

Holistic Health Training Ltd.

www.hht.co.nz

HOT STONES MASSAGE -

*~ a short training course in the
effective and safe use of Hot
Stones in Massage Therapy.*



Level 5, 5 - 6 hours.

PROSPECTUS.

Hot Stones Massage ~ a short training course.

Information to help you decide if this course is for you.

- This is not an entry-level programme. You must be a trained and experienced Relaxation or Remedial massage therapist to attend this course. Discuss this with the tutor if necessary.
- Hot Stones training doesn't replace other massage training. It is an "add-on" to widen your client base, deepen skills and allow you to offer a different therapy to new and existing clients.
- People in the Spa industry, Beauty Therapy, in home or clinic-based massage practices, or those working with other modalities like Reiki and energy work can all add Hot Stones.
- The requirements regarding resources, equipment, safety, hygiene and contraindications are more complex than they are for regular massage therapy. Proper training is essential.
- There is a set-up investment required before you can start working with Hot Stones.
- Stones are useful tools because their use reduces the pressure on a therapist's hands, wrists and fingers.
- Elements of other alternative modalities amalgamate readily with Hot Stone work eg/ chakra balancing and cleansing, energy work and meridian work.
- However, there is also a sound clinical basis to the use of heat (thermotherapy) in healing which has a cross-cultural tradition going back thousands of years.

As often happens in modern times, the 21st Century hasn't "invented" Hot Stones massage. We have re-invented it and adapted it to our world. It's lovely therapy to both deliver and receive and we hope you will join us to train in this ancient but-oh-so modern timeless method of healing.

Programme Regulations.

1. When you register for this course you must give your tutor details about your previous massage training and experience. **Entry to the course is at the discretion of the tutor.**
2. You must be **18 years old + and if English is your 2nd language you must have a minimum IELTS score of 5.5+** to participate.
3. As well as your massage table, you will need a set of **Hot Stones, and the appropriate accessories** to be able to deliver this therapy. Details will be provided in your Manual and explained by your tutor, along with a projected cost breakdown.
4. You may be able to **share the tutorial** with another student. You will be asked for consent for this option. You pay no more but you get the benefit of receiving your co-student's hands-on practice plus some by the tutor which is obviously pleasurable and helpful, as you hear the coaching twice as you experience the massage. It takes a bit longer as you swap.
5. If there are FOUR students wanting to train, the programme switches to a **"workshop" format** and the fee may reduce. However, this is at the discretion of the tutor, as a venue may need to be hired.
6. This course is **ASSESSED**:
 - a) At the conclusion of the training via a **short written assignment** focussing on safety. You must pass this (90%) to achieve the course.
 - b) You will also need to complete **6 Hot Stones Case Studies**, written up via a template (provided) before you can receive your Certificate.
 - c) You will be given an Attestation form to send to HHT Ltd once you have successfully passed the written assignment, completed your Case Studies and sent the form in.
7. This course is not NZQA-accredited. However, **HHT's Certificates** carry weight these days☺. And it will look fabulous on your therapy-room wall.
8. When you register you are agreeing to abide by the **Programme Regulations** and also the **Code of Conduct** in this Prospectus.
9. **Fees** for the course are to be paid to your tutor, who will discuss payment details with you prior to the training.
10. The course is available in **Auckland, Tauranga/Bay of Plenty, Nelson and Christchurch**. If you are outside these areas and can arrange a minimum of 6 students and a suitable venue, we'll come to you.

Our tutors.

Lynda Mabin, BA, MA (Hons), Dip

Tchnng. Lynda is the founder and director of HHT Ltd, and has been in the education business for decades. In 1987 she moved to the UK, and combined her passion for fitness and her teacher training by working in a

weightlifting gym in Bristol. There she learned Anatomy & Physiology and massage therapy, including deep tissue work. Returning to NZ in 1990, she opened a gym, wrote an Anatomy & Physiology course, trained in Holistic Pulsing and Cranio-Sacral Therapy and spent the next 14 years as a practitioner. In 2004, she bit a very large bullet and had the organisation and its courses accredited and approved by NZQA. As well as running the business side of things, and undertaking course development work, Lynda still actively teaches Massage Therapy and Holistic Pulsing, and delivers 10 exercise classes a week. Email lynda@hht.co.nz .



