

TASTER COURSES (LEVEL 1)

These 1-day taster courses run from 10am to 4pm and cost £99 each.

Massage

Learn the basic hands-on strokes for soothing, stress-relieving and relaxation. If you find you have an aptitude for massage therapy, you can progress to our Basic Massage Course.

Reflexology

Feet play an important part in our daily lives – they carry us around, get squashed into unsuitable shoes, ache when we stand for too long and get blisters! They also reflect what is happening in the rest of your body. Try this introductory hands-on course – it's an eye-opener and your feet will like it too!

Aromatherapy

The special or essential oils used for aromatherapy massage all have their own properties. Understanding how to use them requires caution and care to avoid harming your client. This taster course will delight your nose and heighten your senses, as well as raising your awareness of the benefits of using aromatic oils safely in simple treatments.

Indian Head Massage

This delightful therapy is soothing and relaxing. It reduces tension in head and neck, stimulates healthy hair growth and can help to reduce or eliminate persistent tension headaches. Feeling is believing.

Facials

Wouldn't it be lovely to give a facial to a friend and receive one in return. We teach you a basic technique in cleansing, applying a mask, toning and moisturising. This gives you the opportunity to make a unique gift to someone special.