

Introduction to Beauty and Holistic Therapies

This is an exciting six-week course, which will introduce you to a range of beauty and holistic therapies. Each week you will build on your skills and knowledge, and apply these into your daily lives for relaxation and enjoyment.

- Week 1 - Introduction to course
Aromatherapy, the benefits and effects. A practical mini blending session, where you can choose your favourite essential oil and make a blend to use at home.



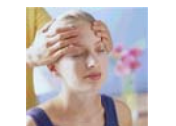
- Week 2 - Mini Manicures
Learn how to perform a mini manicure with a nail paint and hand massage as desired.



- Week 3 - Facial skin care.
Learn how to care for your skin and make your own facemask from natural ingredients.



- Week 5 - Introduction to the principles of Indian Head Massage
Learn how to perform a 'quickie' head massage on family and friends.



- Week 4 - Introduction to Reflexology, how it works, benefits and fun Reflexology
'foot health check' and foot massage as desired.



- Week 6 - This week's session will be chosen by the group where you have the opportunity to learn more about the selected therapy.

Starts Wednesday 19th January

10am to 12pm in Room 19

Crèche provided.