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Total No. of Pages : 02

Total No. of Questions : 09

**BHSRM (2012 & Onwards) (Sem.-2)**  
**BASICS OF SPA THERAPY AND SKIN AESTHETIC**  
Subject Code : BHSRM-202  
Paper ID : [G1142]

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****Q1. Explain briefly the following term :**

- a) Foot reflexology.
- b) Skin aesthetics.
- c) Detox.
- d) Hirsutism.
- e) Cello.
- f) What is wart?
- g) Micro Dermabrasion.
- h) Laser hair removal.
- i) Spa therapy.
- j) Skin whitening.

### SECTION-B

- Q2. Write a brief note on hand and foot spa.
- Q3. Explain the benefits of Swiss bliss.
- Q4. Explain how Shirodhara helps in stress relief?
- Q5. Explain the therapy for stimulating the energy chakras and Kundalini shakti.
- Q6. What is Acne? Suggest treatments for Acne.

### SECTION-C

- Q7. Explain in detail the different types of body and face packs.
- Q8. Write a detailed note on wine therapy and its benefits.
- Q9. Write an essay on spa concepts benefits and procedures.