



## Hair Care & Styling

### Overview:

Our hair plays a very important role in our lives. While it can look attractive and showcase our sense of style, proper nourishment and care can alleviate several problems related to the scalp, and thus our wellbeing.

So a combination of healthy hair and good style can go a long way in enhancing your professional and social life.

### Objective:

- Determine challenges with hair and hair care
- Use world's best practice
- Understand what's right and what's not right for our hair
- Learn contemporary and professional styles

### Course Outline:

- Do's & Don'ts of hair care
- Healthy hair care products
- Appropriate hair styles for different occasions
- Hair accessories

### Methodology:

- Practical
- Slide shows

### Duration:

Two-hours

### Ideal batch size:

20 Participants