



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

**COMPETENCY BASED CURRICULUM**

# SPA THERAPY

(Duration: One Year)

**CRAFTSMEN TRAINING SCHEME (CTS)**

**NSQF LEVEL- 4**



**SECTOR –BEAUTY & WELLNESS**



Directorate General of Training

# SPA THERAPY

(Non-Engineering Trade)

(Revised in 2019)

Version: 1.2

**CRAFTSMEN TRAINING SCHEME (CTS)**

**NSQF LEVEL - 4**

Developed By

Ministry of Skill Development and Entrepreneurship

Directorate General of Training

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## 1. COURSE INFORMATION

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During the one-year duration of “Spa Therapy” trade, a candidate is trained on Professional Skill, Professional Knowledge and Employability Skill related to job role. In addition to this, a candidate is entrusted to undertake project work, extracurricular activities and on-the-job training to build up confidence. The broad components covered under Professional Skill subject are as below:

The beginning of the year primarily deals with spa therapy introduction. the trainee learns about personality development, introduction to anatomy & physiology , first aid, basic communication skills, posture and yoga, customer relations, history & introduction to ‘spa’ and spa as a career, introduction to complementary spa therapies, nutrition, housekeeping/ inventory/set up, spa product knowledge, spa sales & marketing, swedish massage, abhyangam massage, body massage, body scrub and body wrap, introduction to hydrotherapy, introduction to basic facial, introduction to history of ayurveda, treatments aspects of ayurveda, safety and environment. he gets the idea of trade tools, apparatus & their standardization, calibration, identifies different types of laboratory equipments. The trainee will practice different massage methods, skin and hair treatment, yoga posture & diet knowledge methods to determine various skin & body. Trainee will also be able to examine the quality of various body massage, skin treatment & hair treatment. The trainee learns to use basic body massage & facial, skin and hair treatment. Yoga for wellbeing, deep tissue massage, aromatherapy massage, thai massage, hot stone therapy, balinese massage, shirodhara, potli massage, reflexology, advanced facial, abhyangam, udwartanam, pizhichil, kizhi. The trainee practices on these therapies. Practice different pranayama, asanas, mudras, chakras, various body massage and facial treatment & ayurveda treatment like shirodhara, potli massage, abhyangam, udwartanam, herbal product knowledge, scrubs and body wrap. Practice field preparation.

### 2.1 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 economy/ Labour market. The vocational training programmes are delivered under the aegis of Directorate General of Training (DGT). Craftsman Training Scheme (CTS) with variants and Apprenticeship Training Scheme (ATS) are two pioneer schemes of DGT for strengthening vocational training.

‘Spa Therapy’ trade under CTS is one of the popular courses delivered nationwide through a network of ITIs. The course is of one year duration. It mainly consists of Domain area and Core area. The Domain area(Trade Theory & Practical) imparts professional skills and knowledge, while the core area(Employability Skill) imparts requisite core skills, knowledge and life skills. After passing out the training program, the trainee is awarded National Trade Certificate (NTC) by DGT which is recognized worldwide.

#### **Candidates broadly need to demonstrate that they are able to:**

- Perform tasks with due consideration to safety rules, accident prevention regulations and environmental protection stipulations;
- Apply professional skill, knowledge & employability skills while performing jobs.
- Document the data related to the task undertaken.

### 2.2 PROGRESSION PATHWAYS

- Can join industry as Craftsman and will progress further as Senior Craftsman, Supervisor and can rise up to the level of Manager.
- Can become Entrepreneur in the related field.
- Can join masseur/ Spa therapist
- Senior Spa therapist
- Centre head
- Senior centre head
- Spa trainer
- Spa consultant
- Can join Advanced Diploma (Vocational) courses under DGT as applicable.

## 2.3 COURSE STRUCTURE

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

S No.	Course Element	Notional Training Hours
		1 <sup>st</sup> Year
1	Professional Skill (Trade Practical)	1200
2	Professional Knowledge (Trade Theory)	240
3	Employability Skills	160
	<b>Total</b>	<b>1600</b>

## 2.4 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. The marks of internal assessment will be as per the formative assessment template provided on [www.bharatskills.gov.in](http://www.bharatskills.gov.in).

b) The final assessment will be in the form of summative assessment method. The All India Trade Test for awarding NTC will be conducted by **Controller of examinations, DGT** as per the guidelines. 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. The examiner during final examination will also check** the individual trainee's profile as detailed in assessment guideline before giving marks for practical examination.

### 2.4.1 PASS REGULATION

For the purposes of determining the overall result, weightage of 100% is applied for six months and one-year duration courses and 50% weightage is applied to each examination for two years courses. The minimum pass percent for Trade Practical and Formative assessment is 60% & for all other subjects is 33%. There will be no Grace marks.

## 2.4.2 ASSESSMENT GUIDELINE

Appropriate arrangements should be made to ensure that there will be no artificial barriers to assessment. The nature of special needs should be taken into account while undertaking the assessment. Due consideration should be given while assessing for teamwork, avoidance/reduction of scrap/wastage and disposal of scrap/waste as per procedure, behavioral attitude, sensitivity to the environment and regularity in training. The sensitivity towards OSHE and self-learning attitude are to be considered while assessing competency.

