

Pedicure & Manicure and Spa Therapy Assistant Skills

पेडीक्योर मेनीक्योर एवं स्पे थेरेपी सहायक कौशल भी उच्चस्तरी सेलून व ब्यूटी चैन में बेहद प्रचलित व मांग में है साथ ही स्वरोजगार में भी मदददगार है

Course Name	Pedicure & Manicure and Spa Therapy Assistant Skills	Course Code	BWS/Q1001-402
<p>Training Outcomes : After completing this programme, participants will be able to:</p> <ul style="list-style-type: none"> • Prepare and maintain work area and perform manicure and pedicure services • Provide specialized hand and foot spa treatments • Explain treatment procedure to the client while providing information about oils and creams used during treatment. • Prepare massage oil or cream and other equipment. • Assist the Spa Therapist to conduct the therapy to the satisfaction of the guest in a commercially acceptable time. • Assist the Spa Therapist to record the therapy accurately and store information securely in line with the organization's policies. 			

CURRICULUM / SYLLABUS

Part-A (Domain Skills)

S. No.	Module	Duration (In Hours)
1.	<p>Introduction</p> <ul style="list-style-type: none"> • Identify the career opportunities and working methods within the beauty sector. • Identify and list the beauty services. 	1:00
2.	<p>Prepare and maintain work area</p> <ul style="list-style-type: none"> • Prepare and maintain the work area. • Prepare client record cards • Prepare clients for treatments • Sterilize and disinfect the work area • Personal presentation and ideal behaviour • Identify ways to dispose of waste correctly 	7:00
3.	<p>Perform manicure and pedicure services</p> <ul style="list-style-type: none"> • Identify the structure, function, and characteristics of nail and the process of nail growth • Identify bones of lower leg and foot • Identify the bones of the wrist, hands fingers and forearm • Explain the structure and functions of the lymphatic vessels of the lower leg, foot, hand and arm • Explain the arteries and veins of lower leg, foot, hand and arm • Identify muscles of the lower leg, foot, hand and arms 	68:00
4.	<p>Provide specialized hand and foot spa services</p> <ul style="list-style-type: none"> • Apply spa or salon requirements for hand spa and foot spa treatments • Identify the properties and benefits of different products and techniques used in hand and foot spa • Prepare the client, self and work area for hand and foot spa treatments • Provide hand and foot spa treatments 	26:00
5.	<p>Shampoo and condition hair and scalp</p> <ul style="list-style-type: none"> • Prepare the client for shampoo and condition • Identify the condition of the hair and scalp using suitable consultation techniques 	09:00



S. No.	Module	Duration (In Hours)
	<ul style="list-style-type: none"> Select and use products, tools and equipment suitable for the client's hair and scalp condition Shampoo and condition the hair and scalp Use and adapt massage techniques to meet the needs of the client Provide suitable aftercare advice 	
6.	<p>Provide Indian head massage</p> <ul style="list-style-type: none"> Prepare self, client and the work area for head massage Identify the condition of the hair and scalp and provide the suitable services Select and prepare products, tools and equipment Perform various massage techniques to complete the service as required Provide post massage services or procedures in accordance with the requirements of products, skin, hair structure, and type Record details of the service accurately as per organisational policy and procedures Dispose all waste safely according to the salon's standards of hygiene and safety Identify various hair structure and hair shaft Apply various massage techniques, equipment, massage mediums Use the benefits of Indian head massage 	18:00
7.	<p>Maintain health and safety at the workplace</p> <ul style="list-style-type: none"> Sterilize and disinfect equipment/ tools Apply the manufacturer's instructions related to equipment and product use cleaning Provide applicable legislation relating to the workplace (for example health and safety, workplace regulations, use of work equipment, control of substances hazardous to health, handling/storage/ disposal/ cautions for using the products, fire precautions, occurrences, hygiene practices, disposal of waste, and environmental protection) 	7:00
8.	<p>Carry Out Simple Spa Services and Assistive Tasks for Advanced Spa Services</p> <ul style="list-style-type: none"> 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 Identify the products for different types of skin and apply based on the skin types Use exfoliation techniques including applying and removing products and wraps Carry out foot ritual Perform actions to be taken for various contra indications and actions Identify the procedure for dry brushing 	74.00
Sub Total		210:00



Skilling Youth
Enriching Livelihoods

Mukhyamantri Yuva Kaushal Yojna (MMYKY)



Part-B (Soft Skills)

S. No.	Topics	Duration (In Hours)
1.	Development Competency/ Proficiency in English/Vernacular	10:00
2.	Effective Communication	10:00
3.	Self & time Management	10:00
4.	Motivational Techniques	05:00
5.	Interpersonal Skill Development	05:00
6.	Computer Literacy	20:00
7.	Life Skills	05:00
8.	Entrepreneurship	15:00
9.	Occupational Safety, Health and Environment Education	10:00
Sub Total		90:00

Total Course Duration : 300:00 Hours