

# Diploma in Holistic Spa Therapy Course Syllabus

## **DIPLOMA IN HOLISTIC SPA THERAPY ONE MONTH COURSE-SYLLABUS**

### **INTRODUCTION TO ANATOMY & PHYSIOLOGY**

#### **COURSE DESCRIPTION**

To give students a practical working knowledge of how the human body works in order to better understand the physical impact of typical massage and other spa treatments and their counter indications

#### **TOPICS**

- Skeletal
- Muscular
- Nervous
- Lymphatic
- Cardiovascular
- Digestive
- Skin

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### **SPOKEN ENGLISH**

#### **COURSE DESCRIPTION**

Enables the Student to follow the classes which are taught in English, Communicate with fellow students and faculty and to subsequently be able to communicate effectively with clients in English

#### **TOPICS**

- Basic English phrases
- Basic Grammar
- Communicative English
- LProfessional Conduct
- Presentation skills

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### **YOGA FOR WELLBEING**

## COURSE DESCRIPTION

To teach basic techniques of yoga for the student to be able to stay fit, flexible and to improve both physical and mental stamina. With additional training and practice a person will be able to teach others at a basic level

## TOPICS

- History & Evolution of Yoga
- Schools of Yoga
- Pranayama
- Asana
- Mudras

## HISTORY AND INTRODUCTION TO SPA

## COURSE DESCRIPTION

To give students an insight into the history of spas so they are able to understand different concepts, country specific types and evolution of spas and to be able to explain these to future clients. Teachings will include European, Asian and local spa types and their brief history as well as the definition: “A spa is a place devoted to overall well-being through a variety of professional services that encourage the renewal of mind, body and spirit” (International Spa Association). Also, the course must include an introduction to various types of spas, such as defined by ISPA. (International Spa Association):

## TOPICS

- Club spa
- Cruise ship spa
- Day spa
- Destination spa
- Medical spa
- Mineral spring's spa
- Resort/hotel spa

## SPA AS A CAREER

## COURSE DESCRIPTION

To showcase the many career option in the spa industry – and also the Obstacles and

challenges

## TOPICS

- Basic Requirements
- Remuneration/Earning
- Drive & Motivation
- Commitment
- Spa Career Options
- Typical Career Path
- How to Start Your Own Spa Business
- Job Opportunities – India and abroad

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## INTERNATIONAL THERAPIES & AYURVEDA (Practical and theory)

### **Swedish massage**

Swedish massage therapy is the modality that comes to mind when most people think about massage. As the best-known type of bodywork performed today, one of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

### **Deep tissue**

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). A study in the Journal of Alternative and Complementary Medicine found that people's blood pressure fell after a single 45 to 60 minute deep tissue massage. Additionally, a 2010 meta-analysis in the Journal of Clinical Psychiatry found that massage modalities like deep tissue reduce stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin.

### **Reflexology**

Foot Reflexology massage can be a deeply relaxing and therapeutic modality for those suffering from plantar fasciitis, ankle injuries or even everyday work and play. At Massage Envy, your massage therapist will apply traditional Swedish and sports massage techniques to the foot, calf and upper leg. This will not only help relieve the pain, ankle pain, plantar fasciitis and common forms of arthritis, but can also decrease

stress and anxiety in the entire body. In addition, a variety of stretches can be beneficial. With pain and sensitivity in the foot, heel and calf areas, be sure to communicate your pain levels with your massage therapist during your treatment. It is also a good idea to rest after receiving the reflexology massage.

### **Thai massage**

Thai massage is believed to have been developed by Jivaka Kumar Bhaccha, physician to Buddha, more than 2,500 years ago in India. It made its way to Thailand, where the Ayurvedic techniques and principles gradually became influenced by traditional Chinese medicine. For centuries, Thai massage was performed by monks as one component of Thai medicine. Thai massage is more energizing and rigorous than more classic forms of massage. Thai massage is also called Thai yoga massage, because the therapist uses his or her hands, knees, legs, and feet to move you into a series of yoga-like stretches. Many people say Thai massage is like doing yoga without any work. Muscle compression, joint mobilization, and acupressure are also used during treatment. People describe Thai massage as both relaxing and energizing.

