

# Facial Lymphatic and Pressure Point



Cheryl advocates an holistic approach to all facial treatments, incorporating dietary information and ideas for a healthier lifestyle, along side recommended products to reinforce the treatments at home.

Aromatherapy and Phytotherapy are at the heart of all skincare. Their natural benefits are essential to preserve the balance of the skin, giving vitality and freshness. The deep and rapid diffusion into the epidermis of the essential oils results in the highest performing natural anti-ageing skincare .

All facials incorporate a deep cleanse and tone, followed by exfoliation, aromatic cool steaming, application of specific treatment oils, and Cheryl's lymphatic and acupressure point facial massage routine. An extensive neck and shoulder massage is also included to ensure all areas of tension and fatigue are addressed. Resulting in accumulated toxins being dispersed thus clearing a sluggish skin. The techniques are modified to address the clients individual needs, with prescriptive products selected according to skin type. All conditions are provided for with the application of a prescription mask and protective treatment creams to conclude.



**Cheryl's acclaimed Facial Lymphatic and Pressure Point therapy is internationally renowned through her Seminar Programmes with the Federation of Holistic Therapists.**

# Module 1 Facial Lymphatic and Pressure Point

<p><b>Practical Content Includes;</b></p> <p><b>Preparation</b>          Client consultation          Record cards          Hygiene          Preparation of the couch and trolley</p> <p><b>Cheryl Cole's lymphatic drainage facial massage</b>          Specific drainage routine          Head, neck and shoulder routine          Specified acupressure points          Aftercare advice</p>	<p><b>Theoretical Content Includes;</b></p> <p>Theory of lymphatic drainage massage          Meridian therapy          Acupressure points used in the routine          Facial Diagnostics          Contra-indications          Contra-actions          Uses in therapy          Physiological effects</p> <p><b>Facial Anatomy and Physiology</b>          The skin – review          lymphatic nodes and drainage          Blood supply and capillary exchange</p>
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## Module 1a Facial Lymphatic and Pressure Point

(For candidates without a facial qualification)

<p><b>Practical Content – As above plus</b></p> <p>Skin analysis,          Cleanse and tone          Exfoliation          Cool steaming - Pulveriser          Mask therapy          Moisturiser</p>	<p><b>Theoretical Content – As above plus</b></p> <p>Facial Preparations          Pulveriser, uses, effects and safety          Basic mask therapy          Skin types</p> <p><b>Facial Anatomy and Physiology</b>          The skin - (structure and functions).          Blood supply to the head and neck          Lymphatic drainage to the head and neck          Capillary exchange          Bones of the head, neck and shoulder girdle          Muscles of the head, neck and shoulder girdle</p>
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### Duration of course;

3 days (Module 1) This is arranged 2 days intensive tuition and an additional day at a later date for assessment and consolidation. The assessment day is booked whilst on the course to suit your requirements.

4 days (Module 1a). This is arranged 3 days intensive tuition and an additional day at a later date for assessment and consolidation. The assessment day is booked whilst on the course to suit your requirements.

### Course Requirements;

Candidates need to hold a recognised beauty or holistic qualification prior to enrolling on the course.

### Candidates will need to bring;

- Salon Overalls
- A file with divider cards and pen and paper. A comprehensive training manual is included. All tools and equipment will be provided for the course, however candidates will need their own appropriate preparations for their case studies.

### Course Dates Available

Courses organised on a continuous rolling basis.

Please phone for availability and to arrange dates. Tel 01487 830971

# Manual Lymphatic Drainage Body



Manual Lymphatic Drainage offers the therapist a powerful therapeutic principle that has been recognised through the ages, and is currently enjoying a revival. The techniques home in on to a specific element within massage therapy, centring the effects upon lymphatic drainage. Movements are via a combination of effleurage and light compression, producing a rhythmical

routine that ranges through stationary circles over the lymph nodes, to slow stretching circles that open the initial lymphatics, gradually progressing to a scooping movement that helps to stimulate the lymphatic pump. When applied correctly the client becomes very relaxed and a palpable change within the skin can be initiated. The treatments need to be carried out regularly as a cumulative reaction is required. This encourages the body to continue with the rhythmical contractions within the lymphangions to move lymph along the vessels to the nodes.



