

GURUKUL EDUCATIONAL AND RESEARCH INSTITUTE

CERTIFICATE IN ASSISTANT SPA THERAPIST

Subject and Syllabus



2022-23

Syllabus

CERTIFICATE IN ASSISTANT SPA THERAPIST

DURATION:- 6 MONTHS

891 INTRODUCTION

- Identify the career opportunities and working methods within the beauty & wellness sector
- Identify and list the various spa services

892 PREPARE AND MAINTAIN WORK AREA

- Ensure the environmental conditions
- required for carrying out services and importance of maintaining these Conditions: Air, light, space, temperature, sound, cleanliness, etc.
- Explain types of products, materials and equipment required to sterilize and disinfect equipment/tools
- Follow the manufacturer's instructions related to equipment and product used for cleaning
- Identify risks to customer privacy and modesty and take actions (precautions) to maintain the same in the salon Maintain accurate records of services, clients and product usage (inventory)
- Identify ways to dispose of waste correctly

893 CARRY OUT SIMPLE SPA SERVICES

- Demonstrate standard parameters of the structure of skin for different client groups Identify basic ailments, contraindications,
- contra-actions, service plans Perform basic spa therapy techniques (range of body massages, wraps etc.)
- Use various types of wraps like foil, plastic, fabric; as per the requirement of the client Apply different massages like Indian head massage, Lomi Lomi/ Hawaiian massage, lymphatic drainage massage, neuromuscular technique (NMT), Thai massage, etc.

- Use various massage techniques: Effleurage, petrissage, tapotement, friction, vibration
- Explain different varieties of rejuvenation products Identify the products for different types of skin
- Apply the products based on the skin types Use exfoliation techniques including applying and removing products and wraps Carry out foot ritual
- Identify the procedure for dry brushing
- Store the products, tools and equipment properly

894 MAINTAIN HEALTH AND SAFETY OF WORK AREA

- Identify the contra-indications related to spa treatments
- Explain the process and products to sterilize and disinfect equipment/tools Maintain a hygienic and safe work area
- Develop appropriate procedures and policies to address the risk.
- Dispose the wastes properly

895 CREATE A POSITIVE IMPRESSION AT WORK AREA

- Maintain personal grooming
- Carry out procedures in accordance to organizations standards
- Maintain client and treatment records Demonstrate verbal and non-verbal cues while dealing with clients from different cultural, religious backgrounds, age, disabilities and gender Maintain different formats on which information is to be recorded Analyze the importance to maintain security and confidentiality of information Carry out different kinds of communication equipment (email, phone etc.) available and their effective use Identify selling/ influencing techniques to provide additional services/products to clients