

Advanced Massage Techniques: Foot Reflexology

INSPIRE yourself to explore the balancing benefits of natural foot reflexology therapy---an ancient form of massage used around the world for thousands of years. ENERGIZE your ability to understand and use the principles of foot reflexology and Aveda spa rituals to enhance your massage, facial or nail services. ELEVATE your knowledge of more than thirty reflexology pressure points and their connection to different aspects of the body's anatomy. GROW your business by offering your guests signature massage, facial and nail services that stimulate the reflexes and elemental nature enhancements that customize the experience.

This 2 day course involves demonstrations and hands-on practice by participants.

learning objectives:

You will gain a full understanding of---

- The benefits of reflexology
- The body's reflexology points and their benefits
- Foot reflexology techniques
- How to customize foot reflexology
- Using Aveda spa rituals with foot reflexology
- Using elemental nature enhancements to customize the experience



what to bring:

Materials are provided
Wear comfortable clothing

dates:

September 20/21, 2009 - Los Angeles, CA
October 18/19, 2009 - Denver, CO
May 2/3, 2010 - Minneapolis, MN

price:

\$300
concept benefits eligible

how to register:

800.283.3244

website:

www.aveda.com



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