



CAREcia

WELLNESS BEAUTY & SPA INSTITUTE

**COMPLETE PROFESSIONAL
BEAUTY • SPA • WELLNESS
COURSE HANDBOOK**

New Student Training • Practical Skills • International Spa Therapies • Ayurveda • Career Development

"Where Passion Becomes Profession."

A4 LANDSCAPE EDITION

01 • WELCOME TO CARECIA

Your professional journey starts here.

OUR TRAINING PROMISE

Carecia combines professional theory, live demonstration, supervised hands-on practice, client-care skills, hygiene and safety training, portfolio development and career preparation.

STUDENT ORIENTATION

Institute introduction • course structure • learning outcomes • practical-area orientation • uniform and grooming • safety briefing • personal learning goals

Learning path: FOUNDATION → PRACTICE → PERFORMANCE → PROFESSIONAL READINESS

02 • COMPLETE COURSE OVERVIEW

One integrated professional pathway covering beauty, spa, wellness and career skills.

BEAUTY	Skincare • Facial • Makeup • Hair • Nails • Waxing
SPA	Swedish • Balinese • Aroma • Deep Tissue • Signature • Hot Stone • Thai • Reflexology
AYURVEDA	Abhyanga • Shirodhara • Potli/Pinda Sweda • Dry Massage/Udvardana • Shiro Abhyanga • Padabhyanga • Kati/Janu/Greeva Basti
PROFESSIONAL	Consultation • Hygiene • Safety • Client Care • Salon/SPA Operations • Ethics
CAREER	Portfolio • CV • Interview Skills • Personal Branding • Entrepreneurship • Placement Assistance

PROFESSIONAL OUTCOME

Students are prepared for supervised entry-level opportunities in beauty, spa and wellness environments, with emphasis on practical skills, safety, client care and professional conduct.

03 • COURSE FEE STRUCTURE

Professional programs from foundation to master level.

Starting fee ■15,000 • Highest program fee ■1,35,000

1 MONTH	FOUNDATION COURSE	■15,000	Beauty & Spa Foundation • Hygiene • Grooming • Basic practical skills
2 MONTHS	PROFESSIONAL BASIC COURSE	■30,000	Beauty basics • Facial • Makeup • Hair • Nails • Spa fundamentals
3 MONTHS	PROFESSIONAL DIPLOMA COURSE	■45,000	Beauty • Hair • Makeup • Nails • Waxing • Spa therapies • Client care
6 MONTHS	ADVANCED PROFESSIONAL COURSE	■75,000	Advanced Beauty • International Spa • Ayurveda • Practical training • Portfolio • Career preparation
1 YEAR	MASTER PROFESSIONAL COURSE	■1,35,000	Complete Beauty • Hair • Makeup • Nails • International Spa • Ayurveda • Advanced practical • Career & entrepreneurship

Fee note: final inclusions, registration, examination, uniform, kit/material charges, taxes and installment terms should be confirmed by the institute at admission.

04 • PROFESSIONAL MINDSET & GROOMING

Professional attitude • punctuality • teamwork • confidence • communication • uniform • personal grooming.

THEORY	PRACTICAL	OUTCOME
Core concepts, safety, products and client considerations.	Trainer demonstration followed by supervised practice.	Confident, hygienic and professional service delivery within training scope.

05 • HYGIENE, SANITATION & SAFETY

Hand hygiene • workstation sanitation • tool disinfection • linen • waste • safe product/equipment handling.

THEORY	PRACTICAL	OUTCOME
Core concepts, safety, products and client considerations.	Trainer demonstration followed by supervised practice.	Confident, hygienic and professional service delivery within training scope.

06 • ANATOMY & CLIENT CONSULTATION

Basic skin, hair, nail and body awareness • consultation • consent • contraindication awareness • aftercare.

THEORY	PRACTICAL	OUTCOME
Core concepts, safety, products and client considerations.	Trainer demonstration followed by supervised practice.	Confident, hygienic and professional service delivery within training scope.

07 • SKINCARE & FACIAL

Skin analysis • cleansing • exfoliation • steam awareness • facial massage • masks • moisturization • aftercare.

