



Australasian Academy of Wellness Therapies

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HOT STONE MASSAGE

Introduction:

A growing and in-demand technique use in professional Spa Therapies, Come and explore the ancient techniques of hot stone placement with us. This therapy is especially designed to stimulate energy flow through the body promoting balance and a feeling of wellbeing. Using the combined techniques of aromatherapy, Swedish massage and hot stone placement this popular treatment is based on traditional Chinese medicinal beliefs that a healthy body results from the healthy flow of Chi (energy). Hot stone massage is an enjoyable therapeutic treatment that will complement other massage styles.

Duration	: 1 day per week for 3 weeks
Course fees	: \$440.00 (GST incl.)
Schedule	: Monday 9.30am – 4.30pm (refer to website for latest workshop schedule)
Venue	: Suite 15, South Gate

Course Objectives:

At the end of this comprehensive three-day course, you would have acquired competent skills and knowledge to ensure your client's comfort and safety on the use stone therapy for a relaxing spa style treatment. Each day of this professional course includes significant hands-on experience.

Methodology:

Our qualified Spa therapist will demonstrate the massage techniques and the stone placement sequences for this popular treatment.

Topics covered:

- Cultural history of stone massage
- Composition of treatment stones
- Stone selection, stone maintenance
- Contraindications to the therapy
- Maintaining temperature of the stones during the treatment
- Comprehensive treatment routine and stone placement techniques.

** Participants are required to bring their models, 5 bath towels & 6 hand towels to perform your treatments.

Pre-requisite: Certificate in Basic or Swedish massage.

Who Should Attend:

Professional massage therapist, entrepreneurial practicing beauty therapists who are interested in expanding their clinic/salon's portfolio.

Certificate : Certificate of Completion from Australasian Academy of Wellness Therapies

Progression : Post-graduate Certificate in Spa Therapies / ITEC Diploma in Stone Therapy Massage

