



**MAHARASHTRA EDUCATION SOCIETY**  
**ABASAHEB GARWARE COLLEGE**  
**(AUTONOMOUS)**  
**(AFFILIATED TO SAVITRIBAI PHULE PUNE UNIVERSITY)**

**B. Voc**

**Beauty and Wellness**

**SYLLABI UNDER AUTONOMY**

**BVOC V & VI**

**BEAUTY AND WELLNESS**

**Choice Based Credit System Syllabus**  
**To be implemented from Academic Year 2024-**  
**2025**

<b>SEMESTER V</b>		<b>SEMESTER VI</b>	
Subject Code	Name of the subject	Subject Code	Name of the subject

<b>General Component</b>			
UABW-501	Business Organization & Entrepreneurship	UABW-601	Wellness , Fitness , Makeup – Hair & Spa
UABW-502	Spa Therapy & Management	UABW-602	Digital Marketing
UABW-503	Introduction to Fitness with Yoga, Aerobics & Dietetics	UABW-603	Skin Analyzation & Treatment plan
<b>Skilling Component</b>			
UABWP-504	Business Organization & Entrepreneurship	UABWP-604	Wellness , Fitness , Makeup – Hair & Spa
UABWP-505	Spa Therapy & Management	UABWP-605	Digital Marketing
UABWP-506	Introduction to Fitness with Yoga, Aerobics & Dietetics	UABWP-606	Skin Analyzation & Treatment plan

## Semester V

**Course Name:** Business Organization and Entrepreneurship Development

**Course Code:** UABW- 501

**Credits:** 04

## **Aim**

To study business organization and entrepreneurship

## **Objectives**

1. Understand the role of an entrepreneur
2. Develop knowledge about the functioning of a business
3. Learn about small-scale industries and government rules

## **Course Outcomes**

Student will develop skills on how to become an entrepreneur

### **Unit I: Introduction**

Importance of becoming an Entrepreneur. Traits of an Entrepreneur. Make a business projects/business model.

Entrepreneur, entrepreneurship, its meaning and importance, qualities of an entrepreneur, entrepreneur motivation, training, achievement, planning.

### **Unit II: Small scale industries**

Role and importance of small-scale industries, village industry, tiny industry, small scale and ancillary industry. General principles of organisation and management nature, types and functions Understanding the needs of the locals and make a business model to suit them

### **Unit II: Financial Management**

Estimating and costing, financial institutions for land, infrastructure, machinery and raw materials. Understanding the budget. Plan accordingly. Fund raising. Understand the benefits of business loan. Planning of taxes. Knowledge of women empowerment programs.

### **Unit IV: Marketing Techniques:**

Project selection based on market survey, demand and supply estimation product life cycle. Basic concept of marketing and salesmanship. Managing human resource. Use of communication skills. Understanding and taking help of promotional organizations.

### **Unit V: Project identification, analysis and report writing**

### **Unit VI: Export Management and Government Rules**

Documentation, Procedures and brief introduction of Export promotion organization, Rules and regulation, Policies, Single story Vs Multi story layout.

### **References:**

1. Entrepreneurial Development, by Khanka S.S.
2. Entrepreneurial Development and Small Business Management, by Dr P. T. Vijayashree & M. Alagammai
3. Entrepreneurial Development by Desai
4. Dynamics of Entrepreneurial Development and Management, by V. Desai
5. Entrepreneurial Development, by Dr C B Gupta and Dr N P Srinivasan
6. Entrepreneurial Finance, Third Edition: Finance and Business Strategies for the serious
7. Entrepreneur, by Steven Rogers and Roza E Makonnen

## **Spa Therapy and Management**

**Course Code:** UABW- 502

**No. of Credits:** 04

## **Aim:**

To gain knowledge about spa therapy and management

## **Objectives**

1. Understand human anatomy, physiology and first aid
2. Learn about various spa therapies
3. Acquire knowledge about spa as a career

## **Course Outcomes**

Student will learn about spa therapies and how to manage a spa

### **Unit I**

Introduction to anatomy and physiology of skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary and reproductive systems.

### **Unit II**

Understanding the importance of emergencies (Cardiac arrest, loss of consciousness, etc.) .  
Acquire the knowledge of First-Aid in this special sector.

