

# 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

A file with divider cards, for your portfolio and a pen and paper for additional notes. A comprehensive training manual is included on the course. All tools and equipment will be provided for you, whilst on the course, however candidates will need their own tools and 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