

GOVERNMENT OF INDIA
MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP
DIRECTORATE GENERAL OF TRAINING

COMPETENCY BASED CURRICULUM

CERTIFICATE COURSE ON

SENIOR SPA THERAPIST



NSQF LEVEL- 5

SECTOR : BEAUTY AND WELLNESS

SENIOR SPA THERAPIST

Duration: 480 Hours

NSQF LEVEL - 5

(Version: 1.0)

Designed in 2020

Developed By

Ministry of Skill Development and Entrepreneurship

Directorate General of Training

Sectoral Trade Course Committee Beauty and Wellness Sector

&

CENTRAL STAFF TRAINING AND RESEARCH INSTITUTE

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1. COURSE INFORMATION

1.1 GENERAL

The Directorate General of Training (DGT) under Ministry of Skill Development & Entrepreneurship offers a range of vocational training courses catering to the need of different sectors of the economy/ labour market. The vocational training programs of short term duration are intended for up skilling of NTC/ NAC pass out candidates. After passing out of the course, the trainee is awarded a competency based certificate approved by DGT.

During Three months duration of “Senior SPA Therapist” course, a candidate trained on Professional Skills, Professional Knowledge. The broad components covered under Professional Skill subject are as below: The trainee learns to understand and Recall first aid techniques, maintain work place and area, health & safety hazards and sterilization and sanitization process, identify various body parts and pressure points, Prepare Client for Various Spa Treatments, sleep message, ayurvedic head message etc.

1.2 PROGRESSION PATHWAYS

- Can join as Sr. Spa Salon Therapist/ Ayurvedic Therapist/ Aroma therapist and will progress further as Spa trainer, Spa services evaluator, Beauty & wellness quality assurer and can rise up to the level of Manager.
- Can make career in Wellness and hospitality sector.

1.3 COURSE STRUCTURE

Table below depicts the distribution of training hours across various course elements during a period of 6 weeks: -

S No.	Course Element	Notional Training Hours
1.	Professional Skill (Trade Practical)	360
2.	Professional Knowledge (Trade Theory)	120
	Total	480

1.4 ASSESSMENT & CERTIFICATION

The trainee will be tested for his skill, knowledge and attitude during the period of course through formative assessment and at the end of the training programme through summative assessment as notified by the DGT from time to time.

a) The Continuous Assessment (Internal) during the period of training will be done by Formative Assessment Method by testing for assessment criteria listed against learning outcomes. The training institute has to maintain an individual trainee portfolio as detailed in assessment guideline.

b) The pattern and marking structure is being notified by DGT from time to time. The learning outcome and assessment criteria will be the basis for setting question papers for final assessment.

c) Assessment will be evidence based comprising the following:

- Job carried out in labs/workshop/Field
- Answer sheet of assessment
- Viva-voce
- Participation and punctuality

Evidences of internal assessments are to be preserved until forthcoming Block examination for audit and verification by examining body.

d) The minimum pass percentage for skill test is 60%.

2. JOB ROLE

Brief description of Job roles:

A Senior Spa Therapist is expected to demonstrate limited range of routine activities related to First Aid, maintenance of work area along with hygiene rules, positive impression and necessary safety measures at work place. He/ She will be responsible to perform few spa therapies activities within the limited range of Ayurvedic, Western and Oriental spa therapies involving predictable situations. However, he /she is also expected to exhibit the factual knowledge about the range of spa therapy practices and their potential effects , basic knowledge of major human body systems, basic knowledge of ayurveda and its herbs , basics of aromatherapy ,essential/carrier oil.

Masseur: massages by hand or machine various parts of body to remove stiffness, sprains and pains or to generally to tone up muscles by improving blood circulation or stimulating nervous system.

