



Rossett School
Success for everyone

Rossett Extended School **Adult learning for pleasure courses to suit all tastes and interests**

Course Information

Tel: 01423 563768 email: adultlearning@rossettschool.co.uk www.rossettschool.co.uk/adultlearning
Adult Learning, Rossett Extended School, Green Lane, Harrogate, HG2 9JP

Introduction to Complementary Therapies			
Start date	18 September 2018	End date	16 October 2018
Half Term (no class)		Number of weeks	5
Day(s) of week	Tuesday	Time	19.00 – 21.00
Teacher	Ruth Eagin	Fee	£53

This course aims to provide a basic understanding of different complementary therapies and will cover relaxation, stress management, massage, aromatherapy and reflexology.

It is for anyone who is interested in gaining an overview of different complementary therapies for self-use or to simply come and enjoy some relaxation or learn some practical skills. It is also a good starting point for anyone interested in further study as a career with information about where to train and the possibilities for career prospects.

You will learn some principle techniques and will be made aware of health and safety aspects. You will also learn how to provide a safe basic massage through the clothing to the upper body which can be put to use in your everyday life by helping another person. There may be time for a short meditation relaxation session depending on group preferences.

By the end of the course students will have an insight into complementary therapy and also what is involved in further professional training.

Additional Costs/Information The only extra materials will be massage oil/mediums. Please bring two towels and wear loose comfortable clothing, and a notepad and pen if you wish to take notes.

Recommendations about reference books will be given but there is no obligation to buy these.

Each session will include some theory with more focus on the practical elements and it will be possible to bring a partner towards the end of the course to practice a treatment.

Course programme

Week1:

Introduction and outline of course.
Health and safety guidelines.
Benefits of complementary therapy treatments.
History and concept of massage.
Practical session.

Week2

Introduction to Aromatherapy and blending of oils.
Study of some of the most commonly used carrier and essential oils.
Revision of safety aspects and massage techniques
Practical session using essential oils.

Week3

Revision of previous week
Uses of essential oils, products, compress, inhalation, bathing, topical application.

Week4

Revision of previous week.
Introduction to Reflexology including history and zone therapy.
Map of the feet and practical application of walking the zones.
Practical session.

Week5

Revision of previous week.
Practice a technique of choice plus working through the clothes to provide a head, neck and shoulder massage.

Week6

Types of training and certified courses and training providers.
What to expect from training and future employment opportunities.
Option to practice skills learned on a partner or friend.
Revision, conclusions and summary of the course.

On the first session you will be asked to provide any information relating to any medical conditions which may be contra-indicated to using aromatherapy essential oils and make a statement as to what they would like to gain from the course