

# Hydrotherm Therapist Progression Chart

## Spa and Beauty Specialists - Overview

Experience shows that the vast majority of our friends and colleagues in the spa and beauty professions prefer to concentrate on the practical skills of delivering superb, relaxing Hydrotherm massage treatments. We also know that time is money and that it is critical that the skills learned can be assessed and implemented with speed. Our course for spa and beauty specialists is specifically designed to be entirely practical, with training and assessment on the same day, so that you will be ready to deliver Hydrotherm treatments the very next working day.



### Spa Level One (S1)

It all begins here! Hydrotherm Spa Level 1 will change the way that you think about massage forever. You will learn how to work in a way that provides your customers a far better treatment experience with no need to turn over or any of those nasty face holes. Just as importantly, you will learn massage techniques that protect your wrists and back, allowing you to work smarter rather than harder for as long as you want or need.

- You will learn:
  - How to manage the equipment to deliver the perfect massage
  - The essential, unique Hydrotherm techniques
  - How to deliver a flowing, wonderfully sensual massage using Hydrotherm
  - To deliver an intelligent treatment which looks after your body, so that you can continue to provide great treatments to your customers



### Tranquil Sea (for those with cancer) (S2)

This course is specifically written to expose the myths and misunderstandings that have been allowed to pervade the world of massage for 50 years. Therapists attending this one day course will be able to deliver all of the benefits of massage to those with cancer and will entitle them to work without the need of referral letters from doctors. It also provides easily affordable insurance cover.

- You will learn:
  - How best to apply Hydrotherm techniques to those with cancer
  - The established facts about the impact of massage on cancer
  - Important information, watch-outs and best practice with regards to different types of cancer



### Massage During Pregnancy (S3)

For many years, the healing and therapeutic benefits of massage during pregnancy have been valued by mums-to-be. For pregnant women, the medical profession provides indispensable technical and clinical support, but it is you as a massage therapist that can provide a whole new level of comfort, care and support. This course will teach you or your therapists the Hydrotherm techniques best suited to help an expectant mother. Learnt and assessed in a single day, the course offers speed and efficiency of learning.

- You will learn:
  - Equipment setup for the safety and comfort of your client
  - How to help your client safely on and off the couch
  - Specific techniques for treating pregnant clients
  - Watch-outs and best practice for treatment
  - Information about what to expect through trimesters 1-3



### Hydrotherm In House Trainer (S4)

Bring the cost of training your additional Hydrotherm therapists in-house and always ensure you have the correctly trained people on hand to set up your equipment, administer great techniques or to act as quality control. This course is suited to both single-site businesses and to multi-site operators who employ six or more therapists.

- You will learn:
  - Content and timings to structure your own training
  - Key course material
  - Key teaching methodologies
  - Safety information

## Clinical and Remedial Therapists - Overview

For those who have either gained experience within the spa and beauty profession or those who are already remedial therapists and want to take the next step towards true expertise. You may wish to start your own salon or set up a mobile or home-based business or clinic. It is well known that any successful business has a USP (Unique Selling Point) as its core component, closely followed by a business specialism which differentiates it from the competition. Our clinical and remedial courses emphasise training in expertise rather than just technique, allowing you to differentiate yourself from your competitors whilst your Hydrotherm system offers the best massage USP in the business.



### Clinical Level One (C1)

For those who want to become experts in delivering effective massage. We set a different pace at foundation level compared to other massage training institutions. You will be taught the essential techniques, however, this course is all about your journey in developing your expertise in all areas to improve your ability to deliver truly great treatments for your clients. The emphasis will be on the benefits of working smarter rather than harder to achieve a better level of massage which won't wear you out.

- You will learn:
  - How to manage the equipment to deliver the perfect massage
  - The essential, unique Hydrotherm techniques
  - Effective treatment of muscles which are statistically more prone to injury, making you a more effective therapist
  - How to deliver an intelligent treatment which looks after YOU, so that you can continue to work for as long as you want or need



### Applied Anatomy (C2)

The pace continues to accelerate with the clear objective of helping you to achieve expert status. This course brings the power of anatomy alive in a dynamic, practical and hands-on way that is simply not taught elsewhere. This will empower you to treat your clients more effectively and to feel comfortable, confident and credible when presented with client questions or problems. In general, massage therapists aren't well informed about anatomy but, after completing this course you will be the exception to this rule. After all, why shouldn't we be experts and specialists in muscles?

- You will learn:
  - The muscles in the body most likely to sustain injury
  - Useful information about each muscle, increasing your credibility with your clients
  - Practical guidance on how to locate each muscle
  - How to affect each muscle positively for an effective treatment using Hydrotherm



### Massage During Pregnancy (C3)

There are few times when you want to feel more like an expert than when treating someone who is pregnant! This course is much more than just learning technique, as you will be required to understand relevant, important facts and conditions relating to each of the three trimesters. Taught in just one day, the course is assessed by a written test to ensure that you have grasped the fundamentals of expertise. It brings the practical skills and theoretical understanding that you've taken from C1 & C2 together, so that you can explain and affect the common conditions experienced during pregnancy. After all, who would you rather see, an expert or someone who is simply qualified?

- You will learn:
  - Equipment setup for the safety and comfort of your client
  - How to help your client safely on and off the couch
  - Specific techniques for treating pregnant clients
  - Watch-outs and best practice for treatment
  - Information about what to expect through trimesters 1-3



### Tranquil Sea (for those with cancer) (C4)

This course is specifically written to expose the myths and misunderstandings that have been allowed to pervade the world of massage for 50 years. Therapists attending this one day course will be able to deliver all of the benefits of massage to those with cancer and will entitle you to work without the need of referral letters from doctors. It also provides easily affordable insurance cover.

- You will learn:
  - How best to apply Hydrotherm techniques to those with cancer
  - The established facts about the impact of massage on cancer
  - Important information, watch-outs and best practice with regards to different types of cancer