Assessment will be evidence based comprising the following:

- Job carried out in labs/workshop
- Record book/ daily diary
- Answer sheet of assessment
- Viva-voce
- Progress chart
- Attendance and punctuality
- Assignment
- Project work

Evidences and records of internal (Formative) assessments are to be preserved until forthcoming examination for audit and verification by examining body. The following marking pattern to be adopted while assessing:

Performance Level	Evidence
<b>(a) Weightage in the range of 60%-75% to be allotted during assessment</b>	
For performance in this grade, the candidate should produce work which demonstrates attainment of an acceptable standard of craftsmanship with occasional guidance, and due regard for safety procedures and practices	<ul style="list-style-type: none"> <li>• Demonstration of good skills and accuracy in the field of work/ assignments.</li> <li>• A fairly good level of neatness and consistency to accomplish job activities.</li> <li>• Occasional support in completing the task/ job.</li> </ul>
<b>(b)Weightage in the range of 75%-90% to be allotted during assessment</b>	
For this grade, a candidate should produce work which demonstrates attainment of a reasonable standard of craftsmanship, with little guidance, and regard for safety procedures and practices	<ul style="list-style-type: none"> <li>• Good skill levels and accuracy in the field of work/ assignments.</li> <li>• A good level of neatness and consistency to accomplish job activities.</li> <li>• Little support in completing the task/job.</li> </ul>

(c) Weightage in the range of more than 90% to be allotted during assessment

For performance in this grade, the candidate, with minimal or no support in organization and execution and with due regard for safety procedures and practices, has produced work which demonstrates attainment of a high standard of craftsmanship.

- High skill levels and accuracy in the field of work/ assignments.
- A high level of neatness and consistency to accomplish job activities.
- Minimal or no support in completing the task/ job.



**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.

**Sports Masseur:** is also known as sports therapist or massage therapist or sports massager. The responsibilities of the Sports Masseurs include manipulating muscle tissues to release tension, reduce pain, restore range of movement, ensure timely recovery and promote good body condition usually under the supervision of a medical doctor or a physiotherapist.

**SPA Salon Beauty Therapist:** They will be responsible for administering a range of **treatments** to clients. If you're based in a **salon** you'll also be expected to perform some front of house duties including meeting and greeting customers, answering the phone and taking bookings.

**GYM Trainer Assistant/ Fitness Trainer;** lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching. They **work** with people of all ages and skill levels.

**Yoga Trainer:** Yoga is an exercise and meditation technique which is based around finding balance of mind through breathing, posture and stretching. As a trainer, would instruct the students in the art of yoga in order to increase their fitness and personal health, in both body and mind.

**Therapists in Ayurvedic Hospital:** An Ayurvedic Massage and Bliss Therapist is a specialist who works with massage and other therapies which are individualized to the nature of the person and nature of any imbalances that are present. Ayurvedic Body Therapies are a significant part of the healing process in Ayurvedic medicine and are becoming popular in clinics and health spas around the world.

**Reference NCO-2015:**

- (i) 2264.0400 – Masseur
- (ii) 2264.0401 – Sports Masseur

## 4. GENERAL INFORMATION

<b>Name of the Trade</b>	<b>SPA THERAPY</b>
<b>Trade Code</b>	DGT/1092
<b>NCO - 2015</b>	2264.0400, 2264.0401
<b>NSQF Level</b>	Level - 4
<b>Duration of Craftsmen Training</b>	One Year (1600 Hours)
<b>Entry Qualification</b>	Passed 10 <sup>th</sup> class examination.
<b>Minimum Age</b>	14 years as on 01 <sup>st</sup> August of the year of admission.
<b>Eligibility for PwD</b>	LD, CP, LC, DW, AA, DEAF, HH, SLD
<b>Unit Strength (No. of Student)</b>	24(There is no separate provision of supernumerary seats)
<b>Space Norms</b>	80 Sq. m
<b>Power Norms</b>	6 KW
<b>Instructors Qualification for:</b>	
<b>(i) Spa Therapy Trade</b>	<p>Post Graduate Diploma in Spa Therapy/ Management from recognised university/ college with one year experience in the relevant field.</p> <p style="text-align: center;"><b>OR</b></p> <p>Diploma (minimum 2 years) in Spa Therapy/ Management/ CIDESCO from recognised board of education or relevant Advanced Diploma (Vocational) from DGT with two years post qualification experience in the relevant field.</p> <p style="text-align: center;"><b>OR</b></p> <p>NTC/NAC passed in the Spa Therapytrade with three years' experience in the relevant field.</p> <p><b>Essential Qualification:</b> Relevant National Craft Instructor Certificate (NCIC) in any of the variants under DGT.</p> <p><b>Out of two Instructors required for the unit of 2(1+1), one must have Degree/Diploma and other must have NTC/NAC qualifications. However, both of them must possess NCIC in any of</b></p>

	<b>its variants.</b>		
<b>(ii) Employability Skill</b>	<p>MBA/ BBA / Any Graduate/ Diploma in any discipline with Two years' experience with short term ToT Course in Employability Skills from DGT institutes.</p> <p>(Must have studied English/ Communication Skills and Basic Computer at 12th / Diploma level and above)</p> <p style="text-align: center;">OR</p> <p>Existing Social Studies Instructors in ITIs with short term ToT Course in Employability Skills from DGT institutes.</p>		
<b>List of Tools and Equipment</b>	As per Annexure – I		
<b>Distribution of training on Hourly basis: (Indicative only)</b>			
<b>Total Hrs /week</b>	<b>Trade Practical</b>	<b>Trade Theory</b>	<b>Employability Skills</b>
40 Hours	30 Hours	6 Hours	4 Hours

## 5. LEARNING OUTCOME

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

### 5.1 LEARNING OUTCOMES (TRADE SPECIFIC)

1. Develop personality and behavioural skills to take SPA as a career goal following safety precautions.
2. Identify and mark different body parts, joints, muscles and bones of human body for spa therapy.
3. Carry out holistic massages.
4. Perform techniques of applying various forms of hydrotherapy related to all modalities.
5. Carry out skin diagnosis using mapping techniques and techniques to suit your client's requirements.
6. Identify the body layers and their relation to function and properties, determine depth of pressure.
7. Rely on the reflexes map of the feet and hands to all the internal organs and other human body parts.
8. Perform various full body scrub and wraps with its benefits.
9. Identify, select and apply the Spa product and sales according to skin type.
10. Develop skill dealing with different SPA therapies.
11. Develop skill on IT literacy.
12. Develop the skill of Yoga.
13. Develop the skill of Aayurveda and full body shiroabhiyangam massage in case of product handling, dispensing and energetic release.
14. Identify, select and apply various essential oils and career oils and blends of oil in Spa therapy.
15. Locate the energetic lines of the feet, legs, hips, back, shoulders, neck, head and face.
16. Develop and apply the skill on stone therapy.
17. Develop and apply the skill on Shirodhara Massage.
18. Develop and apply the skill on Potli Massage.
19. Carry out facial treatment for dry and oily skin.
20. Develop and apply the skill on Udwartanam Massage.

