



PRINT VERSION

ADVANCED WORKSHOP DESCRIPTIONS

THE BRAZILIAN WAXING WORKSHOP

Brazilian waxing refers to hair removal from the entire pubic region. It is getting more and more popular to attain clean and sexy skin. In this process the entire pubic area is waxed, leaving a small area above the vaginal area. Some women prefer to remove all the hair from the bikini area. Technically this is a full bikini wax a Sphinx Wax or Hollywood Bikini. The advantage of being totally pubic hair-free means you can get artistic, and beautify yourself with body art or jewelry. The Brazilian wax technique has gained in popularity and is commonly done in salons across the world. This is an extremely intimate type of waxing and can be painful. It will only be performed after careful consultation. You should do whatever makes you comfortable, whether it's a totally bare look, a more natural look or somewhere in between. For this workshop you will receive: Full Instruction of a complete and discreet procedure | Become speed wax savvy of all the dos and don'ts | Education on diagnosing skin conditions and problems related to ingrown hair and rashes | Develop expertise with the use of warm and hard wax.

CHAIR MASSAGE WORKSHOP

Chair massage is one of the fastest growing modalities in Canada today. As a practitioner it is a versatile, portable, & inexpensive way to bring relaxation with you wherever you go. Consider that 85% of the population has never experienced any form of professional massage. Chair Massage provides a non-intrusive way for people to become familiar with touch, and the art of healing. Also, Chair Massage is affordable for those who are both time & budget conscious. Chair Massage is becoming a very useful, reputable modality. Table practitioners are using the chair as a marketing tool for their table work. Due to its quick set-up and portability, the chair is easy to take to conventions, and fairs so it can be introduced to as large group of people at one time. It is easy for a client to try out a 10 or 15 minute session at an event, convention or even at work. Chair Massage is also a great way to increase, your income. You will learn the proper adjustments and positioning for different sizes of clients, contraindications, effective and efficient screening and a fifteen minute sequence that covers the back, head, arms, neck and scalp. We will work through clothing so there is no use of oils or lotions. Our Chair Massage is a sequence of Acupressure, Shiatsu and Swedish techniques that will leave your client refreshed, relaxed and energized. Special emphasis is given to proper body mechanics to enable you to go all day without getting tired.

COMPU-LIFT® WORKSHOP

All Compu-Lift treatments incorporate the ultimate anti-oxidant and tissue regenerating products on the market today, our exclusive Rosa Mosqueta Line with Niosomes. With electro-stimulation, our program will provide skin and muscular revitalization! It is an effective program to fight against, and correct the signs of ageing! MAIN EFFECTS: Firms the skin, tones the muscle, lifts the eyebrows and eyelid area, redefines the cheeks and under the chin, reduces wrinkles and reduces small wrinkles around the upper lip. During this workshop you will be introduced to the Compu-lift machine. You will learn its functions, current and electrodes and how to apply this in the three different phases of the compu-lift procedure. You will review the muscles of the face and the motor points, effects, contraindications and still have plenty of time to practice and perfect your technique and knowledge.

HOT STONE THERAPY

Heated stone massage warms the body, relaxes the muscles and soothes the soul. Tension and stress simply melt away! A healing art used throughout history and recently revived. Some of the most progressive healers in the world are using stones in their massage work...not to replace the healing hand but as an adjunct to traditional massage, facials and healing treatments of all kinds.



This workshop is designed to build on top of your foundation of relaxation massage. Knowledge of Swedish massage, draping, and basic anatomy is necessary so that we can concentrate on stone massage techniques and placement of stones. In these two days you will learn a complete head to toe Stone Massage and the educational techniques that will make you stand out from the rest. You will also touch base on energy healing and chakra points that will make your treatments truly as unique as you are!

INDIAN HEAD MASSAGE

Indian Head Massage is a component of the Ayurvedic Bodywork. Yoga, Tantra and Ayurveda are the ancient life-disciplines that have been practiced in India for well over 5,000 years. In the spiritual evolution of a man, Ayurveda is the foundation, Yoga is the body and Tantra is the head. This is the ideal stress-busting treatment for anyone with aching shoulders, tight necks, tension headaches, eyestrain, insomnia and those suffering from a lack of concentration. It is a safe, simple, yet effective therapy renowned for relieving symptoms of stress. The beauty of the treatment is that you do not have to undress.

Indian head massage is great for Estheticians and Hairdressers to incorporate into your services. You will learn a 40 minute head massage routine using specific massage movements to customize this truly wonderful therapy.

MICRODERMABRASION WORKSHOP

Learn the micro controlled Peeling system that gradually abrades epidermal cells to treat a vast range of skin imperfections with immediate results. This is a great advantage to know and practice this treatment. Performing these treatments will bring benefit to you, your salon or spa as well as to your clients. Estheticians are performing this treatment in the medical offices and specialty clinics. Estheticians, and beauty therapists are performing the treatment in their spas or salon. The Micro Controlled Peeling system, also known as microdermabrasion is an asset in today's clinics and spas. There is a vast array of advanced technologies that successful estheticians need to know in order to put them ahead of the rest. Skin Histology will be reviewed in order to bring about a greater understanding of the effects of Microdermabrasion. This will be followed by a demonstration. The students are then able to practice and perfect their technique.