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# *Module 2 Manual Lymphatic Drainage Body*

<b>Practical Content Includes;</b>	<b>Theoretical Content Includes;</b>
<p><b>Preparation</b>            Client consultation            Record cards            Hygiene            Preparation of the couch and trolley</p> <p><b>Cheryl Cole's Lymphatic Routine</b>            Recognition of fluid conditions            Specific drainage movements            4 Quadrants            Full body application            Cellulite application            Aftercare advice</p>	<p>Theory of lymphatic drainage massage            Contra-indications            Contra-actions            Uses in therapy            Physiological effects            Consultation            Practical considerations            Designing treatment programmes            Cellulite recognition and treatment</p> <p><b>Anatomy and Physiology</b></p> <p>Lymphatic System overview            Lymphatic capillaries, vessels            and nodes in detail            Names and positions of major nodes            Movement of lymph            Causes of oedema            Lymphoedema and its effects</p>

Duration of course - 3 days. This is arranged as two days of intensive training and one additional day at a later date for assessment and consolidation. The assessment day is booked whilst on the course to suit your requirements to allow for practice, case studies etc.

### **Course Requirements;**

Candidates need to hold a recognised beauty or holistic qualification prior to enrolling on the course. A Massage Qualification is not essential as all appropriate techniques are gained on the course.

Candidates will need to bring ;  
 Salon Overalls

A file with divider cards, for your portfolio and a pen and paper for additional notes. A comprehensive training manual is included in the course. All tools and equipment will be provided for the course, however candidates will need their own preparations to complete their case studies.

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# Spa Wrap Module



## *Cold Toning Wrapping Bandages*

For intensive silhouette refining, a gel, rich in marine minerals and vitamins is applied via cold bandages to target areas, ideal for firming slack skin tone, and for relieving tired and heavy legs. The therapy has a strong lymphatic effect and inch reduction can be achieved after one treatment for that special night out. A cold wrap to tone and firm the tissues. Reduces fluid accumulation and achieves inch loss, ideal for that special occasion where an instant lift is required.

## *Hot Contour Aroma Spa*

A marine algae wrap, rich in minerals, vitamins and micro nutrients. This spot reduction treatment activates the circulation and increases the metabolism. Slimming and firming aromatherapy oils applied under the algae ensure an effective contour therapy, excellent for general well-being and total relaxation. This treatment involves a hot thermal wrap.

## *Paraffin Wax Spa Indulgence Wrap*

To a great extent, how you feel is linked to the body's ability to deal with toxins. This treatment addresses this issue and is one of the most indulgent therapies available. The therapy commences with a salt glow to stimulate the superficial circulation and remove dead skin cells. Aromatic oils and marine algae preparations are selected and anointed on the skin, over which a thick layer of warm Paraffin Wax is applied. The client is then cocooned in a warm wrap as the stresses ebb away. Manual massage concentrating on tension, stress relief and detoxification techniques draws the treatment to its ultimate conclusion.



**Cheryl's acclaimed wrap therapy is internationally renowned through her Seminar Programmes with the Federation of Holistic Therapists.**

# Module 3 Spa Wrap

Practical Content covers;	Theoretical Content covers;
<p><b>Preparation</b>            Client consultation            Record cards            Hygiene            Preparation of the couch and trolley            Specific safety precautions            Exfoliation techniques</p> <p><b>Cheryl Cole's paraffin wax wrap</b>            Application and removal            Relaxation and stress relief routine            Aftercare advice            Full body application            Back treatment</p> <p><b>Cheryl Cole's cold wrap</b>            Assessing cellulite and fluid conditions            Full Leg application            Abdominal wrap            Application and removal            Aftercare advice</p> <p><b>Cheryl Cole's hot wrap</b>            Assessing adipose tissue            Full body application            Removal technique            Aftercare advice</p>	<p>Paraffin wax wrap,            hot contouring wrap            cold wrapping bandages            Use and types of product            Contra-indications            Contra-actions            Safety precautions            Uses in therapy            Applications in therapy            Physiological effects            Psychological effects</p> <p><b>Marketing ideas</b>            What does the spa experience mean?            Integrating the "spa experience"</p> <p><b>Risk assessment</b>  <b>Physical salon hazards</b>            Preventing salon accidents            Storage of equipment            Electricity at work act 1990</p> <p><b>Anatomy and Physiology</b>            The Skin - (structure and functions).            Vascular and lymphatic system            Blood shunting            Temperature regulation            Elimination of toxic wastes</p>

Duration of course - 3 days. This is arranged as two days of intensive tuition, plus an additional day at a later date for assessment and consolidation. The assessment day is booked whilst on the course to suit your requirements to allow for practice, case studies etc.

Course fees £500

### Course Requirements;

Candidates need to hold a recognised beauty or holistic qualification prior to enrolling on the course.

### Candidates will need to bring;

Salon Overalls

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### Course Dates Available

Courses organised on a continuous rolling basis.

Please phone for availability and to arrange dates. Tel 01487 830971