

Roll No.

Total No. of Pages : 02

Total No. of Questions : 09

BHSRM (2014 & Onwards) (Sem.-2)
BASICS OF SPA THERAPY AND SKIN AESTHETICS
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. What are the various types of face muscles in human being?
 - b. What are the benefits of spa?
 - c. Define Pigmentation.
 - d. What is bio peel?
 - e. Name any two face scrubs.
 - f. Full form of LASER.
 - g. What is Hot Stone therapy?
 - h. Define Anti-Oxidants.
 - i. What is acupressure?
 - j. What are Skin aesthetics?

SECTION-B

2. Define skin hydration. How it is maintained?
3. What are the various types of body wraps?
4. Explain non-surgical face uplifts.
5. Explain lymphatic drainage.
6. How stress is relieved with ayurvedic kriya?

SECTION-C

7. Explain skin and face muscle anatomy in detail.
8. Explain in detail the hot stone therapy to stimulate the energy chakras.
9. Elaborate European and traditional foot & hand treatment.

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.