

# Thai Herbal Compress Massage

## **DATES:**

Sunday 10.00am – 5.00pm week day 9.30am – 4.30pm – one day

Sunday 27<sup>th</sup> September 2009: Sunday 18<sup>th</sup> April 2010: Tuesday 20<sup>th</sup> July 2010

**COST:** £130.00 (deduct £25.00 if using own kit & compresses)

Starter Kit: £130.00 Starter kit from Ellisons.

**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:** Thai herbal compress massage incorporates eastern massage techniques using herbal heat compresses for a fantastic traditional yet modern body treatment. Once the tools of traditional Thai healers, the compresses are praised for their holistic approach treating the mind, body and spirit to improve the body's capabilities of self healing.

The compresses contain over 14 traditional Thai herbs; they are heated and used on the body with and without oils. The treatment purifies, relaxes, relieves aches and pains and improves the skin condition whilst stimulating the senses.

Training covers:

- the history and origins of the treatment
- contra indications
- possible contra actions
- safety precautions
- physical and psychological benefits of the treatment and the herbs
- A practical demonstration is followed by hands on experience of a full body treatment ensuring you have all the skills and knowledge to perform this wonderful treatment in many ways in your business.
- full treatment procedure and timings
- business advice, costing and promoting this service

Pre-requisites: Attendees must hold a recognised body massage qualification

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

# Course 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: Thai Herbal Compress 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  £130.00
- I am bringing / ordering a heater & compresses  Deduct £25.00 from the cost of training

### 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: .....