

# Syllabus

for

## **SPA THERAPY**

Under

### **CRAFTSMEN TRAINING SCHEME (CTS)**

Designed in

- 2014 -

By

**Government of India  
Ministry of Labour & Employment  
Directorate General of Employment & Training**

## GENERAL INFORMATION

1. Name of the Trade : **SPA THERAPY**
2. NCO Code No. :
3. Duration : 1yr(Two Semesters of 6 months  
Each)
4. Power Norms : 6 kW
5. Space Norms : 80 Sq.m.
6. Entry Qualification : Passed 10<sup>th</sup> class Examination
7. Unit Size(No. of Student) : 20
- 8. Instructor's/Trainer's qualification:**
- 1) Graduation**
  - 2) NTC/ NAC Certificate from a government recognized institute with five years of experience in the field.**
9. Exit Level : Successful candidates would be able to work as Spa therapist and electrologist.

## SYLLABUS FOR SPA THERAPY UNDER (CTS) FOR SEMESTER-I

| Week | Practical   | Theory   |
|------|---|--|
| 2wks | <ul style="list-style-type: none"> <li>• Body language</li> <li>• Personal Grooming</li> <li>• Public Speaking</li> </ul>   | <b>PERSONALITY DEVELOPMENT</b> <ul style="list-style-type: none"> <li>• Grooming</li> <li>• Personal Hygiene</li> <li>• Uniform – Background and Purpose</li> <li>• Personal &amp; Social Etiquette</li> <li>• Corporate Etiquette</li> <li>• Self management</li> <li>• Confidence Building</li> <li>• Body Language</li> <li>• Relationship Management</li> <li>• Communication Skills</li> <li>• Anger Management</li> </ul>  |
| 1wk  | Marking different body Parts- <ul style="list-style-type: none"> <li>• Marking and identifying important muscles, Joint and Bones</li> </ul>                            | <b>INTRODUCTION TO ANATOMY &amp; PHYSIOLOGY</b><br>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>• 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</li> </ul>   |
| 1wk  | <ul style="list-style-type: none"> <li>• Bleeding (External)</li> <li>• First Aid Equipment handling</li> <li>• Fire Fighting Equipment</li> </ul>                      | <b>FIRST AID</b> <ul style="list-style-type: none"> <li>• Bleeding (Internal/ External)</li> <li>• Fractures, Sprains and Dislocations</li> <li>• Head, Neck and back Injuries</li> <li>• Shock and Trauma</li> <li>• Burns</li> <li>• Electric Shock</li> <li>• Heart attack, Seizure</li> <li>• Cardiac &amp; Respiratory Arrest</li> <li>• Choking</li> <li>• Loss of consciousness</li> <li>• Eye, Ear, nose &amp; Throat emergencies</li> <li>• Heat &amp; Cold emergencies (Exhaustion, Heat stroke, Hypothermia)</li> </ul> |
| 1wk  | Basic English phrases <ul style="list-style-type: none"> <li>• Listening &amp; understanding</li> <li>• Presentation Skills</li> <li>• Reading &amp; writing</li> </ul> | <b>BASIC COMMUNICATION SKILLS</b> <ul style="list-style-type: none"> <li>• Basic English phrases</li> <li>• Basic Grammar</li> </ul>   |
| 1wk  | <ul style="list-style-type: none"> <li>• Posture</li> <li>• Breathing Techniques</li> <li>• Balance your body</li> <li>• Pressure without muscle</li> </ul>             | <b>POSTURE AND YOGA</b> <ul style="list-style-type: none"> <li>• Posture</li> <li>• Diet</li> </ul>  |
| 1wk  | <ul style="list-style-type: none"> <li>• Guest Orientation</li> <li>• Basic Computer Operations</li> </ul>  | <b>GUEST RELATIONS</b> <ul style="list-style-type: none"> <li>• Telephone Etiquette &amp; handling</li> </ul>  |