THEORY	PRACTICAL	OUTCOME
Core concepts, safety, products and client considerations.	Trainer demonstration followed by supervised practice.	Confident, hygienic and professional service delivery within training scope.

08 • MAKEUP ARTISTRY

Skin preparation • complexion • brows • eyes • contour • lips • day • party • bridal fundamentals.

THEORY	PRACTICAL	OUTCOME
Core concepts, safety, products and client considerations.	Trainer demonstration followed by supervised practice.	Confident, hygienic and professional service delivery within training scope.

09 • HAIR CARE & STYLING

Hair analysis • shampoo • conditioning • blow-dry • heat styling • braids • updos • cutting fundamentals.

THEORY	PRACTICAL	OUTCOME
Core concepts, safety, products and client considerations.	Trainer demonstration followed by supervised practice.	Confident, hygienic and professional service delivery within training scope.

10 • MANICURE, PEDICURE & NAIL ART

Nail preparation • shaping • cuticle care • hand/foot care • finishing • basic creative nail art.

THEORY	PRACTICAL	OUTCOME
Core concepts, safety, products and client considerations.	Trainer demonstration followed by supervised practice.	Confident, hygienic and professional service delivery within training scope.

11 • WAXING & HAIR REMOVAL

Consultation • preparation • waxing technique • hygiene • comfort • aftercare.

THEORY	PRACTICAL	OUTCOME
Core concepts, safety, products and client considerations.	Trainer demonstration followed by supervised practice.	Confident, hygienic and professional service delivery within training scope.

12 • INTERNATIONAL SPA THERAPIES

Swedish • Balinese • Aromatherapy • Deep Tissue • Thai • Reflexology • Global Spa Modalities

INTERNATIONAL SPA THERAPY

SWEDISH / EUROPEAN

Swedish Massage
Classic Swedish Massage
Relaxation Massage
Aromatherapy Massage
Hot Oil Massage
Lymphatic Drainage Massage
Sports Massage
Deep Tissue Massage
Myofascial Release
Reflexology

THAI • INDONESIAN

Traditional Thai Massage
Thai Foot Massage
Thai Herbal Compress Massage
Thai Aroma Massage
Thai Oil Massage
Tok Sen Massage
Thai Head Massage
Balinese Massage
Balinese Aromatherapy
Indonesian Massage
Javanese Massage
Javanese Lulur Treatment
Balinese Boreh Treatment
Balinese Foot Reflexology

JAPANESE • CHINESE

Shiatsu Massage
Japanese Head Massage
Anma Massage
Kobido Facial Massage
Japanese Facial Therapy
Traditional Chinese Massage (Tui Na)
Chinese Foot Massage
Gua Sha Therapy
Cupping Therapy
Acupressure Massage

ADVANCED SPA & WELLNESS

HOT & SPECIALTY

Hot Stone Massage
Himalayan Salt Stone Massage
Bamboo Massage
Herbal Compress Massage
Candle Massage
Warm Oil Massage
Ice Massage
Cold Stone Facial
Lava Shell Massage
Singing Bowl Massage
Sound Healing Therapy

ADVANCED WELLNESS

Crystal Healing Massage
Four-Hand Massage
Couple Massage
Prenatal Massage
Postnatal Massage
Sports Recovery Massage
Chair Massage
Scalp & Shoulder Massage
Thermal Spa Therapy
Mineral Bath Therapy
Mud Therapy
Hydrotherapy
Balneotherapy
Steam Bath Therapy
Sauna Therapy

BODY & BEAUTY SPA

Full Body Scrub
Body Polish
Body Wrap
Detox Body Wrap
Herbal Body Wrap
Chocolate Body Treatment
Coffee Body Scrub
Sea Salt Scrub
Sugar Scrub
Seaweed Body Treatment
Mud Body Treatment
Dead Sea Mud Therapy
Lulur Body Treatment
Thalassotherapy

CORE TRAINING

Massage fundamentals • positioning • draping • pressure awareness • client comfort • treatment flow • hygiene • consultation • aftercare.

Training is delivered through trainer demonstration, supervised practice and competency assessment, within the student's training scope.

