

Training Provider

SINGAPORE
SPA
Institute
UEN 200900211D



新加坡美容从业公会
SINGAPORE SPA INDUSTRY ASSOCIATION



ITEC Level 3 Diploma in Holistic Body massage

604/4097/6

Training Mode: Classroom

On completion of this unit, participants will have the knowledge and skills in body massage and be able to apply them at the workplace. These include:

- Be able to prepare for a body massage
- Be able to provide for a body massage

Learning Outcome:

This unit will enable learners to develop practical massage skills, plus the associated knowledge and understanding that will provide an invaluable foundation for other related body treatments. Learners will study the preparation procedures needed for body massage, including preparing themselves, the client and work area, performing client consultations and selecting products, tools and equipment. They will also learn how to perform body massage treatments following health and safety working practices. Learners will explore how to adapt treatments to suit individual client needs, the uses of the five classical massage movements and uses of different massage mediums. Learners will study post-treatment procedures, such as providing aftercare advice and recording results. Learners will also explore the underpinning theory associated with body massage treatments, including anatomy and physiology, from skin types and conditions to types of body fat and postural faults, the effects of massage treatments, potential contraindications which could restrict or prevent treatment, and the contraindications that could result from treatments. This unit will give learners the opportunity to perform body massage treatments on a range of different clients and provide the practical experience to help them gain employment.

Target Group:

New entrants to the spa industry who are keen to establish a career as a body therapist.

Industry practitioners who have the relevant working experience and are seeking formal nationally-recognised certification.

In both instances, participants should preferably be above 18 years of age and has minimum secondary school education. The Employability Skills System (ESS) rating required for an individual to achieve the competency elements in this unit are Listening/Speaking (L3), Reading/Writing (L3) and Numeracy (L2)

Number : **6235 4341**

Email : **spawsq@spainstitute.com.sg**

Training Venue : 321 Orchard Road, Orchard Shopping Centre #05-01/02 (238866)

**ITEC Level 3 Diploma in
Holistic Body Massage**

Total Hours : 250 hours

Trainer & Students ratio – 1:15

Assessment : Theory paper / Practical

\$3,270.00

Singaporean / PR / Foreigner
(50% subsidy for SGBIU member)

\$1,635.00



UTAP Claimable



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