

ITC PRACTICAL CERTIFICATION

This program is an immersion in the holistic treatments and therapy. Students can be employed as a Spa Therapist which is in need globally.

In this 6 months program students will be trained in the various Spa therapies and 1st Aid. Students will consistently be exposed to hands-on experiences and industry attachments during the course.

Duration :

2 months *(Monday to Saturday 9am-6pm)*

4 months Industrial Attachments
(with allowance)

Job placements

(optional – subject to charges)

Course Fees: S\$4,000 +

S\$850 *(Administration fees/Security bond:\$5000)*

Criteria:

**minimum Para-medical qualifications*

SPA THERAPIES

Syllabus:

Part 1 - SWEDISH MASSAGE

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

Swedish massage feels good, is relaxing and invigorating. It affects the nerves, muscles, glands, and circulation, while promoting health and well being.

Part 2 - SHIATSU MASSAGE

Shiatsu massage common psychological and physical complaints by pressing pressure.

Shiatsu will involve deep breathing, rotating and stretching joints, as well as manipulating pressure points.

Part 3 - AYURVEDA MASSAGE

Ayurveda is a gentle healing art. The applications are natural and smooth, not invasive or painful.

*Abhyanga - Full Body massage (from head to toes)

*Padabhyanga – Relaxing Foot Massage

*Shirodhara – icon treatment of Ayurveda

Part 4 - HYDRO THERAPY

Widely used as a beneficial therapy to increase one's circulation, relax one's muscles and reduce stress.

Part 5 - BODY SCRUB & WRAPS

Essential part of the beauty treatment. Body Scrub will be part of the Therapy or slimming regime

Part 6 - SLIMMING TREATMENTS

About Integrative Therapy Centre Pte Ltd

Integrative Therapy Centre offers practical and continual education in Holistic Nutrition, Ayurveda, Clinical Holistic Aromatherapy with links to Western Science as well as multiple elective programs and optional areas of concentration.

We are the first to integrate the teaching of the best East and West healing knowledge by tailoring our courses to be taught by both fully academic lecturers, practicing trainers and doctors of authentic Ayurveda programs in India. This compliments the teaching methods, engage the students to a better understanding and more holistic approach to healing.

Our courses allow our students to benefit from an integrated therapy and to be prepare them for the working environment for the betterment of the clients & patients.



COURSE ACCREDITATION BODY:

Integrative Therapy Centre Pte Ltd

Registration Information

Please contact Integrative Therapy Centre Pte Ltd

48 Arab Street, Singapore 199745

Tel: 6396 7021 /6396 5861

Email: enquiry@itc.edu.sg

Website: www.itc.edu.sg

Or

Our Representatives:



Partner In Continuing Education

PRACTICAL Certification In:

■ SPA THERAPIES:

- SWEDISH MASSAGE
- SHIATSU MASSAGE
- AYURVEDA MASSAGE
- HYDRO THERAPY
- BODY SCRUBS & WRAPS
- SLIMMING TREATMENTS



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