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|      | <ul style="list-style-type: none"> <li>• Guest Intake Forms</li> <li>• Guest Comments</li> <li>• Billing</li> <li>• Tax and VAT Calculation</li> </ul>  | <ul style="list-style-type: none"> <li>• Guest Appointments &amp; Booking Procedures</li> <li>• Cancellation Policy</li> <li>• Criticism and Appreciation</li> <li>• Gratuity, Tips and Service Charges</li> </ul>   |
| 2wk  |   | <b>HISTORY &amp; INTRODUCTION TO 'SPA' and SPA AS A CAREER</b> <ul style="list-style-type: none"> <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> </ul>  |
| 2wk  |   | <b>INTRODUCTION TO COMPLEMENTARY SPA THERAPIES</b> <ul style="list-style-type: none"> <li>• Acupressure</li> <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> <li>• Introduction to Med Spa treatments like Botox, Fillers, Liposuction etc.</li> </ul>                   |
| 1wk  | Preparation of diet charts  | <b>NUTRITION</b> <ul style="list-style-type: none"> <li>• Basic Food Groups</li> <li>• Balanced Diet</li> <li>• Food Allergies</li> </ul>  |
| 1 wk | <ul style="list-style-type: none"> <li>• Cleaning Equipment Handling</li> <li>• Cleaning Procedure</li> <li>• Self Protection</li> <li>• Linen Handling</li> <li>• Laundry Procedures</li> <li>• Storage</li> <li>• Inventory</li> <li>• Housekeeping Forms</li> <li>• Treatment Room Set-up</li> <li>• Treatment Room Cleaning</li> <li>• Infection Control</li> </ul> | <b>HOUSEKEEPING/ INVENTORY/ SET UP</b> <ul style="list-style-type: none"> <li>• Cleaning equipment</li> <li>• Cleaning agents</li> <li>• Cleaning Procedure</li> <li>• Handling of Chemicals</li> <li>• Potential Infections</li> <li>• Self Protection</li> <li>• Linen handling and Maintenance</li> <li>• Laundry Procedures</li> <li>• Storage</li> <li>• Inventory</li> <li>• Fire Prevention</li> <li>• Housekeeping</li> <li>• Waste management and Pollutants</li> <li>• Environmental Protection</li> </ul> |
| 1wk  | <ul style="list-style-type: none"> <li>• Product Handling Dispensing</li> <li>• Self protection</li> <li>• Retail Display And Management</li> <li>• Preparation and Blending of</li> </ul>  | <b>SPA PRODUCT KNOWLEDGE</b> <ul style="list-style-type: none"> <li>• Herbs</li> <li>• Essential Oils</li> <li>• Aromatic Oils</li> <li>• Body Scrubs</li> </ul>   |

