

# City and Guilds Swedish Body Massage

Level 3 Qualification.

**City and Guilds qualifications** are recognised by governing bodies, industry associations, employers and universities worldwide. Although City and Guilds qualifications are not currently available in Portugal, Estética para Profissionais, Algarve Beauty School, have teamed up with the award winning Phoenix Holistic Beauty & Nail Training in the UK, to be able to bring you this first class, internationally recognised Beauty Therapy qualification.

There are numerous opportunities for the Professional Massage Therapist, in Portugal, and all over the world.

**Naomi has been teaching this massage course in the Algarve for 8 years, with a 100% distinction pass rate with City and Guilds. We have produced some of the best massage therapists in the Algarve and salons and spas are always interested in our learners. I have now broken down the course into part email and high quality e-learning, and part in-salon learning at the Beauty School and Treatment Center in Lagos, Algarve.** This is a new way of teaching the course and is now available to make the course more flexible and accessible for learners from all over Portugal to be able to attend, while still offering the same high quality learning, with the same aim – to produce confident and competent professional massage therapists.

The e-learning will cover most of the Anatomy and Physiology, Pathologies and Health and Safety which used to be covered in class, as well as the Health and Safety theory units. You need to sign up, using these two links, to the level 2 Anatomy and Physiology and Health and Safety which in the link is called 'principles and practices of beauty therapy'. There is extra learning that will be added in class, or which you may be asked to complete after this learning, which increases your theory to Level 3 – a higher level. You do need to use these links, exactly, to sign up to these courses, as these links are linked with Naomi as your educator and Algarve Beauty School as your training facility. Naomi/ your educator can then follow your progress online. The costs for these are to paid via paypal and you will be taken to payment after you click on the links.

Anatomy and Physiology Level 2 cost £45

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<https://onlinephoenixhbnt.thinkific.com/courses/level-2-anatomy-physiology-for-therapists?ref=4b8c20>

Health and Safety in the Salon cost £15

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<https://onlinephoenixhbnt.thinkific.com/courses/principles-practices-of-beauty-therapy?ref=4b8c20>

Sign up straight away to get started when you are ready with your theory learning.

You will still come into the school for your practical learning, and to cover your massage theory. You will need to upgrade to level 3 Anatomy, Physiology and Pathologies, which we will take you through.

Prior to each lesson you will be emailed homework to complete for which you will need to use your massage theory books, and powerpoints you will be emailed. Your homework will be checked together in the first part of your next massage lesson, ensuring understanding, and corrections will need to be made at home.

You will also cover your practical massage in your lessons, the theory and practical will be linked in together. You will learn to deliver professional massages, competently and with good understanding.

You will learn massage for relaxation, stimulation, invigoration and to aid in weight reduction – using a G5 mechanical massager, and for deep physical and mental relaxation using an Infrared Lamp to prewarm the tissues.

Postural Analysis, and understanding posture and the aches and pains people are having are a large part of this course, as well as consultation, understanding the client's health in relation to massage and the importance of good aftercare.

These 'in school' lessons will be charge at 30€ per hour for 1 – 2 learners attending, and 25€ per hour for 3 or 4 learners attending, we will not take on more than 4 learners at one time.

You will need at least 10 x 2 hour lessons (600€). You may need more depending on the learner, how easily they pick up their skills and how much they practice. You need to be in the school for these lessons, and videos will be given or may be taken to aid in home practice. You will need to pay in advance for the first 10 x 2 hour lessons. A deposit of 200€ will secure your place on the next course, and is deducted off your learning.

All costs should have IVA added at it's current rate.

Ideally lessons should be attended twice a week, the 'normal' hours will be a Monday and Friday from 1030am – 1230pm. But depending on the group of learners and educator you may be able to have from one to four lessons per week. The idea of this new type of learning is that it is flexible and hours and days should be discussed in advance. We will try to book in learners with other learners so you can practice on eachother.

You will work on models during learning.

You will have use of the practical room during your learning, Monday to Saturday, to bring in clients to practice and develop your skills, or business towards the end of your learning. This should be booked in in your own time.

If you are coming from a distance you can book to practice after your 'in school' learning hours. You will not be charged for using the room, but your models will pay a small fee. We have a client base of 'models' you can contact for practice, who are very happy to pay a small amount to be 'guinea pigs', our reception girls will help you.

We run this course 1x per year at the end of October, but please contact us if you need to start at a different time and we will see what we can do!

Things you will need:

To sign up online to the Anatomy and Physiology Level 2 course and the Health and Safety course as per the link in the information. It is really important you use these links so you are linked to our school and I can access your progress.

2x Books:

- Anatomy and Physiology, by Ruth Hull
- Massage Therapy Basics, by Mo Rosser

(you can get these off Amazon, any problems let me know)

Set of Towel:

- 2x large bath sheets
- 3x bath towels
- 2x hand towels

(Primark in Portimao have great towels at great prices and great colours, as I am sure many other places do... get darker towels, greens, purples etc.. not white – which shows up oils stains and marks!)

A folder, with dividers for your work, and pen and a few coloured pencils.

A beauty uniform – we will help you with this. For the first couple of lessons just wear a comfortable T shirt you can move easily in, and leggings, with indoor, non slip, close-toed shoes.