

Basic Therapist Training Program

Duration : 10 days

Day 1 : Introduction

- SPA philosophy, Massage Theory & Guest relation
- Anatomy & Physiology
- How to be a Therapist

Day 2 : Swedish Massage Therapy

Day 3 : Aromatherapy

- Uses of essential oil extracts
- Way to do therapy

Day 4 : Foot & leg Massage

5 th & 6 th days : Practical & test

Day 7 : Basic Ayurveda Head massage

Neck & shoulder Massage

Day 8 : Four Handed Massage

Day 9 : Thai stretching & Meridian points

Day 10 : Theory & Practical Exam