\_\_\_\_

*\*This is a gel based product      \*It is set/sealed with a UV lamp*

\_\_\_\_\_  
*\*It is durable      \*It lasts longer than ordinary nail polish and doesn't chip*

2. \_\_\_\_\_

*\*Needs to be removed by soaking nails in acetone to loosen the product*

6. (a) Give **four** reasons why it is important to cleanse, tone and moisturise the skin *before* applying make-up. (12 marks)

4 reasons @ 3 marks each

1. \_\_\_\_\_  
*\*Make-up will go on more smoothly if the skin is free of oil and dirt*
2. \_\_\_\_\_  
*\*Old make-up that is not removed can lead to blocked pores and spots and affect the appearance and texture of the skin*
3. \_\_\_\_\_  
*\*It is easier to apply foundation to moisturised skin*
4. \_\_\_\_\_  
*\*Make-up will last better if skin is hydrated*

- (b) Below is a photograph from a *make-up shoot*. Identify **four** different make-up products **and** **four** different tools that could be used to recreate the look. (16 marks)



Make-up product

4 @ 2 marks each

- \*Brow liner \*Eye liner \*Eye shadow*
1. \_\_\_\_\_
- \*Mascara \*Concealer \*Primer*
2. \_\_\_\_\_
- \*Foundation \*Lip liner \*Lipstick \*Lip pencil*
3. \_\_\_\_\_
- \*Bronzer \*Blusher \*Highlighter \*Face powder etc.*
4. \_\_\_\_\_

Make-up tools

4 @ 2 marks each

1. \_\_\_\_\_  
*\*Foundation brush \*Concealer brush \*Eyebrow tweezers \*Mirror \*Pencil sharpener*
2. \_\_\_\_\_  
*\*Eyelash curler \*Brown comb \*Blending wedge \*Make-up sponge*
3. \_\_\_\_\_  
*\*Blusher brush \*Lip brush \*Eye shadow brush \*Sponge tip applicator etc.*
4. \_\_\_\_\_

- (c) Name a product and describe how it could be applied to emphasise **each** area of the face listed below.

Eyes

(8 marks)

Name @ 2 marks

\*e.g. mascara

Name of product

2 points @ 3 marks each

How it could be used

\*Dip the mascara brush into mascara and coat bristles \*Close eyes and apply mascara

from roots to tips of upper lashes \*Open eyes and apply from root to tips on lower lashes

\*Use mascara comb to separate the lashes \*Repeat application of mascara again

Lips

(8 marks)

Name @ 2 marks

\*e.g. lip pencil

Name of product

2 points @ 3 marks each

How it could be used

\*Draw pencil along the line of the lips or just outside \*Draw from the middle to the outer

edges \*Fill in with lipstick \*Blend in to the liner with a brush or your finger

Cheeks

(8 marks)

Name @ 2 marks

\*e.g. blush

Name of product

2 points @ 3 marks each

How it could be used

\*Put blush on brush \*Tap off excess \*Sweep brush along cheek bone and extend to

temples \*Apply over foundation

- (d) Discuss the care and storage of make-up. Give **two** developed points. (8 marks)

2 developed points @ 4 marks each

1.

\*Sort through make-up occasionally and remove old make-up as it can be a breeding ground

for bacteria and cause infections

\*Check for make-up that is discoloured, strange smelling, or where the consistency has

2.

changed and remove it

\*Keep containers clean and from time to time clean edges of jars, tubes, caps etc.

\*Keep lids closed to avoid products drying out in the air

## Section 4 – Bodycare

(Attempt Question 7 or Question 8 from this section. Each question carries 60 marks.)

