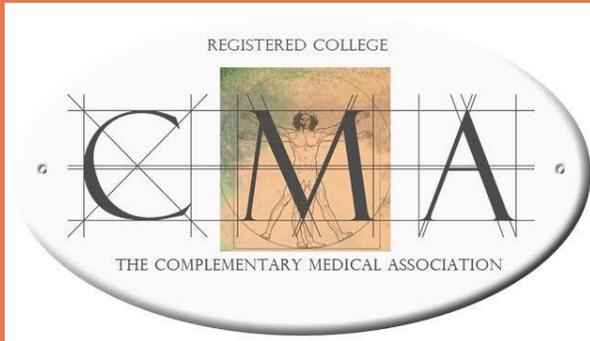


# FACIAL THERAPY AND MASSAGE



## 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.

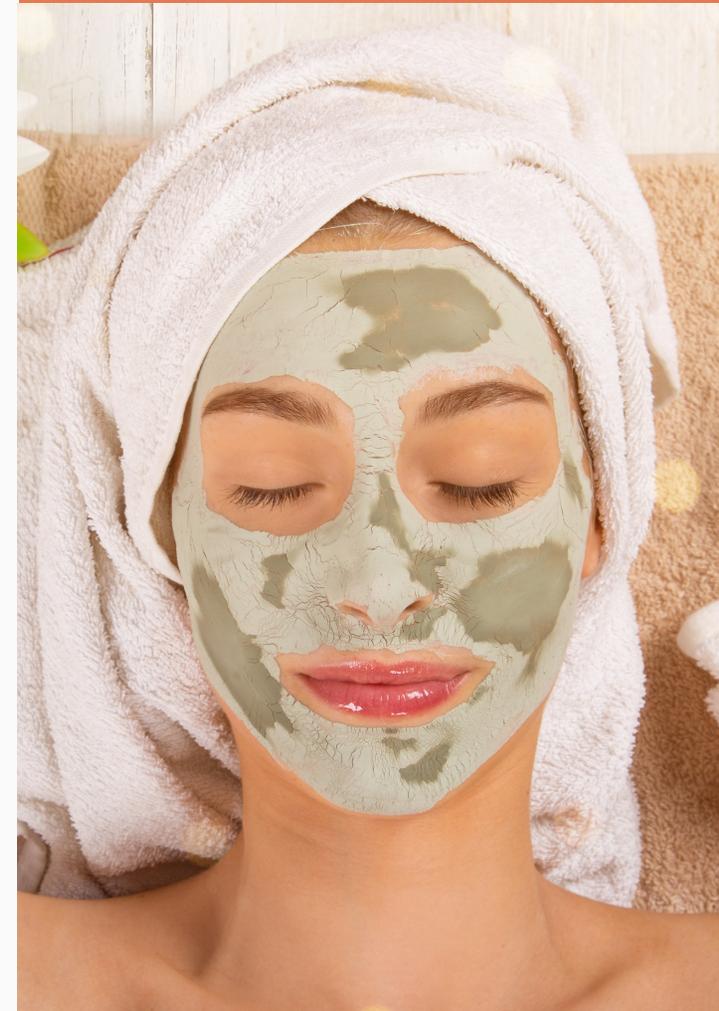
We offer classes in small groups ensuring a personalised teaching approach.

## CONTACT US

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# 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