Outline

Hydrotherapy Module 1

Overview of Spa and Hydrotherapy
* History of Spa and Hydrotherapy
* Early History of Spa
* Decline and Resurgence of Hydrotherapy
* Birth of the Modern Spa and Hydrotherapy
* The Science of Spa and Hydrotherapy
* Ways Water is Used in Treatments
* Ebb and Flow of Body Fluids
* Body Systems
* Body Temperature Homeostasis
* Successful Spa and Hydrotherapy Practices
* Elements Common to All Spa
* What it Means to Work in a Spa
* Universal Precautions, Hygiene and Sanitation
* Helping Clients Choose the Best Treatments

Hydrotherapy Module 2

Hydrotherapy: Types & Treatments
* What Is Hydrotherapy?
* Properties of Water
* The Effects of Hydrotherapy Treatments
* Main Variables in Hydrotherapy
* Ways to Perform Treatments
* Cold Therapies
* Heat Therapies
* Alternating or Contrast Applications
* Showers
* Balneology
* Vapor Treatments
* Sauna and Steam Baths
* Hydrotherapy Tubes and Equipment

Hydrotherapy Module 3

Exfoliation and Pelotherapy
* Types of Exfoliants
* A Closer Look at the Skin
* Manual Exfoliation
* Chemical, Enzyme, or Dissolving Exfoliation
* Types of Pelotherapy
* Muds, Clays and Peat Treatments
* Body Wraps & Masks
* Rasul Spa Treatment
* Mud, Peat, and Clay Poultries
* Earth Salts
* Salt Baths
* Paraffin Treatments
* Geothermal Therapy
* Hot & Cold Stone Therapy
Hydrotherapy Module 4

Thalassotherapy and Aromatherapy

* What is Thalassotherapy?
* Elements of Thalassotherapy
* Seawater
* Sea Products
* Treatments, Body Wraps and Poultices
* Sea Mud Masks and Baths
* Brine Inhalation Treatment
* History of Aromatherapy and Herbs
* Essential Oils
* Ten Foundational Essential Oils
* Ways to Use Essential Oils in a Spa
* Herbs in Spa and Hydrotherapy Treatments
* Herbal Infusions and Baths
* Herbal Compresses and Poultices

Hydrotherapy Module 5

Start Your Own Day Spa

* Spa Lifestyle & History
* Finding Your Niche
* Start-Up Funding
* Are You an Entrepreneur?
* Tips for Starting a Spa
* Spa Management
* Cyber Marketing
* Marketing Tips for Spa Owners
* Spa Ambience
* Spa Ideas from the Orient
* Starting a Day Spas
* Destination Spas
* Medical Spas
* Spa Etiquette
* Future Spa Trends

Therapeutic Reflexology Module 1

Overview of Reflexology
* Introduction to Reflexolog
* History of Reflexolog
* Theories of Reflexology
* Why Reflexology is Effective
* Zone Therapy: Vertical and Transverse
* Meridian Therapy
* Forms of Reflexology
* Reflex Maps
* Techniques and Tools
* Foot & Hand Reflexology
* Auriculotherapy
* Iridology and Sclerology
* Tongue Assessment

* Reflexology, Massage, and Allied Practices

Therapeutic Reflexology Module 2

The Reflexology Practice

* Wellness Models

* Role of Allied Health Practices

* Approaches to Client Care

* Indications of Reflexology

* Cautions, Considerations and Contraindications

* Session Fundamentals and Charting

* Room Setup and Intention

* Conducting a Session

* Identifying Session Goals

* Session Design

* Listening Skills

* Reflexology Practice and Business

* Business Ethics

* Self-Care for Reflexologists

* Ergonomics, Body Mechanics, and Leverage

Therapeutic Reflexology Module 3

Fundamentals of Reflexology

* Orientation to the Body

* Body Positions
* Body Planes and Directional Terms
* Directions and Movements
* Anatomy and Physiology of the Foot and Leg
* Structure of the Foot
* Biomechanics of the Foot
* Structure of the Leg
* Guidelines and Stabilization
* Five Basic Guidelines
* Reflexology Foot Positions
* Locating Guidelines
* Touch, Thumb, and Finger Techniques
* Qualities of Touch
* Healing, Pressure, and Pain
* Technique Approaches

Therapeutic Reflexology Module 4

Reflexology in Practice – Part 1
* The Body and Body Chemistry
* Reflexes for the Entire Body
* Referral Areas in the Body
* Integumentary System
* The Skin
* Integumentary Reflexes & System Protocols
* Skeletal System
* Functions and Reflexes of the Skeletal System
* Respiration Reflexes & Protocol
* Endocrine System
* Functions of the Endocrine System
* Endocrine Gland Functions, Reflexes & Protocol

