

Ayurveda Beauty Treatment Course Schedule

First week

Day	10 - 11 am	11 - 12 am	2 - 3 pm	3 - 4 pm
1	Theory: Introduction to Ayurveda		Theory: Ayurveda cosmetology	Theory: Herbs to enhance beauty
2	Theory & Practice: Daily routine to enhance beauty: mouth, teeth & tongue care		Theory: Mukhalepam	Theory: Skin anatomy
3	Theory & Practice: Udvartana - face & body medical scrubbing		Theory & Practice: Daily face and body massage with oil	
4	Head massage practical		Head massage practical	
5	Face massage practical		Whole body massage practical (part 1)	
6	Whole body massage practical (part 2)		Theory: Facial treatment and cleaning procedures	
7		Free of lessons		

Second week

Day	10 - 11 am	11 - 12 am	2 - 3 pm	3 - 4 pm
8	Theory & Practice: Vegetable facial		Theory & Practice: Fruit facial	
9	Theory & Practice: Shashtika Shali Rice Facial		Theory & Practice: Manicure & Pedicure	
10	Theory & Practice: Wrinkles treatment		Theory & Practice: Treatment for Pimples, white & black heads	
11	Theory & Practice: treatment for dark spots under eyes		Theory & Practice: Hair anatomy & protein treatment	
12	Theory & Practice: Spa & hot oil treatment		Theory & Practice: Dandruff management and treatment	
13	Theory & Practice: Henna treatment		Exam	Graduation
14		Free day		