



**Course Name:** Level 3 Diploma in Holistic Massage

**Total Hours:** 150

**Qualification:** ITEC

**Course Requirement:** It is recommended that Candidates should have achieved a level of education equivalent to five GCSEs at grades A\*- C prior to commencing this course, however, exemptions may be made for adult returners with experience of the work place.

**Course Information:**

☉ **Guided learning Hours:**

Anatomy & physiology – 50 hours

Holistic Massage Theory & Practical - 50 hours

Professional Conduct & Business Awareness – 50 hours

☉ **Understand and explain the following topics:**

- Anatomy and Physiology – to understand the structure and function of the Skeletal System, the Muscular System, the Skin, the Cell, the Circular System, the Lymphatic System, the Neurological System, the Endocrine System, the respiratory System, the Digestion System, the Urinary System, the Reproductive System.
- History and Concept of massage
- Legislation and Consent – to understand the rights, restrictions and charters. To understand the important of obtaining consent from clients.
- Consultation – to understand and gain skill on how to perform this task.
- Contraindications – to understand and recognize the different conditions.
- Client care – to understand and demonstrate appropriate care during the treatment.
- Hygiene – to understand and demonstrate the correct hygiene procedures.
- Massage – to understand the knowledge of different classical massage movements and learn the massage routine.
- Aftercare/ Homecare – to understand the important of giving appropriate advice after treatment.
- Complementary Therapies – to understand other complementary therapies and how they are performed.
- First Aid – to understand how to deal with First Aid emergencies.
- The points of professionalism related to Beauty Therapy and the appropriate professional appearance of the therapist.
- How to build a professional working relationship with other students/therapist.
- Why it is necessary to build up a rapport with the medical profession and therapist.
- The impact of advertising, whilst accepting the legal implications of the relevant law.
- The necessity of having professional indemnity insurance.
- The need to ensure strict client confidentiality at all times.
- Why it is necessary to have an accident book.
- The Health and Safety policy.
- The emergency procedure.



- How to communicate with clients.
  - How to provide client care.
  - The concept of a 'Code of Ethics' and its important.
  - The term Continual Professional Development.
  - The accounting system when running a business.
  - Developing and maintaining good stock control.
  - The importance of providing retail training and the basic principle of selling.
  - The role of the receptionist.
  - The main form of advertising and the advantages and disadvantages
  - How to cost a treatment.
  - Basic security implications of establishment relating to people, equipment, stock, cash and confidential client records.
- 🕒 **Assignment Guidance:**
- 🕒 Practical Assessment
    - All candidates will be assess via a practical examination of their technical skills and treatment techniques.
  - 🕒 Treatment evidence
    - Evidence of 5 clients to be treated 4 times each for full body massage.
  - 🕒 Theory Assessment
- 🕒 **Additional Bonus**
- Opportunity to observe the real life scene in Spa Operations.
  - For fair English speakers, we will provide English specking skill specific for on-job use.

