

# EarthStone Spa Treatment Workshop



**Instructor:** Yvette Hayden, BS, LMT

**When:** Sunday, October 24th, 2010

**Time:** 10:00am – 7:00pm

**Where:** Onondaga School of Therapeutic Massage, 302 N. Goodman Street, Rochester, NY 14607

**Cost:** \$250 –save \$25 if you also take EarthStone's Hot Stone Massage Workshop on Saturday (off both together, not each)

**Supplies you will need:** 4 flat sheets, 8 bath or beach towels, 8 hand towels, 2 washcloths, a blanket, and two pillowcases.

**CE Hours:** 8

Learn how to perform remarkably relaxing, nurturing wraps, scrubs and foot treatments with or without the availability of a shower. This **8-hour hands-on workshop** will cover the theory and concepts behind wraps and scrubs. You will learn about different products and supplies to perform from the simplest to most complex treatments. You will learn five specific treatments, and their variations, to bring back into your practice. The workshop manual gives detailed information and procedures.

**Yvette Hayden, BS, LMT** is a Licensed Massage Therapist, Reiki practitioner, Aromatherapist and educator. After years of study and hands-on work, she developed **EarthStone's** unique integrative methodology of Hot Stone Massage, pioneering the combination of East and West stone traditions. Yvette designs custom treatments and products for spas and has been teaching for 14 years. Visit her website at [www.earthstonemassage.com](http://www.earthstonemassage.com)