21. Develop and apply the skill on Pizhichil Massage.
22. Develop and apply the skill on Kizhi massage.

## 6. ASSESSMENT CRITERIA

LEARNING OUTCOMES	ASSESSMENT CRITERIA
1. Develop personality and behavioural skills to take SPA as a career goal following safety precautions.	Identify and select spa industry.
	Setup behavioural skill.
	Plan the scheduled task.
	Ability to communicate.
	Communication, written and oral ability
	Attain the customer.
	Reports and feedback
2. Identify and mark different body parts, joints, muscles and bones of human body for spa therapy.	Identify the different important body parts.
	Marking of important muscles.
	Marking of important Bones.
	Marking of important Joints.
	Identify functions of different body parts.
3. Carry out holistic massages.	Pre Treatment set up for holistic massages.
	Product handling for holistic message.
	Customize the treatment according to consultation.
	Energetic release and Cleansing.
	Observe self protection during holistic massage.
4. Perform techniques of applying various forms of hydrotherapy related to all modalities.	Identify different types of hydrotherapy treatment.
	Identify essential steps of Hydrotherapy Treatment.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during hydrotherapy.
5. Carry out skin diagnosis using mapping techniques and techniques to suit your client's requirements.	Identify different types of facial treatment.
	Identify essential steps of Facial Treatment.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during hydrotherapy.
6. Identify the body layers and their relation to	Identify different types of body layer treatment.
	Identify essential steps of body layer Treatment.

function and properties, determine depth of pressure.	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during body layer treatment.
7. Rely on the reflexes map of the feet and hands to all the internal organs and other human body parts.	Identify different types of reflexology treatment.
	Identify essential steps of reflexology Treatment.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during reflexology treatment.
8. Perform various full body scrub and wraps with its benefits.	Identify different types of body scrub & wraps treatment.
	Identify essential steps of body scrub & wraps Treatment.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during body scrub & wraps treatment.
9. Identify, select and apply the Spa product and sales according to skin type.	Identify different types of spa products.
	Select the spa products.
	Display the product.
	Consult with customers.
	Choose the right product.
	Suggest the right product to the customers.
	Prepare the survey report.
10. Develop skill dealing with different SPA therapies.	Identify the appropriate therapy.
	Select the appropriate therapy.
	Plan for market survey.
	Deeside the course of action.
	Identify problems.
	Apply, analyze and evaluate the information from market survey.
	Write the report and feedback.
11. Develop skill on IT literacy.	Telephone etiquette & handling.
	Guest appointments & booking procedures.
	Cancellation policy.
	Basic knowledge of billing, invoice, tax & vat, stock maintenance.
12. Develop the skill of	Identify the appropriate yoga to be performed.

Yoga.	Get your gear.
	Choose appropriate session.
	Sustain the practices.
	Follow safety procedure.
13. Develop the skill of Aayurveda and full body shiroabhiyangam massage in case of product handling, dispensing and energetic release.	Identify different types of Aayurveda and full body shiroabhiyangam massage.
	Identify essential steps of Aayurveda and full body shiroabhiyangam massage.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during Aayurveda and full body shiroabhiyangam massage.
14. Identify, select and apply various essential oils and carrier oils and blends of oil in Spa therapy.	Identify different types of Aromatherapy Massage.
	Identify essential steps of Aromatherapy Massage.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during Aromatherapy Massage.
15. Locate the energetic lines of the feet, legs, hips, back, shoulders, neck, head and face.	Identify different types of Thai Massage.
	Identify essential steps of Thai Massage.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during Thai Massage.
16. Develop and apply the skill on stone therapy.	Identify different types of stone therapy.
	Identify essential steps of stone therapy.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during stone therapy.
17. Develop and apply the skill on Shirodhara Massage.	Identify different types of Shirodhara Massage.
	Identify essential steps of Shirodhara Massage.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during Shirodhara Massage.



18. Develop and apply the skill on Potli Massage.	Identify different types of Potli Massage.
	Identify essential steps of Potli Massage.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during Potli Massage.
19. Carry out facial treatment for dry and oily skin.	Identify different types of dry and oily skin.
	Identify essential steps of dry and oily skin treatment.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during dry and oily skin treatment.
20. Develop and apply the skill on Udwartanam Massage.	Identify different types of Udwartanam Massage.
	Identify essential steps of Udwartanam Massage.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during Udwartanam Massage.
21. Develop and apply the skill on Pizhichil Massage.	Identify different types of Pizhichil Massage.
	Identify essential steps of Pizhichil Massage.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during Pizhichil Massage.
22. Develop and apply the skill on Kizhi massage.	Identify different types of Kizhi massage.
	Identify essential steps of Kizhi massage.
	Prepare pre treatment setup.
	Apply skill on customer handling and draping.
	Follow safety precaution during Kizhi massage.