### **Unit III**

History and introduction to SPA, Types of SPA, Introduction to complementary SPA therapies – Acupressure, Colon therapy, Chinese medicine, Ear Candling, Electropathy, Gem therapy, Herbalism, Flower remedies, Naturopathy, Physiotherapy, Reiki, Tibetan Medicine, Introduction to Med SPA treatments like Botox, Fillers, Liposuction etc. Role of Ayurveda.

### **Unit IV:**

SPA products and knowledge – Licensing (Drug Control), Product Testing, Efficacy, Shelf Life, Storage, Contamination and Allergies of Herbs, Essential Oils, Aromatic Oils, Body Scrubs, Body Wraps, Facial Products, Preservatives, Active Ingredients, Carrier Oil & Base Creams, Pre blended oils, Scientific technique of blending oils. Pre Blended creams, Soaps, Shampoos, lotions.

### **Unit V:**

Indications and contraindication to massage – Massages – History, Types, Steps, Treatment Preparation, Sops and Benefits of Swedish Massage, Abhyangam Massage, Thai Body

Massage, Body Scrub And Body Wrap, Hydrotherapy and Basic Facial. Reflexology Hot stone massage, Doc. Vooder's Lymph Draining Massage, Indian head & shoulder massage, Body Polishing, Sauna, Steam bath. Pre and Post care.

### **Unit VI:**

SPA as a career – basic requirements, remuneration/earning, SPA career options, starting own SPA business, job opportunities in India and Abroad, roles and responsibilities of SPA therapist. Job on cruise. On the air ports (Specially foot reflexology)

Omitted Chapter-2 completely because it is irrelevant for the student of spa theory but knowledge of first aid is important. Homeopathy practice and acupuncture is a doctor's job so instead of this students can learn flower remedies. Bridge course is needed for med spa therapies

### **References:**

1. Ross and Wilson, Anatomy and physiology, ISBN 0443-03530-X.
2. Jane Crebbin-Bailey, John Harcup and John Harrington (2005), The Spa Book: The Official Guide to Spa Therapy (Hairdressing and Beauty Industry Authority), Thomson learning, London. Steve Capellini, (2009), The Complete Spa Book for Massage Therapists, Cengage Learning Publishers.
3. Gerry Bodeker (Editor), Marc Cohen (Editor), (2008), Understanding the Global Spa Industry: Spa Management, Butterworth Heinemann Publishers, USA. Mary S. Wisnom, Lisa L. Capozio, (2011), Spa Management: An Introduction, Prentice Hall, New Delhi.

## **Introduction to Fitness with Yoga, Aerobics, Strength Training, Wellness Coaching**

**Course Code:** UABW- 503

**No. of Credits:** 04

## **Aim**

To study fitness, health and wellness

## **Objectives**

Learn about good posture, yoga, gym and aerobics Gain knowledge about a balanced diet and nutrition Study weight management and healthy lifestyle

## **Course Outcome**

Student will be well-informed about the various facets of a healthy lifestyle

## **Unit I: Body Perfection**

Understanding the importance of good posture. Different exercises and activities to improve the posture. Definition of good posture, Natural construction and function of human body, Description of feet, knees, pelvic, abdominal, viba café, shoulders, ears, chin, poor posture and how to correct it, posture while standing, sitting walking and evaluation of body defects,

## **Unit II: Yoga**

Introduction to Yoga and Ashtang yoga, its advantages, qualities of yoga, Importance of yoga in modern living, Yogic asnas, Light yogic exercises, their methods and benefits, Bhava shudhi or pure thought meditation, All exercises of Surya Namaskar, Purification of body through six purification process (Shatkarmas) Different types of Asanas socially for women e.g. to improve the state of Menstrual Cycle. Post-delivery Asanas.

Meditation: Importance and practice Understanding Chakras Importance of Pranayama Yoga for overall development of inner and outer personality

## **Unit III: Aerobics and Gym**

Introduction of aerobics, Importance, Diet, Strength training through aerobics, moves and techniques, Freestyle aerobics, Aerobics gymnastics, workout routines, Workout tips, Abs and Core Exercises, Arm Exercises, Back Exercises, Chest Exercises, Leg Exercises, shoulder Exercises, Athletes workouts. Importance of gyms in modern time. Role of the Gym exercises in improving muscle tone. Understanding different machine, their uses and benefits for the body. Contraindication to Gym Exercise and Aerobics. Importance of regularity. Co-relate Gym, Aerobic exercise with diet.