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|     | <p>Therapy products</p> <ul style="list-style-type: none"> <li>• Basic guest consultation to choose the right product</li> </ul>   | <ul style="list-style-type: none"> <li>• Body Wraps</li> <li>• Facial Products</li> <li>• Preservatives</li> <li>• Active Ingredients</li> <li>• Carrier Oil &amp; Base Creams</li> <li>• Pre blended oils</li> <li>• Pre Blended creams</li> <li>• Soaps, Shampoos, lotions</li> <li>• Licensing (Drug Control)</li> <li>• Product Testing</li> <li>• Efficacy</li> <li>• Shelf Life</li> <li>• Storage</li> <li>• Contamination</li> <li>• Allergies</li> </ul> |
| 1wk | <p>Market survey visits</p> <p>Visits to different spa saloons</p>   | <p><b>SPA SALES &amp; MARKETING</b></p> <ul style="list-style-type: none"> <li>• Difference between Sales and Marketing</li> <li>• Guest Consultation and Analysis</li> <li>• Importance of product knowledge</li> <li>• Approaching guest &amp; learning the needs</li> <li>• Guest Sales Interaction before, during &amp; after treatment</li> <li>• Continued Sales &amp; Product Training</li> </ul>  |
| 1wk | <ul style="list-style-type: none"> <li>• Pre Treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Product handling</li> <li>• Dispensing</li> <li>• Self- Protection</li> <li>• Customize the treatment according to consultation</li> <li>• Energetic release and cleansing</li> </ul> | <p><b>SWEDISH MASSAGE</b></p> <ul style="list-style-type: none"> <li>• History of Swedish Massage</li> <li>• Essential massage steps</li> <li>• Treatment Preparation</li> <li>• Benefits</li> <li>• Contra Indications</li> <li>• Pre &amp; Post treatment tips</li> </ul>   |
| 1wk | <ul style="list-style-type: none"> <li>• Pre treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Product Handling</li> <li>• Dispensing</li> <li>• Self Protection</li> <li>• Customize the treatment according to Consultation</li> <li>• Energetic release and cleansing</li> </ul>  | <p><b>ABHYANGAM MASSAGE</b></p> <p>History of Abhyangam Massage</p> <ul style="list-style-type: none"> <li>• Knowledge of Various Oils</li> <li>• Essential massage steps</li> <li>• Treatment preparation</li> <li>• Benefits</li> <li>• Contra indications</li> <li>• Pre &amp; Post treatment tips</li> </ul>  |
| 3wk | <ul style="list-style-type: none"> <li>• Pre Treatment Set up</li> <li>• Guest handling and draping</li> <li>• Product Handling (if used)</li> <li>• Dispensing (if used)</li> <li>• Self Protection</li> <li>• Customize the treatment according to consultation</li> </ul>                         | <p><b>BODY MASSAGE</b></p> <ul style="list-style-type: none"> <li>• History of bodyMassage</li> <li>• Essential massage steps</li> <li>• Treatment Preparation</li> <li>• Benefits</li> <li>• Contra Indications</li> <li>• Pre &amp; Post treatment tips</li> </ul>  |
| 1wk | <ul style="list-style-type: none"> <li>• Pre treatment set up</li> <li>• Guest handling and draping</li> <li>• Product Handling</li> <li>• Dispensing</li> <li>• Customize the treatment</li> </ul>  | <p><b>BODY SCRUB AND BODY WRAP</b></p> <ul style="list-style-type: none"> <li>• History of body scrub</li> <li>• Essential scrub steps</li> <li>• Treatment preparation</li> </ul>  |

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|      | <ul style="list-style-type: none"> <li>according to consultation</li> <li>Procedure</li> </ul>   | <ul style="list-style-type: none"> <li>Benefits</li> <li>Contra Indications</li> <li>Pre &amp; Post treatment tips</li> </ul>   |
| 1wk  | <ul style="list-style-type: none"> <li>Pre Treatment set up</li> <li>Equipment Handling</li> <li>Product Handling</li> <li>Dispensing</li> <li>Self-Protection</li> <li>Guest Handling and Draping</li> <li>Customize the treatment according to Consultation</li> </ul> | <b>INTRODUCTION TO HYDROTHERAPY</b> <ul style="list-style-type: none"> <li>History of hydrotherapy</li> <li>Different types of hydrotherapy treatments</li> <li>Essential Hydrotherapy Treatment steps</li> <li>Treatment Preparation</li> <li>Benefits</li> <li>Contra indications</li> <li>Pre and Post Treatment Tips</li> </ul> |
| 1wks | <ul style="list-style-type: none"> <li>Pre Treatment set up</li> <li>Equipment Handling</li> <li>Product Handling</li> <li>Dispensing</li> <li>Self-Protection</li> <li>Guest Handling and Draping</li> <li>Customize the treatment according to Consultation</li> </ul> | <b>INTRODUCTION TO BASIC FACIAL</b> <ul style="list-style-type: none"> <li>History of Facial Treatment</li> <li>Different Types of Facials Treatments</li> <li>Essential Basic Facial Treatments steps</li> <li>Treatment Preparation</li> <li>Benefits</li> <li>Contra indications</li> <li>Pre and Post Treatment Tips</li> </ul> |
| 2wk  |  | <b>COMMERCIAL ENVIRONMENT EXPERIENCE</b> <ul style="list-style-type: none"> <li>Working in Real time Scenarios</li> <li>Practical Application of all the Training on real time Guests</li> <li>Adapting all the Training undertaken to actual SOP's of that Particular set up and bringing the same in Practice</li> </ul>          |
|      |  | <b>INTRODUCTION AND HISTORY OF AYURVEDA</b> <ul style="list-style-type: none"> <li>Origin of Ayurveda</li> <li>Aim and benefits of Ayurveda</li> <li>Branches of Ayurveda</li> <li>Chikitsa chatushpada</li> </ul>  |
|      |  | <b>TREATMENTS ASPECTS OF AYURVEDA</b> <ul style="list-style-type: none"> <li>Basic treatment principle</li> <li>Phase of Treatment <ol style="list-style-type: none"> <li>Poorva Karma</li> <li>Pradhana Karma</li> <li>Paschat Karma</li> </ol> </li> </ul>  |