EAR CANDLING

Ear candling or ear coning as it is sometimes termed, was used by the Egyptians, Mayans, and Tibetans over 3,000 years ago and has been lost to most in modern civilization. In those times ear candling was only offered to great warriors, spiritual leaders, those of the social hierarchy, and for initiation purposes. Though ear candling was a cleansing procedure used by many early cultures, it is still used in India, Egypt, Mexico, Japan, Germany, United States, Australia, and now Canada. Ear candling is a non-invasive remedy used for cleaning the ears and to promote a healthy atmosphere in the ears, sinus cavities and throat. The process can regulate pressure, assist with post nasal drip, sinusitis, catarrh, migraines, some forms of hearing loss, and restoration of equilibrium, relieving tinnitus, vertigo, and Meniere's syndrome. You will cover anatomy and disorders of the ear, indications, benefits, after care advice and the professional procedure.

REFLEXOLOGY

Reflexology is a natural healing art based on the principle that there are reflexes in the hands, feet and ears that correspond to every part, gland and organ of the body. Through application of pressure on these reflexes, reflexology relieves tension, improves circulation and promotes the natural function of the related areas of the body. In ancient times we stimulated reflexes naturally by walking barefoot over rocks, stones and rough ground, or by using our hands more often to climb, build or work. In today's modern world we have lost much of nature's way of maintaining a balanced and healthy equilibrium. Reflexology helps to restore this balance and promote natural health and vitality.



This workshop will introduce you to understanding the ancient philosophy of Reflexology. Discover the correct locations on the feet for the reflexes and contraindications. Learn what to look/feel for using a gentle “thumb walking” technique.

AROMATHERAPY

Aromatherapy is the practice of using volatile plant oils, including essential oils, for psychological and physical well-being. Essential oils which are the pure "essence" of a plant have been found to provide both psychological and physical benefits when used correctly and safely. There are many essential oils. Oils that are applied to the skin are believed to be absorbed into the bloodstream. The components of the various oils are believed to aid in a variety of health, beauty and hygiene conditions. In this workshop you will cover 10 basic essential oils, extractions of oils, correct storage, purity, different applications, how to make a blend and contraindications.

AYURVEDA

This is an ancient Indian philosophy for creating health. The foundation of Ayurveda is based on three essential body types referred to as “doshas”. Depending on your dosha you are strongly influenced and effected by your environment, lifestyle, diet and emotional well being that ultimately brings your body into balance, or out of balance which leads to disease of the body and illness. Join us for a fun day of exploration as you discover more about the doshas, yourself and your clients. Learn how you can customize your services to the relevant doshas through individual customer service, ambience, ingredients, aromas, touch and how to balance some skin conditions. The day will end with some discussion and a customized tea blended for your specific dosha. The “Kapha” in you will enjoy this!

THAI HERBAL STEM MASSAGE (FACE 1 DAY COURSE / BODY 2 DAY COURSE)

Thai herbal Stem massage is a treatment that incorporates elements of Swedish relaxation massage, Lomi-Lomi, stretching techniques and Thai massage movements. The benefits are two-fold: there is the deeply penetrating moist heat and the natural oils of the herbs that will release throughout the treatment. Thai Herbal Stem massage is a beautiful massage that can be easily incorporated in to your facials or body wraps for extra customer satisfaction. Your client’s will see this as something completely different. It is natural, organic and contains no preservatives or chemicals. The herbal Stem massage differs because it combines soothing moist heat with the therapeutic natural herbs and essential oils. These heated oils and resins are absorbed into the bloodstream through the epidermis and react with the body chemistry in a sympathetic and gentle way. A bonus is less wear and tear on your body as well!

ADVANCED TABLE MASSAGE

Most table courses only cover the use of basic Swedish massage techniques with little knowledge of body topography. However, in this workshop you will learn more than just techniques. Our table workshop focuses on building confidence through palpation skills and knowledge of general muscles of the body. This knowledge is then integrated with basic and advanced Swedish massage techniques. This two day workshop offers students a refresher on the principles of massage and basic Swedish massage. Building on that foundation, advanced massage techniques are introduced that affect the deeper muscles. Using these techniques you will be able to give a deep tissue or sport massage. By the end of this workshop you will be more confident in your approach to the body, which will translate to a better and safer massage.

HOLISTIC NUTRITION FOR SKIN CARE

This workshop is currently under development. It will be very exciting. The Esthetician will have a wonderful opportunity to expand her/his knowledge to heal and enhance the skin from within as well as externally. Watch our website for further details.