

FOOT MASSAGE AND REFLEXOLOGY



Course Overview

Discover the art of foot massage and reflexology in our immersive one-week course. Gain a deep understanding of the principles and techniques involved in this ancient practice, and learn basic understanding of professional ethics, how to provide therapeutic treatments for relaxation, stress relief, and overall well-being. Our experienced instructors will guide you through the reflex zones on the feet, teaching you the specific techniques to stimulate and balance energy throughout the body. From basic foot massage techniques to specialized treatments and spa enhancements, this course will equip you with the skills to deliver exceptional foot care experiences. Join us and embark on a rewarding journey to becoming a skilled foot massage and reflexology practitioner.

Learning Focus

- ★ Understanding professional ethics and etiquettes
- ★ Understanding the principles and benefits of foot massage and reflexology.
- ★ Mastering various foot massage techniques, including effleurage and reflex point stimulation.
- ★ Identifying reflex zones on the feet and their corresponding body parts.
- ★ Applying specialized techniques for addressing specific foot conditions and promoting relaxation.
- ★ Enhancing foot massage sessions with spa treatments and enhancements.
- ★ Developing effective client communication and consultation skills.
- ★ Exploring business strategies for promoting foot massage and reflexology services.
- ★ Practicing proper safety and hygiene protocols in foot massage.
- ★ Gaining hands-on experience through practical sessions and demonstrations.
- ★ Obtaining a certificate of proficiency in foot massage and reflexology upon completion

Career Opportunities

- ★ Salons/spas
- ★ Country Clubs
- ★ Beauty Parlours
- ★ Cruise ships
- ★ Free-lance
- ★ Resort Spas
- ★ Sales
- ★ Education

Investment

INR: INR 10000 + Taxes
Duration: 1 week

Certification

Silk n Salt - Gurukul of Hair & Beauty
Certificate on course completion