**Note :-** Sterilisation of tools & hand sanitization should be practised in each practical.

## SYLLABUS FOR SPA THERAPY UNDER (CTS) FOR SEMESTER-II

| Week | Practical  | Theory  |
|------|--|---|
| 1wk  | <ul style="list-style-type: none"> <li>• Pranayam</li> <li>• Asanas</li> <li>• Mudras</li> <li>• Chakras</li> </ul>  | <b>YOGA FOR WELLBEING</b> <ul style="list-style-type: none"> <li>• History &amp; Evolution of Yoga</li> <li>• Schools of Yoga</li> </ul>  |
| 2wk  | <ul style="list-style-type: none"> <li>• Pre Treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Product Handling</li> <li>• Dispensing</li> <li>• Self-Protection</li> <li>• Procedure</li> </ul>   | <b>DEEP TISSUE MASSAGE</b> <ul style="list-style-type: none"> <li>• History of Deep Tissue Massage</li> <li>• Essential massage steps</li> <li>• Treatment Preparation</li> <li>• Benefits</li> <li>• Contra indications</li> <li>• Pre and Post Treatment Tips</li> </ul>  |
| 2wks | <ul style="list-style-type: none"> <li>• Pre Treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Product Handling</li> <li>• Dispensing</li> <li>• Self-Protection</li> <li>• Customization of Essential Oils/ Blends according to Consultation</li> <li>• Procedure</li> <li>• Energetic Release and Cleansing</li> </ul> | <b>AROMATHERAPY MASSAGE</b> <ul style="list-style-type: none"> <li>• History of Aromatherapy Massage</li> <li>• Study of some Important Essential Oils</li> <li>• Study of some important base oils</li> <li>• Concept of Mixing and Blending of essential Oils</li> <li>• Essential massage steps</li> <li>• Treatment Preparation</li> <li>• Benefits</li> <li>• Contra indications</li> <li>• Pre and Post Treatment Tips</li> </ul> |
| 1wk  | <ul style="list-style-type: none"> <li>• Pre Treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Self-Protection</li> <li>• Procedure</li> <li>• Energetic Release and Cleansing</li> </ul>  | <b>THAI MASSAGE</b> <ul style="list-style-type: none"> <li>• History of Thai Massage</li> <li>• Essential massage steps</li> <li>• Treatment Preparation</li> <li>• Benefits</li> <li>• Contra indications</li> <li>• Pre and Post Treatment Tips</li> </ul>  |
| 1wk  | <ul style="list-style-type: none"> <li>• Pre Treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Product Handling</li> <li>• Equipment Handling</li> <li>• Self-Protection</li> <li>• Procedure</li> <li>• Energetic Release and Cleansing</li> </ul>  | <b>HOT STONE THERAPY</b> <ul style="list-style-type: none"> <li>• History of Hot Stone Therapy Massage</li> <li>• Essential massage steps</li> <li>• Treatment Preparation</li> <li>• Benefits</li> <li>• Contra indications</li> <li>• Pre and Post Treatment Tips</li> </ul>  |
| 1wk  | <ul style="list-style-type: none"> <li>• Pre Treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Product Handling</li> <li>• Dispensing</li> <li>• Self-Protection</li> <li>• Procedure</li> </ul>   | <b>BALINESE MASSAGE</b> <ul style="list-style-type: none"> <li>• History of Balinese Massage</li> <li>• Essential massage steps</li> <li>• Treatment Preparation</li> <li>• Benefits</li> <li>• Contra indications</li> <li>• Pre and Post Treatment Tips</li> </ul>  |

