



Course Syllabus 2025/6

Beauty Massage Therapy - Level 3



by
Alyra Beaumont

FOCUS AWARDS



Course Introduction

This training is designed for individuals who:

- Wish to become fully qualified massage therapists.
- Have no prior experience in massage (beginners welcome) or wish to deepen existing skills.
- Are committed to learning both the practical and energetic aspects of therapy.
- Entry Requirements: Students must be 18+ with a good command of written and spoken English. A passion for holistic wellness and helping others is essential.

Aims of the Course:

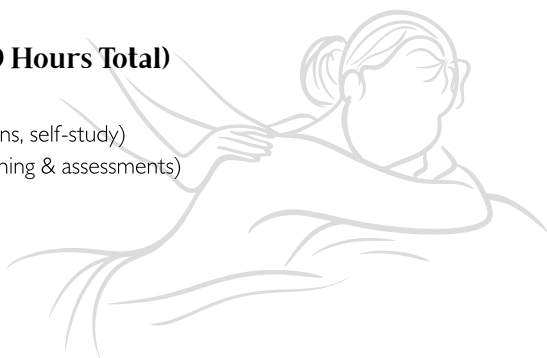
The aim of this diploma is to provide learners with a complete foundation in professional massage therapy, combining traditional techniques with energetic awareness. By the end of the programme, students will:

- Develop the knowledge, skills, and confidence to deliver safe and effective full-body massage treatments.
- Understand health and safety requirements, client care, and professional standards.
- Gain insight into the history of massage and its role in holistic wellbeing.
- Build the personal wellbeing practices required to sustain themselves as practitioners.
- Be prepared to begin working professionally in clinics, salons, spas, retreats, or as independent therapists.

Course Structure & Timetable (100 Hours Total)

Format:

- 50 hours theory (online/Zoom, presentations, self-study)
- 50 hours practical (in-person, hands-on training & assessments)





Learning Outcomes

By the end of this course, learners will be able to demonstrate knowledge, skills, and professional standards across both theory and practice.

Knowledge-Based Outcomes

Learners will:

- Explain the history and purpose of massage therapy and its cultural significance.
- Identify the five core massage modalities: Swedish full body massage, aromatherapy, hot stone therapy, Indian head massage, and energy-based work.
- Describe human anatomy and physiology relevant to massage, including the muscular, skeletal, circulatory, lymphatic, and nervous systems.
- Recognise contraindications and contra-actions, and explain when and why treatments must be adapted, postponed, or referred.
- Understand the principles of health, safety, and legislation in salon and mobile practice, including risk assessments, infection prevention, insurance, and professional boundaries.
- Explain consultation methods, client care, and record-keeping requirements in line with industry standards.
- Discuss ethical and professional practice, confidentiality, and inclusive client communication.
- Understand the basics of setting up and running a holistic therapy business, including marketing, client retention, and financial considerations.





Learning Outcomes

Practical Outcomes

Learners will:

- Prepare a safe and professional working environment, including the use of appropriate equipment, oils, and stones.
- Carry out a full client consultation, identifying treatment objectives, adapting to client needs, and providing aftercare advice.
- Confidently deliver Swedish full body massage, incorporating techniques such as effleurage, petrissage, tapotement, vibration, and friction.
- Provide effective Indian head massage, including Ayurvedic and chakra-based approaches.
- Blend and use pre-prepared aromatherapy oils safely and appropriately for different skin types, conditions, and energetic needs.
- Perform hot and cold stone massage therapy, adapting techniques for physical and emotional wellbeing.
- Demonstrate correct posture, positioning, and self-care techniques to maintain personal wellbeing as a therapist.
- Complete written, oral, and practical assessments to professional standards, evidencing competence and confidence to work independently with clients.





