

## CITY & GUILDS BODY MASSAGE

In association with the Phoenix Holistic Beauty & Nail Training, UK

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 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 body massage qualification.

There are numerous opportunities for the Professional Massage therapist. Body massage has been, and still is, a much requested treatment, and an important skill for therapists to have. Helping others to reduce stress, relieve pain and contribute to their general health brings great personal satisfaction and a rewarding fulfilling career. This course teaches Swedish Body Massage, the base of all types of massage. Students will learn a huge range of movements and techniques, taught for a variety of different effects. Students will learn how to adapt their moves for stimulation, relaxation and weight reduction, and learn how to use a G5 mechanical massager and an infrared lamp for preheating the tissues prior to massage. Postural analysis and treatment planning along with health and safety are all included in the excellent qualification.

### Duration, Dates and Timings.

Our City & Guilds Body Massage course will run for 13 weeks with one week off in the middle, twice per week. There will be case studies to complete after your guided learning hours – and depending on how motivated you are will depend on how quickly you complete these. This course starts **2x Yearly, April and October** – and runs every **Monday from 11.00am – 2.30pm** and **Friday from 11.00am – 2.30pm**. Please confirm dates and times on booking. You will have homework to complete in between your lessons, and practical treatments should be practised. The use of the student treatment room is available for students throughout the course, and students can bring their own clients or invite clients from our client base. Please check and confirm dates and timings when booking your course.

### Delegate Requirements.

- 4 IGCSEs or equivalent (grade A-C) preferably one science.
- Minimum age 17years no Maximum age.
- You will be required to work in pairs and on models.
- You will have home study set, which you will need to complete.
- You will be expected to be dedicated and complete all case studies.
- Training for City and Guilds qualifications will be in English.
- You will be expected to practise in between classes.

### Attendance.

Maximum 4 people. At the Estética para Profissionais training centre in Lagos.

### The Phoenix Holistic Beauty & Nail Training, to sit your City and Guilds assessment.

City and Guilds qualifications are not currently available in Portugal, so we have teamed up with the award winning Phoenix Holistic, Beauty & Nail Training in the UK, to bring this first class training to you in Portugal. After successfully completing all your training and case studies; you will sit an assessment with Estética para Profissionais, and successful delegates will be presented with a certificate of achievement, to say you have completed training to City and Guilds standards. Once you have gained this certificate, you will have the option to fly to the UK to sit your City & Guilds final assessment. It is strongly recommend you do sit this exam, as the City and Guilds Qualification is recognised worldwide, as a high level of qualification. Delegates who decide to attend the assessment in the UK will be booked on the same flight from Faro to London Stanstead, (cheap flights always available, the cost of the flight will be an extra cost to you,) delegates will then be picked up from London Stanstead, provided with bed and breakfast, and the following day brought to the Phoenix Holistic Beauty & Nail Training centre to complete the required assessments. Delegates will be picked up from the school and returned to the airport to fly back to Faro (this is included in your City and Guilds assessment fees).

### **Costs**

180€ booking fee  
+ 530€ training fee + IVA

(Alternatively you can pay the Booking Fee + 2x monthly payments of **325,95€** (amount already including IVA) the first payment is due 2 weeks prior to the course starting. The second payment is due at the end of the first month of learning.)

You then have the option to fly to the UK, flights will be your own cost but cheap flights can be found from Faro to London Stanstead with Easy Jet, Ryan Air or British Airways. Flights will be booked together when delegates have decided to book their City and Guilds assessments.

+ £185 City & Guilds assessment fees - to be paid in the UK to your host.

### **Qualifications.**

Estética para Profissionais Body Massage training to City and Guilds standards.  
City and Guilds Level 3 Certificate in Body Massage

### **Booking and Enquiries**

To book on the City and Guilds body massage course please contact the Estética para Profissionais training centre in Lagos on **913 211 797** or by email, [naomiadlington@gmail.com](mailto:naomiadlington@gmail.com) / [sales@algarvebeautyschool.co.uk](mailto:sales@algarvebeautyschool.co.uk). You can find out more about the Phoenix Holistic Beauty & Nail Training by viewing their website [www.phoenixshb.co.uk](http://www.phoenixshb.co.uk) and more about us by viewing our website [www.algarve-beauty-training.com](http://www.algarve-beauty-training.com), you can also keep up to date with ALL our activities, courses and workshops by becoming a friend of **Estética para Profissionais** on **Facebook**.

You are welcome to pass by anytime to see the facilities we have or enquire about courses.