## **Unit IV: Dietetics**

What is vegan diet. Effects and benefits of vegan diet. Introduction : Definition of dietetics Basic ingredients of normal diet-Study of proteins, carbohydrates, fats, minerals, salt,



vitamins and water, Beauty diet, food containing vitamins and its method of preparation to prevent its destruction

Balanced Diet – Different Aspects: Definition of calories, to calculate a diet in terms of calories, Calorie needs for different age groups, Diet chart based on high food value and low cost, diet to maintain normal health, A balanced diet, vegetarian and non-vegetarian, Diet for reducing or putting on weight, Diet to be taken during summer, winter and rainy season. Understanding the importance of four-square meal. What is Intermittent diet Effect of food: Effect of food on various systems of the human body, Types of food having good effect on the important organs of the body.

Malnutrition: Malnutrition and associated diseases, Effect of ill-balanced diet on health, Effect of malnutrition on skin and appendages i.e. Skin, Hair and Nail

Ghrelin Hormone and its effects

## **Unit V: Introduction to Health and Wellness**

Achieving Personal Health

Mind-Body Communications to Maintain Wellness

Seven dimension of wellness(Social, Emotional, Spiritual, Environmental, Occupational, Intellectual, physical) Managing Stress and Mental Health

Eating and Exercising Toward a Healthy Lifestyle Movement and Physical Activity for Health Understanding and Preventing Disease Understanding Drug Use and Abuse

Making Healthy Choices

## **Unit VI: Weight Management Strategy**

Weight Related Term , Relation of Body Composition to Health , Body Fat Distribution Pattern and modifying Body Composition , Inappropriate Methods of Weight Loss and Female Athlete Triad

Understanding the muscle loss and fat loss. Intermittent diet weight loss. Frequent intake of food for weight loss

Role of sugar in weight loss Introduction to bariatric surgery and liposuction

Indications contraindication after effects and benefits of these surgeries.

## **References:**

1. Yoga: The Path to Holistic Health, by B. K. S. Iyengar 2) Yoga Anatomy, by Leslie Kaminoff and Amy Matthews

2. The Science of Yoga: The Risks and the Rewards, by
3. William Broad Yoga as Medicine, by Yoga Journal
4. Teaching Yoga: Essential Foundations and Techniques, Textbook by Mark Stephens  
Aerobics Instructor Manual: The Resource for Fitness Professionals Hardcover –  
September, 1993 by Robert Goldstein, Richar T. Cotton Wellness Coaching for  
Lasting Lifestyle Change - Second Edition Paperback – June 16, 2014. by Michael  
Arloski
5. Don't Loose Your Mind Loose Your Weight by Rujuta Diwekar
6. Indian Super Foods by Rujuta Diwekar
7. Effortless Weightloss by Dr Jagannath Dixit

## **Business Organization and Entrepreneurship Development**

**Course Code:** UABWP- 504

**No. of Credits:** 06

## **Aim**

To develop salon management skills

## **Objectives**

1. Understand client communication and staff management
2. Learn to manage finances and make sound purchase decisions
3. Study the importance of workplace hygiene and maintaining a good ambience

## **Course Outcomes**

Student will learn to balance between budget and requirements, Professionalism & commercial perspective.

### **Unit I: Learn how to segregate the infrastructure of the business**

Learn segregation of the duties as per the position of the staff

Arrange the training programmes for the staff to update their knowledge

### **Unit II: Make a firm budget and stick to it**

Make optimum use of the budget

Adjust finance according to the need of the business Check out the loan schemes to get benefitted Maintain bank account properly

Try and save a certain amount every day and month

### **Unit III: Check that staff's modesty and politeness is maintained all the time**

Motivate the staff to work with total dedication and enthusiastic approach, Maintain extreme hygiene and pleasant ambience in the salon, Maintain safety at workplace, Keep alert regarding client's services, Check Client comfort on a priority basis Maintain appointments sincerely.

