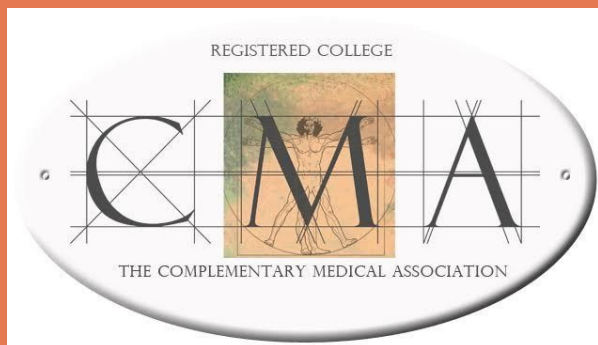


FACIAL THERAPY AND MASSAGE



Benefits of a facial Therapy

Relieves stress and tension which helps prevent wrinkles. Facial massage can help to relax tense muscles and decrease the lines tense muscles form. Facial massage also helps to relieve anxiety and improve a person's mood.

Increases circulation. The increase in circulation can give your skin a youthful glow.

Natural Facelift. Massage helps bring oxygen to the area being massaged. Eliminate toxins. Facial massage can stimulate the lymphatic vessels which facilitates eliminating the toxins built up in the face.

Reduce congestion. Facial massage can help relieve the allergy symptom congestion by improving drainages.

This is a fully insurable course that you can offer to clients.

We offer classes in small groups ensuring a personalised teaching approach.

CONTACT US

41 Owston Road, Carcroft,
Doncaster, South Yorkshire,
DN6 8DA
01302 965658
enquiries@centrewellbeing.
co.uk
www.centrewellbeing.co.uk

THE TRAINING CENTER OF WELLBEING

FACIAL THERAPY INCLUDING
MASSAGE





CURRICULUM

Health and safety
 Codes of conduct
 Sterilisation and disinfection
 Ergonomics
 Facials
 Bones of the face, shoulders, chest and spine
 Muscles of the face
 The circulatory, respiratory and lymphatic system
 Skin anatomy
 Function of the skin
 Skin analysis, types and conditions
 Client consultation and listening skills
 Contraindications and contra actions
 Equipment for facials
 The therapy session, techniques, types and massage
 Cleansers and the eye area
 Toners
 Ampoules
 Eye cream/gel/fluid
 Serums and Masks
 Moisturisers
 Sun protection
 Exfoliators
 Extraction
 Treatment procedure for luxury facial
 Aftercare.

ABOUT THE COURSE

Prerequisite: None
 Duration of training: 2 Days
 Cost: £250
 Independent Learning Hours: 40
 Case Studies: 4 with 2 follow ups on each

MORE INFORMATION

This practitioner training includes many facial techniques including a luxury facial module. You will learn how to assess skin condition, cleanse, tone, moisturize with various applications. Your training also includes the necessary Anatomy and Physiology of the face and skin.

IS THIS COURSE FOR YOU?

This course is for the new therapist or experienced practitioner who would like to add this therapy to their repertoire.

WHATS INCLUDED?

Your training includes:
 Full printed manual, classroom sessions, complementary medicine practitioner handbook, support with case studies.

Accredited by the Complementary Medicine Association