### **Aroma massage**

AromaTherapy uses fragrant oils extracted from herbs, flowers and fruits to naturally enhance the benefits of massage. Before each session begins, you can choose one of four unique oil blends to be added to your massage lotion. It Promotes circulation, helps aid tissue recovery and decreases pain, Specifically designed to promote circulation, this warming blend of AromaTherapy includes clove, sweet birch, rosemary and cypress helps aid tissue recovery after physical exertion. Additionally, the unique combination of aromatics is traditionally used to decrease pain in muscles and joints

### **Hot stone therapy**

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. This massage is to relax tense muscles, relieve pain and stiffness and improve circulation. The treatment can be used for ailments like muscular aches, arthritic conditions and autoimmune disorders. Those who do hot stone massage can customize the treatment to a client's specific needs and preferences

### **Indian head massage**

The Indian head massage, also known by the portmanteau "champissage" (chāmpi—the Indian word for massage + massage), is based on the ancient Ayurvedic form of healing that dates back almost 4,000 years. It works the upper three chakras: vishuddha, ajna, and sahasrara, [1] and can be used for physical harmony, for healing, for vitality, and for good, old-fashioned relaxation. No wonder it's becoming so popular in the west.

**Abhyanga      –      traditional      Kerala      Ayurveda      massage**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

This full body massage is done with medicated herbal oils by two/one therapists in a synchronized manner for 45 minutes. The number of strokes and pressure vary with the condition of the individual. According to classical texts, this massage is indicated daily to prevent ageing and degeneration process. Kerala Ayurveda has pioneered this therapy as per the ancient Ayurveda classics and standardized the procedure with a specific number of strokes. This therapy will treat the whole body physically, mentally and emotionally while balancing the doshas. Its rhythmic motion helps to relieve joints and muscles from stiffness and makes all body movements free. This stimulating treatment increases blood circulation, which in turn encourages quick removal of metabolic wastes, while providing relief to diseases such as anxiety, fatigue, circulatory disorders, rheumatic and arthritic problems, backaches and injuries.

## **DIPLOMA IN HOLISTIC SPA THERAPY TWO MONTH COURSE-SYLLABUS**

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### **NUTRITION**

#### **COURSE DESCRIPTION**

To learn how to help oneself and spa clients how to lead a longer, healthier life through correct nutrition. The course is designed to provide the student with the information required to live a healthier, happier lifestyle – and to advice others to do so as well. Also, the course includes an introduction to various types of lifestyle diseases, such as diabetes, obesity, joint problems etc

#### TOPICS

- Basic Food Groups
- Carbohydrates
- Proteins
- Liquids
- Vitamins
- Minerals
- Water
- Fiber
- Balanced Diet
- Calculation of BMI, IBW and calories
- Obesity, diabetes, hypertension
- Anorexia, bulimia
- Nutrition and Lifestyle
- Food Allergies

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### **GUEST HANDLING & FRONT OFFICE**

#### COURSE DESCRIPTION

To understand basic administrative functions in a spa operations, to be able to handle guest interaction

#### TOPICS

- Telephone Handling
- Guest Appointments & Booking Procedures
- Criticism and Appreciation
- Gratuity, Tips and Service Charges
- Guest Orientation
- Basic Computer Operation
- Guest Intake Forms
- Guest Comments
- Billing
- Tax and VAT Calculation

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## **PERSONAL DEVELOPMENT**

### **COURSE DESCRIPTION**

The students opting for this career need to be groomed; both physically and mentally to fit the service industry. The course aims at improving the students personal skills Such as confidence, leadership, self-awareness etc

### **TOPICS**

- Grooming

- Personal Hygiene
- Uniform – Background and Purpose
- Personal & Social Etiquette
- Corporate Etiquette
- Self-Management
- Confidence Building
- Body Language
- Relationship Management
- Communication Skills
- Anger Management
- Resume preparation
- Interview facing techniques

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## SPA PRODUCT KNOWLEDGE

### COURSE DESCRIPTION

To teach the student what typical spa products contain and to understand the ingredients and their application and efficacy. Will also teach the student about product handling and safe disposal.

## TOPICS

- Herbs
- Essential Oils
- Aromatic Oils
- Preservatives
- Active Ingredients
- Carrier Oils & Base Creams
- Pre Blended Oils
- Pre Blended Creams
- Soaps, Shampoos, Lotions
- Licensing (Drug Control)
- Product Testing
- Efficacy
- Shelf Life
- Storage
- Contamination
- Allergies
- Product Handling
- Dispensing
- Self-Protection

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### **Manicure & pedicure**

Among many cosmetic treatments we can get from a beauty salon, we will explain a notion of service called manicure & pedicure. In broader sense, manicure is a type of treatment which is targeted an area like your hand. When you order this service, manicure will incorporate cuticles and the fingernails as well as some other treatment like nail polish. On the other hand, pedicure is targeted your feet, which incorporates the softening and the toenails, as well as removal of calluses. So in the end, body treatment is a term that not merely connected with types of service which will enhance the appearance of your hair or your face. Given the fact on which manicure and pedicure are existed, it is safer to assume that you will get more beauty if you also hire such service when you come to a beauty salon.