## 7. TRADE SYLLABUS

<b>SYLLABUS FOR SPA THERAPY TRADE</b>				
<b>DURATION: ONE YEAR</b>				
<b>Duration</b>	<b>Reference Learning Outcome</b>	<b>Professional Skills (Trade Practical) With Indicative Hours</b>	<b>Professional Knowledge (Trade Theory)</b>	
Professional Skill 150Hrs;  Professional Knowledge 30Hrs)	Develop personality and behavioral skills to take SPA as a career goal following safety precautions.	1. Purpose of first aid. (10 hrs)	Saving techniques during injuries as-electric shock, poisoning, bites & stings, burns on dummies. (06 hrs.)	
		2. Identification & recoveries of different types of injuries such as-Fractures, burns, electric shock, loss of consciousness, external bleeding, poisoning, bites & stings, eye, ear, nose & throat emergencies, high Blood pressure. (15 hrs)		
		3. Self protection. (05 hrs)		
		4. Cleaning Equipment Handling. (03 hrs)	. Cleaning equipment . Cleaning agents . Cleaning Procedure . Handling of Chemicals . Potential Infections . Self Protection . Linen handling and Maintenance . Laundry Procedures . Storage . Inventory . Fire Prevention . Housekeeping . Waste management and Pollutants . Environmental Protection (12 hrs.)	
		5. Cleaning Procedure. (05 hrs)		
		6. Self Protection. (04 hrs)		
		7. Linen Handling. (06 hrs)		
		8. Laundry Procedures. (07 hrs)		
		9. Storage. (05 hrs)		
		10. Inventory. (06 hrs)		
		11. Housekeeping Forms. (05 hrs)		
		12. Treatment Room Set-up. (10 hrs)		
		13. Treatment Room Cleaning. (04 hrs)		
		14. Infection Control. (05 hrs)		
		15. Personal grooming. (05 hrs)		. Grooming . Personal Hygiene . Uniform – Background and Purpose . Personal & Social Etiquette . Corporate Etiquette
		16. Body language. (07 hrs)		
		17. Politeness. (07 hrs)		
		18. Communication. (06 hrs)		
		19. Attitude towards		

		<p>customer. (10 hrs)</p> <p>20. Showing examples and ppts to students of different SPA experts. (05 hrs) Basic English phrases</p> <p>21. Listening &amp; understanding. (05hrs)</p> <p>22. Presentation Skills. (10 hrs)</p> <p>23. Reading &amp; writing. (05 hrs)</p>	<ul style="list-style-type: none"> <li>. Self management</li> <li>. Confidence Building</li> <li>. Body Language</li> <li>. Relationship Management</li> <li>. Communication Skills</li> <li>. Anger Management</li> <li>. Basic Requirements</li> <li>. Remuneration/ Earning</li> <li>. SPA Career Options</li> <li>. How to start your own spa business</li> <li>. Job Opportunities- India and abroad</li> <li>. Role and Responsibilities of spa therapist</li> <li>. Basic English phrases</li> <li>. Basic Grammar (12 hrs.)</li> </ul>
<p>Professional Skill 60Hrs;</p> <p>Professional Knowledge 12Hrs</p>	<p>Identify and mark different body parts, joints, muscles and bones of human body for spa therapy.</p>	<p>Marking different body Parts-</p> <p>24. Marking and identifying important muscles, Joint and bones. (60 hrs)</p>	<p>General introduction to the human body as well as the ten major body systems:-</p> <ul style="list-style-type: none"> <li>. Skeletal</li> <li>. Muscular</li> <li>. Nervous</li> <li>. Endocrine</li> <li>. Cardiovascular</li> <li>. Lymphatic</li> <li>. Respiratory</li> <li>. Digestive</li> <li>. Urinary</li> <li>. Reproductive (12 hrs.)</li> </ul>
<p>Professional Skill 30Hrs;</p> <p>Professional Knowledge 06Hrs</p>	<p>Carry out holistic massages.</p>	<p>25. Pre Treatment set up. (05 hrs)</p> <p>26. Customer Handling and Draping. (05 hrs)</p> <p>27. Product handling. (05 hrs)</p> <p>28. Dispensing. (03 hrs)</p> <p>29. Self- Protection. (02 hrs)</p> <p>30. Customize the treatment according to consultation. (05 hrs)</p> <p>31. Energetic release and Cleansing. (05 hrs)</p>	<ul style="list-style-type: none"> <li>. History of Holistic Massage</li> <li>. full body massage steps with preparation of points and strokes</li> <li>. Treatment Preparation</li> <li>. Benefits</li> <li>. Contra Indications</li> <li>. Pre &amp; Post treatment tips (06 hrs.)</li> </ul>
<p>Professional</p>	<p>Perform techniques</p>	<p>32. Pre Treatment set up. (05</p>	<ul style="list-style-type: none"> <li>. History of hydrotherapy</li> </ul>

