

Roll No.

Total No. of Pages : 02

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BHSRM (2012 & Onwards) (Sem.-2)
BASICS OF SPA THERAPY AND SKIN AESTHETIC
Subject Code : BHSRM-202
M.Code : 46507

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTION TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A

1. Explain briefly the following term :

- a. Bio Peel
- b. Swiss Bliss
- c. Traditional Foot Treatment
- d. Sebum Extraction
- e. Hydro Therapy
- f. Hot Stone Therapy
- g. Shirodhara
- h. European hand treatment
- i. Electro Coagulation
- j. Detoxification Therapy

SECTION-B

2. What is the importance of body and face scrubs?
3. Explain the types and benefits of body and face packs.
4. Give brief introduction about hand and foot spa treatments.
5. Which therapy is used to stimulate the energy chakras and kundalini shaktis? And discuss it.
6. What are the body wraps? Brief about its benefits.

SECTION-C

7. Write in details about the therapies used for skin glow, and exotic face.
8. Explain the step by step SOP procedure of therapy used for lymphatic drainage.
9. Explain in details various types of antioxidant treatments.

NOTE : Disclosure of Identity by writing Mobile No. or Making of passing request on any page of Answer Sheet will lead to UMC against the Student.