Reference NCO-2015:

- (i) 2264.0400 – Masseur

3. GENERAL INFORMATION

Name of the Trade	Senior Spa Therapist	
Trade Code	DGT/8011	
Reference NCO - 2015	2264.0400	
NSQF Level	Level 5	
Duration of Craftsmen Training	480 Hours	
Entry Qualification	Passed NTC in Spa Therapy/ Cosmetology or NAC in Beautician Or Passed 12th with Beauty & Wellness Vocational course Or Passed in Level 4 Short term course related to Spa therapy	
Unit Strength (No. of Student)	20	
Space Norms	80 Sq. m	
Power Norms	6 KW	
Instructors Qualification	Post Graduate Diploma in the field from Govt. recognized institutes with two years experience in relevant field. OR Diploma in the Beauty Culture / Cosmetology from recognized board with two years experience in relevant field. OR NTC/NAC passed in Spa Therapy trade with 3 years' post qualification experience in relevant field.	
List of Tools and Equipment	As per Annexure – I	
Distribution of training on hourly basis: (Indicative only)		
Total hours/ Week	Trade practical	Trade theory
40	30	10

4. LEARNING OUTCOME

Learning outcomes are a reflection of total competencies of a trainee and assessment will be carried out as per the assessment criteria.

4.1 LEARNING OUTCOMES

1. Develop personality and behavioral skills to take spa as career along with all safety measures and hygiene rules.
2. Identify and mark different body parts, joints, muscles and bones of human body for various spa massage therapies.
3. Identify and mark specific reflex points on foot correspond to organ and areas of human body as per the foot reflexology chart and carryout reflexology massage.
4. Carry out Holistic Massage Therapy.
5. Perform Body Wraps treatment.
6. Perform Abhyangam and Shirodhara ayurvedic treatment.
7. Perform Ayurvedic Head massage.
8. Develop skill dealing with different new spa therapies.

5. SYLLABUS

SYLLABUS – DIESEL ENGINE ELECTRONICS DIAGNOSTIC TECHNICIAN			
Duration: 480 Hours			
Duration	Reference Learning outcome	Professional Skills (Trade Practical)	Professional Knowledge (Trade Theory)
Professional Skill 30 Hrs.; Professional Knowledge 10 Hrs.	Develop personality and behavioral skills to take spa as career along with all safety measures and hygiene rules.	<ol style="list-style-type: none"> 1. Purpose of personal grooming, posture correction, Hygiene rules and social etiquettes. 2. Purpose of Communication Skills 3. Practice in front office Management 4. Purpose of First Aid, identification, recoveries of common injuries and emergencies at workplace. 	<p>Meaning, Importance, techniques of personality development and behavioural skills.</p> <p>Different types of saving techniques during injuries at workplace</p>
Professional Skill 30 Hrs.; Professional Knowledge 10 Hrs.	Identify and mark different body parts, joints, muscles and bones of human body for various spa massage therapies	<ol style="list-style-type: none"> 5. Demonstrate various body systems 6. Demonstrate and identifying important muscles, joints and bones 	<p>Importance of human body system</p> <p>Knowledge of major body system for spa therapies as :</p> <ul style="list-style-type: none"> • Skelton System • Muscular System • Nervous System • Endocrine System • Cardiovascular System • Lymphatic System • Respiratory System • Digestive System • Urinary System • Reproductive System
Professional Skill 45 Hrs.; Professional Knowledge 15 Hrs.	Identify and mark specific reflex points on foot correspond to organ and areas of human body as per the foot reflexology chart and carryout reflexology massage	<ol style="list-style-type: none"> 7. Demonstrate and practice of reflexology foot points chart. 8. Client consultation 9. Record Card Fill, Sterlization and Sanitization of Tools & Equipments . 10. Selection of product 11. Pre Treatment Room Set Up 12. Client Draping 13. Self Protection 14. Perform Treatment 	<p><u>Foot Reflexology</u></p> <ul style="list-style-type: none"> • Meaning • History • Importance • Principles • Product & Tools Knowledge • Treatment • Benefits • Safety precautions • Contractions & contra-

