



Onondaga School of Therapeutic Massage Continuing Education 2010

Spa Treatment Workshop

Learn to perform remarkably relaxing and nurturing body treatments with or without the availability of a shower. The 8-hour hands-on workshop will cover the theory and concepts behind body treatments that relax muscles in preparation for massage and enhance all the benefits of massage including enhanced circulation and lymph flow. You will learn about different types of products and supplies to perform from the simplest to most complex treatments; you will also learn how to easily make your own products. You will learn five specific treatments and their variations, to bring back into your practice. The workshop manual gives detailed information and procedures.

These treatments offer you, as a therapist, a break from the physical stress to your own body as well as some variety in your work. The treatments are fun to do! They also attract clients to your practice that would not ordinarily come for massage, but who then stay and become regular massage clients.

Instructor: Yvette Hayden, BS, LMT, is a practicing Licensed Massage. Yvette has been a certified Aromatherapist for 13 years and was trained in body treatments at a high-end destination spa. She now designs treatments and products for high-end spas, and has been sharing her knowledge and skills through programs for nurses, women's groups and massage therapists. She has been presenting and perfecting the Spa Treatments Workshop for five years.

Date & Times: Sunday, March 21, 2010 / 9AM – 6 PM

Location: Rochester Campus – 302 N. Goodman Street – Rochester, NY 14607

Tuition: \$250 (includes manual and other supplies and products used during the class) due by Friday, March 5, 2010; minimum deposit is \$100. Alumni Association members receive a 10% tuition discount; the tuition must be paid in full 30 days prior to the class to receive the discount. If purchased together with the EarthStone Hot Stone Massage Workshop the tuition is \$450.

CE Hours: 8

Enrollment Requirement: The course is open to Licensed Massage Therapists (maximum of 16).

Required Supplies: 4 flat sheets, 8 bath towels or beach towels, 4 hand towels, 2 washcloths, a blanket, any type of small size cooler (as small as 6-pack size is fine) two pillowcases and a notebook or writing paper and pen.

Cancellation Policy: A fee of \$50 is charged when there is less than two weeks notice.