

## Complementary Therapy and Beauty Courses

### **ITEC Diploma in Holistic Massage (HMP) 25 weeks €900 Monday & Wednesday 6.45 -9.45pm**

Monday 6.45 to 9.45 pm: Holistic Massage- Practice and Theory

Wednesday 6.45-9.45 pm: Anatomy & Physiology, Professional conduct and Business

\*Examination fees extra. Entry by interview only.

The ITEC Diploma in Holistic Massage is the foundation course for complementary therapy. The course provides students with a thorough understanding of anatomy and physiology of the body so that they have a complete knowledge of the structure and functions of each area on which they are working. The course includes holistic massage incorporating the classical movements treating the whole body. Holistic Massage is a treatment designed to bring about a state of relaxation and reduce muscle tension and stress. It assists in breaking down waste deposits and improves blood circulation. For full course content please check ITEC world website under Level 3 Diploma in Holistic Massage. Examination fees extra, payable in Jan/Feb 2019. Practical and theory exams will take place in late April/early May 2019. Entry to this course is by interview only. Interviews will take place one to two weeks in advance of the course in September 2018. Applicants will be contacted by telephone /email for date and time of interview. They will be informed by email of result of interview on same day. Once accepted, students will be asked to pay the fee in advance of course start date of Monday 17<sup>th</sup> September 2018.

### **ITEC Diploma in Anatomy & Physiology (DAP) 10 weeks €450 Monday & Thursday 6.30 -9.30pm**

This intensive 10 week course prepares student for the ITEC Level 3 Diploma in Anatomy & Physiology which will take place at the end of the course. Please check ITEC World website for full syllabus. Exam fee extra, payable in November 2018. This course is useful for students hoping to progress on to a variety of nursing, paramedical, exercise and fitness courses and complementary therapy courses.



### **ITEC Diploma in Reflexology (REF) 25 weeks €600 Tuesday 6.45-9.45 pm**

Students are taken through the history and philosophy of this age-old therapy. The course covers the reflex zones and the related reflex areas as well as common disorders and ways in which to treat them. Reflexology Practice and Theory including Case Studies is taught on Thursday evenings. To gain the full Diploma in Reflexology, students should have already passed ITEC Anatomy & Physiology and ITEC Professional Conduct & Business. If they have not passed these subjects they should also attend the Wednesday class (**REF1**), **6.45 -9.45 pm, fee €300**. For full course content please check ITEC world website under Level 3 Diploma in Reflexology. Examination fees extra, payable in Jan/Feb 2019. Practical and theory exams will take place in late April/early May 2019. Entry to this course is by interview only. Interviews will take place one to two weeks in advance of the course in September 2018. Applicants will be contacted by telephone for date and time of interview. They will be

informed by email of result of interview on same day. Once accepted, students will be asked to pay the fee in advance of course start date of Tuesday 18<sup>th</sup> September 2018.



**Introduction to Traditional Chinese Medicine(CHI) 6 weeks Wednesday 7.00-9.00pm €100**

This course is designed for personal knowledge, not to certify nor for use on others and addresses what a holistic-minded person should know about how a Traditional Chinese Medicine (TCM) works. This course is delivered by a highly experienced practitioner of Traditional Chinese Medicine.

**Course Outline**

- Theory overview of how Traditional Chinese Medicine works
- Demonstration and theoretical explanation and common uses of the following techniques:
  - Acupuncture Methods
  - Herbal Methods
  - Cupping
  - Dietary Therapy
  - Tui Na/Qi Gong



**Introduction to Reiki Level 1 (RK) 8 weeks Thursday 6.00-8.00 pm Fee €130**

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on or off hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Reiki is a simple, natural and safe method of energetic healing and self-improvement that everyone can use.



**Reiki Level 2 (RK2) 10 weeks Thursday 8.00-9.30 pm Fee €150**

For those who have completed Level 1, you are invited to continue your Reiki studies at Level 2 and deepen your knowledge of this ancient Japanese technique

**Make-up Techniques (IMA1) 5 weeks €80 Thursday 7.00-9.00 pm**

**Make-Up Techniques (IMA2) 5 weeks €80 starts 8/11/2018**

Leisure course, no qualification. This five week intensive course will teach you the basics in skincare and make-up application tips and tricks! Please bring your own make-up. The teacher may make suggestions about any useful extra items to get, but there is no set kit for this class. The course will include day and evening, special occasion make-up; corrective make-up; smoky eyes; false eyelashes choosing your own make-up kits and cosmetics. Please bring the following to your first class

- Make Up wipes or cotton wool, cleanser and moisturiser
- Any foundations you have. If you have a selection of colours, please bring them all
- Face powders(translucent, blusher or bronzer)
- Eye shadows(bring any colours you have)
- Mascara and eyeliner
- Lipstick/lip gloss and a lip liner.
- Make Up brushes (to include at least a powder brush and an eyeshadow brush)

If you have a primer, concealers, contouring kit, highlighters, make up sponges, brushes or any other make up please bring them with you as they will be used as the course progresses. Any brand of make-up will do.

**ITEC Certificate in Make-Up, (IMUP) 11 weeks €450 Saturday 9.00am -1.30 pm starts 15/09/2018**

This intensive 11 week course leads to a professional qualification in Make-Up. You will study skincare (practice and theory) and learn Day, Evening, Special Occasion and Bridal Make Up looks. Please check ITEC World website for full syllabus. Exam fee, kit and uniform extra. Exam will take place immediately after course. Students will receive their kit list on first day of class. Full cost of course including course fees, kit, exam fees and uniform approx. €850. This course is offered in September and January each year.