		15. Post Treatment Procedure 16. Homecare/aftercare tips	indications <ul style="list-style-type: none"> • Pre & post care tips • Home care/ Aftercare tips
Professional Skill 45 Hrs.;	Carry out Holistic Massage Therapy	17. Client consultation 18. Record Card Fill 19. Sterilization and Sanitization of Tools & Equipments. 20. Selection of product 21. Pre Treatment Room Set Up 22. Client Draping 23. Self Protection 24. Perform Treatment 25. Post Treatment Procedure 26. Homecare/aftercare tips.	<u>Holistic Massage</u> <ul style="list-style-type: none"> • Meaning • History • Importance • Principles • Techniques • Product & Tools Knowledge • Treatment • Benefits • Safety precautions • Contractions & contra- indications • Pre & post care tips • Home care/ Aftercare tips
Professional Skill 45 Hrs.;	Perform Body Wraps treatment	27. Client consultation 28. Record Card Fill 29. Sterilization and Sanitization of Tools & Equipments. 30. Selection of product 31. Pre Treatment Room Set Up 32. Client Draping 33. Self Protection 34. Perform Treatment 35. Post Treatment Procedure 36. Homecare/aftercare tips	<u>Body Wraps</u> <ul style="list-style-type: none"> • Meaning • Importance • Knowledge of different types of body wrap spa treatments • Principles • Techniques • Product & Tools Knowledge • Treatment for basic common body wraps • Health and beauty • Benefits • Safety precautions • Contractions & contra- indications • Pre & post care tips • Home care/ Aftercare tips
Professional Skill	Perform	37. Client consultation	<u>Abhyangam and</u>

<p>60 Hrs.;</p> <p>Professional Knowledge 20 Hrs.</p>	<p>Abhyangam and Shirodhara ayurvedic treatment</p>	<p>38. Record Card Fill 39. Sterilization and Sanitization of Tools & Equipments. 40. Selection of product 41. Pre Treatment Room Set Up 42. Client Draping 43. Self Protection 44. Perform Treatment 45. Post Treatment Procedure 46. Homecare/aftercare tips</p>	<p><u>Shirodhara</u></p> <ul style="list-style-type: none"> • Meaning & Importance of Ayurveda • Principles of Ayurveda • Knowledge of Abhyangam and Shirodhara • Technique • Herbs & Product knowledge • Blending/mixing of product knowledge • Tools Knowledge • Treatment • Benefits • Safety precautions • Contractions & contra-indications • Pre & post care tips • Home care/ Aftercare tips
<p>Professional Skill 45 Hrs.;</p> <p>Professional Knowledge 15 Hrs.</p>	<p>Perform Ayurvedic Head massage</p>	<p>47. Client consultation 48. Record Card Fill 49. Sterilization and Sanitization of Tools & Equipments . 50. Selection of product 51. Pre Treatment Room Set Up 52. Client Draping 53. Self Protection 54. Perform Treatment 55. Post Treatment Procedure 56. Homecare/aftercare tips</p>	<p><u>Ayurvedic Head Massage</u></p> <ul style="list-style-type: none"> • Meaning • History • Importance • Principles • Technique • Herbs & Product knowledge • Tools Knowledge • Treatment • Benefits • Safety precautions • Contractions & contra-indications • Pre & post care tips • Home care/ Aftercare tips
<p>Professional Skill</p>	<p>Develop skill dealing with different new</p>	<p>57. Market surveys on new spa therapies- (western, oriental &</p>	<ul style="list-style-type: none"> • Meaning of western, oriental & Ayurvedic

<p>60 Hrs.;</p> <p>Professional Knowledge 20 Hrs.</p>	<p>spa therapies</p>	<p>ayurvedic)</p> <p>58. Market surveys on new body treatments</p> <p>59. Market survey on various new product launched as per different skin, hair & body treatments</p> <p>60. Visit Spa Salons</p> <p>61. New Products handing & dispensing</p> <p>62. Designing of Spa menu</p>	<p>spa therapies</p> <ul style="list-style-type: none"> • Differentiate between body treatments & Spa Treatment • Knowledge of shelf life & Preservation of various spa products • Meaning of blending/mixing and its importance • Meaning & Importance of Spa menu
<p>Examination</p>			

