

City and Guilds Swedish Body Massage

Level 3 Qualification.

City and Guilds qualifications are recognised by governing bodies, industry associations, employers and universities worldwide. Although City and Guilds qualifications are not currently available in Portugal, Estética para Profissionais - Algarve Beauty School, have teamed up with the award winning Phoenix Holistic Beauty & Nail Training in the UK, to be able to bring you this first class, internationally recognised Beauty Therapy qualification.

There are numerous opportunities for the Professional Massage Therapist, in Portugal, and all over the world.

Naomi has been teaching this massage course in the Algarve since 2010, with a 100% distinction pass rate with City and Guilds. We have produced some of the best massage therapists in the Algarve and salons and spas are always interested in our learners.

We have now broken down the course into part email and high quality e-learning, and part in-salon learning at the Beauty School and Treatment Centre in Lagos, Algarve. We have been running the course in this way for 2 years, to make the course more flexible and accessible for learners from all over Portugal to be able to attend, while still offering the same high quality learning, with the same aim – to produce confident and competent professional massage therapists.

The e-learning covers the Anatomy, Physiology and Pathologies. As well as the Health and Safety theory units (Health and Safety comes up as Principals and Practices).

You need to sign up to, and pay for, the online learning using the two links below. The links link you to your teacher, Naomi, and the Algarve Beauty School, so do follow them correctly.

There is extra learning that will be added in class, or which you may be asked to complete after this learning.

There is also a Free Trial option on the links, so have a look and let us know if you have any questions:

Anatomy and Physiology Level 3 cost £97

<https://therapylearningresources.thinkific.com/courses/level-3-anatomy-physiology?ref=4b8c20>

Health and Safety in the Salon cost £15

<https://therapylearningresources.thinkific.com/courses/principles-practices-of-beauty-therapy?ref=4b8c20>

Sign up straight away to get started when you are ready with your theory learning.

You will still come into the school for your practical learning, and to cover your massage theory.

Prior to each lesson you will be emailed homework to complete for which you will need to use your massage theory books, and powerpoints you will be emailed. Your homework will be checked together in the first part of your next massage lesson, ensuring understanding, and corrections will need to be made at home.

You will also cover your practical massage in your lessons, the theory and practical will be linked in together. You will learn to deliver professional massages, competently and with good understanding.

You will learn a large range of massage techniques, and how to adapt your massage for relaxation, stimulation, invigoration and to aid in weight reduction – using a G5 mechanical massager, and for deep physical and mental relaxation using an Infrared Lamp to prewarm the tissues.

Postural Analysis and understanding posture and the aches and pains people are having are a large part of this course, as well as consultation, understanding the client's health in relation to massage and the importance of good aftercare.

COSTS

Online Theory learning is charged separately, follow the links above for the costs and to pay.

The 'in school' lessons for your practical learning will be charged at 30€ (+IVA) per hour. We will not take on more than 4 learners at one time.

With COVID we will take 2 learners only.

You will need at least 10 x 2 hour lessons (600€ +IVA).

You may need more lessons, depending on the learner, how easily they pick up their skills and, essentially, how much they practice.

You need to be 'in the school' for these lessons, and videos will be given or may be taken to aid in home practice.

You will need to pay in advance for the first 10 x 2 hour lessons.

A deposit of 200€ will secure your place on the next course, and is deducted off your learning costs.

The course should be paid in full 2 weeks prior to the course start date and there-after is no longer refundable.

All costs should have IVA added at it's current rate.

Practical lessons should be attended twice a week, the 'normal' hours will be:

Monday from 10am – 12pm.

And Wednesday from 5pm – 7pm.

Depending on the group of learners and educator you may be able to have from one to three lessons per week. The idea of this new type of learning is that it is flexible and hours and days should be discussed in advance.

We encourage learners to practice on eachother after class, and / or on a separate day – depending on how far each learner is coming, it normally make sense to practice what you have learned that day after class.

For example: if the lesson is from 10am -12pm it's a good idea to organise to practice from 12.30pm – 2pm... and if the lesson is from 5pm – 7pm it is a good idea to organise to practice from 2.30pm – 4.30pm.

You will work on models during learning to learn on different bodies and get used to working on people you do not know. You really need to feel the moves too, so I can-not emphasise enough the importance of practicing on each-other.

You will have use of the practical room during your learning, Monday to Saturday, to bring in clients to practice and develop your skills, or business towards the end of your learning. This should be booked in in your own time.

If you are coming from a distance you can book to practice after or before your 'in school' learning hours. You will not be charged for using the room, but your models will pay a small fee. We have a client base of 'models' you can contact for practice, who are very happy to pay a small amount to be 'guinea pigs', our reception girls will help you.

Assessments

After your initial 10 lessons you will have learned all the techniques to deliver a full body massage. But you will not have linked all the body areas together. You will now practice on models, at the centre, with your other learners, twice a week, for one month. This will allow you to develop your skills, improve your timings, develop your confidence in delivering consultations, assessing posture and delivering aftercare advice, while under the roof of the centre. This is an important month in your learning development.

After this month you can choose to have one more lesson, or your educator may decide you need more lessons, before sitting your assessments. Most learners are now ready for their assessments. Some may need extra learning. Extra lessons are charged at the same rate as previous learning, but are added on and paid per lesson to help develop confidence.

Assessments will be charged at the same rate as learning – 30€ per hour - and should take 2 hours each.

You will need to sit 4x assessments demonstrating different types of massages. Assessments are paid as you go, 60€ each assessment x 4 assessments = 240€ + IVA.

You will get the Estética para Profissionais certificate of achievement on successful completion of your 4 assessments.

You may take more assessments if you need to develop your confidence – again this may vary for different learners.

GOING TO THE UK TO SIT YOUR CITY AND GUILDS ASSESSMENT

Having successfully completed your 4x assessments at the Algarve Beauty School and Treatment Centre and obtained your Estética para Profissionais certificate, you can then choose to sit your final City and Guilds assessment in the UK.

Currently, to get the City and Guilds Qualification you have to go to the UK, to the assessment centre on the outskirts of Chelmsford, Essex.

Flights, accommodation and assessment fees will be additional costs to be paid at this time..

This will consist of online theory assessments for Massage Techniques, Health and Safety and Anatomy and Physiology. You will also sit 4 practical assessments, with postural analysis and consultation and after care to demonstrate both your theory and practical knowledge. The assessment centre in the UK reserves the right to ask for more than 4 assessments if needed for quality.

Note. Costs to sit the Assessments in the UK are payable directly to them and you will need to leave a deposit when you book.

Things you will need:

To sign up online to the Anatomy and Physiology Level 2 course and the Health and Safety course as per the link in the information.

2x Books:

- Anatomy and Physiology, by Ruth Hull
- Massage Therapy Basics, by Mo Rosser

(you can get these off Amazon, any problems let me know)

Set of Towel:

- 2x large bath sheets
- 3x bath towels
- 2x hand towels

(Primark in Portimao have great towels at great prices and great colours, as I am sure many other places do... get darker towels, greens, purples etc.. not white – which shows up oils stains and marks!) You should purchase a set of towels for your massage. Those towels should be kept only for your massage, and should be washed and dried between lessons and clients.

A folder, with dividers for your work, and pen and a few coloured pencils.

A professional beauty uniform – we will help guide you with this. For the first couple of lessons just wear a comfortable T shirt you can move easily in, and leggings, with indoor, non slip, close-toed shoes.