

Hot Stone Massage

DATES:

Sunday 10.00am – 5.00pm, other days 9.30am – 4.30pm – one day
Sunday 8th November 2009, Sunday 21st March 2010, Thursday 22 July 2010

COST: £130.00 (Deduct £25.00 if using own heater) Optional kit £200.00

LOCATION: Phoenix Holistic, Beauty & Nail Training
Baddow Park West Hanningfield Road Great Baddow Essex CM2 7SY

CONTACT NUMBERS: 01245 477577 / 07813 068560
enquiries@phoenixshb.co.uk

REFRESHMENTS: Tea, coffee and soft drinks will be available

ABOUT THE COURSE: This treatment uses hot volcanic basalt stones used to give a soothing yet deeply effective treatment. Our hot stone massage workshop will give you hands on experience of how to manage and use the various stones to their full potential and how to adapt treatments to suit your individual business. You will also be instructed in new consultation techniques using semiprecious stones and cold stones.

The content of the course is as follows;

- History and properties of the stones
- The Chakras
- Care and cleansing of the stones and heater
- Effects of hot, cold and semi precious stones
- Contra Indications and safety measures
- Treatment procedure
- Consultation techniques
- How to use the stones within other treatments

Please bring a pen/pencil and paper and towels to cover the body. Students should also bring their own lunch.

Smoking is not permitted on the premises and especially before carrying out a treatment.

Because massage will be undertaken, normal standards of cleanliness will be expected, including short fingernails and professional work wear.

It should be noted that the test paper would be based on information included within the course work notes.

It will be necessary for a copy of a massage qualification certificate to be supplied to the Tutor on the day.

Workshop Booking Form

Terms & conditions

To secure a place, please complete the booking form below and return with course fee. Credit cards are accepted and will incur a 2% surcharge, debit cards will incur 35p surcharge. If unable to attend the training date you will be able to attend another session as long as there is availability 48hrs before the course. Refunds are not usually given unless the organization has to cancel the workshop.

Workshop places must be paid for in full at time of booking.

Name:

Address.....

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..... Post code:

Telephone Numbers (inc STD): Home:

Work: Mobile:

E-mail:

Workshop applied for: **Hot Stone Massage**

Please book me a place on the above workshop. - I agree to the terms & conditions stated above.

Date of workshop:

- | | | |
|---|--------------------------|--|
| I do not have a heater and require one for training | <input type="checkbox"/> | £130.00 |
| I am bringing / ordering a heater | <input type="checkbox"/> | Deduct £25.00
from the cost of training |

Total cost: £

Payment details:

Please make cheques payable to: Phoenix Holistic, Beauty & Nail Training Ltd

Credit Card Debit Card (tick as appropriate)

Credit Cards 2% surcharge, Debit cards 35p surcharge

Number

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Start date:

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 Expiry date:

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 Security Digits:

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Signed: **Date:**

