



## Australasian Academy of Wellness Therapies

Suite 13-16 South Gate , 87 Canning Highway, South Perth, WA 6100

Phone : +61 (08) 9473 9999 Fax : +61 (08) 9473 9966 Website : [www.aaowt.edu.au](http://www.aaowt.edu.au)

### REFLEXOLOGY

#### Introduction:

Reflexology is a system of diagnosis and treatment of certain disorders using compression massage on certain reflex points of the feet. It embodies the techniques of zone therapy relating to reflexes which correspond to parts of the body. Such massage techniques are popular relief amongst therapists and provides great results to clients.

Duration	: 1 day per week for 6 weeks (full-time)
Course fees	: \$660.00 (GST incl.)
Schedule	: Monday (full-time) 9.00am – 2.00pm or Wednesday (part-time) 6.00pm - 9.00pm (refer to website for latest schedule)
Venue	: Suite 14 South Gate

#### Course Objectives:

Course participants will learn to distinguish between a range of common diseases and foot disorders, the contra-indications to a reflexology treatment, and the application of acu-pressure points using compression massage techniques.

#### Topics covered:

- Introduction to reflexology
- Consultation and contraindications
- Getting started
- Anatomy of the foot - systems
- Bones and joints of the foot
- Muscles of the leg
- Muscles, nerves and blood vessels of the foot
- Reflexology sequence
- Pedi-reflex treatment

\*\* Dress Code: Required to wear white t-shirts and black trousers. Participants must bring along 2 bath towels and 2 hand towels.



#### Who Should Attend:

Sport Massage Therapists, Beauty Therapists or the budding Reflexology professionals; it is also a useful skill to acquire for those who seek to spoil a spouse, relatives or friends with a relaxing and comforting foot treatment.

**Certificate** : Certificate of Completion from Australasian Academy of Wellness Therapies

**Progression** : Diploma of Reflexology / ITEC Diploma in Reflexology / Certificate IV in Massage Therapy Practice/ Diploma of Remedial Massage

Call us at 08 9473 9999 for more information Or email us at [courses@aaowt.edu.au](mailto:courses@aaowt.edu.au)

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