6. ASSESSMENT CRITERIA

LEARNING OUTCOME	ASSESSMENT CRITERIA
1. Develop personality and behavioral skills to take spa as career along with all safety measures and hygiene rules.	Check for personal grooming techniques
	Correct Social Etiquettes
	Correct posture techniques
	Correct communication Skills
	Check for hygiene rules
	Check identification of injuries
	Correct safety techniques during injuries
2. Identify and mark different body parts , joints, muscles and bones of human body for various spa massage therapies	Check for identification of various human body systems
	Check for identification of important muscles, joints and bones.
3. Identify and mark specific reflex points on foot correspond to organ and areas of human body as per the foot reflexology chart and carryout reflexology massage	Check for marking & identification of specific foot points as per body organs.
	Check treatment area as per hygiene requirements.
	Check correct product & Tool selection
	Check pre room setup
	Check record card maintenance
	Check client draping as per treatment requirement
	Check masseur self protection
	Check treatment procedure
Check post care treatment advise.	
4, Carry out Holistic Massage Therapy	Check treatment area as per hygiene requirements.
	Check correct product & Tool selection
	Check pre room setup
	Check record card maintenance
	Check client draping as per treatment requirement
	Check masseur self protection
	Check massage techniques /steps
	Check sequence of treatment procedure
	Check pressure given and energy releasing
	Check post care treatment advise.
5. Perform Body Wraps treatment.	Check treatment area as per hygiene requirements.
	Check correct product & Tool selection
	Check pre room setup
	Check record card maintenance

	Check client draping as per treatment requirement
	Check masseur self protection
	Check body wrapping techniques as per treatment
	Check massage technique based on injury identification.
	Check sequence of treatment procedure
	Check pressure given and energy releasing
	Check post care treatment advise.
6. Carry out Aromatherapy massage	Check treatment area as per hygiene requirements.
	Check identification of fragrances, essential & carrier oils
	Check blending of essential oils & essential oils
	Check correct product & Tool selection
	Check record card maintenance
	Check client draping as per treatment requirement
	Check masseur self protection
	Check product application
	Check massage steps
	Check sequence of treatment procedure
	Check pressure given and energy releasing
	Check post care treatment advise
7. Carry out Insomnia pressure point massage treatment	Check treatment area as per hygiene requirements
	Check identification of fragrances, essential & carrier oils
	Check blending of essential oils & essential oils
	Check correct product & Tool selection
	Check pre room setup
	Check record card maintenance
	Check client draping as per treatment requirement
	Check masseur self protection
	Check product application
	Check massages steps.
	Check sequence of treatment procedure
	Check pressure given and energy releasing
	Check post care treatment advise.
8. Perform Abhyangam and Shirodhara ayurvedic treatment	Check treatment area as per hygiene requirements
	Check identification of Herbs & products
	Check correct product & Tool selection
	Check correct selected product quantity
	Check correct proportion of selected product blending
	Check pre room setup
	Check record card maintenance
	Check client draping as per treatment requirement
	Check masseur self protection
	Check product application

	Check massages steps
	Check sequence of treatment procedure
	Check product application timings
	Check post care treatment advise.
9. Perform Ayurvedic Head massage	Check treatment area as per hygiene requirements
	Check identification of neck, shoulder, ear & facial muscles
	Check identification of Herbs & products
	Check correct product & Tool selection
	Check correct proportion of selected product mixing
	Check pre room setup
	Check record card maintenance
	Check client draping as per treatment requirement
	Check masseur self protection
	Check product application
	Check massage steps
	Check sequence of treatment procedure
	Check product application timings
	Check post care treatment advise.
10. Develop skill dealing with different new spa therapies	Check identification of Western, oriental and Ayurvedic Spa Therapies
	Check gathered market surveys information on new spa therapies & body treatment .
	Check new launched product information
	Check designed spa menu

