

1. Name of the Module :**SPA THERAPIST –I**  
 2. CODE: :**SPW 101**  
 3. Sector : **SPA & Wellness Sector**

4. Entry Qualification : 12<sup>th</sup> Standard Passed

5. Age : 17 years and above

6. Terminal Competency : After completing the training, the candidate is able to combine the knowledge of anatomy/physiology, first aid, self-injury prevention, hygiene, sterilisation processes and spa products to perform Spa Beauty Treatments, including Swedish Massage, Waxing, Threading, Manicure, Pedicure, Facials and basic hair treatments.

7. Duration : 632 hours

8. Content

Sl. No.	Underpinning Knowledge(Theory)	Practical Competencies
1.1	<b>COURSE TITLE</b>	<b>PERSONAL DEVELOPMENT</b>
	<b>COURSE DESCRIPTION</b>	The students opting for this career need to be groomed, both physically and mentally to fit the service industry. The course aims at improving the students' personal skills such as confidence, leadership, self awareness, professionalism, interpersonal skills development and communication.
	Classroom Teaching: 16 hours	
	Practical Teaching: 04 hours	
	TOPICS: Grooming Personal Hygiene Uniform – Background and Purpose Personal & Social Etiquette Corporate Etiquette Self Management Confidence Building Body Language Relationship Management Communication Skills Anger Management	TOPICS: Role Modelling Body Language Practical Grooming Public Speaking
1.2	<b>COURSE TITLE</b>	<b>INTRODUCTION TO ANATOMY &amp; PHYSIOLOGY</b>
	<b>COURSE DESCRIPTION</b>	To give students a practical working knowledge of how the human body works in order to better understand the physical impact of typical massage and other spa treatments and their counter indications.
	Classroom Teaching: 120 hours	
	Practical Teaching: 00 hours	
	TOPICS: The course includes a general introduction to the Human Body as well as the ten major body systems: <ul style="list-style-type: none"> <li>o Skeletal</li> <li>o Muscular</li> <li>o Nervous</li> <li>o Endocrine</li> <li>o Cardiovascular</li> <li>o Lymphatic</li> </ul>	

	<ul style="list-style-type: none"> <li>○ Respiratory</li> <li>○ Digestive</li> <li>○ Urinary</li> <li>○ Reproductive</li> </ul> <p>In addition the course includes lessons on chakras, Marma points, energy systems and other alternative anatomical systems.</p>	
<b>1.3</b>	<b>COURSE TITLE</b>	<b>FIRST AID</b>
	<b>COURSE DESCRIPTION</b>	First aid training should provide initial care for an illness or injury. It is designed to be performed by a non-expert person to a sick or injured casualty until definitive medical treatment can be accessed. The purposes of first aid are (1) to save life, (2) prevent further injury, and (3) to minimize or prevent infection. The knowledge of first aid, when properly applied, can mean the difference between temporary or permanent injury, rapid recovery or long-term disability, and the difference between life and death.
	Classroom Teaching: 18 hours	Practical Teaching: 06 hours
	<p>The training consists of a series of simple and in some cases, potentially life-saving techniques that an individual can be trained to perform with minimal equipment.</p> <p>TOPICS: Bleeding (Internal/External) Fractures, Sprains and Dislocations Head, Neck and Back Injuries Shock and Trauma Burns Electric Shock Heart Attack, Seizure Cardiac &amp; Respiratory Arrest Choking Loss of Consciousness Eye, Ear, Nose and Throat Emergencies Heat &amp; Cold Emergencies (Exhaustion, Heat stroke, Hypothermia) Poisoning, Bites &amp; Stings</p>	<p>Cardio Pulmonary Resuscitation Bleeding (External) First Aid Equipment handling Fire Fighting Equipment</p>
<b>1.4</b>	<b>COURSE TITLE</b>	<b>COMMUNICATIVE ENGLISH</b>
	<b>COURSE DESCRIPTION</b>	Enables the Student to follow the classes which are taught in English, communicate with fellow students and faculty and to subsequently be able to communicate effectively with clients in English.
	Classroom Teaching: 20 hours	Practical Teaching: 20 hours
	<p>TOPICS: Basic English phrases Basic Grammar</p>	<p>TOPICS: Basic English phrases Listening and Understanding Presentation Skills Reading Writing</p>

Sl. No.	Underpinning Knowledge(Theory)	Practical Competencies
<b>1.5</b>	<b>COURSE TITLE</b>	<b>INJURY PREVENTION</b>
	<b>COURSE DESCRIPTION</b>	To make the student understand that incorrect posture and excessive use of force may result in work related injuries. The course aims to teach the student how to avoid injuries so a long career can be enjoyed without disabling injuries.
	Classroom Teaching: 10 hours	Practical Teaching: 06 hours
	TOPICS: Stay in shape Posture Diet	TOPICS: Posture Breathing Techniques Balance your body Pressure without muscle
<b>1.6</b>	<b>COURSE TITLE</b>	<b>HISTORY OF SPA</b>
	<b>COURSE DESCRIPTION</b>	To give students an insight into the history of spas so they are able to understand different concepts, country specific types and evolution of spas and to be able to explain these to future clients.
	Classroom Teaching: 12 hours	Practical Teaching: 00 hours
	<p>Teachings will include European, Asian and local spa types and their brief history as well as the definition: "A spa is a place devoted to overall well-being through a variety of professional services that encourage the renewal of mind, body and spirit" (International Spa Association).</p> <p>Also, the course must include an introduction to various types of spas, such as defined by ISPA (International Spa Association):</p> <p style="text-align: center;">           CLUB SPA            CRUISE SHIP SPA            DAY SPA            DESTINATION SPA            MEDICAL SPA            MINERAL SPRINGS SPA            RESORT/HOTEL SPA         </p>	
<b>1.7</b>	<b>COURSE TITLE</b>	<b>SPA AS A CAREER</b>
	<b>COURSE DESCRIPTION</b>	To showcase the many career option in the spa industry – and also the obstacles and challenges.
	Classroom Teaching: 12 hours	Practical Teaching: 00 hours
	TOPICS: Basic Requirements Remuneration/Earning Drive & Motivation Commitment Spa Career Options Typical Career Path How to Start Your Own Spa Business Job Opportunities – India and abroad	