Modules

Week 1 - Theory, Online

Module 1 - The History of Massage Therapy/ Anatomy & Physiology

- Understanding the historical roots and suppression of massage therapy
- How modern medicine emerged and the role of the Rockefeller Foundation
- The earliest records of massage and its use in ancient cultures
- Reflection of cultural and political influences that shaped health practices today.
- The Skeletal Structure, appendicular skeleton, axial, functions, disorders and diseases

Module 2 - Health and Safety

- Risk Assessment and implementation of safety protocols
- Complying with health and safety regulations in a salon
- Ethical conduct, insurance and secure practices
- Manage client records responsibly and prevent infection
- Apply sustainable and environmentally conscious practices in their own work.

Module 3 - Professional standards in client care

- How to remain professional in client scenarios
- How to communicate efficiently, compassionately and confidently with clients
- Consultations/consultation forms
- Legislation
- Respecting personal boundaries
- Maintain confidentiality in line with data protection laws
- Client trust and loyalty





Modules

Module 4 - Personal Wellness for Therapists

- How to gain reliable information about health and wellbeing
- Understanding nutritional needs and how the body absorbs nutrients - digestive system
- Gut health
- Posture and movement
- Hygiene and self care practices





Modules

Week 2 - Theory, Online

Module 5 - Swedish Full-body massage

- Skin Structure, functions, disorders, diseases
- 5 massage techniques
- Client preparation
- Consultation
- Contraindications/Contractions
- Choosing the appropriate products and tools based on client needs and skin types
- Maintaining records and aftercare

Module 6 - Aromatherapy

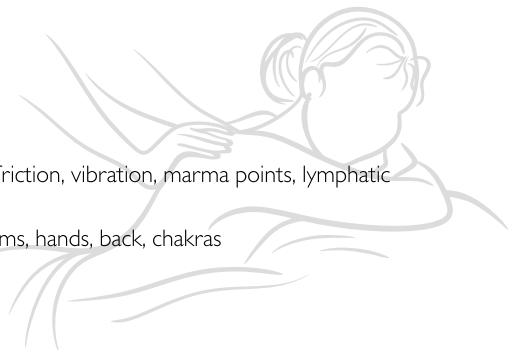
- Pre-blended oils and carrier oils
- Historic and energetic properties of essential oils
- Legislation and health and safety in regards to mixing oils and use of essential oils
- Contraindications/contra-actions
- Anatomy and physiology - Lymphatic System, functions, disorders and diseases.

Module 7 - Stone Therapy - Thermotherapy

- Client preparation and work area prep
- Consultation and body analysis/tools and technique prep
- Posture and positioning
- History and properties
- Health and safety, aftercare and evaluation
- Muscular system

Module 8 - Indian Head Massage

- Preparation of therapist, client & work area
- Techniques: effleurage, petrissage, tapotement, friction, vibration, marma points, lymphatic drainage, Ayurvedic methods
- Treatment areas: face, head, chest, shoulders, arms, hands, back, chakras
- Adaptations, contraindications & contra-actions
- Pre- & post-treatment care
- Legal responsibilities & client advice





Modules

Module 9 - Revision, Reflection

- Homework/Assignments
- Workbooks
- Meditation - How to conduct meditation

Module 10 - Revision

- Revision
- Homework check
- Preparation for Practical/Week 3





Modules

Week 3 - Practical - In-Studio

Module 11 -

- Swedish massage - Effluage/Petrissage/Tapotement/Frictions - Lower Limbs
- Swedish Massage - Effluage/Petrissage/Tapotement/Frictions - Back, Neck, Shoulders
- Massage Mediums
- Client Consultation

Module 12

- Cardiovascular System
- Hot Stones Massage
- Client Consultation
- Client Adaptations

Module 13

- Endocrine System, functions, disorders, diseases
- Swedish Massage - All techniques - Anterior
- Reiki - Intergration/Meditation
- Timings
- Mediums
- Consultation

Module 14

- Nervous System, functions, disorders, diseases
- Consultation,
- Complete Swedish Full-Body Routine
- Reiki - Intergration/Meditation
- Timings

Module 15

- Aromatherapy - Mediums, blending
- Consultation
- Skin Analysis
- Complete Aromatherapy Massage - Techniques, Timing
- Reiki - Intergration/Meditation