### **Spa Facial**

There's no better way to pamper you and get some much-needed relaxation than to book an appointment for a facial. A facial has benefits which are aesthetic as well as psychological. Not only does it improve the look of the skin, it also takes that back-breaking stress off your shoulders.

### **Indian head massage**

The Indian head massage, also known by the portmanteau "champissage" (chämpi—the Indian word for massage + massage), is based on the ancient Ayurvedic form of healing that dates back almost 4,000 years. It works the upper three chakras: vishuddha, ajna,

and sahasrara, [1] and can be used for physical harmony, for healing, for vitality, and for good, old-fashioned relaxation. No wonder it's becoming so popular in the west.

### **Body scrub and wrap**

Body scrub and wraps were originally a treatment where Ace bandages or plastic wrap was tightly wrapped around the body to cause quick weight loss through vasodilation. You can still find these types of "slimming" body wraps, which result in the temporary loss of weight and inches, at some spas. But today a body wrap in a spa is more likely to be treatment where you're slathered with a body mask made of algae, seaweed, mud, clay, lotion or cream, then wrapped for 20 minutes to keep you warm. Later the product is rinsed off. The body wrap usually ends with an application of lotion (technically not a massage). This body wrap treatment is sometimes called a body cocoon or body mask.

### **Hawaiian Lomilomi massage**

Lomilomi, meaning "massage therapist" in the Hawaiian language, is the word used today to describe Hawaiian massage, traditionally called lomi, meaning "to rub, press, squeeze, massage; to work in and out, as the claws of a contented cat". Lomilomi is a holistic healing tradition beyond simple massage. Perhaps this can best be understood by one of the alternate names for LomiLomi, and that is "Loving Hands" massage. The reason for this is that it works gently yet deeply into the muscles with continuous, flowing strokes, totally nurturing the body and, enabling the recipient to relax, give in and simply be.

### **Face massage**

We may have had facial massage as part of a salon facial. Feels great, right? The beauty of it, though, is that you can take advantage of the health benefits of a face massage at home (or anywhere), even just to relax when you're stressed out. As skin ages, it loses elasticity and firmness. Massage won't reverse the ageing process but it can boost blood flow, adding a healthy glow while nourishing skin and facial muscles. It can also speed removal of toxins, which play havoc with skin texture, and it tones and lifts muscles to give a youthful look.

### **Chocolate massage**

Cocoa has been used as an ingredient in skin and beauty products from ancient times. The benefits of cocoa butter and its moisturizing powers are well known. Nowadays, using a cocoa base, massage lotions and oils are used to slough off dead skin, revitalize skin cells and boost circulation. The caffeine present in chocolate also helps firm up the skin when applied topically. Additionally, the anti-oxidant properties of chocolate help protect the skin against damage and may help reduce the appearance of wrinkles and fine lines on the skin.

**Abhyanga**      –      **traditional**      **Kerala**      **Ayurveda**      **massage**

#### (THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

This full body massage is done with medicated herbal oils by two/one therapists in a synchronized manner for 45 minutes. The number of strokes and pressure vary with the condition of the individual. According to classical texts, this massage is indicated daily to prevent ageing and degeneration process. Kerala Ayurveda has pioneered this therapy as per the ancient Ayurveda classics and standardized the procedure with a specific number of strokes. This therapy will treat the whole body physically, mentally and emotionally while balancing the doshas. Its rhythmic motion helps to relieve joints and muscles from stiffness and makes all body movements free. This stimulating treatment increases blood circulation, which in turn encourages quick removal of metabolic wastes, while providing relief to diseases such as anxiety, fatigue, circulatory disorders, rheumatic and arthritic problems, backaches and injuries.

#### **Sirodhara**

#### (THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

Sirodhara rejuvenates and revitalizes the body and mind. This therapy relieves stress and strain related problems, slows the aging process, improves memory and is known to have a curative effect for paralysis, insomnia; depression. Luke warm herbal oil is poured in a continuous stream onto the forehead, while receiving a gentle massage on the head. It bestows better vision, better hearing, clears nasal problems and calms the body and mind. Sirodhara ultimately strengthens the physical constitution of the individual. Anxiety, hypertension and other neurological malfunctions.

