

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

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.

Information

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

If you are enrolled on, or considering enrolling for a course or qualification with us, we can signpost you to the National Careers Service. This can be helpful if you would like to progress to further learning and/or employment and would like support from a qualified National Careers Service adviser. For more information please email: CommunityLearning@firstforwellbeing.co.uk or call us on 01604 367 119.

