

Spa Therapy Diploma Syllabus

Part I :: Spa Framework (Underpinning Knowledge)

- Origin of Spa (History)
- Spa Terminology
- Fundamentals of Spa Therapy
- Water Hygiene
- Spa Occupational Health and Safety
- Water Properties
- Water Benefits – Psychological and Physiological Effects
- Required presentation of water supply (Research Paper)

Part II :: Spa Preparation

- Spa Client Requirement
- Spa Client Consultation
- Spa Contra-indications
- Spa Treatment Development
- Treatment area preparation

Part III :: Spa Treatment

- Preparation for Client
- Scrub and Exfoliation
- Body Wraps
- Mud Treatments
- Algae Treatments
- Eastern Therapies
- Floatation Therapy
- Hydro Treatments – Tubs/Spas
- Hydro Treatments – Showers/Vichy/Swiss/Scotch Hose/Steam
- Mineral Pools
- After Care
- Retail