

Certificate in Hot Stone Therapy (HS 101)

This course is designed for those with a beauty therapy background and knowledge of anatomy and physiology including Swedish massage. The art of hot stones originated with the Native American Indians and you will learn the use of chakras and their placement. You will also learn the physiological and psychological effects of stone therapy massage and the appropriate sequence.

This course includes:

- The holistic approach and the importance of the treatment of the whole body
- The use of chakras and their placement on the various areas of the body
- How stone therapy massage links ones Aura
- Client counseling/consultation
- The benefits and contra indications of this treatment
- How to care for the client, before, during and after the treatment
- How to select and place the stones
- The stone massage sequence and the physiological and psychological effects
- Other complementary therapies and the ways in which they are performed
- Case studies form an essential part of this training and qualification.

Entry Requirements

- A recognised qualification in anatomy & physiology is a prerequisite of this course
- Prior training in Swedish massage from a recognised institution

Include in the Fees

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

Not included (though required)

- Uniform (pattern available through the school)
- Pair of white salon shoes
- Set of towels for class use (available through the school)
- Stone Therapy text book (available through the school)
- Stationery (pens, notebook, folders for presentation of your work)

Duration: **2 weeks/60hrs (guided learning) + practice time**