Modules

Week 4 - Practical - In-Studio - Assessment Week

Module 16 -

- Muscle Groups Assessment - Verbal
- Indian Head Massage Practical
- Client Consultation
- Client Analysis and Adaptations

Module 17

- Skeletal System Assessment - Verbal
- Hot Stones Massage Practical
- Client Consultation
- Client Analysis and Adaptations

Assessment Day 1

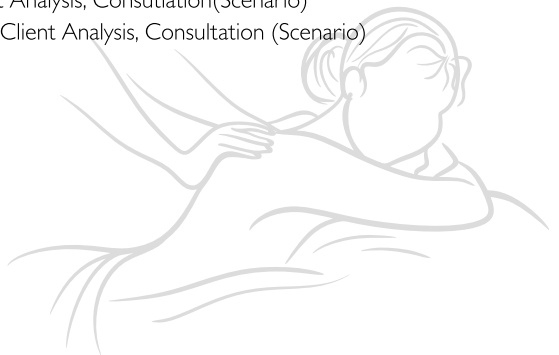
- Practical Assessment - Swedish Massage, Consultation (Scenario)
- Complete workbooks for marking
- Practical Assessment - Indian Head Massage (45 mins)
- Reiki - Intergration/Meditation

Assesment Day 2

- Practical Assessment - Aromatherapy, Client Analysis, Consultation(Scenario)
- Practical Assessment - Hot Stones Therapy, Client Analysis, Consultation (Scenario)
- Reiki - Intergration/Meditation

Final Day -

- Completion of Workbooks
- Self Reflection
- Starting a new business
- Marketing and Advertising





Assessment & Evidence Requirements

To successfully achieve the Level 3 Diploma in Massage Therapy, learners must demonstrate competence through a variety of assessments designed to measure both theoretical understanding and practical skill.

Assessment Methods

- Verbal Questioning: Tutors will assess learner knowledge through structured verbal questioning during lessons and practical sessions.
- Written Assignments (x2): Learners will complete two written assignments to evidence their knowledge of massage history, anatomy and physiology, health and safety, contraindications, client care, legislation, and professional practice.
- Practical Assessments (x5): Learners will complete five observed practical assessments, each demonstrating competence in consultation, treatment planning, and delivery of massage techniques.

These assessments will cover:

- Swedish Full Body Massage
- Indian Head Massage
- Aromatherapy (pre-blended oils)
- Hot Stone Therapy

Portfolio of Evidence

All assessments will be documented in a learner portfolio, which will include:

- Consultation forms and treatment plans
- Written assignments and self-reflections
- Case study records (where required)
- Tutor observation reports and feedback





Assessment & Evidence Requirements

Assessment Criteria

- Safe and effective preparation of therapist, client, and environment
- Professional communication and consultation skills
- Correct use of techniques across the five modalities taught
- Adaptation of treatment in line with contraindications and client needs
- Understanding and application of legislation, health and safety, and professional standards
- Ability to give clear aftercare advice and maintain accurate client records

Completion Requirements

All elements - verbal, written, and practical , must be successfully completed to achieve certification. Learners will be assessed continuously throughout the programme, with final assessments confirming readiness to practice professionally.





Student Assessment Guidance

Your assessments are designed to ensure you graduate with the knowledge, skills, and confidence to work as a professional massage therapist. Below is what you can expect and how to prepare.

1. Verbal Questioning

- Conducted throughout the course by your tutor.
- Questions will check your understanding of anatomy and physiology, contraindications, health and safety, and professional standards.
- No preparation required — simply revise your notes regularly and engage with class discussions.

2. Written Assignments (x2)

- Assignment 1: The History and Development of Massage & Energy Healing
- Assignment 2: Professional Standards in Massage Therapy: Health, Safety, Legislation & Client Care
- Each assignment should be 1,000–1,500 words, submitted digitally or in writing.
- Referencing sources (Harvard or equivalent) is expected where research is included.
-

3. Practical Assessments (x5)

You will complete four observed treatments, each lasting 60–90 minutes. These are carried out on real clients under tutor supervision.