Skill 30Hrs; Professional Knowledge 06Hrs	of applying various forms of hydrotherapy related to all modalities.	hrs) 33. Equipment Handling. (05 hrs) 34. Product Handling. (05 hrs) 35. Dispensing. (05 hrs) 36. Self-Protection. (02 hrs) 37. Customer Handling and Draping. (05 hrs) 38. Customize the treatment according to Consultation. (03 hrs)	. Different types of hydrotherapy treatments . Essential Hydrotherapy Treatment steps . Treatment Preparation . Benefits . Contra indications . Pre and Post Treatment Tips (06 hrs.)
Professional Skill 30Hrs; Professional Knowledge 06Hrs	Carry out skin diagnosis using mapping techniques and techniques to suit your client's requirements.	39. Pre Treatment set up. (05 hrs) 40. Equipment Handling. (05 hrs) 41. Product Handling. (05 hrs) 42. Dispensing. (05 hrs) 43. Self-Protection. (02 hrs) 44. Customer Handling and Draping. (05 hrs) 45. Customize the treatment according to Consultation. (03 hrs)	. History of Facial Treatment . Different Types of Facials Treatments . Essential Basic Facial Treatments steps . Treatment Preparation . Benefits . Contra indications . Pre and Post Treatment Tips (06 hrs.)
Professional Skill 30Hrs; Professional Knowledge 06Hrs	Identify the body layers and their relation to function and properties, determine depth of pressure.	46. Pre Treatment set up. (05 hrs) 47. Customer Handling and Draping. (05 hrs) 48. Product Handling. (05 hrs) 49. Dispensing. (03 hrs) 50. Self-Protection. (02 hrs) 51. Procedure. (05 hrs) 52. Energetic Release and censing. (05 hrs)	. History of Holistic Massage . Essential massage steps . Treatment Preparation . Benefits . Contra indications . Pre and Post Treatment Tips (06 hrs.)
Professional Skill 60Hrs; Professional Knowledge 12Hrs	Rely on the reflexes map of the feet and hands to all the internal organs and other human body parts.	53. Pre Treatment set up. (10 hrs) 54. Customer Handling and Draping. (10 hrs) 55. Product Handling. (10 hrs) 56. Dispensing. (10 hrs) 57. Procedure. (10 hrs) 58. Energetic Release and Cleansing. (10 hrs)	. History of Reflexology . Concept and Principles of Reflexology . Treatment Preparation . Benefits . Contra indications . Pre and Post Treatment Tips (12 hrs.)
Professional Skill 30Hrs; Professional	Perform various full body scrub and wraps with its	59. Pre treatment set up. (06 hrs) 60. Customer handling and	. History of body scrub and wraps . scrub steps

Knowledge 06Hrs	benefits.	<p>draping. (06 hrs)</p> <p>61. Product Handling. (06 hrs)</p> <p>62. Dispensing. (06 hrs)</p> <p>63. Customize the treatment according to consultation Procedure. (06 hrs)</p>	<p>. Treatment preparation</p> <p>. Benefits</p> <p>. Contra Indications</p> <p>. Pre &amp; Post treatment tips (06 hrs.)</p>
<p>Professional Skill 60Hrs;</p> <p>Professional Knowledge 12Hrs</p>	Identify, select and apply the Spa product and sales according to skin type.	<p>64. Product Handling Dispensing. (05 hrs)</p> <p>65. Self protection. (02 hrs)</p> <p>66. Retail Display and Management. (05 hrs)</p> <p>67. Preparation and Blending of Therapy products. (10 hrs)</p> <p>68. Basic customer consultation. (10 hrs)</p> <p>69. Market survey visits. (13 hrs)</p> <p>70. Visits to different spa saloons. (15 hrs)</p>	<p>. Herbs</p> <p>. Essential Oils</p> <p>. Aromatic Oils</p> <p>. Body Scrubs</p> <p>. Body Wraps</p> <p>. Facial Products</p> <p>choose the right product</p> <p>. Preservatives</p> <p>. Active Ingredients</p> <p>. Carrier Oil &amp; Base Creams</p> <p>. Pre blended oils</p> <p>. Pre Blended creams</p> <p>. Soaps, Shampoos, lotions</p> <p>. Licensing (Drug Control)</p> <p>. Product Testing</p> <p>. Efficacy</p> <p>. Shelf Life</p> <p>. Storage</p> <p>. Contamination</p> <p>. Allergies</p> <p>. Difference between Sales and Marketing</p> <p>. Customer Consultation and Analysis</p> <p>. Importance of product knowledge</p> <p>. Approaching customer &amp; learning the needs</p> <p>. Customer Sales Interaction before, during &amp; after treatment</p> <p>. Continued Sales &amp; Product Training (12 hrs.)</p>
<p>Professional Skill 90Hrs;</p> <p>Professional</p>	Develop skill dealing with different SPA therapies.	<p>71. Marketing survey on following (90 hrs)</p> <ul style="list-style-type: none"> <li>• Acupressure</li> </ul>	<p>. Acupressure</p> <p>. Acupuncture</p> <p>. Colon Therapy</p> <p>. Chinese Medicine</p>

Knowledge 18Hrs		<ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Colon Therapy</li> <li>• Chinese Medicine</li> <li>• Ear Candling</li> <li>• Electropathy</li> <li>• Gem Therapy</li> <li>• Herbalism</li> <li>• Homoeopathy</li> <li>• Naturopathy</li> <li>• Physiotherapy</li> <li>• Reiki</li> <li>• Tibetan Medicine</li> </ul>	<ul style="list-style-type: none"> <li>. Ear Candling</li> <li>. Electropathy</li> <li>. Gem Therapy</li> <li>. Herbalism</li> <li>. Homoeopathy</li> <li>. Naturopathy</li> <li>. Physiotherapy</li> <li>. Reiki</li> <li>. Tibetan Medicine (18 hrs.)</li> </ul>
Professional Skill 30Hrs;  Professional Knowledge 06Hrs	Develop skill on IT literacy.	<p>Front office handling</p> <p>72. Telephone etiquette &amp; handling. (10 hrs)</p> <p>73. Guest appointments &amp; booking procedures. (05 hrs)</p> <p>74. Cancellation policy. (05 hrs)</p> <p>75. Basic knowledge of billing, invoice, tax &amp; vat, stock maintenance. (10 hrs)</p>	<ul style="list-style-type: none"> <li>. Telephone Etiquette &amp; handling</li> <li>. Customer Appointments &amp; Booking Procedures</li> <li>. Cancellation Policy (06 hrs.)</li> </ul>
Professional Skill 60Hrs;  Professional Knowledge 12Hrs	Develop the skill of Yoga.	<p>76. Posture. (05 hrs)</p> <p>77. Breathing Techniques. (03 hrs)</p> <p>78. Balance your body. (05 hrs)</p> <p>79. Pressure without muscle. (07 hrs)</p> <p>80. Pranayam. (10 hrs)</p> <p>81. Asanas. (10 hrs)</p> <p>82. Mudras. (10 hrs)</p> <p>83. Chakras. (10 hrs)</p>	<ul style="list-style-type: none"> <li>History &amp; Evolution of Yoga</li> <li>. Schools of Yoga. Posture</li> <li>. Diet</li> <li>. Meditation (12 hrs.)</li> </ul>
Professional Skill 60Hrs;  Professional Knowledge 12Hrs	Develop the skill of Aayurveda and full body shiroabhiyangam massage in case of product handling, dispensing and energetic release.	<p>84. Pre treatment set up. (10 hrs)</p> <p>85. Customer Handling and explaining blends of oils. (10 hrs)</p> <p>86. Product Handling. (10 hrs)</p> <p>87. Dispensing. (05 hrs)</p> <p>88. Self Protection. (05 hrs)</p>	<ul style="list-style-type: none"> <li>History of Aayurveda Massage</li> <li>. Knowledge of Various ayurvedic Oils used</li> <li>. Essential massage steps and strokes</li> <li>. Treatment preparation</li> <li>. Benefits</li> <li>. Contra indications</li> <li>. Pre &amp; Post treatment tips</li> </ul>

