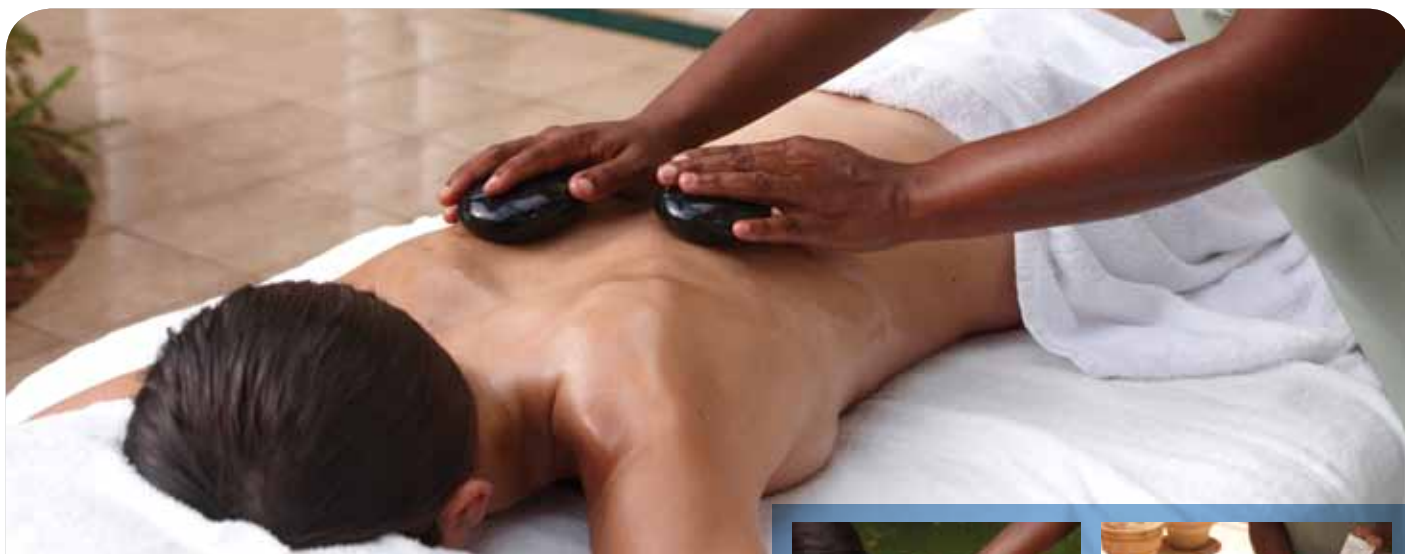


# the bodyholiday

LeSPORT



The Training Academy



G i v e   u s   y o u r   b o d y   f o r   a   w e e k  
a n d   w e   w i l l   g i v e   y o u   b a c k   y o u r   m i n d

The award winning health & wellbeing experience – St Lucia, West Indies



## The Training Academy

The Training Academy is a Centre of Excellence in Holistic Therapy Training. We are dedicated to educational development of both our staff and the spa industry at large. Our training courses are held throughout the year – a schedule that can fit everyone.

Our dynamic international team leads the health & well-being destination resort industry by offering world-class education in skin histology and theory, hands-on treatment techniques and theory, professional etiquette and ethics, guest care and post therapeutic care, recommendations and referrals.

We are now internationally accredited with CIBTAC (The Confederation of International Beauty Therapy and Cosmetology) which is an International Examination Board, responsible for the education and training of 'Beauty', 'Spa', 'Complementary' and 'Well-being' therapists worldwide. With a CIBTAC Diploma a therapist can work anywhere in the world.

CIBTAC has been a highly reputed and established, official UK awarding body for over 30 years, with more than 200 active schools and colleges to be the centre of excellence and we are proud to be associated with them.

