

CITY & GUILDS Indian Head Massage (311)

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 Indian Head Massage qualification.

Our Holistic Indian Head Massage Course combines the City and Guilds Indian Head Massage with Hopi Ear Candling Therapy, (there is also an option to attend Reiki 1 and 2 during the course) to bring you a complete holistic learning program and a beautiful selection of treatments to offer separately or combined. Delegates will learn how to identify treatment objectives; set up a treatment plan - including selecting suitable pre blended oils - have a good understanding of the Anatomy and Physiology of the upper body, chakras and Indian Head Massage movements and the physical, physiological and psychological effects the treatment movements have on the body; follow health and safety working practises, and complete the treatment/s to the satisfaction of the client, providing suitable aftercare advice.

'Holistic Therapy' is a term used to describe therapies which work on a person as a whole, whole meaning their physical, mental, spiritual, and emotional selves. Rather than just concentrating on a physical aspect or problem, a holistic therapy will aim to balance all of these elements to create health and wellness. To be well physically you have to be well spiritually, emotionally and mentally.

***Indian Head Massage** is a vigorous and stimulating holistic therapy which works over the upper back, shoulders, neck, upper arms, scalp and face. The main areas we physically hold stress and tension. It also works on balancing the main energy centres, which run through the midline of the body, and are known as chakras. Amongst other things Indian Head massage improves concentration; relieves eye strain and tension headaches, neck and shoulder aches; improves joint mobility and improves the condition of the skin, scalp and hair. As it is performed sitting in a chair and can be applied over clothes if needed it, it can literally be performed anywhere and is a treatment with a huge range of benefits, very little cost to perform, and is immensely enjoyable to offer. That the treatment is offered sitting in a chair, and as well as being vastly relaxing also improves the condition of the hair and scalp means it is becoming a popular treatment for hairdressers to offer.

***Reiki** is a wonderful, healing therapy, which Reiki practitioners learn to channel. When the student is first initiated into Reiki, a pure channel is opened through his/her 4 upper chakras, out along the arms and into the hands, which is the route the Reiki flows. A person is a mere channel for the Reiki energy. After practising First Degree Reiki for some time, and allowing yourself to become an open channel, you can attend Second degree Reiki. Second degree Reiki will be introduced at the end of the course and teaches you the sacred symbols. After attunement, Reiki can be practised on other people. Reiki will only ever help in the best possible way for the client's health, healing and happiness.

***Ear candles** have physical function. A light suction action (chimney effect) and the movement and warmth of the flame create a vibration of warm air in the ear candle, generating a softening effect on hardened build up in the ear and a massage-like effect on the eardrum. Ear Candling induces a

pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses. It is soothing and helpful for earache and headache, ear noise, vertigo, stress and nervousness.

Students have use of the student treatment room through-out their training should they wish to book in clients for practise.

Duration, Dates and Timings.

Mondays 10am – 2pm
Starting February 24th – May 26th.

You will have homework to complete between your lessons. Please check and confirm dates and timings when booking on 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 6 people. At the Estética para Profissionais training centre in the centre of 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

150€ booking fee
+ 320€ training fee (City and Guilds Indian Head Massage WITH Ear Candling Only)
OR 820€ training fee (Holistic Indian Head Massage WITH Ear Candling and Reiki 1 and 2)

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 to your host in the UK when you arrive for your assessments.

Qualifications.

Estética para Profissionais Indian Head Massage training to City and Guilds standards.

Estética para Profissionais Ear Candling.

Reiki 1

Reiki 11

City and Guilds Level 3 award in Indian Head 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 913211797 or by email, naomiadlington@gmail.com. You can find out more about the Phoenix Holistic Beauty & Nail Training by viewing their website www.phoenixshb.co.uk.