

FOUNDATION COURSES (LEVEL 2) (TEN 3-HOUR SESSIONS)

Body Massage (Swedish Massage)

You will learn the correct techniques to use for each part of the body until eventually you can do a full-body massage. You work in pairs, giving and receiving a treatment in each session, plus studying the theory of anatomy and physiology which underpins the therapy.

Indian Head Massage

Learn how to incorporate neck, face and shoulder massage into this treatment to make it a therapy your clients will ask for again. Suitable for men and women, with lots of hair or none at all. And what's more, it is lovely for people who have lost their hair after chemotherapy.

Reflexology

Did you know that you have hundreds of pressure points on your feet which correspond to all parts of the body? In this therapy, you learn to use your thumbs and fingertips to massage the feet of your clients and locate sensitive areas which could indicate blockages in the energy channels.

Aromatherapy

In this course you learn about a wide range of essential oils, their therapeutic properties and how to blend them for maximum effect. In aromatherapy massage you work the oils into the skin where they are absorbed into the bloodstream.

Understanding How Your Body Works - Anatomy and Physiology

Learn about the function of the skeleton, skin, muscles, bones, nerves, circulation of the blood, lymphatic system, kidneys and bowels. Learn, too, about dealing with illness, and the vital role of your immune system in keeping well. Digestion, sleep, memory and mental alertness, and easy painfree movement are all covered in this practical course – it's not all lectures!

Starting and running your own therapy business.

Many newly-qualified therapists dream of opening their own salon but lack the basic business management skills. We look at the financial aspects of renting premises, working on a rent-a-room basis, working from home, financial management, appointment systems, advertising, banking and much more. Get off to a good start and lay the foundations for building your successful business.

ALL FOUNDATION COURSES ARE PART-TIME. EACH MODULE IS A STAND-ALONE COURSE AND IS AWARDED AN FHT ACCREDITED CPD CPD QUALIFICATION.