### **Unit IV: Get the latest information about new products from the market**

Get to know different schemes offered by various cosmetics companies

Try and get the products directly from the manufacturer to save money

### **Unit V: Organise staff very well**

Form the rules and regulations for the staff and Check its implementation

Provide good uniform to the staff and check it periodically

Check the uniformity of the hairstyles with the staff

Check staff sincerity and honesty periodically

### **Unit VI: Arrange in house workshops for updating knowledge**

Arrange in house activities for clients

Arrange in house fun events for everyone to maintain the ambience

### **References:**

1. Entrepreneurial Development, by Khanka S.S.
2. Entrepreneurial Development and Small Business Management, by Dr P. T. Vijayashree & M. Alagammai
3. Entrepreneurial Development by Desai
4. Dynamics of Entrepreneurial Development and Management, by V. Desai
5. Entrepreneurial Development, by Dr C B Gupta and Dr N P Srinivasan
6. Entrepreneurial Finance, Third Edition: Finance and Business Strategies for the serious
7. Entrepreneur, by Steven Rogers and Roza E Makonnen

## **Spa Therapy and Management**

**Course Code:** UABWP- 505

**No. of Credits:** 06

## **Aim**

To develop skills in spa therapies and spa management

## **Objectives**

Understand human anatomy and physiology Practice spa massage techniques and treatments  
Visit spas to understand the daily working of a spa

## **Course Outcomes**

Student will be able to perform spa therapies and manage a spa

Unit I Revision of Anatomy and Physiology of Human body

Unit II Learn and practice the following

Therapies, Acupuncture, Colon therapy , Electropathy, Flower remedies

Unit III: Study therapies by Homeopathy & Naturopathy

Study of essential oils & aromatic oils

Unit IV: Massage techniques

Effleurage, Patrisage , Rolling, Ironing , Cupping , Tapottment, Practicing thai massage,  
Practicing foot reflexology

Unit V Body mask body wrap

Body polishing

Unit VI: Field visit to various spas

## **References:**

1. Ross and Wilson, Anatomy and physiology, ISBN 0443-03530-X.
2. Jane Crebbin-Bailey, John Harcup and John Harrington (2005), The Spa Book: The Official Guide to Spa Therapy (Hairdressing and Beauty Industry Authority), Thomson learning, London. Steve Capellini, (2009), The Complete Spa Book for Massage Therapists, Cengage Learning Publishers.
3. Gerry Bodeker (Editor), Marc Cohen (Editor), (2008), Understanding the Global Spa Industry: Spa Management, Butterworth Heinemann Publishers, USA.
4. Mary S. Wisnom, Lisa L. Capozio, (2011), Spa Management: An Introduction, Prentice Hall, New Delhi.
6. The complete spa book by Steve Capellini

7. Spa Management by Lisa Capozio and Mary Wisnom

**Fitness and Yoga**

**Course Code:** UABWP- 506

**No. of Credits:** 06

Aim

To learn fitness and wellness techniques

Objectives

1. Develop skills related to correct posture, yoga and fitness exercises
2. Learn to make a diet plan
3. Practice meditation techniques

Course Outcomes

Student will be able to perform fitness exercises and prepare diet plans

Unit I: BODY PERFECTION :

Study of Ectomorph, Endomorph and Mesomorph

The study of different live models and their postures Study of different postures and postural faults. Learn the right way of how to sit, stand and walk gracefully, Learning the defects in the posture of different models. through different Dividing the models in different age groups, Plan different treatments for different models.

Study in detail the models psychological and medical history.

Learn the precautions to be taken while doing exercise.

Make a body measurement chart of different models. Framing of different diets for different age groups. Practically learning and performing different exercises.

The treatments given through electrical and other instruments for achieving the desired results.

Unit II: YOGA

Different points to be considered while performing yoga. Learning and practicing different exercises. Framing different yogic diets chart for different age groups. Learning and performing different asanas: Padmasana, Sarpasana, Shalabhasana, Dhanurasana, Sarvangasana, Gomukhasana, Vajrasana, Bhungasana Sukhasana, Halasana, Mekrasana, Tarasana, Shavasana, Trikonasana,

Facial exercises through yoga

Benefits of yogasanas for good muscle tone; Ardh-matsyendra and Purna-matsyendra asana, Paschimottana asana, Matsya asana, suptavajrasana, Virasana, Lion's pose, realization posture, Bhadrasana, Vrikshasana (tree pose)

Unit III: All exercises of Surya Namaskar or Sun Salutation.

Understand the importance of time and place while doing suryanamskar.