Serena Gallagher trained at Wellpark College of Natural Therapies in Auckland, gaining her Diploma of Therapeutic Massage in 1996. She is also a Feldenkrais Practitioner, and completed her Professional Training in 2002. She enjoys working with clients using holistic massage and movement education to improve their sense of self and well being. Serena is based in Christchurch, and welcomes students to her home-based clinic. Email serenagallagher01@gmail.com



Kim McKay recently joined the Auckland team. She works from her own business, Body Flow Therapy, where she also teaches yoga. Kim is passionate about wellbeing and has had a lifelong interest in the body and mind. With a caring outlook on the whole person and a keen interest in the mindbody connection, Kim believes that each person's unique requirements can best be met through the use of a variety of tailored techniques to aid recovery. She has a BA in Psychology and Social Sciences then went on to do a Diploma in



Remedial Massage Therapy & Integrated Body Therapies and Diploma in Yoga. She has also studied Intra-Muscular Acupuncture Needling and Applied Myoskeletal Therapy (AMT Australia) and is a practitioner of Fascial Kinetics (a branch of Bowen Therapy). Kim will be teaching Holistic Massage Therapy, Remedial/Deep Tissue Massage and Hot Stones. Contact her at kimmckay72@gmail.com.

Amanda Smith is based in Tauranga and covers the Bay of Plenty. Amanda's massage journey began in 2005 when she studied Thai Massage in Chiang Mai, Thailand. From then, she has been hooked, hailing massage as her obsession as well as her ongoing passion. She went on to study a Certificate in Relaxation Massage, a Diploma in Remedial Massage, and has gained a wealth of experience working in professional clinics in Auckland and Tauranga.



She now runs a busy massage clinic in Papamoa. Contact her Amanda Smith asmith401@msn.com

Resources provided.

1. **Training** by one to one, one to two tutorial or small group work-shop. Our tutors are all highly experienced massage therapists and teachers and will give you individual coaching.
2. Because you will be a practising therapist, you will already have a **massage table**. Generally you will train in the tutor's therapy space and use her table; however, you can discuss this with your tutor when you register.
3. **Hot Stones, and all appropriate accessories** (heaters, oils/waxes, hygiene equipment etc). Some tutors may have a spare set of Stones that you can hire/borrow until you access your own. Discuss with your tutor.
4. **Student Manual** (provided on a USB stick - you can print this off if you prefer a paper rather than a download copy). Full colour photographs included. The Manual includes the History of Hot Stones massage, contraindications and indications, safety and hygiene, a ten-step protocol for delivery of a Relaxation session and over 30 photographs showing correct placement.
5. **All templates for Case Studies.**
6. **Certificate upon completion of requirements.**

OUTCOMES.

It is expected the graduates of this course will achieve the following Outcomes.

1. Have an understanding of the history and theory of thermotherapy in relation to Hot Stones Massage.
2. Be able to deliver a one to one and a half hour Hot Stones Relaxation massage session to a paying client.
3. Have a clear understanding of the INDICATIONS and CONTRAINDICATIONS to Hot Stones Massage therapy.
4. Be able to clearly explain the benefits and value of thermotherapy relative to regular relaxation massage.
5. Carry out an appropriate Health Screen and set a contract with clients in line with your experience and safe scope of practice.
6. Be clear about the need for, and have available, systems of REFERRAL for clients whose needs fall outside your scope of practice.
7. Demonstrate an understanding of the requirements for safe handling of Hot Stones, for therapist and client.
8. Demonstrate a clear understanding of relevant hygiene protocols, before, during and after the session.
9. Be able to communicate effectively with the client during a Hot Stones massage session.
10. Demonstrate an understanding of the importance of contraindications to Hot Stones Massage.
11. Be assessed at the conclusion of the course as being safe and competent to see clients using the protocol.

FEES.

Fees are standard across all centres.

By one to one tutorial; 4 - 5 hours training \$240.00

Includes tutoring, resources,
consumables and Manual.

By one to two tutorial 5 - 6 hours training pp \$220.00

Includes tutoring, resources,
consumables and Manual, plus receiving
the practice of your co-student.

By mini-workshop (4 students) 6 hours training includes breaks.

