

## 2019 FACT SHEET AND PLANNER

DERMATECH (PTY) LTD

<b>Short Learning Programme Title</b>
<b>Holistic Massage</b>

### 1. Type of Programme

- Dermatech Short Learning Programme

Short Learning Programmes (SLP) are designed to upgrade the skills and knowledge of the individual to ensure success in a chosen field of learning, but are not credit bearing.

### 2. Description

The Short Programme in Holistic Massage provides the student with the necessary skills, techniques, knowledge and understanding to apply to become a professional Massage Therapist.

The purpose of the Short Learning Programme is to equip the student with the necessary confidence to help the student to expand their career in the delivery of exceptional, compassionate and client-orientated services to work in the Health and Skincare industry. It will upgrade the skill of a student that wants to work in a Salon or Spa environment or on board cruise-liners or in another country, provided additional qualifications are obtained.

This Short learning Programme is aligned with ITEC requirements. Should you be interested in enquiring about getting an ITEC International Qualification in Holistic Massage, please do not hesitate to ask for guidance ([support@dermatech.co.za](mailto:support@dermatech.co.za))

### 3. Admission requirements

- Knowledge, comprehension and application of English language and Mathematical literacy at Grade 12 or equivalent.
- Anatomy and Physiology. This needs to be completed as self-study SLP prior to entry of the Holistic Massage SLP.
- Admission may be subject to an interview with an academic staff member.

### 4. Duration

The programme duration is 100 total hours comprising of:

- Theory (Self Study),
- Practical (on campus tuition for 35 Hours)
- Case studies
- Final Assessment

Dermatech Practical (On campus Tuition) is scheduled at specific times of the year. Case studies need to be completed within 4 months from SLP commencement date. An assessment date will be scheduled after the successful completion of the case studies. After successful completion of the practical and theory assessment, certification will take place.

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### 5. Textbooks and study material

All prescribed material and kit is included. A list of student material and textbooks, if necessary, will be provided by Dermatech campus academic department.

### 6. Pricing

Enquire at your nearest Dermatech campus for a current SLP pricelist.

### 7. Additional costs

Students must make provision for additional items such as optional essential oils or stationary if not included.

### 8. Syllabus

The following topics are covered in this Short Programme:

- Theory (Self Study)  
Self-study subjects:  
Anatomy and Physiology, Professional Conduct, Business and Hygiene  
First Aid-Training will be provided by external lecturer  
Introduction to Swedish massage  
History and Origin of Swedish massage  
Advantages and disadvantages of different massage mediums used  
Removal of different massage mediums  
Psychological benefits and effects of Swedish massage  
Physiological benefits and effects of Swedish massage  
Requirement for a professional, thorough and high standard massage treatment  
Hygiene procedures  
Causes and treatment of muscle cramps  
Indications and contra-indications  
Wrist and hand exercises  
Aftercare and homecare advice  
Knowledge of the types, benefits and effects of the 5 classical massage movements
- Practical  
Preparation, positioning and draping of client  
Alternative positions  
Massage techniques (all 5 classical massage movements) and application for full body massage  
Wrist and hand exercises  
Correct stance of a massage therapist

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- Case Studies  
10 x Holistic Massage treatments
- Assessment  
1 Practical Assessment  
1 Theory Assessment

#### **9. Career fields**

With this Short Learning Programme, successful students could pursue a career as a Swedish / Holistic Massage Therapist in the Health and Skincare environment, overseas or on board the cruise-liners.

#### **10. Certification**

On successful completion of the Short Learning Programme, the student will receive a Dermatech Short Learning Programme Certificate in Holistic Massage.

#### **11. Further Studies**

Please enquire at the Dermatech campus for the prospectus containing post-certificate studies. Admission to further your studies at a different institution remains the prerogative of each institution and its academic council.

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**Disclaimer**

*The information contained in this fact sheet is accurate at the time of printing. However, factors beyond the control of Dermatech (such as environmental, regulatory or technical changes) may cause the contents of this fact sheet or of the programme to change. In the event of any such change, Dermatech will notify current students. All possible measures will be taken to minimize inconvenience to students.*

Name of student: I....., hereby acknowledge that I understand the information stated in this document and fully comprehend the specifics explained above pertaining to this programme.

Signature of Student:

Signature of Student:

.....

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Name of legal guardian:

Name of legal guardian:

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(if applicable)

(if applicable)