		89. Customize the treatment according to Consultation.(10 hrs) 90. Energetic release and Cleansing. (10 hrs)	(12 hrs.)
Professional Skill 60Hrs; Professional Knowledge 12Hrs	Identify, select and apply various essential oils and career oils and blends of oil in Spa therapy.	91. Pre Treatment set up. (05 hrs) 92. Customer Handling and Draping. (10 hrs) 93. Product Handling (05 hrs) 94. Dispensing. (05 hrs) 95. Self-Protection. (05 hrs) 96. Customization of Essential Oils. (05 hrs) 97. Blends according to Consultation. (10 hrs) 98. Procedure. (10 hrs) 99. Energetic Release and Cleansing. (05 hrs)	. History of Aromatherapy Massage . Study of some Important Essential Oils . Study of some important base oils . Concept of Mixing and Blending of essential Oils . Essential massage steps . Treatment Preparation . Benefits . Contra indications . Pre and Post Treatment Tips (12 hrs.)
Professional Skill 30Hrs; Professional Knowledge 06Hrs	Locate the energetic lines of the feet, legs, hips, back, shoulders, neck, head and face.	100. Pre Treatment set up. (05 hrs) 101. Customer Handling and Draping. (05 hrs) 102. Self-Protection. (02 hrs) 103. Procedure. (10 hrs) 104. Energetic Release and Cleansing. (08 hrs)	. History of Thai Massage . Essential massage steps . Treatment Preparation . Benefits . Contra indications . Pre and Post Treatment Tips (06 hrs.)
Professional Skill 30Hrs; Professional Knowledge 06Hrs	Develop and apply the skill on stone therapy.	105. Pre Treatment set up. (05 hrs) 106. Customer Handling and Draping. (05 hrs) 107. Product Handling. (05 hrs) 108. Equipment Handling (05 hrs) 109. Self-Protection. (02 hrs) 110. Procedure. (05 hrs) 111. Energetic Release and Cleansing. (03 hrs)	. History of Hot Stone Therapy Massage . Essential massage steps . Treatment Preparation . Benefits . Contra indications . Pre and Post Treatment Tips (06 hrs.)
Professional Skill 60Hrs; Professional Knowledge 12Hrs	Develop and apply the skill on Shirodhara Massage.	112. Pre Treatment set up. (10 hrs) 113. Customer Handling and Draping. (10 hrs) 114. Product Handling. (10 hrs)	. History of Shirodhara Massage . Treatment Preparation . Knowledge of various Products used For Shirodhara . Benefits

		<p>115. Dispensing. (05 hrs)</p> <p>116. Equipment Handling and care. (10 hrs)</p> <p>117. Self-Protection. (05 hrs)</p> <p>118. Procedure. (10 hrs)</p>	<ul style="list-style-type: none"> <li>. Contra indications</li> <li>. Pre and Post Treatment Tips (12 hrs.)</li> </ul>
<p>Professional Skill 60Hrs;</p> <p>Professional Knowledge 12Hrs</p>	<p>Develop and apply the skill on Potli Massage.</p>	<p>119. Pre Treatment set up. (05 hrs)</p> <p>120. Customer Handling and Draping. (10 hrs)</p> <p>121. Product Handling. (10 hrs)</p> <p>122. Equipment Handling. (05 hrs)</p> <p>123. Preparation of Pottali. (10 hrs)</p> <p>124. Dispensing. (05 hrs)</p> <p>125. Procedure. (10 hrs)</p> <p>126. Energetic Release and Cleansing. (05 hrs)</p>	<ul style="list-style-type: none"> <li>. History of Potli Massage</li> <li>. Various Herbs used for Pottali</li> <li>. Treatment Preparation</li> <li>. Benefits</li> <li>. Contra indications</li> <li>. Pre and Post Treatment Tips (12 hrs.)</li> </ul>
<p>Professional Skill 60Hrs;</p> <p>Professional Knowledge 12Hrs</p>	<p>Carry out facial treatment for dry and oily skin.</p>	<p>127. Pre Treatment set up. (10 hrs)</p> <p>128. Customer Handling and Draping. (10 hrs)</p> <p>129. Product Handling. (10 hrs)</p> <p>130. Dispensing. (10 hrs)</p> <p>131. Procedure. (10 hrs)</p> <p>132. Energetic Release and Cleansing. (10 hrs)</p>	<ul style="list-style-type: none"> <li>. Current Trends in Advanced Facials</li> <li>. Different types of Advanced Facials</li> <li>. Advanced Facial steps</li> <li>. Knowledge of some Important Facial Products</li> <li>. Treatment Preparation</li> <li>. Benefits</li> <li>. Contra indications</li> <li>. Pre and Post Treatment Tips (12 hrs.)</li> </ul>
<p>Professional Skill 60Hrs;</p> <p>Professional Knowledge 12Hrs</p>	<p>Develop and apply the skill on Udwartanam Massage.</p>	<p>133. Treatment Room Step Up. (10 hrs)</p> <p>134. Products handling and preparation. (30 hrs)</p> <p>135. Dispensing. (20 hrs)</p>	<ul style="list-style-type: none"> <li>. Theory of Udwartanam Massage</li> <li>. Treatment Preparation</li> <li>. Benefits</li> <li>. Contra indications</li> <li>. Precautions (12 hrs.)</li> </ul>
<p>Professional Skill 60Hrs;</p> <p>Professional Knowledge 12Hrs</p>	<p>Develop and apply the skill on Pizhichil Massage.</p>	<p>136. Treatment Room Step Up. (20 hrs)</p> <p>137. Products Handling. (20 hrs)</p> <p>138. Dispensing. (20 hrs)</p>	<ul style="list-style-type: none"> <li>Theory of Pizhichil Massage</li> <li>. Treatment Preparation</li> <li>. Benefits</li> <li>. Contra indications</li> <li>. Precautions (12 hrs.)</li> </ul>