\$195.00 pp.

Expected Standards of Behaviour/Code of Conduct.

As with regular massage thermotherapy has the potential to be a powerful healing tool, as well as a wonderful relaxing experience.

Because of the nature of the contact (skin to skin and stone-to-skin), it is an intimate therapy. Massage Therapists, like all health providers, are in positions of trust. Their clients must trust that the therapist will behave in certain acceptable ways, and not in others. Remaining mindful of this creates a point of difference between "normal" health services and alternative/complementary ones, and we must nurture and cherish these differences.

Participants attending trainings run by HHT Ltd are required to follow a Code of Conduct, outlined below. When you register, you are agreeing to abide by this Code. Failure to abide by it may result in your removal from the training.

EVEN IN A TUTORIAL SITUATION, HHT LTD IS BOUND BY THE PROVISIONS OF THE HEALTH AND DISABILITY CODE REGARDING THE WAY OUR "CLIENTS" ARE MANAGED.

1. Anyone receiving a health service has a right to be treated with courtesy and respect at all times.
2. All participants in training will remain mindful of the rights of others to dignity and modesty.
3. Even though this is a training session, therapists will pay attention to the rights of "clients". Clients (receivers) have the right to refuse any particular technique, for religious/cultural/health reasons. However, it is expected that students in workshops or shared tutorials will participate fully in both practicing and receiving, as part of the learning process, and engage in the feedback process. If you are in a one to one tutorial situation, your Practice Person has these rights.
4. Participants will not make remarks about others with regard to appearance.
5. Honest feedback, delivered according to the coaching provided by your tutor, is a valuable learning tool and is encouraged.
6. Students are invited to behave in ways at all times that model the outcomes we are hoping to achieve - a "relaxation response" from the client, and a positive learning experience for the student.
7. No student will make any remark or innuendo that could be construed as sexual, nor engage in any touch other than therapeutic.
8. Students are expected to present themselves for training wearing appropriate clothing, with careful attention paid to personal hygiene.

SMOKING AND MASSAGE THERAPY.

Massage therapists are providing a health service that focuses on supporting well-ness and promoting self-healing. Someone who smokes sends a very clear message around their attitudes to self-care; it's incongruous for a smoker to be offering health services to others. There are also issues around smell, stained fingers etc.

If you want to do this course, and you smoke, please be aware that the tutor has the right to refuse to teach you if there is **any** indication that you smoke in your appearance or smell.

You will not be permitted to smoke during the training - between 4 - 8 hours.

If you would like information about support for quitting this difficult addictive habit, please contact the Director.

Please phone or email your tutor to arrange your first tutorial time and date,
and email in advance.

Registration - Hot Stones Massage Therapy Tutorial/Workshop.

Tutorial Date;.....

Venue;.....

Name;.....

Street address;.....

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Contact phone number;.....

Email address;.....

Male.....Female.....(tick)

Your age; 18 - 30.....30-40.....40-50.....50-
60.....60+.....

I will be paying for my first tutorial via; (tick)

a) Internet banking in advance, please get account details from your
tutor.....;

b) Cash;

You will need to pay a deposit of \$50.00 upon registration. This will only be refunded in
the case of genuine emergencies, as your tutor will have gone to trouble (and expense)
to plan for your tutorial, including organizing a third party for you to work with. If you
have to postpone for genuine reasons (illness etc) please give your tutor as much notice
as possible. Cancellation within 24 hours may result in you losing your deposit.

Receipts will be issued. Fees include GST.

(Please turn over)

Please detail your massage experience and training to date.

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I have read and understand the aims and purpose of this course, and agree to abide by the Code;

Signed.....Date;.....

If you are emailing the form you can sign it when you arrive for your first tutorial.

Send this form to your tutor. You can scan and email the relevant pages without signing. You will be contacted a few days prior to the tutorial via phone or email.

Disclaimer. Please Read This!!

Under NZ law, anyone can call themselves a Massage Therapist. This includes specialized work including Hot Stones. Completion of this course does not entitle you to make claims for your competence beyond that stated on your certificate, or to use completion of this course as an endorsement or license to practice Hot Stones Massage, whether paid or unpaid. You can do that in NZ without any training whatsoever!

What you do with this qualification is a matter for you to decide.