

Certificate in Aromatherapy Massage (AR 101)

This course is an in-depth study on the extraction, distillation and blending of thirty essential oils from plants, and the relevant massage movements.

You will understand the theory of the Aromatherapy massage including its history, development and the definition of Aromatherapy. You will be able to understand and explain the term 'essential oil' and the methods of extraction. You will learn the benefits and contra indications of this massage and client counseling.

You will be taught specific Aromatherapy massage techniques of effleurage, petrissage, lymphatic drainage, acupressure and the relevant parts of the body to apply these techniques. It will be necessary to complete practical assessments under supervision in the school day spa and a series of case studies after course completion. This qualification is assessment based, with both written papers and practical assessments.

Entry Requirements:

- You must be pre-qualified in Human Anatomy & Physiology from a recognized body or have completed the Anatomy & Physiology course offered at the school.
- Completed training either at this school or another reputable establishment in Body Massage Techniques.
- You must be 18 years or older, no exceptions
- Have completed a general secondary education to CXC level or equivalent and be proficient in English.

Include in the Fees:

- Folder with course notes
- Use of salon equipment and other material for class use
- All products supplied for class use

Not Included (though Required)

- Uniform (pattern available through the school)
- Set of new towels for class use (available through the school)
- A pair of white salon shoes
- A set of essential oils and base oils for the Aromatherapy case studies (available through the school)
- Stationery (pens, note book and folders for presenting you work)

Course Duration:

3 weeks/90hrs (guided learning) + practice time

