



Title: Reflexology

Price: £330

Summary:

During this intensive course students will be taught the gentle, non-invasive techniques which encourages the body to naturally improve, balance and heal itself. Reflexology is based on the principle that reflex points on the soles, tops and sides of the feet correspond to different areas of the body. Students will be taught how specialized Reflexology techniques are applied to specific reflex points using the thumbs, fingers and knuckles.

Course duration: Theory completed at your own pace as home study.

Practical session: Full day

What will the course cover?

Health & safety
Sterilisation & disinfection
The appearance of the therapist
Ergonomics
The history of Reflexology
Benefits of a Reflexology
Professional ethics & standards of practice
Anatomy, physiology & common pathologies
Client consultation
Reflexology indication points
Assessing the feet
Contra-indications
Contra-actions
Aftercare
Equipment & products
Mapping of the reflex points
Reflexology routine
Aftercare
Student practical session and exam



<u>Accreditation:</u>	ABT
<u>Pre - Entry requirements:</u>	Body massage qualification
<u>Dress code:</u>	Tunic and black trousers

Useful information:

Once you have enrolled onto the course and paid the course fee, you will be sent the manuals and questionnaire.

The questionnaire must be completed as home study and emailed back to your tutor to check you have passed the first part of the course.

You must print and bring the manual to the practical session upon completing the questionnaire.

Products and equipment are provided on the day.

For the practical session you will need to show that you can confidently complete the techniques.

If you fail the practical session another training day will be rearranged, you will be charged for this.

Once the practical session is complete you will be sent the certificate via email.

Course duration may vary depending on learning speed and class size.

As your course is accredited this will allow you to gain insurance, work self-employed in a salon, from home or mobile.

During group sessions you will work on each other.