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|-------|--|--|
|       | <ul style="list-style-type: none"> <li>• Energetic Release and Cleansing</li> </ul>  |  |
| 2wks  | <ul style="list-style-type: none"> <li>• Pre Treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Product Handling</li> <li>• Dispensing</li> <li>• Equipment Handling and care</li> <li>• Self-Protection</li> <li>• Procedure</li> </ul>  | <b>SHIRODHARA</b> <ul style="list-style-type: none"> <li>• History of Shirodhara Massage</li> <li>• Treatment Preparation</li> <li>• Knowledge of various Products used For Shirodhara</li> <li>• Benefits</li> <li>• Contra indications</li> <li>• Pre and Post Treatment Tips</li> </ul>   |
| 1wk   | <ul style="list-style-type: none"> <li>• Pre Treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Product Handling</li> <li>• Equipment Handling</li> <li>• Preparation of Pottali</li> <li>• Dispensing</li> <li>• Procedure</li> <li>• Energetic Release and Cleansing</li> </ul> | <b>POTLI MASSAGE</b> <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</li> </ul>  |
| 2wks  | <ul style="list-style-type: none"> <li>• Pre Treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Product Handling</li> <li>• Dispensing</li> <li>• Procedure</li> <li>• Energetic Release and Cleansing</li> </ul>   | <b>REFLEXOLOGY</b> <ul style="list-style-type: none"> <li>• History of Reflexology</li> <li>• Concept and Principles of Reflexology</li> <li>• Treatment Preparation</li> <li>• Benefits</li> <li>• Contra indications</li> <li>• Pre and Post Treatment Tips</li> </ul>   |
| 2wks  | <ul style="list-style-type: none"> <li>• Pre Treatment set up</li> <li>• Guest Handling and Draping</li> <li>• Product Handling</li> <li>• Dispensing</li> <li>• Procedure</li> <li>• Energetic Release and Cleansing</li> </ul>   | <b>ADVANCED FACIAL</b> <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</li> </ul> |
| 2wks  | <ul style="list-style-type: none"> <li>• Treatment Room Step Up</li> <li>• Products Handling</li> <li>• Dispensing</li> <li>• Procedure of steam bath</li> </ul>   | <b>ABHYANGAM</b> <ul style="list-style-type: none"> <li>• History of Abhyangam Massage</li> <li>• Essential massage steps and position including the head and face</li> <li>• Treatment Preparation</li> <li>• Benefits</li> <li>• Contra indications</li> <li>• Precautions</li> </ul>  |
| 2 wks | <ul style="list-style-type: none"> <li>• Treatment Room Step Up</li> <li>• Products Handling and preparation</li> <li>• Dispensing</li> </ul>  | <b>UDWARTANAM</b> <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</li> </ul>   |



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|-------|---|---|
| 2 wks | <ul style="list-style-type: none"> <li>• Treatment Room Step Up</li> <li>• Products Handling</li> <li>• Dispensing</li> </ul>   | <p><b>PIZHICHIL</b></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</li> </ul>         |
| 2 wks | <ul style="list-style-type: none"> <li>• Treatment Room Step Up</li> <li>• Products Handling and preparation</li> <li>• Dispensing</li> </ul>                                 | <p><b>KIZHI</b></p> <ul style="list-style-type: none"> <li>• Theory of various type of Kizhi massage</li> <li>• Treatment Preparation</li> <li>• Benefits</li> <li>• Contra indications</li> <li>• Precautions</li> </ul> |
| 1wk   | <ul style="list-style-type: none"> <li>• Presentation of themselves, neatness and body odour</li> <li>• Total recall of presentation of rooms and hand on practice</li> </ul> | <p><b>SOP AND INTERACTION FOR THERAPISTS</b></p> <ul style="list-style-type: none"> <li>• Guest appointments</li> <li>• Etiquette</li> <li>• Product knowledge</li> <li>• Sales</li> </ul>                                |