ANNEXURE-I

LIST OF TOOLS & EQUIPMENT			
SENIOR SPA THERAPIST			
S No.	Name of the Tools and Equipment	Specification	Quantity
A. Trainees Tool Kit for each trainees			
1.	Apron/lab coat		01 No.
2.	Towel (small &medium)		01 No.
3.	Bed sheet		01 No.
4.	Scissors		01 No.
5.	Thread		01 No.
6.	Tweezer		01 No.
7.	Small face mirror		01 No.
8.	Telcom powder		01 No.
9.	Thread		01 No.
10.	Manicure /pedicure kit		01 No.
11.	Loofa		01 No.
12.	Scraper(Wooden &metal)		01 No.
13.	Pumic stone		01 No.
B. SHOP TOOLS & EQUIPMENT –			
(i) List of Tools & Accessories/Equipments			
14.	First Aid Dummy		01 No.
15.	First Aid Kit		01 No.
16.	Fire Extinguisher		01 No.
17.	House Keeping equipments for treatment room such as- Shower, steam room, sauna, water features(Bathtub etc.)		As Required
18.	Trash bin		10 No.
19.	Refrigerator		01 No.
20.	Spa linen		As required
21.	Spa Massage bed		01 No.
22.	Treatment Trolley		10 No.
23.	Anatomy & Physiology Charts of all major body systems		As Rrequired
24.	UV sterilizer		01 No.
25.	Hot Cabinet		01 No.
26.	Cold Cabinet		01 No.

27.	Manicure bowls		10 No.
28.	Manicure/Pedicure Station		06 No.
29.	Back Massage Chair		06 No.
30.	Timer		10 No.
31.	Hair Dryer		10 No.
32.	Ayurvedic Wooden Bed		01 No
33.	Shirodhara Stand		01 No.
34.	Foot Ladder		01 No.
35.	Manicure Chair for Therapist		06 No.
36.	Pedicure stool		06 No.
37.	Facial Steamer		01 No.
38.	Scissors		10 No.
39.	Magnifying lamp		01No.
40.	Aroma Burner		01 No.
41.	Ceramic Katori		10 No.
42.	Wooden trays		10 No.
43.	Ceramic Bowl		10 No.
44.	Soap /Lotion/Sanitizer Dispensers (Non- contactable)		06 No.
45.	Oil bottles with corks		As Required
46.	Plastic bowls small		10 No.
47.	Hot plate		01 No.
48.	Electric kettle		01 No.
49.	Student's Chair		20 No.
50.	Teacher's Chair		01 No.
51.	Teacher's Table		01 No.
52.	LCD Projector		01 No.
53.	Computer		01 No.
54.	UPS		01 No.
55.	Music CD's		As Required
56.	White Magnetic Board with felt board		01 No.
57.	Air Conditioner (Window)		As Required
58.	Display Board		01 No.
59.	Curtains /Blinds for treatment room		As Required
(ii) List of Raw Materials			
60.	Cleansing Milk	All skin types	As Required
61.	Cleansing Gel	All skin types	As Required
62.	Toner		As Required
63.	Moisturizer	All skin types	As Required
64.	Make-up remover		As Required

65.	Eye Make up remover		As Required
66.	Distilled water		As Required
67.	Facial Scrub	Different skin types such as – Apricot, Avocado, coco , salt, sugar etc.	As Required
68.	Facial Cream	All skin types	As Required
69.	Facial Serum	All skin types	As Required
70.	Herbs for shirodhara & Ayurvedic head massage	Such as – Sandalwood, camphor, vetiver roots, bhringraj, amla, curry leaves,	As Required
71.	Sun protection cream	All skin types	As Required
72.	Facial Mask	All skin types	As Required
73.	Facial Sponge		As Required
74.	Shower Gel		As Required
75.	Shampoo		As Required
76.	Conditioner		As Required
77.	Body Lotions		As Required
78.	Foot cream		As Required
79.	Aroma therapy oils		As Required
80.	Oils	Different types such as – lemon grass, sweet almond oil , sesame, olive, coconut, castor, neem oil, kairtis oil, kottamchukkadi oil, kairkare plus oil etc.	As Required
81.	Dhara oil/ Thailam oil		As Required
82.	Suprabha abhyanga oil		As Required
83.	Ghee		As Required
84.	Aroma Candles	Different Flavors- rosemary lavender, mogra , Eucalyptus Mint, Sandalwood etc,	As Required
85.	Types of Wraps		As Required
C. Disposables & Linen -			
86.	Cotton roll		As Required
87.	Cotton cloth		As Required
88.	Cotton wool		As Required
89.	Cotton buds		As Required
90.	Shower caps		As Required
91.	Comb		As Required
92.	Disposable bed sheets		As Required
93.	Disposable hair bands		As Required
94.	Disposable briefs	S/M/L	As Required
95.	Disposable Facial masks		As Required
96.	Disposable Gloves		As Required