#### **Njavarakizhi**

#### (THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

A massage to the body with small cotton cloth boluses filled with cooked Njavara rice after a liberal application of medicated oil over the whole body. The rice is cooked in cow's milk and herbal decoction. The boluses are dipped in the same mixture of cow's milk and herbal decoction and applied all over the body to induce sudation (sweat). This procedure is highly rejuvenating, nourishing and prepares the individual to bear the stresses and strains of a busy lifestyle. It enhances physical consistency, strengthens the nervous system and improves the overall appearance of the skin. This is a strengthening fomentation employed in neurological disorders, rheumatism, arthritis and malnutrition of limbs.

#### **Elakizhi**

#### **(PathrapotalaSweda)**

#### (THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

This start with the application of oil to all body. Then it is subjected to exude profusely through a massage with boluses of chopped and fried leaves of some specific medicinal herbs after dipping in particular medicated oils. it is effective for various kinds of arthritis, Spondylitis, back pain, sports injuries and for all other soft tissue

inflammations especially joint pains.

### **ChoornaSwedam**

**(Podikkizhi)**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

In this type of swedam the powders of kulatha, yava (barley), kushta (Saussurealappa), devadaru (cedrusdeodara), shatapushpa (anethumgraveolens), etc are fried in a frying pan without adding any oils and then they are made into a bolus, the patient is first massaged with the prescribed oil, and then the bolus is heated in a frying pan and then made to pound on the affected part. Choornaswedam is generally prescribed to those patients who suffer from diseases caused due to kaphavata, excess kaphadosha, and also in those persons who have amaavastha in vata diseases. This treatment is very effective in relieving the pain and also helps to improve the blood circulation, and also gives strength to the joints of hands and legs.

### **Udwarthanam**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

A combination of an effective weight loss therapy, followed by moisturizing Abhyangam. This is a typical deep massage using herbal powders, which stimulates hair follicles and subcutaneous fat tissue to break down subcutaneous fat storage. This treatment reduces blood cholesterol, obesity, skin problems, imparts mobility to the joints, strengthens muscles and refreshes the body. The most promising effect is the slimming of the body. Coupled with the relaxing effects of Abhyangam, this therapy tones and nourishes the body as well as helps with weight loss.

### **Nasyam**

(THEORY+ MEDICINAL PREPERATION+ VIDEO DEMO)

The application of medicated oil or powders through the nostrils is called nasyam. Nasyam is very important treatment for illness in the head region. Nasal drops are administered in each nostril for elimination of excess bodily humours accumulated in sinuses, throat, nose & head areas. 'Nasa hi ShirsoDwaram' it means nose is the doorway of the brain according to Ayurveda. Main types of nasyam are virechananasyam, dhmananasyam, brumhananasyam and shamananasyam. Nasya not only helps in removing toxins from the head, neck, brain, eyes, ear, nose and throat region, but it also helps in snehan (unction), shaman (pacifying the toxins without removing them), bhringan, tarpan (nourishment) and gives immunity to these parts. With the use of nasya, mucous membrane of nasal cavity is stimulated and therefore, other associated organs are also affected. Therefore, the obstructed kapha, in the channels, is removed which results in proper blood circulation in the head. The procedure of nasya helps in the elimination of spasm in the nose.

### **Kativasthi**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

Specially prepared warm herbal oil is poured over the lower back and retained inside the black gram paste boundary for the required duration. The healing properties of herbal oils used for this therapy deeply cleans and enriches the blood, builds and maintains strong muscle and connective tissues and lubricates the joints keeping them flexible and pain free. Kativasthi alleviates lower back conditions like Lumber Spondylosis, Inter vertebral disc prolepses, Lumbago (low back ache), and Sciatica.

### **Pizhichil**

(THEORY+ MEDICINAL PREPERATION+PRACTICAL+VIDEO DEMO)

Pizhichil the topmost rejuvenation treatment of Ayurveda a true gift from Ayurveda to become young again. In this treatment, precious warm medicated oil is squeezed on to the patient's body from a piece of cloth, periodically soaked in a vessel containing the oil, with soft massage in a rhythmic way. Two to four trained therapists under the supervision of a physician perform the treatment. The patient should be made to adopt the seven standard positions, so that no area of the body is left uncovered. It is a highly effective way of treating diseases like paralysis, muscle spasms and other degenerative diseases affecting the muscles.

### **AFTER THE SUCCESSFUL COMPLETION OF THE ADVANCED COURSES.**

- *100% Placement*
- *Spa/Ayurveda Notes*
- *Academic Certification*
- *One Day Workshop Conducted by the Spa Manager/Beauty therapist/Ayurveda Expert of a five-star hotel*
- *Spa Visit to a five-star or four-star hotel in Bangalore/Picnic to Mysore or Bangalore*
- *Certificates from BharathSevakSamaj, A National Development Agency Promoted by Government of India*
- *Campus recruitment*

