

Adult Learning - Course Information Sheet



SAB1DA04 - Aromatherapy And Massage

Abington Bowling Club

Abington Bowling Club
12 Park Avenue south
Northampton

NN3 3AA

Room Upstairs Room

Start Date: 26 February 2024
End Date: 25 March 2024
Start Time: 7:00PM
End Time: 9:00PM
Day: Monday
Sessions: 5
Tutor: Mrs Janet Flowers

Course aim

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.

Course outcomes

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

How will the course be taught?

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

What do I need to bring / have ready?

Antiseptic hand wipes, grape seed or sweet almond oil, 2x bath sheets, 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.

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety / Online Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Further information

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

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

