



HOTEL & SPA CONTINUING EDUCATION MEMBERSHIPS

As part of the Hotel Continuing Education Membership, participating teams will receive a comprehensive 7-hour training day that blends the most important elements from all Essential Massage Education courses into one focused, highly practical session.

This training day is designed to maximize learning and team cohesion in a single immersive experience. It covers key concepts and hands-on components from:

Professional Communication : Improving guest interaction and internal accountability
Body Mechanics, practicing safe, energy-efficient movement and posture

Massage Modalities: Reviewing foundational techniques, strokes, and applications
Ethics, Standards & Hygiene, reinforcing professionalism, boundaries, and sanitation
Basic Anatomy, Identifying primary muscles and understanding functional relevance in massage.

Professional Communication & Behavior: Focus on client care, enhancing accountability, building strong client relationships, and strengthening team confidence.

Body Mechanics: Learn safe and efficient use of body mechanics to reduce fatigue, prevent injury, and support longevity in the field.

Massage Ethics, Standards & Hygiene: Covers professional boundaries, hygiene, scope of practice, and maintaining a safe, respectful treatment space.

The session is carefully paced to ensure participants stay engaged, with a mix of instruction, demonstration, and hands-on review practice. By the end of the day, your team will be refreshed, aligned, and better prepared to deliver consistently excellent service in any hotel or spa setting.



BASIC MEMBERSHIP

Includes Essential Skills Training + 1 modalities training
(2 days /12 hours /year)

MAD 13,000

**Saving 2000*

Ideal for teams needing a yearly refresh on core massage techniques and practices.

PREMIERE MEMBERSHIP

Includes: Essential Skills + 1 modalities training + 1 advance skills
(3 days/ 19 hrs)

MAD 19,500

**Saving 3000*

Perfect for growing teams looking to enhance technique, efficiency, and client experience. Advancement Courses include deeper training in pressure control, flow, communication, and adaptability for guest needs. Includes 1 secret shop analyzation / year

VIP MEMBERSHIP

Includes:

Essential Skills Course + 1 modalities training + 1 advanced skills + precision class
(6 days/ 40 hrs)

MAD 30,000

**Saving 4000*

Tailored for elite spa teams, this program includes a specialty Precision Workshop focused on mastering specific techniques such as deep tissue, prenatal, or signature spa protocols. High-level focus on service excellence. Includes 2 secret shop analyzation / year



HOTEL & SPA PROFESSIONAL CONTINUING EDUCATION CATALOG

Essential massage courses are imperative instruction for all massage therapists

Professional Communication & Behavior (5 hours)

Focus on client care, enhancing accountability, building strong client relationships, and strengthening team confidence.

Body Mechanics (5 hours)

Learn safe and efficient use of body mechanics to reduce fatigue, prevent injury, and support longevity in the field.

Massage Modalities (5 hours)

Explore various strokes, mobilizations, and session techniques with an emphasis on adaptability, safety, and effectiveness.

Massage Ethics, Standards & Hygiene (5 hours)

Covers professional boundaries, hygiene, scope of practice, and maintaining a safe, respectful treatment space.

Basic Anatomy (5 hours)

Gain foundational knowledge of key muscle groups and their functions for improved bodywork precision.



ADVANCING SKILLS TRAINING

Scalp, Hands and Feet (6.5 hours)

Focused treatments for deep relaxation and targeted therapeutic effects on high-impact sensory zones.

Massage Essentials & Adaptive Thinking (6.5 hours)

Develop critical thinking to customize sessions and improve treatment outcomes for diverse client needs.

Introduction to Foot Reflexology (6.5 hours)

Explore key pressure points in the feet that correspond with body systems Ideal as a standalone or integrated method.

Introduction to Traditional Lymphatic Massage (6.5 hours)

Gentle manual techniques to support natural detox processes and enhance circulation.

Introduction to Thai Massage (6.5 hours)

Learn movement-based therapy combining rhythmic compression, stretches, and mobility techniques.

Introduction to Trigger Point Therapy (6.5 hours)

Understand, locate, and release common trigger points that cause referred pain and muscular restriction.

Joint Mobilization (6.5 hours)

Practice techniques that enhance range of motion and reduce joint stiffness through safe manual mobilization.

Hot Stones (6.5 hours)

Hands-on practice using heated stones safely and effectively for deep relaxation and enhanced circulation.

Advanced Psychology (Relating to Massage) (4 hours)

Deepen your understanding of client behavior, emotional responses to touch, and psychological aspects of bodywork.



PRECISION & ADVANCED TRAININGS (3-DAY INTENSIVES)

Prenatal Massage (15 hours)

Master safe techniques for pregnant clients, including side-lying positions and specialized strokes for comfort and care.

Deep Tissue Massage (15 hours)

Learn to apply slow, focused pressure to deeper muscle layers and connective tissue with precision and confidence.

Advanced Anatomy & Physiology (15 hours)

Dive into organ systems, internal body functions, and advanced structural analysis for deeper clinical application.

Introduction to Shiatsu Massage (15 hours)

Explore this traditional Japanese practice using meridians, pressure points, and assisted stretching techniques.



CUSTOM SUPPLEMENTAL TRAINING

Supplemental Review & Practice (4-6 hours)

Custom sessions for teams needing extra refinement, feedback, or troubleshooting specific treatment challenges.

Guest Experience Evaluation

A discreet assessment service designed to identify opportunities for service refinement and staff development.

**Lodging & travel expenses not included.*

***Maximum 4 participants per class.*