Professional Skill 60Hrs;  Professional Knowledge 12Hrs	Develop and apply the skill on Kizhi massage.	139. Treatment Room Step Up. (20 hrs) 140. Products handling and preparation. (20 hrs) 141. Dispensing. (20 hrs)	. Theory of various type of Kizhi massage . Treatment Preparation . Benefits . Contra indications Precautions (12 hrs.)
<b>Project work/ Industrial visit</b> <b>Broad Areas:</b> <ol style="list-style-type: none"> <li>Sop and interaction for therapists.</li> <li>SPA Products</li> <li>Reflexology Chart</li> <li>Diet Chart</li> </ol>			

### SYLLABUS FOR CORE SKILLS

1. Employability Skills (Common for all trades) (160Hrs)

Learning outcomes, assessment criteria, syllabus and Tool List of Core Skills subjects which is common for a group of trades, provided separately in [www.bharatskills.gov.in](http://www.bharatskills.gov.in)

<b>LIST OF TOOLS &amp; EQUIPMENT</b>			
<b>SPA THERAPY (for batch of 24 Candidates)</b>			
<b>Sl. No.</b>	<b>Name of the Tools and Equipment</b>	<b>Specification</b>	<b>Quantity</b>
<b>A. TRAINEES TOOL KIT</b>			
1.	Apron		24 Nos.
2.	Towel		24 Nos.
3.	Bed Sheet		24 Nos.
4.	scissor		24 Nos.
5.	Thread		24 Nos.
6.	Talcum powder		24 Nos.
7.	Pumic Stone		24 Nos.
<b>B. SHOP TOOLS &amp; EQUIPMENT</b>			
8.	First Aid Dummy		2 Nos.
9.	First Aid Kit		2 Nos.
10.	Fire Extinguishers	Water, CO <sub>2</sub> Blanket	2 Nos.
11.	Housekeeping Equipments		As Required
12.	Treatment room with shower, steam room, sauna, water features (Bathtub, Jacuzzi etc.)		1 No. Each
13.	Trash bin		10 Nos.
14.	Refrigerator		1 No.
15.	Spa Linen		As Required
16.	Spa Massage bed		8 Nos.
17.	Treatment Trolley		8 Nos.
18.	Anatomy & Physiology charts of all major systems		1 No. (each)
19.	Thai Massage Mat	220 x 250 cm	1 No.
20.	UV Sterilizer		2 Nos.
21.	Hot Cabinet		2 Nos.
22.	Cold Cabinet		2 Nos.
23.	Reference Books for Library		As required
24.	Wax Heater		10 Nos.
25.	Spa publications (selection)		As required
26.	Manicure Bowl		10 Nos.

27.	Manicure/ Pedicure Set (cutters, filers, cleaners, cuticle pushers, nail brush, pumic stone, wooden & steel scraper etc.)		10 Nos.
28.	Manicure / Pedicure station		5 Nos.
29.	Back Massage Chair		4 Nos.
30.	Hair Dryer (Hand Held)		2 Nos.
31.	Ayurvedic Wooden Bed		2 Nos.
32.	Shirodhara Stand		2 Nos.
33.	Foot Ladder		2 Nos.
34.	Wooden Trolley		2 Nos.
35.	Manicure Chair for Therapist		5 Nos.
36.	Pedicure Stool		5 Nos.
37.	Facial Steamer		2 Nos.
38.	Magnifying Lamp		5 Nos.
39.	Yoga Mats		25 Nos.
40.	Aroma Burner		2nos.
41.	Creamic Katori		2Nos.
42.	Wooden Trays		10Nos.
43.	Creamic Bowl		10Nos.
44.	Soap/Lotion Dispensers		6Nos.
45.	Oil Bottles with corks		As Required
46.	Bowls	100 ml	10Nos.
47.	Plastic Bowl small	250ml	10Nos.
48.	Wooden Hangers		As Required
49.	Electric water kettle		1Nos.
50.	Hot Plate		1Nos.
51.	Student's Chair with flap		24 Nos.
52.	Teacher's Table and chair		1 set
53.	LCD Projector		1 No
54.	UPS		As required
55.	Computer	CPU: 32/64 Bit i3/i5/i7 or latest processor, Speed: 3 GHz or Higher. RAM:-4 GB DDR-III or Higher, Wi-Fi Enabled. Network Card: Integrated Gigabit Ethernet, with USB Mouse, USB Keyboard and Monitor (Min. 17 Inch.) Licensed Operating System and Antivirus compatible with trade related software.	As required
56.	White Magnetic Board with felt board		1 No
57.	Air conditioner split		As required