13 • AYURVEDA THERAPIES

Abhyanga • Shirodhara • Potli/Pinda Sweda • Ayurvedic Dry Massage/Udvardana • Shiro Abhyanga • Padabhyanga • Kati Basti • Janu Basti • Greeva Basti

AYURVEDA PRACTICAL FOCUS

Traditional treatment concepts • preparation • oils/material awareness • sequence • client comfort • hygiene • post-treatment care.

Safety note: all hands-on therapies must be taught by appropriately qualified trainers and performed within the student's training scope after suitability screening and consent.

14 • MASSAGE FUNDAMENTALS & AROMATHERAPY

MASSAGE SKILLS	AROMATHERAPY & PRODUCTS
Effleurage • petrissage • friction • tapotement • vibration • positioning • draping • pressure awareness • treatment sequence.	Product categories • ingredient awareness • dilution principles • safe handling • storage • ethical recommendation.

15 • SALON & SPA OPERATIONS

WORKPLACE SKILLS

Reception • appointments • client records • inventory • treatment preparation • cleaning schedules • room setup • teamwork • service standards.

CUSTOMER SERVICE

Greeting • active listening • expectation management • comfort checks • complaint handling • follow-up • professional communication.

16 • DIGITAL SKILLS, PORTFOLIO & PROFESSIONAL ETHICS

DIGITAL & PORTFOLIO	ETHICS & PROFESSIONALISM
Portfolio building • service photography with permission • social media basics • reels/video • personal branding • CV preparation.	Honesty • confidentiality • dignity • professional boundaries • responsible practice • hygiene • scope of training.

17 • CAREER DEVELOPMENT & ENTREPRENEURSHIP

Career pathways • CV • interviews • personal branding • client retention • business basics • service pricing awareness • entrepreneurship.

18 • ASSESSMENT, CERTIFICATION & JOB PLACEMENT

ASSESSMENT AREA	WEIGHT
Theory	20%
Practical Skills	40%
Hygiene & Safety	10%
Client Communication	10%
Professional Grooming	5%
Attendance & Discipline	5%
Portfolio / Projects	10%
TOTAL	100%

100% JOB PLACEMENT ASSISTANCE

After successful course completion and subject to eligibility and available openings, Carecia provides 100% job placement assistance, including CV support, interview preparation, employer coordination and opportunities with luxury hotels, resorts, premium spas, wellness centres, salons and related employers. Placement assistance does not guarantee employment by a specific employer.

Certification is subject to completion of the institute's prescribed attendance, practical and assessment requirements.

19 • STUDENT CODE OF CONDUCT

ATTENDANCE	Attend regularly and arrive on time.
DISCIPLINE	Follow trainer instructions and maintain practical-lab discipline.
GROOMING	Wear prescribed uniform and maintain professional presentation.
HYGIENE	Keep personal tools, workstation and treatment areas clean.
SAFETY	Use equipment responsibly and report unsafe conditions.
RESPECT	Treat clients, trainers and colleagues with dignity.

20 • STUDENT DECLARATION & CAREER ROADMAP

I understand that professional beauty and wellness services require knowledge, skill, hygiene, safety, discipline, respect and continuous learning. I agree to follow the professional standards of Carecia Wellness Beauty & Spa Institute and to perform practical services responsibly and within the scope of my training.

*JOIN CARECIA → ORIENTATION → TRAINING → SUPERVISED PRACTICE → ASSESSMENT → CERTIFICATION → PLACEMENT ASSISTANCE
→ CAREER / BUSINESS*

Student Name: _____

Course: _____

Joining Date: _____

Student Signature: _____

Trainer Signature: _____

Institute Representative: _____

CAREcia PROFESSIONAL VALUES

The standard we build into every student.

C — CARE	Care for clients, colleagues and yourself.
A — ATTITUDE	Maintain a positive professional attitude.
R — RESPONSIBILITY	Take responsibility for your work and learning.
E — EXCELLENCE	Keep improving your technique and knowledge.
C — CONFIDENCE	Build confidence through practice and feedback.
I — INTEGRITY	Work honestly, safely and ethically.
A — ACHIEVEMENT	Turn your skills into career success.

“Learn. Practice. Transform. Build Your Career.”

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