

Rajasthan Skill & Livelihoods Development Corporation

1. Module Name	Massage Therapist
2. Sector	Beauty Culture & Hair Dressing
3. Entry Qualification	Minimum 8 th Pass
4. Minimum Age (in years)	15
5. Duration	44 days/ 264 hrs.
6. Provision of Tool kit	No
7. Terminal Competency	<p>After completion of the course the trainee will be able to:</p> <ul style="list-style-type: none"> ➤ demonstrate professional ethics and safety precautions in handling electrical equipment; ➤ undertake sterilization and sanitation; ➤ identify, select and arrange tools and equipment and assist in threading, manicure, pedicure facial, bleaching and decorate hands and feet; ➤ provide various types of hair removing treatments; and ➤ assist in hair cut and coloring. ➤ undertake massage manipulation on different parts of body(head, hands, legs, front and back of the body) for relaxation of nerves and muscles; and ➤ undertake different types of massage-oil massage, powder massage, vibro massage.

	Approx. hrs.
8. Registration, Inauguration, introduction and objectives of the course	2

9. Course content			
Practical Competencies	Hours	Under pinning Knowledge (Theory)	Hours
Safety Precautions	0	Importance of safe handling of inflammable oil, cosmetics, material and equipment.	1
• Practice in safe working procedures and observe the necessary precautions.	2	Safety and health regulations.	1
• Observe safety producers when handling electrical equipment.	1	Personal Hygiene.	2
• Basic first aid for cuts and burns.	2	Protective clothing and equipment.	1
• Maintain good housekeeping.	3	Good housekeeping.	1
Sterilization and Sanitation	0	First aid treatment for burns, minor cuts, foreign body in the eye including chemicals.	2
• Procedure to sterilization and sanitation.	4	Desirable qualities for good human relationship.	2
• Chemical sanitizing and sterilizing agents.	2	Importance and qualities of a pleasing personality.	2
• Public sanitation.	2	Importance of good ethics.	1
Professional Ethics	0	Various nail shapes for hands and feet.	1
• A professional attitude towards client.	2	Importance for identifying nail disease & disorder.	1

• Communication skill.	3	Meaning of superfluous hair.	1
Manicure and Pedicure	0	Cause of superfluous hair.	1
• Identify, select and arrange tools and equipment for manicure and pedicure.	2	Methods of hair removal.	1
• Preparation of client for manicure and pedicure.	3	Epilation – waxing, threading.	1
• Perform manicure/pedicure by cleaning, shaping, moisturizing, massaging and polishing with nail polish.	3	Depilation – Chemical.	1
• Practice of putting Mehendi on hands and feet with cone, stick and fingers (for different occasion).	4	Methods of bleaching facial and body hair.	1
• Practice of putting sticker mehendi, colorful sparkle mehendi, kundan mehendi and mehendi with block.	4	Powder bleach.	1
Removal of superfluous hair	0	Cream bleach.	1
• Identify various types of hair removal treatments.	2	Importance of allergy test.	1
• Carry out various procedures for superfluous hair removal.	2	• Types of hair.	1
• Remove hair using : Temporary method/ depilatory.	3	• Importance and benefits of scalp massage.	1
Eye Brow Shaping	0	• Types of shampoos and rinses.	1
• Removing hair with thread.	3	• Knowledge of hair texture.	1
• Removing hair with tweezer.	3	• Correct use of cutting equipments.	1
• Measurement of eyebrows for correct length and arch.	2	• Factors to be considered while cutting wet and dry hair.	1
• Cleaning of eyebrows.	2	• Different techniques for styling hair.	1
• Shaping of Eye brows.	3	• Blow drying – sectioning.	1
Bleaching	0	• Basic law of hair color.	1
• Preparation of client and trolley for bleaching.	3	• Classification of hair color.	1
• Preparation of bleach pack.	4	• Temporary Color.	1
• Practice of allergy test for bleaching.	4	• Permanent Color.	1
• Practice in application of bleaching pack.	4	• Allergy test.	1
• Uses of various types of Bleaches.	4		
Hair	0		
• Application of oil.	2		
• Practice of different types of manipulation.	4		
• Preparation of client and trolley for shampooing.	2		
• Use of shampoos and rinses.	4		
Hair Cutting	0		
• Practice of holding scissors and comb.	3		

• Sectioning procedure for hair.	3		
• Trimming and blunt cut.	3		
• Practice of cutting wet and dry hair.	3		
• Drying and setting hair with hand dryer.	3		
Hair Coloring	0		
• Analysis of scalp and hair.	3		
• Skin test / Patch test.	3		
• Practice of application of hair color – vegetable & chemical dyes.	3		
Massage Therapy	0		
<ul style="list-style-type: none"> • Preparation of trolley and room • Select product for massage • Practice of basic manipulation used in massage • Maintain the clients correct posture throughout the treatment to prevent possible harm or injury • Recognize pressure points of the body • Practice of massage manipulation on head • Practice of massage manipulation on body • Practice of massage-front & back of the body • Massage manipulation on hands • Massage manipulation on legs • Different types of massage <ul style="list-style-type: none"> ❖ Oil massage ❖ Powder massage ❖ Vibro massage 	48	<ul style="list-style-type: none"> • Meaning of massage • Effects of massage • Knowledge of different types of skin • Massage techniques <ul style="list-style-type: none"> ❖ Direction ❖ Pressure points ❖ Swedish massage Techniques • Therapy massage • Body massage • Effect of massage on the different systems of the body • Safety and precaution during massage manipulation • Benefits of the massage 	15
		Entrepreneurship & Soft Skills and Computer Literacy Module:	0
		• Entrepreneurship – its necessity and charms of being an entrepreneur.	1
		• Who is an entrepreneur and characteristics of a successful Entrepreneur?	2
		• How to identify Business opportunities?	2
		• Steps for setting up a small scale venture.	1
		• Institutional support for entrepreneurship (whom to contact for what)	2
		• Government (Central/ State) Schemes and assistance from Banks/ other financial institutions - Procedures and formalities for getting loan.	2

