

<b>Course Title:</b>	<b>Thai Reflexology Massage Course</b>
<b>Course Cost:</b>	£200
<b>Group Course</b>	
<b>1-1 Course:</b>	£250 – bring your own models, student does not receive a treatment — A model can be supplied for a small fee of £10 payable on the day.
<b>Course Length</b>	2 days 9.30-3.30 approx each day
<b>Course Entry Requirements:</b>	<b>Body Massage certificate required</b>
<b>Course Type:</b>	Theory & Practical - includes exam (returned in 7 working days) and case studies, up to 6 months to complete from course date. These are PDF's and completed electronically at home <b>Not suitable for tablets or mobile.</b>
<b>Qualification awarded</b>	DT Practitioners Diploma
<b>Accreditation</b>	Accredited with the Guild of Holistic Therapists
<b>CPD Points</b>	15 points
<b>Paying for your course:</b>	<b>ITA Funding</b> - This course can be funded using Individual Training Account funds – PLEASE NOTE - the funds must be in place before a booking can be made. Once your ITA account is in place please contact DT Therapy School to arrange your booking. <b>Please note – The precourse workbook is emailed one week prior to the course and requires to be read before attending the course, the course manual is given on the day</b>
	<b>Deposit, Full Payment &amp; Balance – For all non ITA applicants</b> - a non-refundable deposit of £65 secures your place - please contact DT Therapy School to arrange your booking. Payments can be accepted via card, paypal, cash, cheque or Bacs. Balances paid 2 weeks before course date. <b>All non ITA applicants are emailed a precourse workbook and an anatomy ref manual prior to the course</b>
<b>Course Information:</b>	Our Thai Foot Reflexology course runs over 2 days and covers the pressure techniques, including using a thai foot stick and massaging techniques. Work is carried out from the knee to the foot.  It differs greatly to the standard reflexology with more focus on the meridian system, acupressure/acupuncture points, with massage of the leg also carried. Another difference is that the client lies down for the treatment.  The course includes the theory and history behind the reflexology treatment. Contra-indications, consultation forms, aftercare guidance is also covered. Prior to attending you are supplied with an anatomy reference manual and a pre course workbook, both of which are to be read before attending.  Thai Foot Reflexology is a "pressure therapy" that involves applying focused



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pressure to certain known reflex points located in the foot to cure or prevent disease. It is a complementary therapy, intended for use alongside conventional medical care and not as a replacement of it.

The therapy is based on the premise that areas on the foot correspond to areas of the body. Our nerve zones or reflex points go from the bottom of our feet to the top of our head, encompassing all vital organs on the way. These zones reflect the energy body and blockages of this energy in the body are reflected through "grits" or lumps" on the foot. Applying focused pressure to these reflex points located in the foot stimulate the corresponding area and thereby remove blockages in the energy body.

- The benefits of a thai foot reflexology session are manifold - calmness and serenity, improved circulation, increased energy and balanced emotions among many others. It is appropriate for all ages as well as for a variety of ailments. Not only soothing to sore feet, it can benefit most other body aches and pains

### Course Manual Contents Include :

- Copyright, Insurance, Tax & Accounts
  - History of Thai Foot Reflexology Massage
  - How Does it Work
  - The Meridians
  - Benefits of a Thai Foot Reflexology Massage
  - Contra-Indications for Thai Foot Reflexology Massage
  - Routine
  - Client Consultation Form & Data Protection
  - Consultation Form Template
  - After Care Advice Template
  - Using Aromatherapy Oils & Waxes during Massage
  - Common Foot Problems
  - Health & Safety Law, Licence Requirements
  - Infection Control
  - Sensitivity Testing
  - Therapists Code of Practice
  - Anatomy Reference manual is supplied for ongoing learning
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- Foot & Lower Leg Treatment

### Practical Modules to be completed



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