Unit IV: Learn the importance of meditation in current times.

Bhava sudhi or pure thoughts meditation.

Learn to use different types of soft music to meditate peacefully.

Learning & practicing of controlling thoughts. Concentration and meditation in different asanas.

Unit V: AEROBICS & GYM:

1. Introduction to aerobics,
2. Understand various types of aerobics exercises and their benefits.
3. Learn the importance of gym exercises and importance of regularity.
4. Learn various cardio exercises.
5. Learn the importance of gym exercises in improving muscle tone.
6. Importance of dress code while doing exercises.

Unit VI: Dietetics

Beauty and slimming diet planning, through intermittent diet. Concept of vegan diet

Preparation of seasonable fruit diet chart Calculating food items in terms of cost.

Introduction to detox diet. 1 15

Reference :-

1. Yoga: The Path to Holistic Health, by B. K. S. Iyengar 2)Yoga Anatomy, by Leslie Kaminoff and Amy Matthews
2. The Science of Yoga: The Risks and the Rewards, by William Broad Yoga as Medicine, by Yoga Journal
3. Teaching Yoga: Essential Foundations and Techniques, Textbook by Mark Stephens Aerobics Instructor Manual: The Resource for Fitness Professionals Hardcover – September, 1993 by Robert Goldstein, Richar T. Cotton
4. Wellness Coaching for Lasting Lifestyle Change - Second Edition Paperback – June 16, 2014. by Michael Arloski
5. Don't Loose Your Mind Loose Your Weight by Rujuta Diwekar\
6. Indian Super Foods by Rujuta Diwekar
7. Effortless Weightloss by Dr Jagannath Dixit

**Internship / Actual practice and Project making.**



**Course Code:** UABW- 601

**No. of Credits:** 04

**Aim**

To practice various topics learnt in the course

**Objectives**

Complete projects related to wellness and fitness Perform make-up techniques and hair styles  
Understand the role of a spa manager

**Course Outcomes**

Student will be able to get experience in the grooming and wellness areas

**Unit I: Wellness.**

Term 'Wellness'. Importance of Wellbeing. Meaning of Wellness. Optimum utilization of these means. Effects of music on Wellness. Effects and Importance of lighting on Wellbeing.

**Unit II: What is Fitness .**

Objective and Subjective angle to Fitness. Means and Purpose of Fitness. Types of Exercises.

**Indications and Contraindication**

**Unit III** Make-up Techniques and Hair Creative . Understanding the Fitz Patrik Pattern. Use of different kinds of Foundation according to Skin type and season, Learning face shapes and Hair Styles to suit that shape. Types of Hair and Styling them accordingly.

**Unit IV:** Understanding the Requirements to set up a Spa. Understanding the Role of Spa Manager. Understanding the Qualities of a Spa Therapist. Role of Etiquettes and manners at Spa.

**References:**

1. Makeup album by Richa Dave. Hair style studio by Urvashi Dave.
2. Basic Beautician Course Book by Suwarna Gogle.
3. Bobby Brown make-up Manuel Face forward by kevyn Aucoin About face by Scott Barness
4. The complete spa book by Steve Capellini
5. Spa Management by Lisa Capozio and Mary Wisnom

### **Digital Marketing**

**Course Code:** UABW-602

**No. of Credits:** 04

## Aim

To learn about digital marketing techniques

## Objectives

1. Understand social media marketing for business
2. Learn the importance of marketing through client offers
3. Learn to make incentive plans for employees

## Course Outcomes

Student will learn to use digital marketing to grow business

Unit I: Understanding the Importance of Digital Marketing. How to use Social Media ( Facebook/ Instagram etc.) effectively for your business

Unit II: Understanding the Importance of Website. Points to be considered while making a Website.

Unit III: Importance of delivering offers to Clients. How to create different offers. How to keep Clients records and maintain the same.

Unit IV: Making different Incentive plans and Goals for the Co-Workers. How to set Targets for Co-Workers. Motivate Co-Workers to complete the Targets and receive incentives.