7. (a) State **four** reasons why regular exercise is important. (12 marks)

*4 reasons @ 3 marks each*

1. \_\_\_\_\_

*\*Helps to maintain weight / prevent excess weight gain*

\_\_\_\_\_

*\*When you engage in physical activity you burn more calories*

2. \_\_\_\_\_

*\*Helps to improve your mood \*Can be fun \*Helps to de-stress*

\_\_\_\_\_

*\*Physical activity stimulates the brain chemicals that leave you feeling happier and more*

3. \_\_\_\_\_

*Relaxed \*helps balance and co-ordination*

\_\_\_\_\_

*\*It increases energy levels \*Helps combat health conditions / diseases*

4. \_\_\_\_\_

*\*It improves muscle strength \*Helps to promote better sleep*

\_\_\_\_\_

(b) Give **four** examples of physical activity that would be suitable for a teenager who is not keen on competitive sports. (12 marks)

*4 examples @ 3 marks each*

1. \_\_\_\_\_

*\*Swimming \*Ice skating \*Dancing \*Zumba classes*

2. \_\_\_\_\_

*\*Walking \*Skate boarding \*Cycling \*Taking dog for a walk*

3. \_\_\_\_\_

*\*Pilates \*Yoga \*Martial arts \*Kick boxing etc.*

4. \_\_\_\_\_

(c) Suggest **three** practical benefits of exercising with a friend or family member. (12 marks)

*3 benefits @ 4 marks each*

1. \_\_\_\_\_

*\*Meeting someone motivates you to show up as you are less inclined to cancel or let each*

\_\_\_\_\_

*other down*

2. \_\_\_\_\_

*\*You motivate and encourage each other to keep going*

\_\_\_\_\_

*\*Avoids boredom as you can spend time together and socialise*

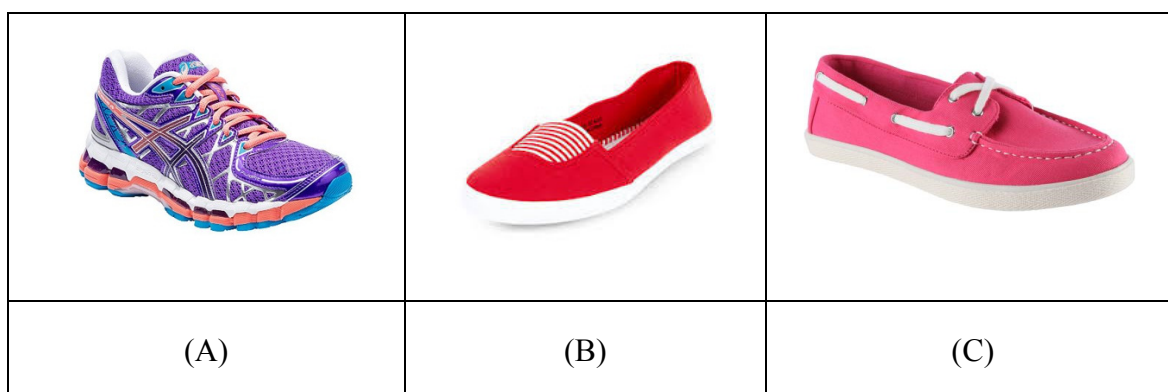
3. \_\_\_\_\_

*\*You can set goals and challenges together*

\_\_\_\_\_



- (d) Shown below are three types of footwear. Identify the footwear (A), (B) or (C) that you would select for an exercise routine and give **three** reasons for your selection. (12 marks)



Indicate your selection (A), (B) or (C)	
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Reasons for your selection      *3 reasons @ 4 marks each*  
e.g.

