



# **JUNIOR SPA THERAPIST**

**Sample Question Paper**

**B&WSSC**



## SAMPLE QUESTION PAPER

**Beauty & Wellness Sector Skill Council**

**Qualification Name:** Junior Spa Therapist

**QP Code:** BWS/Q1001

**NSQF Level:** 3

**Assessment Type:** Sample Question Paper

### Assessment Structure

Component	Marks
Theory	43
Practical	68
Viva	39
<b>Total</b>	<b>150</b>

### SECTION A – THEORY

**Total Questions:** 30

**Time Allowed:** 45 Minutes

**Total Theory Marks:** 43

#### Instructions

1. All questions are compulsory.
2. Choose the most appropriate answer for each question.
3. Use of unfair means is strictly prohibited.

### Multiple Choice Questions

1. Why is it important to prepare the spa work area before services?
  - a) Decoration
  - b) Hygiene, safety and smooth service delivery
  - c) Reduce time
  - d) Improve fragrance
2. Which item should be used for sterilising spa tools?
  - a) Plain water
  - b) Approved disinfectant solution
  - c) Soap only
  - d) Perfume
3. Which waste should be disposed of as hazardous waste?
  - a) Paper
  - b) Used disposable gloves and masks
  - c) Plastic bottles
  - d) Towels

4. Why should electrical equipment be switched off when not in use?
  - a) Save electricity only
  - b) Prevent accidents and equipment damage
  - c) Reduce noise
  - d) Improve appearance
5. What is the purpose of a foot ritual before spa services?
  - a) Decoration
  - b) Relaxation and hygiene
  - c) Nail cutting
  - d) Drying feet
6. Why is client consultation important before spa services?
  - a) Billing
  - b) Identify contraindications and comfort needs
  - c) Decoration
  - d) Save time
7. Which product is commonly used for massage?
  - a) Water
  - b) Massage oil or cream
  - c) Shampoo
  - d) Alcohol
8. Why should a client never be left unattended during a spa service?
  - a) Time management
  - b) Client safety and comfort
  - c) Decoration
  - d) Cost saving
9. What is exfoliation mainly used for?
  - a) Hair growth
  - b) Remove dead skin cells
  - c) Nail care
  - d) Muscle building
10. Which material may be used for body wrap services?
  - a) Paper
  - b) Foil or plastic wrap
  - c) Cotton only
  - d) Towel
11. Why should hands be sanitised before every spa service?
  - a) Habit
  - b) Prevent cross infection
  - c) Save product
  - d) Client demand

12. Which condition is a contraindication for massage?
- a) Healthy skin
  - b) Open wounds or infections
  - c) Normal fatigue
  - d) Dry skin
13. Why should PPE be used when required?
- a) Decoration
  - b) Safety and hygiene
  - c) Speed
  - d) Marketing
14. What should be done if a client feels discomfort during service?
- a) Ignore
  - b) Stop service and inform supervisor
  - c) Continue
  - d) Speed up
15. Why is client privacy important during spa services?
- a) Decoration
  - b) Ethical and professional practice
  - c) Speed
  - d) Time saving
16. What reflects professional behaviour in a spa?
- a) Casual language
  - b) Polite communication and clean appearance
  - c) Silence
  - d) Informal attitude
17. Why is record keeping important in spa services?
- a) Decoration
  - b) Track services and client safety
  - c) Marketing only
  - d) Speed
18. How should client dissatisfaction be handled?
- a) Ignore
  - b) Resolve politely or escalate
  - c) Argue
  - d) End service
19. What is effective communication?
- a) Loud talking
  - b) Clear and respectful interaction
  - c) Silence
  - d) Instructions only

20. Why is teamwork important in a spa?
- a) Reduce responsibility
  - b) Smooth service delivery
  - c) Competition
  - d) Speed only
21. Why should products be used economically?
- a) Decoration
  - b) Reduce wastage and cost
  - c) Increase speed
  - d) Improve colour
22. What creates a positive first impression on clients?
- a) Expensive products
  - b) Grooming, hygiene and polite behaviour
  - c) Silence
  - d) Speed
23. What is the role of a Junior Spa Therapist?
- a) Perform advanced therapies independently
  - b) Assist senior therapist and provide basic services
  - c) Only cleaning
  - d) Reception work
24. Why is after-care advice important?
- a) Formality
  - b) Maintain results and client safety
  - c) Decoration
  - d) Reduce repeat visits
25. Which spa service helps relaxation the most?
- a) Massage
  - b) Nail cutting
  - c) Hair drying
  - d) Filing
26. What should be done after completing a spa service?
- a) Leave area messy
  - b) Clean and disinfect work area
  - c) Store products openly
  - d) Ignore waste
27. Why should contra-indications be identified?
- a) Pricing
  - b) Client safety
  - c) Decoration
  - d) Speed

28. What should be done with unused disposable items?

- a) Throw anywhere
- b) Store properly in designated area
- c) Reuse
- d) Give to client

29. Why should digital payment modes be promoted?

- a) Decoration
- b) Reduce physical contact and infection risk
- c) Speed billing
- d) Marketing only

30. What is ethical practice in spa services?

- a) Force selling
- b) Respect client safety, consent and dignity
- c) High pricing
- d) Speed focus

SAMPLE



## **SECTION B – PRACTICAL**

**Total Marks: 68**

### **Practical Tasks (Any One / Combination)**

1. Prepare and Maintain Spa Work Area
2. Foot Ritual and Client Preparation
3. Assist in Massage / Exfoliation / Body Wrap
4. Dry Brushing or Mask Application
5. Post-Service Clean-up and Waste Disposal

## **SECTION C – VIVA VOCE**

**Total Marks: 39**

### **Viva Questions**

1. Why is hygiene important in spa services?
2. What are contraindications in massage?
3. Why should clients not be left unattended?
4. What creates a positive impression in a spa?
5. Why is after-care advice necessary?

**END OF QUESTION PAPER**

### **Note:**

This question paper is also available in the following regional languages:

**Assamese, Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil and Telugu.**