

City and Guilds

level 2 Provide basic reflexology techniques

Unit aims

The aim of this unit is to enable the candidate to specify the principles and practice of basic reflexology techniques used primarily for relaxation and well-being in a safe and effective manner.

The definition of basic reflexology technique includes warm up/relaxation massage, zone walking, closing /relaxation techniques, including application of a suitable medium.

Medical guidance is necessary before performing treatments on clients with medical contraindications or conditions.

This qualification is not considered acceptable for professional practice by the regulatory bodies for health, however will enable you to practice within beauty therapy and will allow for career progression to certificated reflexology courses and full professional Level 3 Diploma courses.

This course is available to level 3 massage therapists, level 2 beauty therapists or as an introduction to the treatment without professional

Saturday 9.30am – 4.30pm

Starting 16th January 2010

8 Weeks

Training cost: £495. Payments spread over duration will incur a £60 administration fee.

Additional Expenses:

City & Guild exam fees £50.00

Text book £25.00