

GTI FOOT REFLEXOLOGY COURSE GTI – £200 1 DAY (FAST-TRACK), £350 2 DAY, £450 3 DAYS

This course covers reading and interpreting the feet as well as performing relaxation and pressure techniques. It also includes the theory and history behind the reflexology treatment. Resources with clear diagrams and images are included to give you the best possible learning experience.

Reception, consultation, and aftercare guidance is covered as well as contra-indications to

treatment. The course includes online theory as well as a practical training session at a location of your choice, designed to give you the confidence and ability to offer a full reflexology treatment



ONLINE MODULES ASSESSMENT THEORY THEN PRACTICAL YOU CAN CHOOSE 1, 2 or 3 DAYS.

- 1 DAY PRACTICAL – £200
- 2 DAY PRACTICAL – £350
- 3 DAY PRACTICAL – £500

More about the course:

Module List

- Introduction, Reception And Consultation
- The History of Reflexology
- The Skeletal System
- The Muscular System
- The Nervous System
- The Circulatory System
- The Lymphatic System
- The Endocrine System
- The Respiratory System
- The Digestive System
- Functions of the Skin
- The Sensory Organs
- The Reproductive System
- Theories of Reflexology

- Stress and the Effect of Reflexology
- Contra-indications
- Diseases and Disorders of the Feet and Nails
- Contra-actions
- Preparation
- Reading & Interpreting the Feet
- Reflexology Techniques
- Pressure Techniques
- Treatment Adaptations & Aftercare
- Practical Module

CPD Points: 35

Qualification Obtained: GTi Award

EAR-CANDLING – £180 (GUILD & PBD ACCREDITED)

The Ear Candling course covers how to give a full ear candle treatment and covers the history, technique and aftercare of the treatment. The course also covers reception and consultation, and contra-indications to treatment. It includes theory as well as a practical training session



BODY SPA – BODY WRAPS AND MASKS – £180 (GUILD & PBD ACCREDITED)

Pre-requisite anatomy and physiology or body massage.

Discover three fantastic treatments to offer your client

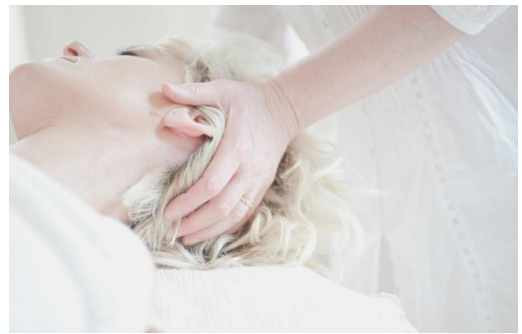
- body brushing
- thermal slim wraps
- body masks (organic body cocoon with green tea or coconut ritual by botanicals)
- spa exfoliation
- body polish and mask application and removal



INDIAN HEAD MASSAGE – £180 (GUILD & PBD ACCREDITED)

The relaxing art of Indian head massage to soothe and relax clients.

The course covers the background of this ayurvedic treatment, oils used, consultation, contra-indications and contra-actions, full routine, after care and chakra knowledge.



£200 if anatomy & physiology pack is required

- Introduction, Reception, Consultation & Ventilation
- Anatomy & Physiology
- Contra Actions & Contra
- Indications
- Preparation
- Technique
- Treatment Adaptations & Aftercare

GTi BODY MASSAGE COURSE – £200 1 DAY (FAST TRACK), £350 2 DAY, £500 3 DAYS

Massage can help clients to de-stress, improve circulation, and reduce pain. Providing a massage treatment can be both beneficial to the client and the therapist and can lead to an incredibly rewarding career. The GTi Body Massage course covers massage techniques, a full body massage routine and the preparation you need for the treatment.



Module List

- Introduction, Reception, Ventilation and Consultation
- The Cellular System
- The Muscular System
- Muscle Positions & Actions 1
- Muscle Positions & Actions 2
- The Skeletal System Bone Structure

- The Skeletal System Bone Position
- The Circulatory System
- The Lymphatic System
- The Nervous System & The Endocrine System
- The Respiratory System & The Digestive System
- The Skin
- Contra-indications & Contra-actions
- Preparing For Treatment
- Massage Technique
- Perform Manual Massage – Front of Leg
- Perform Manual Massage – Hand & Arm
- Perform Manual Massage – Neck, Shoulder, and Chest
- Perform Manual Massage – Abdominal & Back Of Leg
- Perform Manual Massage – Back & Neck Part 1
- Perform Manual Massage – Back & Neck Part 2
- Treatment Adaptations & Aftercare
- Practical Module

CPD Points: 39

HOT STONE MASSAGE – £180 (GUILD & PBD ACCREDITED) – PRE-REQUISITE BODY MASSAGE OR ANATOMY AND PHYSIOLOGY)

Prerequisite body massage or anatomy and physiology.

Learn about the wonderful art of hot stone massage and discover the true benefits for you and your clients.

We begin with body brushing, full procedure and chakra balance with crystals and aftercare.

This massage reduces stress on therapist's wrists and the heat is delivered where required to your client.



7TH HEAVEN – £200 (GUILD & PBD ACCREDITED)

HOLISTIC TOP TO TOE UNIQUE HOLISTIC TREATMENT USING CRYSTALS

This treatment is a top to toe body and soul treatment, which can be a stand-alone treatment or include a facial.

The client is first relaxed using chakra-visualisation techniques and balancing the chakras using a pendulum and crystals.



A facial can be performed at this stage or go onto the relaxing pressure point and holistic massage routine to the face applying more crystals to the face.

A scalp massage is performed while the crystals are on the face and then some reflexology to the feet to complete this top to toe experience.

CRYSTAL THERAPY (ONLINE) – £114.00

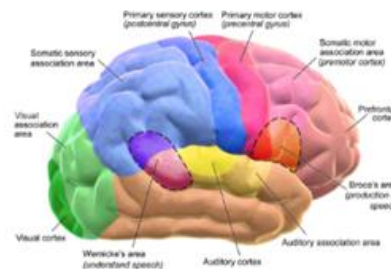
This course covers useful techniques to professionally complete crystal healing treatments. You will be taught about the healing properties of a wide range of crystals so that you can confidently recommend crystals to clients for use in their daily lives. You will also gain an understanding of which crystals would work well in the treatments you currently offer. Consultation and contra-indication guidance is covered in the theory of the course. Photographs and diagrams ensure this course is both engaging and informative to give you the confidence to perform Crystal healing treatments.



ANATOMY & PHYSIOLOGY (ONLINE) – £238.80

An understanding of Anatomy and Physiology is essential as the basis of all practical training courses in beauty and holistic therapy.

The GTi Award in Anatomy and Physiology is accredited by the Guild of Beauty Therapists, the UK's leading professional beauty trade body.



The course covers all the Anatomy and Physiology required for the Level 2 and Level 3 National Occupational Standards (NOS) for beauty, nails and holistic therapy treatments.

AROMATHERAPY BLENDING OF OILS (ONLINE) – £174.00

This course provides you with a great deal of information about different essential oils and carrier oils so that you are qualified to create your own blends of aromatherapy oils.

You can incorporate these aromatherapy oil blends in the treatments you currently offer.



The theory is delivered online with clear diagrams and audio. Reception, consultation and aftercare guidance are covered as well as contra-indications to treatment.

AROMATHERAPY USING PRE-BLENDED OILS (ONLINE) – £114.00

This course describes the characteristics of all the essential and carrier oils and explains how you can incorporate pre-blended oils into your massage treatments.

It contains images, diagrams and online examinations to give you the best possible learning experience.



The course is completed entirely online in your own time.