

Course Name: Level 3 Diploma in Spa Treatments

Total Hours: 50

Qualification: ITEC

Course Requirement: Candidates must hold:

- The ITEC Level 3 Diploma in Body Treatments or equivalent or
- The ITEC Level 3 Diploma in Holistic Massage or equivalent

Course Information:

☉ **Guided learning Hours:**

Spa Treatments – 50 hours

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

- The concept of spas
- Exfoliation; the various methods, the application techniques and contraindications.
- Steam and Sauna; the therapeutic effects, the different between wet and dry, the safety procedures; the contraindications, the aftercare, procedure of the treatment and the hygiene procedure,
- Body masks/ wraps; the appropriate client care, the contraindications, various masks, product ingredients, procedure of the treatment and maintain client records.
- Sea Water and Seaweed treatments: History of seaweed treatments, the contraindications,
- The various types of seaweed, the benefit of the treatment, the procedure of the treatment and home care procedure.
- Water treatments; the various ways in which water is treated to maintain hygiene, how the treatment of the water can affect the hydro therapy treatment and the changes which occur in the body once it is immersed in the water.
- Hydrotherapy; the contraindications, benefits of hydrotherapy treatment, procedure of the treatment, the safety precautions to be taken and homecare advice.

☉ **Assignment Guidance:**

☉ Practical Assessment

- All candidates will be assess via a practical examination of their technical skills and treatment techniques

☉ Treatment evidence

- Exfoliation – Salt scrubs, General body scrubs, Peels, Body brushing
5 clients to be treated twice each across the range of methods
- Steam and Sauna
5 clients to be treated twice each across the range of baths
- Body Wraps and Masks
5 clients to be treated twice each across the range of methods listed in the syllabus
- Seawater and Seaweed Treatments
5 clients to be treated twice each across the range of methods listed in the syllabus
- Hydrotherapy Treatment
5 clients to be treated twice each across the range of methods listed in the syllabus

☉ Theory Assessment

