



# Centre of Wellness

## Massage and Beauty Therapy - Short Courses

If you would like to expand your treatment menu, update your skills, or you simply just want to indulge a passion – then the Centre of Wellness has a short course tailor- made just for you!

We offer short, intensive courses that combine theory and practical learning in a very friendly, relaxed, yet professional atmosphere. To ensure minimal impact on your business or your life, we offer the flexibility of attending class one day a week or on consecutive days within a week – the choice is yours.

We limit each intake to 6 students, and class attendance times are 9.30am to 2pm, Tuesday to Saturday. Depending on the number of students enrolled in a particular course, a model may be required. All training equipment and products are provided, and kits are available for sale at wholesale prices for home or salon use. For those travelling from out of town, accommodation is available in Helena Valley.

Payment options are available for those courses running one day a week, however the consecutive day option requires full payment 7 days prior to course commencement. All students will receive a Titled Certificate upon course completion.

<b>COURSE</b>	<b>MODELS REQ'D</b>	<b>DAYS IN CLASS</b>	<b>COST</b>
Acrylic Nails	yes	4 Days	\$595.00
Reflexology		4 Days	\$550.00
Lash/Brow Tinting		1 Day	\$150.00
Waxing		3 Days	\$450.00
Swedish Massage		6 Days	\$750.00
Ear Piercing	yes	1 Day	\$150.00
Spa Manicure and Pedicure		3 Days	\$450.00
Hot Stone Massage		1 Day	\$150.00
Electrolysis		3 Days	\$450.00
Remedial Massage		7 Days	\$950.00
Aromatherapy Massage		2 Days	\$275.00
4 Handed Massage		1 Day	\$150.00
Facials		4 Days	\$595.00
Body Scrub/Mud Wrap		1 Day	\$175.00
Spray On Tan	yes	.5 Day	\$75.00
Ear Candling		.5 Day	\$75.00
Brazilian Waxing	yes	1 Day	\$150.00
Makeup		3 Days	\$450.00
Kinesiology		3 Days	\$450.00
Bach Flower Essence		3 Days	\$450.00

*“Turn A Passion into a Profession”*

## **ACRYLIC NAILS**

You will require 2 models each day – one at 9.30am and one at 1pm. Class will run until 4pm, and you will learn Full-Well Natural Acrylic Nails, Coloured Acrylic Nails, French Tip Acrylic, White Powder French Tip Acrylic and Acrylic Refills.

## **REFLEXOLOGY**

This intensive course will enable you to provide your clients with a full one hour Reflexology Treatment, utilizing the Thai Wooden Reflexology Tool. You will be provided with informative handouts and a comprehensive step-by-step procedure that will ensure you will be confidently able to progress past the classroom.

## **BROW WAXING/LASH AND BROW TINTING**

You will learn how to prepare the area, how to apply the tint, how to safely remove the product and how to shape the eyebrow.

## **WAXING**

This short course is very hands-on and teaches you how and when to work with strip and hot wax. We cover all areas of the body, show you which wax works best in which area, and help you gain confidence and competence in waxing.

## **SWEDISH MASSAGE**

If you are interested in learning a professional massage, then this is the course for you! Our massage routine is all-inclusive and we cover the Back, Neck, Shoulders, Legs, Arms, Stomach, Face and Head. You will be provided with informative handouts and a comprehensive step-by-step procedure.

## **EAR PIERCING**

You will need 2 models and will learn the appropriate lobule piercing procedure including pre and after-care and earring placement. All earrings and solutions are provided.

## **SPA MANICURE & PEDICURE**

You will be shown how to professionally care for the hands and feet, including the nails and surrounding structures. Basic procedures are covered, as are the Spa based Paraffin Wax Manicure and Pedicure.

## **HOT STONE MASSAGE**

Previous Experience in a Massage Procedure is a pre-requisite to this short course, which concentrates on Stone Placement and working with the Stones to enhance your Massage Treatment. Comprehensive notes on the history, use and benefits of Hot Stones is included.

## **REMEDIAL MASSAGE**

Competency in Swedish Massage is a pre-requisite of this intensive course which concentrates on Deep Soft Tissue Massage, incorporating Ischaemic Compression Techniques, Fold and Hold Techniques, Trigger Point Therapy, Suction Cup Treatment, and Acupressure. Comprehensive Course Notes are included.

## **ELECTROLYSIS**

We concentrate on safe and hygienic practices, while we teach you the theory and practice the skill of this unique form of permanent hair removal. Includes some theory based homework.

## **AROMATHERAPY MASSAGE**

This short course familiarises you with the Therapeutic uses and benefits of Essential Oils and how to Incorporate Aromatherapy Blends into the Massage Treatment you are already skilled in. Includes an invaluable Aromatherapy Ailment Resource List.

## **4-HANDED MASSAGE**

You will need two therapists willing to learn together to perfect this unique Cambodian Massage Treatment.

An absolutely blissful, almost sensual, therapeutic benefit is to be gained when this massage is performed properly.

## **BODY SCRUB AND MUD WRAP**

This Day Spa Therapy is relaxing, revitalising and detoxifying. We teach you to perform a Full Body Exfoliation followed by a warm Parafango Mud Wrap Treatment.

## **SPRAY-ON-TAN**

You will be shown how to use a spray tan machine and to spray the body evenly and professionally to achieve a great result every time. Pre-care and After-care advice included.

## **EAR CANDLING**

Ear Candling is a natural and effective way of removing excess wax and debris from the inner ear canal. You will be provided with information about the ear candles and how they work, as well as the history of this amazing therapy.

## **MAKE-UP**

This short course will show you how to design and apply makeup to get a complimentary, professional finish every time. A great course for the teenager, or anyone who wants to know the correct procedure for make-up application.

## **KINESIOLOGY**

A short course to familiarise yourself with the muscle testing techniques of Kinesiology and how to incorporate Chakra Clearing into your Kinesiology treatments. Course Notes are provided, and one book needs to be bought for home and future reference.

## **BACH FLOWER ESSENCES**

Learn about the Bach Flower Essences and how you can use them to clear and correct the energy flow to your Chakras. Includes comprehensive Course notes and the Bach Flower Questionnaire.

## **BRAZILLIAN WAXING**

A short course to concentrate specifically on the unique skills needed to perform Brazilian Waxing properly and professionally. Models required.

## **WE ARE LOCATED AT:**

### ***Helena Valley***

620 Clayton Road, Helena Valley

Western Australia 6056

Ph: (08) 9255 1181

*~ Skills for Success ~*