A minimum of 3 Caribbean Examination Board Council qualifications or equivalent is required for entry into the Holistic Health and Beauty Therapy program. These qualifications should be in English, Mathematics and one other subject (Sciences are preferred) and should be at a Grade 3 or higher.

## Continuous Education

The Academy also offers Continuous Professional Development to practicing therapists throughout the Caribbean. Advanced workshops are available for Aestheticians and Holistic Therapists.

We offer experienced therapists and spa owners the opportunity to increase knowledge and expertise within the Spa industry.

# Holistic Health and Beauty Therapist Training Course

The course is developed from an internationally recognized Syllabus in Holistic Health and Beauty Therapy and includes the leading Spa product, Elemis. The following modules allow students to consistently achieve and accomplish their personal best for maximum success.

**1 Module: Anatomy and Physiology**

**2 Module: Swedish Massage including consultations and contra-indications**

**3 Module: Skin treatments including product knowledge and retail skills**

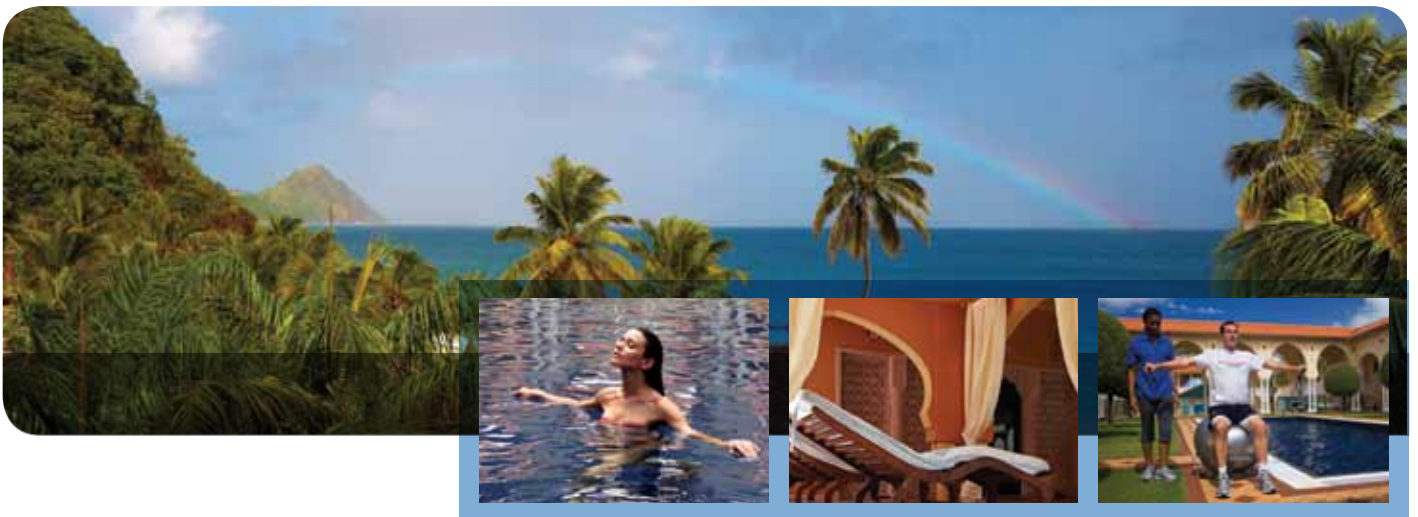
**4 Module: Indian Head Massage**

Health and Hygiene along with guest care and communication are also included in each practical module.

This intensive 12-week programme incorporates Swedish Massage, Anatomy and Physiology, Aesthetics, customer care and retailing skills, health and safety, hygiene and specialized products and skills.

Assessment is continuous throughout the course and includes a series of assignments, projects and short question papers to monitor progress. Homework and home study is essential to achieving final certification. Final multiple choice exam papers require completion to qualify.

Our guests benefit from our trained therapists by receiving the best in treatments. But we also open our Spa Academy to any spa facility around the world who wants first-class training for themselves and their staff.



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