- Assessment 1: Swedish Full Body Massage
- Assessment 2: Indian Head Massage
- Assessment 3: Aromatherapy (using pre-blended oils)
- Assessment 4: Hot Stone Therapy





Student Assessment Guidance

During each practical assessment, students must:

- Carry out a consultation and gain informed consent.
- Prepare the treatment space professionally and hygienically.
- Demonstrate correct therapist posture and self-care.
- Apply the appropriate techniques for the treatment being assessed.
- Adapt techniques to suit the client's needs and any contraindications.
- Provide professional aftercare advice.
- Record all details on a client consultation form.

4. Portfolio of Evidence

You will compile a portfolio containing:

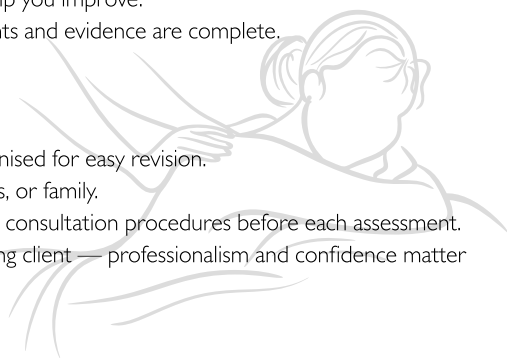
- 2 case studies (minimum of 2 treatments per client).
- Completed consultation forms.
- Written assignments.
- Tutor feedback and observation reports.
- A reflective journal of your learning journey.

5. Grading & Feedback

- Assessments are marked as Pass or Refer (with opportunity to resubmit or retake).
- Tutors will provide constructive feedback to help you improve.
- Final certification is awarded once all assessments and evidence are complete.

6. Preparation Tips

- Keep your notes, handouts, and resources organised for easy revision.
- Practice techniques regularly with peers, friends, or family.
- Review contraindications, health and safety, and consultation procedures before each assessment.
- Treat each assessment as if working with a paying client — professionalism and confidence matter as much as technique.





Code of Ethics for Massage Therapy

As a massage therapy student and future practitioner, you are expected to uphold the highest standards of professionalism, integrity, and care.

This Code of Ethics reflects the values of the National Wellness Academy and the wider holistic therapy profession.

1. Professional Conduct

Act with honesty, integrity, and respect in all professional interactions.

Maintain appropriate boundaries with clients, peers, and tutors.

Refrain from any behaviour that could bring the profession into disrepute.

2. Client Care

Place the wellbeing of the client at the centre of your practice.

Provide treatments only within the scope of your training and competence.

Adapt or decline treatment if contraindications are present.

Obtain informed consent before beginning any treatment.

3. Confidentiality

Safeguard all client records, information, and personal disclosures.

Share information only with client consent or when legally required.

4. Health & Safety

Maintain high standards of hygiene, cleanliness, and safety in all working environments.

Ensure equipment and products are used correctly and safely.

Follow relevant health, safety, and insurance requirements.

5. Equality & Inclusivity

Treat all clients, peers, and colleagues with fairness, dignity, and respect.

Provide services without discrimination based on age, gender, ethnicity, religion, disability, or sexuality.

6. Personal Responsibility

Commit to ongoing learning, reflection, and professional development.

Care for your own physical, emotional, and energetic wellbeing to ensure safe and effective practice.

Seek supervision or guidance when faced with situations beyond your expertise.



Leading the Way in Holistic Excellence,
Empowering Healers for Tomorrow



**Massage is more than a skill,
it is a calling.**

**By choosing this path, you are stepping into a lineage
of healers, caregivers, and guides who bring relief,
balance, and light to others.**

**This course
is not only about techniques,
but about the transformation,
of your clients, and of**

yourself.

- Alyra Beaumont



Leading the Way in Holistic Excellence,
Empowering Healers for Tomorrow

A Registered **FOCUS AWARD'S** Centre