Therapeutic Reflexology Module 6
Reflexology in Practice – Part 3
* Lymphatic System and Immunity
* Functions and Reflexes of the Lymphatic System and Immunity
* Lymphatic System and Immunity Protocol
* Digestive System
* Functions and Organs of the Digestive System
* Digestive System Reflexes
* Secondary Organs and Their Reflexes
* Digestive System Protocol
* Urinary System
* Functions of the Urinary System
* Urinary System Reflexes & Protocol
* Reproductive System
* Reproductive System Process and Organs
* Reproductive System Reflexes and Protocols

Therapeutic Massage: Theory & Practice Module 1
The History & Advancement of Therapeutic Massage
* Massage in Ancient Times
* Development of Modern Massage
* Contemporary Developments in Massage
* A Massage Renaissance
* Requirements for the Practice of Massage
* Scope of Practice
* Licenses: They Are the Law
* Educational Requirements
* License versus Certification
* Professional Ethics
* Code of Ethics
* The Therapeutic Relationship
* Ethical Touch
* Supervision
* Ethical Business Practices
* Building a Professional Image

Therapeutic Massage: Theory & Practice Module 2

Human Anatomy & Physiology
* Physiologic Changes During Disease
* Healing Mechanisms of the Body
* The Wellness Model
* Medical & Anatomic Terminology
* Cells, Enzymes & Tissues
* The Anatomic Position of the Body
* Body Cavities & Organs
* Regions of the Human Body
* Structure of the Human Body
* The Integumentary System
* The Skeletal System
* The Muscular System
* The Circulatory System
* The Immune System
* The Nervous System
* The Endocrine System
* The Respiratory System
* The Digestive System
* The Excretory System
* The Reproductive System

Therapeutic Massage: Theory & Practice Module 3

Massage Practice: Getting Ready
* Effects & Benefits of Massage
* Indications & Contraindications of Massage
* Equipment & Products
* The Massage Room
* Sanitary & Safety Practices
* Paths of Disease & Infection
* Maintaining Sanitary Conditions
* Precautions & Procedures for Massage Therapists
* Consultation & Documentation
* Making the First Appointment
* The Consultation
* Determining the Client's Needs
* Intake & Medical History Forms
* Body Diagrams
* Preliminary Assessment
* Develop a Treatment Plan
* SOAP Charting

Therapeutic Massage: Theory & Practice Module 4

Classical Massage Movements & Techniques
* Classification of Massage Movements
* Application of Massage Strokes
* Touch & Gliding Movements
* Kneading Movements
* Friction & Percussion Movements
* Joint Movements
* Rhythm & Pressure in Massage
* Application of Massage Technique
* Building Strength & Flexibility of the Hands
* Body Mechanics
* Posture & Stances
* Table Mechanics
* Professional Rules to Remember
* Procedures for Complete Body Massages
* Assisting the Client On and Off the Table
* Positioning the Client on the Massage Table
* Draping Procedures
* Contact with the Client
* Procedure for Professional Body Massage

Therapeutic Massage: Theory & Practice Module 5

Massage in the Spa Setting
* Hydrotherapy
* Cryotherapy
* Thermotherapy
* Kinds of Baths
* Contrast Therapy
* A Brief History of Spa
* The Spa Industry
* Spa Massage
* Stone Massage
* Aromatherapy
* Exfoliation
* Body Wraps
* Specialized Spa Equipment
* Customer Service
* Advancing Your Spa Career

Therapeutic Massage: Theory & Practice Module 6
Clinical Massage Techniques & Procedures
* Neurophysiologic Therapies
* Neuromuscular Therapy
* Trigger-point Therapy
* Muscle Energy Technique
* Position Release
* Myofascial Massage
* Deep Tissue Techniques
* Craniosacral Therapy
* Lymph Massage
* Therapeutic Procedure
* Client Intake & Assessment
* Observation & Orthopedic Tests
* Palpation Skills
* Acute & Chronic Conditions
* The Role of Continuing Education
* Addressing Soft Tissue Dysfunction

Therapeutic Massage: Theory & Practice Module 7
Massage for Special Populations
* Purpose of Athletic Massage
* Applications for Athletic Massage
* Prenatal Massage
* Infant & Child Massage
* Elderly Clients
* Clients with Disabilities
* Massage in Medicine
* Alternative & Complementary Medicine
* Integrative Medicine
* Chiropractic & Massage
* Hospital-based Massage
* Insurance Reimbursement for Massage
* Chair Massage
* Reflexology
* Energetic Manipulation
* Somatic Therapies

Therapeutic Massage: Theory & Practice Module 8
Massage Business Administration
* Business Practices
* Attitude/Self-Image/Public Image
* Beginning in Business
* Business Planning
* Types of Business Operations
* Start-Up Costs & Needs
* Business Location
* Buying an Established Business
* Licenses & Permits
* The Physical Layout of a Business
* Business Ethics
* Setting Your Fees
* Your Business Telephone
* Basics of Bookkeeping
* Marketing Your Business
* Business Law
* Hiring Employees