97.	Disposable slippers		As Required
98.	Disposable eye pads/ pillows		As Required
99.	Disposable face towel		As Required
100.	Rubber bands		As Required
101.	Tea candles		As Required
102.	Body Wrap Plastic		As Required
103.	Thermal blanket		As Required
104.	Bath Towel		As Required
105.	Bath Mat		As Required
106.	Bath Robe		As Required
107.	Hand Towel		As Required
108.	Face Towel		As Required
109.	White Bed sheet		As Required

NOTE: *If Above Tools, Equipments and general machineries are available with Spa Therapy and related Trade running on the ITI the same may be utilized.*

ANNEXURE-II

The DGT sincerely acknowledges contributions of the Industries, State Directorates, Trade Experts, Domain Experts and all others who contributed in designing/ revising the curriculum. Special acknowledgement is extended by DGT to the following expert members who had contributed immensely in this curriculum.

List of Expert Members contributed/ participated for finalizing the course curriculum of Senior Spa Therapist.			
S No.	Name & Designation Shri/Mr./Ms	Organization	Remarks
1.	Ms. Swati Sethi, JDT,	RDSDE NCR Director/ Joint Director- Convenor	Convenor
2.	Sh. Raman Patil, ADT,	State Directorate of Maharashtra	Member
3.	Ms. Renu Gulati, VI,	Govt. ITI(W) Chandigarh	Member
4.	Sh. C. S. Murthy, JDT,	CSTARI Kolkata	Member
5.	Sh. N. Nath, DDT,	NIMI- Chennai	Member
6.	Ms. Sohini Guha, Sr. Manager	Standards & QA, B&W Sector	Expert
7.	Sh. Jatin Rai, Head- Franchise Development	VLCC Institute of Beauty & Nutrition	Expert
8.	Ms. Gunjan Gaur, Executive Director	Bharti Taneja's ALPS Academy	Expert
9.	Sh. Manish Mishra, ADT	Representative from RDSDE/ DGT	Member
10.	Sh. R.N. Manna, TO	CSTARI, Kolkata	Member
11.	Sh. Bharat Kumar Nigam, TO	CSTARI, Kolkata	Member
12.	Sh. Snehasish Bandyopadhyay, TO	CSTARI, Kolkata	Member
13.	Ashoke Rarhi, DDT	CSTARI, Kolkata	Member
14.	K.V.S. Narayana, Training Officer	CSTARI, Kolkata	Member
15.	P. K. Bairagi, Training Officer	CSTARI, Kolkata	Member
16.	Sh. B Biswas, Training Officer	CSTARI Kolkata	Member
17.	Akhilesh Pandey, Training Officer	CSTARI, Kolkata	Member

18.	Ms. Sunita Bhatt, TO,	NSTI (W) Noida	Member
19.	Ms. Tanushree , TO	NSTI Panipat	Member
20.	Ms. Ruchi Chamoli, TO,	NSTI Noida	Member
21.	Ms. Kanika, TO,	DGT Hqrs.	Member
22.	Ms. Lakshmi Singha, TO,	NSTI Tura	Member
23.	Ms. Shweta, TO	NSTI (W) Kolkata	Member
24.	Ms. Manzil, TO	NSTI (W) Kolkata	Member
25.	Ms. Richa Agarwal,	Cleopatra Chain of Beauty Wellness & Maintenance	Expert
26.	Ms. Harshada Tekke, Director(Education),	U Takke's Institute of Hair & Skin	Expert
27.	Ms. Satya Sharma, Academician & Trainer (Ex-Vice President (Technical),	VLCC	Expert
28.	Ms. Vaishali,	Lakme Training Academy, Mumbai	Expert
29.	Ms. Miriam Mathew, Managing Director,	Lobelia Spa & Wellness Academy	Expert