**Note :-** Sterilization of tools & hand sanitization should be practised in each practical.

### STANDARD LIST OF TOOLS & EQUIPMENTS

| <b>S.No</b> | <b>Name of Items</b>  | <b>Quantity</b> |
|-------------|---|-----------------|
| 1           | First Aid Dummy   | 02 Nos.         |
| 2           | First Aid Kit   | 02 Nos.         |
| 3           | Fire Extinguishers (Water, CO2, Blanket)  | 02 Nos.         |
| 4           | Housekeeping Equipments   | As Required     |
| 5           | Treatment room with shower, steam room, sauna, water features (Bathtub, Jacuzzi etc.)                                     | 01 No. Each     |
| 6           | Trash bin   | 10 No.          |
| 7           | Refrigerator  | 01 No.          |
| 8           | Spa Linen   | As required     |
| 9           | Spa Massage bed   | 08 Nos.         |
| 10          | Treatment Trolley   | 08 Nos.         |
| 11          | Anatomy & Physiology charts of all major systems  | 01 No. (each)   |
| 12          | Thai Massage Mat 220*250 cm   | 1 No.           |
| 13          | UV Sterilizer   | 2 Nos.          |
| 14          | Hot Cabinet   | 2 Nos.          |
| 15          | Cold Cabinet  | 2 Nos.          |
| 16          | Reference Books for Library   | As required     |
| 17          | Wax Heater  | 10 Nos.         |
| 18          | Spa publications (selection)  | As required     |
| 19          | Manicure Bowl   | 10 Nos.         |
| 20          | Manicure/ Pedicure Set (cutters, filers, cleaners, cuticle pushers, nail brush, pumic stone, wooden & steel scraper etc.) | 10 Nos.         |
| 21          | Manicure / Pedicure station   | 05 Nos.         |
| 22          | Back Massage Chair  | 04 Nos.         |
| 23          | Hair Dryer (Hand Held)  | 02 Nos.         |
| 24          | Ayurvedic Wooden Bed  | 02 Nos.         |
| 25          | Shirodhara Stand  | 02 Nos.         |
| 26          | Foot Ladder   | 02 Nos.         |
| 27          | Wooden Trolley  | 02 Nos.         |
| 28          | Manicure Chair for Therapist  | 05 Nos.         |
| 29          | Pedicure Stool  | 05 Nos.         |
| 30          | Facial Steamer  | 02 Nos.         |
| 31          | Magnifying Lamp   | 05 Nos.         |
| 32          | Yoga Mats   | 21 Nos.         |
| 33          | Aroma Burner  | 02 Nos.         |
| 34          | Creamic Katori  | 10 Nos.         |
| 35          | Wooden Trays  | 10 Nos.         |
| 36          | Creamic Bowl  | 10 Nos.         |
| 37          | Plain Kullad  | 10 Nos.         |
| 38          | Soap/lotion Dispensers  | 06 Nos.         |
| 39          | Oil Bottles with corks  | As required     |
| 40          | Amenity trays   | 06 Nos.         |
| 41          | Bowls(100ml)  | 10 Nos.         |

|    |                              |             |
|----|------------------------------|-------------|
| 42 | Plastic Bowls Small (250 ml) | 10 Nos.     |
| 43 | Wooden Hangers               | As required |
| 44 | Electric Water kettle        | 01 No.      |
| 45 | Hot Plate                    | 01 No.      |

| Theory room Furniture |   |             |
|-----------------------|---|-------------|
| S.No.                 | Description                                 | Qty.        |
| 1                     | Student's Chair with flap                   | 20 Nos.     |
| 2                     | Teacher's Table and chair set               | 01 No.      |
| 3                     | LCD Projector                               | 01 No.      |
| 4                     | Computer set with UPS                       | 01 No.      |
| 5                     | White Magnetic Board with felt board        | 01 No.      |
| 6                     | Air conditioner split 2 ton with stabilizer | 02 No.      |
| 7                     | Display board                               | 02 No.      |
| 8                     | Curtain/blinds for treatments rooms         | As required |

Note: Services of guest speakers (Doctor/Ayurveda Doctor/Yoga Instructor/Motivational Speaker will be taken for relevant subjects like Yoga, Ayurveda, First Aid, Anatomy, Physiology & Communication Skills etc).

