



SPA THERAPIST

Sample Question Paper

B&WSSC



SAMPLE QUESTION PAPER

Beauty & Wellness Sector Skill Council

Qualification Name: Spa Therapist

QP Code: BWS/Q1002

NSQF Level: 4

Assessment Type: Sample Question Paper

Assessment Structure

Component	Marks
Theory	153
Practical	263
Viva	134
Total	550

SECTION A – THEORY

Total Questions: 30

Time Allowed: 45 Minutes

Total Theory Marks: 153

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 should ambient conditions be maintained in a spa treatment room?
 - a) Decoration
 - b) Client comfort, hygiene and safety
 - c) Faster service
 - d) Reduce product use
2. Which practice helps prevent cross-infection in a spa?
 - a) Reusing towels
 - b) Proper sterilization and disinfection
 - c) Skipping hand hygiene
 - d) Sharing tools
3. Why must waste be segregated in spa premises?
 - a) Save space
 - b) Environmental safety and hygiene
 - c) Decoration
 - d) Billing purpose

4. What should be done if electrical equipment is not in use?
 - a) Cover with towel
 - b) Switch off and unplug
 - c) Leave on standby
 - d) Ignore
5. Why are digital payment modes promoted in spas?
 - a) Faster billing
 - b) Reduce physical contact and infection risk
 - c) Marketing only
 - d) Decoration
6. Why is client consultation mandatory before spa treatment?
 - a) Pricing
 - b) Identify contraindications and client needs
 - c) Decoration
 - d) Time saving
7. Which massage medium is commonly used for body massage?
 - a) Water
 - b) Massage oils or creams
 - c) Shampoo
 - d) Alcohol
8. What is the purpose of exfoliation during spa treatment?
 - a) Relaxation only
 - b) Remove dead skin cells
 - c) Hair growth
 - d) Nail care
9. Which service helps in detoxification and relaxation?
 - a) Threading
 - b) Hydrotherapy
 - c) Haircut
 - d) Waxing
10. Why should client positioning be correct during treatment?
 - a) Therapist comfort only
 - b) Client safety, comfort and privacy
 - c) Faster service
 - d) Reduce oil usage
11. What should be done if a client feels discomfort during treatment?
 - a) Ignore
 - b) Modify or stop the treatment
 - c) Speed up
 - d) Apply more oil

12. Why is after-care advice important?
 - a) Formality
 - b) Maintain treatment results and safety
 - c) Reduce service time
 - d) Decoration
13. Which colour is associated with the Heart Chakra?
 - a) Red
 - b) Green
 - c) Yellow
 - d) Blue
14. Why are crystals cleansed after chakra therapy?
 - a) Decoration
 - b) Remove absorbed energy and maintain hygiene
 - c) Cooling
 - d) Weight reduction
15. What is the purpose of chakra balancing therapy?
 - a) Muscle building
 - b) Restore energy balance and relaxation
 - c) Nail growth
 - d) Skin whitening
16. What is the main benefit of Shirodhara therapy?
 - a) Hair cutting
 - b) Stress relief and mental relaxation
 - c) Nail care
 - d) Skin exfoliation
17. Which liquid is commonly used in Shirodhara?
 - a) Water
 - b) Warm medicated oil or buttermilk
 - c) Alcohol
 - d) Shampoo
18. Why is temperature monitoring important during Potli massage?
 - a) Comfort only
 - b) Prevent burns and discomfort
 - c) Faster massage
 - d) Decoration
19. Which movement is commonly used in Potli massage?
 - a) Cutting
 - b) Tapping and pressing
 - c) Pulling
 - d) Scratching

20. What should be done after completion of Shirodhara?
- a) Leave oil
 - b) Wipe excess oil and assist client
 - c) Immediately wash
 - d) Ignore
21. Why is consultation essential before postnatal massage?
- a) Billing
 - b) Identify medical history and contraindications
 - c) Decoration
 - d) Save time
22. Which oil is suitable for postnatal massage?
- a) Mineral oil
 - b) Sesame or almond oil
 - c) Petrolatum
 - d) Alcohol
23. What is the main benefit of postnatal massage?
- a) Muscle building
 - b) Recovery, circulation and relaxation
 - c) Skin whitening
 - d) Hair growth
24. Why should PPE be used during spa services?
- a) Decoration
 - b) Safety and hygiene
 - c) Speed
 - d) Branding
25. What should be done in case of workplace hazards?
- a) Ignore
 - b) Report to supervisor
 - c) Hide
 - d) Continue work
26. Why is personal grooming important for spa therapists?
- a) Marketing
 - b) Create positive professional impression
 - c) Time saving
 - d) Cost control
27. Which behaviour reflects professionalism?
- a) Casual tone
 - b) Polite communication and respect
 - c) Silence
 - d) Rushing services

28. What is effective teamwork?
- a) Working alone
 - b) Coordinated effort to deliver services smoothly
 - c) Competition
 - d) Avoiding communication
29. Why is record-keeping important in spa services?
- a) Decoration
 - b) Client safety and service tracking
 - c) Speed
 - d) Cost reduction
30. What is ethical practice in spa therapy?
- a) Force selling
 - b) Respect client consent, safety and dignity
 - c) Speed focus
 - d) High pricing



SECTION B – PRACTICAL

Total Marks: 263

Practical Tasks (Any Combination)

1. Prepare and Maintain Spa Work Area
2. Client Consultation and Draping
3. Body Massage / Exfoliation / Wrap
4. Chakra Balancing Therapy
5. Shirodhara or Potli Treatment (Simulation allowed)
6. Post-Service Clean-up and Record Maintenance

SECTION C – VIVA VOCE

Total Marks: 134

Viva Questions (Indicative)

1. Why is consultation important before spa therapy?
2. Explain the benefits of Shirodhara.
3. What are contraindications in spa treatments?
4. Why is hygiene critical in spa services?
5. How do you ensure client privacy and comfort?

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.