## References:

1. Digital marketing by Ryan Deiss and Russ Hennenberry
2. Digital marketing strategy by Simon Kingsnorth
3. Fundamentals of Digital marketing by Puneet Singh
4. Digital marketing by Seema Gupta

## **Skin Analyzation & Treatment Plan**

**Course Code:** UABW-603

**No. of Credits:** 04

## Aim

To gain knowledge about skin analyzation and treatment plan

## Objectives

1. Learn to analyze skin and make a skin analyzation form
2. Understand how to make a treatment plan using suitable products and machines
3. Learn the importance of post-treatment home care routine

## Course Outcomes

Student will be able to understand skin analysis and making a treatment plan

Unit I: Make a skin Analyzation Form.

How to fill the Information in this Form.

Points to be considered while Analysing the skin.

Unit II : Make a Treatment Plan.

Consider a variety of products while making a

Treatment plan.

Unit III: Set a Combination of Machine and Products according to Skin Type. Consider Indications and Contraindications.

Unit IV: Implementation of the Treatment Plan successfully. Post care. Advice Home Care to the Clients.

## References:

Basic Beautician Course Book by Suwarna Gugle. Advance Skin Analysis by Florence Barret– Hill Milady Text Book Body Treatments And Dietetics For The Beauty Therapist by Ann Gallant

## **Salon & Spa setup practice makeovers**

**Course Code:** UABWP-604

**No. of Credits:** 06

## Aim

To learn how to set up a spa and practice makeovers

## Objectives

1. Prepare a salon set up plan and learn to choose the right lighting and music
2. Practice makeovers on various types of skin and hair
3. Perform different workout exercises to prepare for long hours of standing work

## Course Outcomes

Student will gain knowledge about setting up a spa and doing various types of make-up and hair styles

Unit I: Set up a salon plan. Considering all the required points.

Unit II Use of Soothing Lights and Selection of Music for the Salon / Spa .1

Unit III: Do various types of workouts           1           20

Unit IV: Practice Make-up on various types of face shapes and on different types of skin colour models 1           20

Unit V Practice different hair styles, traditional and modern using various techniques           1  
20

## References:

The complete spa book by Steve Capellini

Spa Management by Lisa Capozio and Mary Wisnom

Workout book Shilpa Shetty

B.Voc. in Beauty and Wellness

(BW)

Course Name Digital marketing

Course Code UABWP-605

Class T.Y. Semester VI

No. of Credits 06 Contact Hours 90

Aim

To develop digital marketing skills

Objectives

Understand social media marketing for business

Learn to design offers for clients

Learn to make incentive plans for employees

Course Outcomes

Student will learn to use digital marketing to grow business

Unit Topics Credit Lectures

Unit I Understanding the Importance of Digital Marketing. How to use Social Media ( Face book/ Instagram etc.) effectively for your business. 1 15

Unit II Understanding the Importance of Website. Points to be considered while making a Website. 1 15

Unit III Importance of delivering offers to Clients. How to create different offers. How to keep Clients records and maintain the same. 2 30

Unit IV Making different, Incentive plans and Goals for the Co-Workers. How to set Targets for Co- Workers.

Motivate Co-Workers to complete the Targets and receive their incentives. 2 30

References:

Digital marketing by Ryan Deiss and Russ Hennenberry Digital marketing strategy by Simon Kingsnorth Fundamentals of Digital marketing by Puneet Singh Digital marketing by Seema Gupta

Course Name Skin Analyzation & Working With Various Treatment Plains

Course Code UABWP-606

Class T.Y. Semester VI

No. of Credits 06 Contact Hours 90

Aim

To learn to carry out skin analyzation and make a treatment plan

Objectives

Practice analyzing skin and making a skin analyzation form Prepare treatment plan using suitable products and machines Develop consultation skills for post-treatment home care routine

Course Outcomes

Student will be able to carry out effective skin analysis and prepare a treatment plan

Unit Topics Credit Lectures

Unit I Make a skin Analyzation Form.

How to fill the Information in this Form.

Points to be considered while Analysing the skin. 1 15

Unit II Make a Treatment Plan.

Consider a variety of products while making a

Treatment plan. 1 15

Unit III Set a Combination of Machine and Products according to Skin Type. Consider Indications and Contraindications. 2 30

Unit IV Implementation of the Treatment Plan successfully. Post care. Advice Home Care to the Clients. 2 30

References:

Advance Skin Analysis by Florence Barret – Hill

Milady Text Book

Body Treatments And Dietetics For The Beauty Therapist by Ann Gallant

Basic Beautician Course Book by Suwarna Gule