



LORRAINE DAVIS
Holistic Healthcare & Education Centre



AROMAVEDA: INDIAN OILS AND BODYWORK IN AROMATHERAPY



Hello . and thank you for your interest in our courses!

This seminar offers a full day of experience and learning, and immerses your senses in colour, aroma and texture!

Ayurveda is the traditional healthcare system of India, and is a way of life - it is a complete holistic healthcare system. The oils used are strong; full of energy and personality. They are extremely active both clinically and holistically - and have an amazing homeostatic re-balancing action. The bodywork techniques are strong and effective and very adaptable, and so not only will you be able to easily combine them in a variety of ways to suit yourself and the individual client, but you will also be able to modify them so that they fit seamlessly into your existing routine.

Using these very unusual oils brings a new dimension to your aromatherapy practice - and when combined with the beautiful and powerful bodywork techniques that you will learn - you can be sure that your clients will be queuing up for the fabulous ritual bodywork experience that you will make for them!

Following attendance at this seminar you will have a whole new set of skills that will allow you to work confidently and competently with a range of clients. The course is accredited with IPHM [International Practitioners of Holistic Medicine] for membership and insurance.

Why choose this course?

This is an excellent choice for those who wish to develop and extend existing skills in order to develop a range of authentic traditional ritual treatments. The holistic roots of the treatment fit perfectly with other treatments too; reflexology, Swedish body massage, Indian head massage, hot stone therapy, crystal therapy etc. If you are a beauty therapist, then besides bodywork, this will offer you the ability to develop a fabulous ritual facial to add to your treatment menu!

Do I need any other qualifications before I can start?

This is a post-graduate seminar suitable for existing aromatherapists.

If you don't have any qualifications, and are interested in Aromatherapy, then we recommend either our certificate in aromatherapy or our diploma in clinical aromatherapy. Alongside this you would need to study anatomy and health and safety as well. Please contact us for more information.

How long is the course?

- Class contact hours: 7
- Scheduled groups . 1 day: 9.30-5.30
- On to one - Individual learning plans: times may be tailored to suit learners
- Additional hours may be purchased if needed at 30.00 per hour

Why not give us a call or drop us an email if you would like more advice...

There is no obligation at all. We have 30 years of experience in supporting students at all stages and levels - so you are in safe hands!

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What is covered in the course?

- Introduction to Principles of Ayurveda
- Introduction to energy fields and systems from the Ayurvedic perspective: [Marma points, nadis . flow of energy]
- Carrier and essential oils from the East
- Specific conditions indicated for treatment
- Contra- indications to treatment
- Profile of specific essential and carrier oils
- Homecare advice
- Health & Safety

Overview and practical application of Indian bodywork techniques:

Marma Massage
Herbal compress massage [pinda sweda]
Poultices
Scalp massage

How is the course assessed?

Attendees hold existing professional qualifications therefore formal assessment of skills is not required. Informal assessment of learning will be undertaken throughout the day. There are no case studies with this course. Copies of your certificates are required.

How much does the course cost?

- Fees cover all scheduled class input, study packages and handouts, tutor support, assessment, marking and certification.
- Standard scheduled groups : **£120.00**

One to one tuition - based on 12 hours **£250.00** * [You can start this whenever you are ready and work at your own pace]

Costs can be reduced if you have others who would like to study with you as a small group. This can be a good way of reducing fees. The cost would then be £120.00* per person.

*Additional cost of travel at 45 p per mile + accommodation expenses should be added to this when delivered at your own venue.

Terms: Deposit: 50.00 on booking. Fees are due 2 weeks before course commences

Is there anything else I need to know?

- Personal presentation . Please dress professionally for hands on therapy work. - salon wear or white T shirt and dark trousers are required together with low heeled fully enclosed footwear. [We suggest that you bring suitable footwear and change in class]. **Please do not wear jeans or outside trainers.** Long hair should be tied back. Nails should be reasonable length for massage. Please do not wear nail polish
- All requisites are provided for training, oils, towels etc. However, suitable requisites are available for purchase should you so wish
- A resource pack is provided . you may like to bring a notebook or pen
- Refreshments are provided, but please bring a light lunch with you

How do I book?

- Please contact us in the first instance to be sure there is a place available. Then we can send you a booking form or you can download one from the website at www.lorrainedavistraining.com. Send the form with your deposit by email, post or facebook message and we will send you a booking confirmation, maps, etc. You can pay by BACS [details on the booking form] or cheque [payable to L. Davis], or book online [see website address above].

What if I need some more info? Feel free to contact us for advice - we are happy to help !

Discounts available 5%

Full payment discount : For full payment on booking

or

Earlybird discount: For bookings made at least 2 months in advance: [please ask for deadline]

Only 1 discount may be claimed per booking