### **LIST OF RAW MATERIALS FOR SPA THERAPY UNDER ( CTS )**

| S.No | Raw Materials:-            |   |
|------|----------------------------|---|
| 1    | Eye make -up remover       |   |
| 2    | Cleansing milk             | for All skin type   |
| 3    | Toner                      | for All skin type   |
| 4    | Cleansing Gel              |   |
| 5    | Facial scrub               | for All skin type   |
| 6    | Facial Massage cream / oil | for All skin type   |
| 7    | Facial Mask                | for All skin type   |
| 8    | Facial Serum               | for All skin type   |
| 9    | Moisturizing cream         | for All skin type   |
| 10   | Sun protection cream       |   |
| 11   | Facial sponge              |   |
|      |                            | <b><u>Different types as:-</u></b><br>Vanilla Coco ,Apricot lemongrass,<br>Rice and Oatmeal,<br>Aloe and mint, coffee |
| 12   | Types of Scrubs            |   |
| 13   | Types of Wraps             | Different types as:- Vanilla Coco , mint  |

|    |   |  |
|----|---|--|
| 14 | Shower gel  |  |
| 15 | Shampoo   |  |
| 16 | Conditioner   |  |
| 17 | Lotions   | <b>Different types as-</b><br>Spice, Vetiver |
| 18 | Powder  |  |
| 19 | Foot Cream  |  |
| 20 | Aromatherapy oil                                      |  |
| 21 | Lemongrass oils for diffuser                          |  |
| 22 | Almond oil  |  |
| 23 | Olive oil   |  |
| 24 | Seasame Oil   |  |
| 25 | Dhanwantram   |  |
| 26 | Sudhabala oil/ Dhara Oil/ Karpashtyadi<br>Thailam Oil |  |
| 27 | Kairkare  |  |
| 28 | Kottanchukadi   |  |
| 29 | Sahacharadhi  |  |
| 30 | Prabhanjam  |  |
| 31 | Vaila Narayan Thailam                                 |  |
| 32 | Pinda Thailam   |  |
| 33 | Kairkare Plus   |  |
| 34 | Kairtis   |  |
| 35 | Kottanchukadi Thailam                                 |  |
| 36 | Udhwartanam Powder                                    |  |
|    | <b>Disposables :-</b>                                 |  |
| 1  | loofah with box                                       |  |
| 2  | Loofah (naked)  |  |
| 3  | Cotton Roll   |  |
| 4  | Cotton Wool   |  |
| 5  | Cotton Bud with box                                   |  |
| 6  | Cotton buds (Naked)                                   |  |
| 7  | Shower cap ( with Box)                                |  |
| 8  | Shower cap(Naked)                                     |  |
| 9  | Comb ( with Box)                                      |  |
| 10 | Comb (naked)  |  |
| 11 | Disposable bed sheets                                 |  |
| 12 | Disposable hair bands                                 |  |
| 13 | Disposable Briefs                                     | <b>S/M/L</b>                                 |
| 14 | Facial masks  | <b>For Spa Therapist</b>                     |
| 15 | Body wrap plastic                                     |  |
| 16 | Cotton fabric for potli                               |  |
| 17 | Baskets   | To Store Face Towel                          |
| 18 | Thermal Blanket                                       |  |
| 19 | Rubber bands  |  |
| 20 | Tea candles   |  |
| 21 | Eye Pillows   |  |
| 22 | Timers  |  |
| 23 | Scissors  |  |

|    |   |                   |
|----|---|-------------------|
| 24 | Slippers  | S/M/L             |
|    | <b>Linen:-</b>                                  |                   |
| 1  | Bath Towel                                      |                   |
| 2  | Bath Mat  |                   |
| 3  | Hand Towel                                      |                   |
| 4  | Face Towel                                      |                   |
| 5  | Bath Robe                                       | Free Size         |
| 6  | Kurta- Pyjama                                   | Free Size         |
| 7  | White Bedsheet                                  |                   |
| 8  | Hot stone warmer                                |                   |
| 9  | Hot stone kit                                   |                   |
| 10 | Herbal Potli                                    |                   |
| 11 | MUSIC CDs                                       |                   |
| 12 | UNIFORMs  | For Spa therapist |
| 13 | Apron   | For Spa therapist |
| 14 | Anatomy & Physiology Charts of all major system | 01 No. (each)     |
|    |   |                   |

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