



training solutions  
**IN BEAUTY**

# HOT STONE MASSAGE

£160 + vat



QUALIFIED



1 DAY



10am – 5pm



7

## Course brief

A **classic** salon and spa treatment - this is a course for advanced therapists holding a certificate in Anatomy & Physiology and Body Massage.

Working on each other, students will learn the history at the Hot Stones treatment, caring for the stones and exploring the benefits of using the Hot and Cold stones as well as performing a full body massage incorporating the use of stones.

## Skill level

This course is suitable for beginners

## Course overview

Over the course of the day you will cover:

- Introduction. History – Rock formation
- Salon Hygiene, Health & Safety
- Benefits & Effects of Hot/Cold Stones
- Stones used in therapy & Caring for stones
- Full Stone Body Massage incorporating the use of Hot/Cold stones
- Chakra balancing with crystals

## Important information

Students must hold a qualification in Anatomy & Physiology and Body Massage to attend this course.

Students are expected to work on each other please wear minimal make-up and make provisions to remove contact lenses.

## Age limit

**Training Solutions** courses have a minimum age limit of 18 years of age

## Accredited by



The Guild of  
Beauty Therapists



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