

Guiding Light School of Massage Therapy

Iowa Massage Board Category A

Course (20 hrs): Spa Therapies Education and Training Course

Date of Instruction: Feb 24th – Feb 26th, 2012

Instructor: Joy L. Mellum, L.M.T.

Location: **Guiding Light School of Massage Therapy**
51 E. Broadway Street, Fairfield IA

Objective:

This course will enhance the Massage Therapist's skills and diversify the services a Massage Therapist may offer in private practice or in a Spa setting. Benefits effects and contraindications for the various treatments will allow therapist to use professional judgment when administering treatments.

Skills:

The Massage Therapist will learn to apply various products and specified techniques to affect a direct outcome. The process is designed to offer relaxation and promote the activation of the parasympathetic nervous system response in the body, aiding the client's ability to release stress. The lymphatic and blood circulation is assisted to allow better delivery of nutrients and oxygen to tissues, cells and organ, in addition to the removal of metabolic waste products.

Treatments Include:

- Spa Facial Massage
- Spa Foot Massage
- Steam Treatment/hydrotherapy
- Mud Treatment
- Hydrating Body Wraps
- Hot Oil Aroma Massage

Goals:

To integrate Spa treatments within a therapeutic perspective rather than simply beauty enhancement. Expand skill set to become more employable in a Spa setting and/or to diversify a personal practice. To have an understanding of practical business knowledge for marketing of services and product sales.