Sl. No.	Underpinning Knowledge(T	
<b>1.8</b>	<b>COURSE TITLE</b>	<b>HOUSEKEEPING</b>
	<b>COURSE DESCRIPTION</b>	Hygiene is of utmost importance for a successful spa, not only to avoid infections, but also to ensure that spa clients feel comfortable. Good housekeeping also saves on waste, maintenance and repairs.
	Classroom Teaching: 12 hours	
	Practical Teaching: 24 hours	
	TOPICS:   Cleaning Equipment Cleaning Agents Cleaning Procedures Handling of Chemicals Potential Infections Self-Protection Linen Handling and Maintenance Laundry Procedures Storage Inventory Fire Prevention Housekeeping Procedures Waste Management & Pollutants Environmental Protection	TOPICS:   Cleaning Equipment handling Cleaning Procedures Self-Protection practical Linen Handling Laundry Procedures Storage Inventory Housekeeping Forms Treatment Room Set-Up Treatment Room Cleaning Infection Control
<b>1.9</b>	<b>COURSE TITLE</b>	<b>SPA PRODUCT KNOWLEDGE</b>
	<b>COURSE DESCRIPTION</b>	To teach the student what typical spa products contain and to understand the ingredients and their application and efficacy. Will also teach the student about product handling and safe disposal.
	Classroom Teaching: 32 hours	
	Practical Teaching: 04 hours	
	TOPICS:   Herbs Essential Oils Aromatic Oils Preservatives Active Ingredients Carrier Oils & Base Creams Pre Blended Oils Pre Blended Creams Soaps, Shampoos, Lotions Licensing (Drug Control) Product Testing Efficacy Shelf Life Storage Contamination Allergies	TOPICS:   Product Handling Dispensing Self-Protection

Sl.	Underpinning Knowledge(Theory)	Practical Competencies
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No.			
<b>1.10</b>	<b>COURSE TITLE</b>	<b>SWEDISH MASSAGE</b>	
	<b>COURSE DESCRIPTION</b>	To impart a basic understanding of the history of Swedish Massage, the specific benefits and limitations as well as the distinct techniques employed. The course will include theory classes, instruction and hands-on practice.	
	Classroom Teaching: 06 hours		Practical Teaching: 40 hours
	TOPICS: History of Swedish Massage Essential massage steps Equipment Treatment Preparation Benefits Counter indications	TOPICS: Product Handling Dispensing Self-Protection	
<b>1.11</b>	<b>COURSE TITLE</b>	<b>INTRODUCTION TO SPA COSMETHOLOGY</b>	
	<b>COURSE DESCRIPTION</b>	To impart a basic understanding of the history of cosmetology treatments, the specific benefits and limitations as well as the distinct techniques employed. Many procedures may potentially create infections and the focus will be on hygiene, sterilisation techniques, potential sources of infection and self-protection through theory classes, instruction and practice.	
	Classroom Teaching: 86 hours		Practical Teaching: 184 hours
	TOPICS: Introduction 24 hrs Waxing 12 hrs Threading 00 hrs Hair Spa 08 hrs Manicure 12 hrs Pedicure 12 hrs Facials 18 hrs	Waxing 40 hrs. Threading 12 hrs Hair Spa 12 hrs Manicure 40 hrs Pedicure 40 hrs Facials 40 hrs  After completion of theory and instruction, each treatment must be performed on at least 10 times, each treatment evaluated in writing by the instructor.	

## Tools and Equipments( For a batch of 20 trainees)

Sl no	Name	Quantity
1	Classroom with chairs and work platform (table or otherwise)	20 each
2	Whiteboard/Blackboard	01 no
3	LCD projector	01 no
4	Skeletal model	As required
5	Visual representations of main body systems Visual representations of Chakras, Marma points, energy systems	As required
6	Background literature for each topics	As required
7	First Aid dummy First Aid Kit	1 no each
8	Fire Extinguishers (water, CO2, blanket)	02 no each
9	English text books	As required
10	Massage Table	05 nos
11	Visual representations of various spa types	As required
12	Housekeeping equipment	10 nos of different housekeeping equipment
13	Treatment room with shower, steam room, water feature (shower, bathtub, Jacuzzi or similar)	01 no each
14	Laundry set-up	01 no
15	Linen storage room	01 no
16	Trash bin	01 no
17	Biomedical waste system	01 no
18	Selection of common spa cleaning agents	As required
19	Selection of main spa products (oils, creams, soaps, scrubs, cleansers etc.)	As required
20	Product Storage room, including refrigerator	1 no
21	Spa product brochures	As required
22	Spa Linen	As required
23	Spa Massage Table	10 nos
24	Massage oils	As required
25	Wax Heater	As required
26	Manicure/Pedicure implements	10 nos
27	Sterilising equipment	As required
28	Facial Steamer	03 nos
29	Magnifying Glass with light	03 nos
30	Manicure Stations	03 nos
31	Pedicure Stations	03 nos
32	Hair Washing Station (Back Wash)	04 nos
33	Hair Dryers	04 nos
34	Hair Stylist tools	04 sets