		<ul style="list-style-type: none"> • How to prepare Business plan? 	2
		<ul style="list-style-type: none"> • Financial literacy-Costing, Pricing, Profitability and Break Even Analysis. 	2
		<ul style="list-style-type: none"> • Cash management in small enterprises. 	2
		<ul style="list-style-type: none"> • Accounting and Book Keeping 	2
		<ul style="list-style-type: none"> • Introduction to Taxation 	1
		<ul style="list-style-type: none"> • Shop and Establishment Act and its provisions. 	1
		<ul style="list-style-type: none"> • Creativity, Problem solving & decision making. 	1
		<ul style="list-style-type: none"> • Common mistakes generally made by entrepreneurs. 	1
		<ul style="list-style-type: none"> • Interaction with successful entrepreneur and success stories. 	2
		<ul style="list-style-type: none"> • Communication and Negotiation skills. 	1
		<ul style="list-style-type: none"> • Interpersonal skills 	1
		<ul style="list-style-type: none"> • How to Deal with customer attitude – Effective selling. 	1
		<ul style="list-style-type: none"> • Marketing – Basic concepts/ Skills and effective mode of advertising. 	1
		<ul style="list-style-type: none"> • Introduction to e-commerce. 	2
Computer Fundamentals Customize the Desktop Environment e.g. Desktop, Start Menu, and Taskbar etc. Configuring & Migrating Files, Folders & Settings - Folder Views, Accessibility Settings	2	Computer Fundamentals, MS-Office & Internet introduction to Computers History of Computers Components of Hardware Peripherals	1
MS Word Creating, Organizing & Formatting Content Collaborating – Merge, Insert, View, Edit, Track Mode etc. Formatting & Managing Documents	4	Concept of Operating System – Windows XP, Exploring & Configuring the Windows XP Desktop Environment-Customize the Desktop, Start Menu, and Taskbar etc. Configuring & Migrating Files, Folders	1
MS Excel Creating, Analyzing & Formatting Data & Content Collaborating - Insert, View, Edit etc. Managing Workbooks	3	Settings - Folder Views, Accessibility Settings Features of Windows XP Understanding concepts of Word processing using MS-Word Understanding concepts of Electronic spreadsheet and various types of entries in it	1
MS PowerPoint Creating & Formatting Content Collaborating - Track, Edit, Add, Delete Comments, Merge Managing & Delivering Presentations	3		

Internet Concepts Opening websites and downloading data Writing, reading and sending emails	4	Understanding concepts of URL Creating and Opening an E-mail account. Receiving and sending emails Searching information on Internet.	1
Approx. Total Practical hours	176	Approx. Total Theory hours	86
Grand Total (2+176+86)			264

10. Tools, Equipments and Material for a batch of 30 trainees					
S.No.	Item	Quantity	S.No.	Item	Quantity
1	Wax heater	2		Cosmetics of different makes and shades as applicable	
2	Trolleys	2	1	Shampoo	As required
3	Bleach brush	6	2	Disinfectants	As required
4	Bowls	6	3	Nail Colors	As required
5	Spatula	6	4	Powder bleach	As required
6	Facial Steamer	2	5	Cream Bleach	As required
7	Black head remover	1	6	Cold wax	As required
8	Manicure set	6	7	Hot wax	As required
9	Pedicure set	6	8	Hydrogen Peroxide	As required
10	Pedicure tub	6	9	Acetone	As required
11	Chowkies	6	10	Base coat	As required
12	Stools	6	11	Cuticle softener	As required
13	Facial bed	2	12	Henna	As required
14	Manicure tables	2	13	Design Blocks	As required
15	Tweezers	6	14	Glitters	As required
16	Scissors	6	15	Thread	As required
17	Sterling Units	2	16	Talcum Powder	As required
18	Foot scraper	6	17	Body massage oil	As required
19	Slithering Shears Comp	6	18	Body lotion	As required
20	Tail Comp	6	19	Tissue papers	As required
21	Setting Clips	6	20	Cleanser	As required
22	Hair Cutting Sheet	6			
23	Clipper	6			
24	Dye brush	6			
25	Hot and cold spray unit	1			
26	Back wash chair	6			
27	Dressing out chair	6			
28	Body massage table	6			
29	Comfort pillow	6			
30	Towel	6			
31	Napkin	6			
32	Vibrator	6			

Note: In case any particular tool/equipment has appeared more than once in the tool and equipment list given above, please ignore the same.

Questions:

- Using vibro massage, give massage manipulation to a teenager.
- Give scalp massage movement.
- Demonstrate effleurage and tapotment movements on back and thighs.

S.No.	Item	Quantity	S.No.	Item	Quantity
	Hardware			Software:	
1	Computers/Laptops	10 (one for three trainee)	6	Microsoft Windows 7/8/10 or UNIX/ LINUX or latest software	For all Systems

2	Power backup	For all Systems	7	Microsoft Office 2007/ 2010/ 2013 or latest software	For all Systems
3	Inkjet/Laser Printer (Network/USB Printer)	1	8	Antivirus Software (TVD/ Norton/ Quick Heal Total Security/ Kaspersky/ Any Popular brand)	For all Systems
4	Speaker	1	9	Internet Connection	For all Systems
5	Spare H/W components	As per requirement			