

Adult Learning - Course Information Sheet

SADC02CZ - Aromatherapy And Massage

Abington Bowling Club

Abington Bowling Club
12 Park Avenue S
Northampton

NN3 3AA

Start Date: 26 February 2019
Start Time: 19:00
Day: Tuesday
Weeks: 5
Hours: 10
Cost: F=£60.00; R=£21.50
Tutor: Mrs Janet Flowers

Aims

To learn safe practice in aromatherapy, and to perform a full body massage routine to practice on friends and family. This course may be unsuitable for individuals with certain conditions. Please check with your tutor.

Outcomes

- Identify contra-indications to aromatherapy massage
- Identify safety factors and therapeutic benefits of a selection of oils
- Demonstrate body massage movements
- Recognise the importance of aftercare advice

How

Discussion, demonstration, observation, group work and working in pairs.

Qualification

No.
This is not a certificated course

Bring

Antiseptic hand wipes, grape seed or sweet almond oil, 2x bath towels, 2x hand towels, robe and slippers, Small mirror and a glass bowl. Please also bring a drink, notepad and pen.
Please bring £1 towards oils.

Next Steps

Health and Safety

Your tutor will give you information about H&S as part of your course induction.

Information

Please note this course takes place on the first floor of the building and there is no lift access.

As part of our Information, advice and guidance service we are able to offer you an interview with a National Careers Service advisor to explore further learning, careers advice and volunteering opportunities. To register your interest, please contact: CommunityLearning@firstforwellbeing.co.uk