58.	Display board		2 No
59.	Curtain/blinds for treatments rooms		As required
<b>C. List of raw materials</b>			
60.	Eye make-up Remover		As required
61.	Cleansing Milk	For All skin type	As required
62.	Toner		As required
63.	Cleansing Gel	For All skin type	As required
64.	Facial Scurb	For All skin type	As required
65.	Facial massage cream / oil	For All skin type	As required
66.	Facial Mask	For All skin type	As required
67.	Facial Serum	For All skin type	As required
68.	Moisturizing cream	For All skin type	As required
69.	Sun protection cream		As required
70.	Facial Sponge		As required
71.	Types of scrubs	Different types as:- Vanilla Covo, Apricot, lemongrass, Rice and Oatmeal, Aloe and mint coffee	As required
72.	Types of wraps	Different types as:- Vanilla Coco, mint	As required
73.	Shower Gel		As required
74.	Shampoo		As required
75.	Conditioner		As required
76.	Lotions	Different types as-Spice,Vetiver	As required
77.	Foot cream		As required
78.	Aroma therapy oil		As required
79.	Lemongrass oils for diffuser		As required
80.	Almond oil		As required
81.	Olive oil		As required
82.	Seasame oil		As required
83.	Dhanwantram		As required
84.	Sudhabala oil / Dhara oil / karpashtyadi / Thailam oil		As required
85.	Kairkare		As required
86.	Kottanchukadi		As required
87.	Sahacharadhi		As required
88.	Prabhanjam		As required
89.	Vaila Narayan Thailam		As required
90.	PindaThailam		As required

91.	Kairkare Plus		As required
92.	Kairtis		As required
93.	Kottanchukadi Thailam		As required
94.	Udhwartanam Powder		As required
<b>DISPOSABLES: -</b>			
95.	Loofah With Box		As required
96.	Loofah (maked)		As required
97.	Cotton Roll		As required
98.	Cotton wool		As required
99.	Cotton bud with box		As required
100.	Cotton buds (naked)		As required
101.	Shower cap(with box)		As required
102.	Shower cap (naked)		As required
103.	Comb(with box)		As required
104.	Comb(naked)		As required
105.	Disposable bed sheets		As required
106.	Disposable hair bands		As required
107.	Disposable Briefs	S/M/L	As required
108.	Facial masks	For SPA therapists	As required
109.	Body wrap plastic		As required
110.	Cotton fabric for potli		As required
111.	Baskets	To store face towel	As required
112.	Thermal Blanket		As required
113.	Rubber bands		As required
114.	Tea Candles		As required
115.	Eye pillows		As required

116.	Timers		As required
117.	Scissors		As required
118.	Slippers	S/M/L	As required
<b>LINEN: -</b>			
119.	Bath towel		As required
120.	Bath mat		As required
121.	Hand towel		As required
122.	Face towel		As required
123.	Bath Robe	Free size	As required
124.	Kurta-Pyjama	Free size	As required
125.	White bed sheet		As required
126.	Hot stone warmer		As required
127.	Hot stone kit		As required
128.	Herbal Potli		As required
129.	Music CDs		As required
130.	Uniforms	For SOA therapists	As required
131.	Apron	For SOA therapists	As required
132.	Anatomy & Physiology charts of all major system		1 No.(each)

**Note:**

1. Internet facility is desired to be provided in the class room.

The DGT sincerely acknowledges contributions of the Industries, State Directorates, Trade Experts, Domain Experts, trainers of ITIs, NSTIs, faculties from universities and all others who contributed in revising the curriculum.

Special acknowledgement is extended by DGT to the following expert members who had contributed immensely in this curriculum.

<b>The list of Expert members participated for finalizing the course curriculum of Spa Therapy.</b>			
<b>Sl. No.</b>	<b>Name &amp; Designation Sh/Mr/Ms</b>	<b>Organization</b>	<b>Remarks</b>
1.	S.A. Pandav, Regional Dy. Director	DET, Gujarat	Chairman
2.	L.K. Mukherjee, DDT	CSTARI, Kolkata	Co-ordinator
3.	Neha K. Shah, Principal	ITI- Gorwa, Gujarat	Member
4.	Minaxi P. Dodia	Amruta Beauty Clinic, Vadodara	Expert
5.	Amruta Mistry	-do-	Expert
6.	Manick Dharani	The Spirit Luxury Spa, Gujarat	Expert
7.	D.J. Varmoon, Principal	ITI, Padra, Gujarat	Member
8.	Nirali Patel, SI	ITI, Gorwa (Mahila)	Member
9.	P.K. Bairagi, TO	CSTARI, Kolkata	Member

## ABBREVIATIONS

CTS	Craftsmen Training Scheme
ATS	Apprenticeship Training Scheme
CITS	Craft Instructor Training Scheme
DGT	Directorate General of Training
MSDE	Ministry of Skill Development and Entrepreneurship
NTC	National Trade Certificate
NAC	National Apprenticeship Certificate
NCIC	National Craft Instructor Certificate
LD	Locomotor Disability
CP	Cerebral Palsy
MD	Multiple Disabilities
LV	Low Vision
HH	Hard of Hearing
ID	Intellectual Disabilities
LC	Leprosy Cured
SLD	Specific Learning Disabilities
DW	Dwarfism
MI	Mental Illness
AA	Acid Attack
PwD	Person with disabilities



