

# NATIONAL COLLEGE OF AYURVEDA AND HOSPITAL

## DHANI GARAN ROAD BARWALA HISAR HARYANA



## PROSPECTUS

### Ayurvedic Cosmetology Balance & Natural Beauty



### Certificate course in Ayurveda cosmetology 2026

#### Department of Swasthavritta and Yoga

National College of Ayurveda and Hospital

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## P R E F A C E

Beauty is however lies in the eyes of the Beholder but willingness of the individual to look good and feel good comes with emergence of cosmetology. Beauty and wellness comes Hands in Hands. India is emerging as market to work now on beauty standards with the help of Ayurveda.

Now a days the beauty industries is filled with lots of tools, techniques, parlors and by the name of herbal or Ayurveda cosmetic products low quality products are sold in the market.

This course aim to prepare authentic practitioners of Ayurveda well trained in the field of beauty and cosmetology. With the concept of preparation of cosmetic product with standardized procedures, lifestyle changes, daily practices, various procedures and drugs mentioned in ayurveda and formulations.

Also Ayurveda physician believes that toxic materials inside our body make a person ugly and diseased. Sodhana (Purification) and Shamana (palliative therapy) are the therapeutic interventions to eliminate body toxins. Classics of Ayurveda describes about various cosmetics Herbs e.g. Varnya, Kushthagna, Kandugna, vayasthapak, udardaprasamana, etc. and many alepam (poultice). Contemporary approach of medifacials with ayurveda herbs and procedures

At present, many institutes are offering degree, diploma and certificate courses in the field of beauty and cosmetology. Many of these courses have mentioned Ayurveda as a part of their curriculum, but there is lack of uniformity and authenticity. One of the main principles of Ayurveda - Principle of personalized treatment is often ignored at these places.

It is the need of hour that the principles of Ayurveda should be applied holistically in field of aesthetic medicine. Along with the knowledge of contemporary methods as well. Keeping in view all the above facts, National college of Ayurveda and Hospital decided to start a certificate course in Ayurveda cosmetology.

**Date:**

**Place:**

**Dr. Preeti**  
**Chairman, Syllabus Drafting Committee**  
**Department of Swasthavritta and Yoga**  
**National College of Ayurveda and**  
**Hospital , Barwala, Hisar, HR**



## Title of the course- Certificate course in Ayurveda cosmetology

**Objectives-** main objectives of the course is to blend traditional Ayurvedic principles with modern cosmetology for Holistic beauty and Wellness management  
To develop the competency in inside out beauty practices according to the Ayurveda principals

Duration - 6 months

Eligibility - BAMS

Capacity - 30  
Candidates/ Batch

### Course structure

**Theory** : fundamentals of Ayurveda, fundamentals of cosmetology, anatomy and physiology of skin, Doshik assessment of skin and hair, along Lifestyle practices  
practical trainings :

A certificate course in Ayurvedic cosmetology integrates traditional Ayurvedic principles with modern cosmetic practices. The curriculum blends theoretical knowledge of Ayurvedic concepts, such as doshas (body constitutions), with hands-on training in natural beauty treatments and herbal product formulation.

#### Foundational concepts

- **Ayurvedic fundamentals:** Introduces core concepts like the Panchamahabhuta (five elements) and the Tridosha (Vata, Pitta, and Kapha) theory and their specific effects on skin and hair.
- **Anatomy and physiology:** Covers the basic anatomy and function of skin, hair, and nails from both Ayurvedic and modern perspectives.
- **Diet and lifestyle:** Educates on how nutrition, daily routine (Dinacharya), and seasonal routines (Ritucharya) influence skin and hair health.
- **Ayurvedic Saundarya Vigyan:** Explores the Ayurvedic concept of beauty, the internal and external factors that affect it, and the importance of overall wellness (Swasthya).
- **Concept of Kshudra Roga and their management**

## Practical applications and therapies

- **Herbal formulations:** Teaches the identification, properties, and use of various herbs, plant extracts, and natural ingredients in cosmetic preparations.
- **Herbal skincare:** Covers the preparation and application of natural cleansers, scrubs (Ubtan), face packs (Mukhalepam), and oils for different skin types and conditions. Includes treatments for common skin issues like acne, pigmentation, and dryness. Medi Facials along with knowledge of preparation of herbo-cosmetic products
- **Ayurvedic hair and scalp care:** Explores hair types according to doshas and provides remedies for hair problems like hair fall, dandruff, and premature greying. Covers the preparation of herbal hair oils and masks.
- **Beauty therapies:** Provides hands-on training for various Ayurvedic cosmetic procedures, which may include:
  - **Mukhabhyanga:** Ayurvedic facial massage.
  - **Shiro Abhyanga:** Traditional head massage.
  - **Shirodhara:** A continuous stream of medicated oil poured over the forehead for deep relaxation.
  - **Udvartana:** Herbal powder massage for exfoliation and toning.
  - **Nasya:** Nasal instillation of herbal oils for holistic facial health.
  - **Medi Facials :** a complete procedure with facial rejuvenation
  - **Basic Knowledge of Collagen Induction Therapies :** Microneedling, Mesotherapy etc
- **Product creation:** Instructs on the preparation of various Ayurvedic cosmetic products, such as soaps, shampoos, lip balms/ Lip sticks, Serum, Tooth paste, Face Packs , lotion , creams, face wash

## Advanced and special topics

- **Cosmetology and modern practices:** Some advanced courses may incorporate knowledge of modern cosmetology equipment and integrate them with Ayurvedic treatments.
- **Ayurvedic psychology:** Addresses the mind-body connection and how emotional health impacts external beauty, incorporating lifestyle and stress management techniques.
- **Business and regulations:** Includes topics on the legal and regulatory aspects of selling Ayurvedic products, entrepreneurship in cosmetology, and basic product quality control.
- **Face Yoga**
- **Anatomy physiology of skin**

## Course assessment

Certification is typically awarded after successfully completing a course that involves:

- A written examination to test theoretical knowledge. 100 marks with minimum 50% Passing Marks
- A practical examination to assess hands-on skills in performing Ayurvedic cosmetic procedures. Live demonstration of the Procedures and skill by the candidate and Viva. 100 marks with minimum 50% Passing Marks.

## FEE STRUCTURE

Fee structure : candidates found eligible and selected for the course will be admitted only after payment of Course fee

For Indian candidates : total Fee 25000 INR

For International Candidates : total Fee 600 USD

# AYURVEDA COSMETOLOGY

# APPLICATION FORM

## Certificate Course in Ayurveda Cosmetology

### A. PERSONAL INFORMATION-

1. Name (CAPITAL letters):
2. Age -
3. Gender
4. Date of Birth
5. Father's/Husband's Name:
6. Address ..... Pin code .....
7. Email-ID-
8. Registration No.
9. State Board of Registration:
10. Nationality-(Govt.ID)
11. Category (Foreign National/General/SC/ST/OBC/PH/EWS/ Ex. Serviceman
12. Mobile No:

### B. EDUCATIONAL QUALIFICATION:

Exam	Specialization	Institute/University	Year of Passing	% Marks/CGPA
10TH				
12TH				
UG				
PG				
Others				

### C. DETAILS OF EMPLOYER (IF WORKING):

Type of current employer

### D. UPLOAD DOCUMENTS:

Candidate image, Sign image, 10th marksheets, 12th marksheets, UG, Residence proof, Valid Govt ID ,Proof, Registration certificate, category certificate, NOC/Recommendation from current employer(if applicable)

Application Fee- 1000/-

Course Fee – 25000/-