



SUMMARY

Cosmetology is the art and science of beautifying and improving the skin, nails, and hair and encompasses a broad range of specialties, including hairstyling, nail technology, and esthetics. Cosmetology is also defined as the study of cosmetics and their application. Chapter 1 outlines the history of different technological and cultural innovations pertaining to cosmetology, cosmetics, and beauty culture and defines the various types of careers one can pursue with a cosmetology license. The chapter outlines 11 different career avenues. Fundamental to understanding modern-day technologies, practices, and trends within cosmetology is an underlying knowledge of what has come before. We can see multiple great ideas and some that weren't so great (for reasons of health and longevity). See if you can pick out the toxic ones!

COMMENTARY

Studying for this chapter will take time and intentional effort. There's really no way around it. I estimate that this will likely take you about 5-8 hours of pure focus time. Really focus in on the drawing exercises and try to create a mental map as you do each one. How do the concepts, locations, ingredients, and colors relate to each other? How did one culture or innovation influence another one? See how many connections you can make in the process. Remember, studies have shown that drawing and coloring relaxes the brain and allows for you to make connections you wouldn't have consciously thought of. Color, smell, and physical action also incorporate knowledge better than just boringly reading and writing because they have a physical attribute that you're more likely to remember than just some rote facts. Also, discussing concepts with your classmates, friends, or family allows you to get more bang for your buck! Teaching facts or concepts to others allows you to retain ~90% of the information you have just studied! And, it's fun to be the smartest person in the room on a topic!

KEY FACTS

1. Haircutting and hairstyling were practiced as early as the Ice Age.
2. Ancient peoples used animal sinew or hide strips to tie hair back or for decoration.
3. Africans used intricate hairstyles to indicate status, rank, or coming of age.
4. The Egyptians were the first to cultivate beauty in an extravagant fashion - using cosmetics for religious ceremonies, preparations for burial, and personal beautification.
5. Queen Nefertiti used custom-blended essential oils as signature scents.
6. Queen Cleopatra created a personal cosmetics factory next to the Dead Sea.
7. Kohl makeup was invented by the Egyptians and was used to alleviate eye inflammation and protect from sun glare.
8. The Shang Dynasty Chinese aristocrats rubbed gum arabic, gelatin, egg whites, and beeswax onto their nails to stain them crimson/ebony.

Look At Milady Standard Cosmetology Study Guide

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