

PROSPECTUS



MASSAGE THERAPY



■ About Us



Beauty is Life Institute™ is a premier beauty and aesthetics training center dedicated to shaping the next generation of industry professionals. With locations in Paarl, Johannesburg, and Krugersdorp, we specialize in empowering individuals with cutting-edge skills, managerial expertise, and entrepreneurial insights to thrive in the dynamic beauty and wellness sector.

Our holistic approach combines the latest advancements in aesthetics with innovative business practices, ensuring our graduates are well-equipped for success.

At Beauty is Life Institute™, continuous learning and professional development are at the heart of everything we do, fostering excellence, innovation, and expertise in every student we train.

■ Our Philosophy

Beauty is Life Institute™ is dedicated to shaping the next generation of Health and Skincare professionals. Rooted in respect, integrity, and industry expertise, we combine eco-friendly principles with high-quality, results-driven training.

We mentor and inspire our students to excel in the dynamic beauty industry, offering lifelong support and a focus on excellence. At Beauty is Life Institute™, we don't just teach – we empower careers.



■ What does this course entail?

Studying massage therapy offers numerous benefits, with its versatility being one of the key advantages. The techniques learned in massage therapy training can be applied in a variety of settings, including spas, wellness centers, rehabilitation facilities, sports clinics, and private practices. This wide range of applications provides massage therapists with diverse career opportunities, allowing them to choose a path that aligns with their personal interests and passions.

Massage therapy students gain a comprehensive understanding of anatomy, physiology, and the therapeutic benefits of various techniques. This knowledge is essential for providing effective treatments and enables therapists to address specific client needs. With a deep understanding of the human body's structure and function, therapists can tailor their sessions to promote relaxation, relieve tension, and alleviate pain in a holistic manner.



Studying massage therapy is a rewarding pursuit for those passionate about enhancing others' well-being and seeking a fulfilling career in the field. Its versatility, therapeutic benefits, and potential for personal growth make it an enriching learning experience.

Students not only learn to make a positive impact on their clients' lives but also nurture their own development as skilled, compassionate practitioners. The self-care practices incorporated into training ensure that therapists maintain their own physical and emotional health, allowing them to offer high-quality care to others.



Massage Therapy Course Outline:

- 1. Introduction to Massage Therapy**
 - Key techniques and movements
- 2. Swedish Massage Techniques**
 - Classical movements: Effleurage, Petrissage, Friction, Tapotement, Vibration
 - Upgrading techniques with oils and adjusting pressure
- 3. Massage Mediums**
 - Different oils, creams, and lotions
 - Choosing the right medium for each client and treatment
- 4. Consultations and Contraindications**
- 5. Tailoring treatments based on client needs**
- 6. Functions and Benefits of Massage**
- 7. Anatomy and Physiology**
 - Muscles, bones, cardiovascular system, and the nervous system
- 8. Injury Prevention for Therapists**
 - Preventing strain and injury while providing treatments
 - Self-care for therapists
- 9. Health and Safety / Hygiene Procedures**
- 10. Room setup, hygiene standards, and maintaining a safe environment**

Where WELLNESS and
TECHNIQUE unite for
your success in
Massage Therapy.

Course Details

Beauty is Life Institute offers Massage Therapy training at locations in Paarl, Johannesburg, and Krugersdorp. Students can study the theory of massage therapy remotely through online classes, with practical sessions held at their closest Beauty is Life Institute location. This blended learning approach allows students to start accumulating hands-on hours while gaining valuable insights into the wellness industry, ensuring they are fully prepared for a successful career as skilled massage therapists.

Our Paarl Branch:

Spice Route Destination;
Suid-Agter-Paarl Road
Paarl; Western Cape

Our Johannesburg Branch:

Honeydew Eco Village
281 Honeydew Road
Northriding AH,
Johannesburg; Gauteng

Our Krugersdorp Branch:

Noordheuwel
210 Bell Drive
Krugersdorp; Gauteng

Investment in Your Future

Cost of Course: R6 800

Deposit of R1 200 is required to secure your place in the course.

Registration Cost: R550

Course Duration: 5 Days

The cost of the course includes:

- All necessary study materials

At Beauty is Life Institute, we are dedicated to empowering the next generation of massage therapy professionals with the knowledge, skills, and experience needed to thrive. Our course offers a comprehensive education, blending theoretical understanding with hands-on practice to ensure students are fully prepared to excel in the wellness industry. We look forward to welcoming you to our community and supporting you on your journey to success in massage therapy

Let's Get In Touch

Contact Us

Paarl Enquiries:

info@beautyislifeinstitute.co.za

Elzette Calitz 082 726 6514

Jané Koen 072 727 7299

Johannesburg/ Krugersdorp Enquiries:

Elisna van Wyk 082 974 9207

eli@healthyandwell.co.za

Elanri Vorster 072 048 7725

vorsterelanri@gmail.com

Visit Our Website

www.beautyislifeinstitute.co.za

