

Diploma Courses

Body Therapy Level 1: BT 101

This is a full-time course and training is intensive; geared to those wishing to get a head start in the spa industry. The skills taught are highly commercial providing opportunity for employment. This course of study includes the following:

Anatomy & Physiology—3 weeks

This course covers all the major systems of the human body and includes: Skeletal, Muscular, Digestive, Urinary, Endocrine, Lymphatic, Nervous, Cardiovascular and Respiratory systems. There will be weekly written papers to check your understanding and grasp of the subject matter. After class home study is essential. At the end of the structured classes there will be a lengthened home study period prior to the final paper.

Swedish Massage—3-1/2 weeks

This classic deep tissue massage follows after the study of anatomy & physiology. You will work in pairs both giving and receiving this massage to fully appreciate the effects of the different techniques. You will mostly work with oil but will be shown the different techniques using talc and cream. This module also includes Indian Head and Neck Massage.

Aromatherapy-3-1/2 weeks

Aromatherapy is a natural follow on from Swedish massage. This course builds on what you learned before and offers in 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 the history, development and 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's 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 18 years or older, no exception
- Secondary education to CXC Level or equivalent is essential
- No formal training in body massage necessary

Fees include:

- Folder for course notes
- Use of salon equipment and accessories for class use
- Use of a range of skincare products for class use

Not Included (though required)

- Uniforms (pattern available through the school)
- A pair of white salon shoes
- Set of brand new towels (available through the school)
- A range of text books covering the subject areas
- A set of essential oils and base oils for Aromatherapy studies (available through the school)
- Stationery (pens, notebooks, folders for presenting work)

Duration: 10 weeks/300hrs (guided learning) + practice time

You may have assessments to complete after the end date of the course.