1. \_\_\_\_\_  
*\*Soft and comfortable      \*Price      \*Availability*
- \_\_\_\_\_
- \*Non slip sole      \*Stability      \*Light weight*
2. \_\_\_\_\_  
*\*Protects the feet      \*Colour and design*
- \_\_\_\_\_
- \*Laced up for support      \*Shock absorption      \*Cushioned heels*
3. \_\_\_\_\_  
*\*Breathable      \*Easy to clean      \*Durable      \*Padding      etc.*
- \_\_\_\_\_

- (e) Identify **four** precautions that should be observed to avoid injury when exercising. (12 marks)

*4 precautions @ 3 marks each*

1. \_\_\_\_\_  
*\*Warm up before each session      \*Cool down afterwards to help heart rate and breathing*
- \_\_\_\_\_
- reduce to resting and prevent dizziness      \*Slowly build the pace*
2. \_\_\_\_\_  
*\*Don't overdo it*
- \_\_\_\_\_
- \*Use correct techniques*
3. \_\_\_\_\_  
*\*Don't take on too much too quickly*
- \_\_\_\_\_
- \*Vary exercise to give muscles a break from the same routines*
- 4 \_\_\_\_\_
- \_\_\_\_\_

8. (a) Identify **four** signs / symptoms of dry skin on the body. (12 marks)  
4 signs @ 3 marks each

1. \_\_\_\_\_  
*\*Skin looks rough    \*Skin feels rough*
- \_\_\_\_\_
- \*Cracks in skin that may bleed*
2. \_\_\_\_\_  
*\*Itching*
- \_\_\_\_\_
- \*Redness*
3. \_\_\_\_\_  
*\*Tightness of skin*
- \_\_\_\_\_
- \*Flaking skin*
4. \_\_\_\_\_  
*\*Scaly skin*
- \_\_\_\_\_

(b) State **four** factors that contribute to the skin becoming dry. (12 marks)  
4 factors @ 3 marks each

1. \_\_\_\_\_  
*\*As we age our skin gets thinner and dryer*
- \_\_\_\_\_
- \*Living in a dry climate    \*Reduced humidity from central heating*
2. \_\_\_\_\_  
*\*Type of job a person does and conditions they work in*
- \_\_\_\_\_
- \*Chlorine from swimming pools*
3. \_\_\_\_\_  
*\*Hot baths that can remove natural oils*
- \_\_\_\_\_
- \*Harsh soaps/detergents can contain alcohol that strips oils from hands*
4. \_\_\_\_\_  
*\*Cold weather can cause chapping*
- \_\_\_\_\_

(c) What is exfoliation? (4 marks)  
1 @ 4 marks

\_\_\_\_\_

*\*A process that removes old dead skin cells from the surface of the skin to leave it  
feeling smoother and fresher*

\_\_\_\_\_

(d) Name **two** kitchen ingredients that can be used to help to *exfoliate* the skin. (8 marks)  
2 @ 4 marks each

- \*Oatmeal                      \*Baking soda*
1. \_\_\_\_\_
- \*Sugar                        \*Sea salt*
2. \_\_\_\_\_

- (e) Shown below are three items that can be used as part of an exfoliation routine. Identify the item (A), (B) or (C) that you would select to exfoliate the body and give **three** reasons for your selection. (12 marks)



Indicate your selection (A), (B) or (C)	
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Reasons for your selection

*3 reasons @ 4 marks each e.g*

- \_\_\_\_\_

*\*Easy to hold    \*Different colours available*

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*\*Small and lightweight so can be packed easily when doing an overnight*
- \_\_\_\_\_

*\*More/less abrasive    \*Easy to clean    \*Cost    \*Availability*

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*\*Suitable for whole body    \*Easy to reach different parts of the body*
- \_\_\_\_\_

*\*Helps to stimulate circulation*

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- (f) Discuss the use / benefits of *coconut oil* which has become popular as a health and beauty product. Give **three** points. (12 marks)



*3 @ 4 marks each*

- \_\_\_\_\_

*\*Can be used as a hair conditioner to help damaged hair*

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*\*Can be used to remove eye make-up as it breaks it down and hydrates area*
- \_\_\_\_\_

*\*Excellent moisturiser and massage oil*

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*\*Antioxidant properties that help to prevent premature ageing*
- \_\_\_\_\_

*\*Can be used instead of shaving cream as it soothes skin, hydrates and prevents razor burn*

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*\*Excellent for dry hands and helps to heal small wounds and skin imperfections*

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