

## LITHOS MASSAGE TRAINING COURSE

Another Specialist Training Course from Hyde Park College of Skin and Body Therapy

An International Training College.

Other Specialist Training Courses from Hyde Park College of Skin and Body Therapy.

- Pregnancy Massage Course
- Indian Head Massage Course
- Reflexology Course
- Aromatherapy Course
- Reiki Course
- Spa Therapy Training Course
- Anatomy & Physiology
- Body Massage Course
- Lash Grafting course
- Manicure & Pedicure

## HYDE PARK COLLEGE OF SKIN AND BODY THERAPY LITHOS MASSAGE TRAINING COURSE



LEVEL ONE  
237-239 UNLEY ROAD  
MALVERN, S.A. 5061  
Ph.+61 8 8271 1433  
F +61 8 8373 3358  
[info@hydeparkbeauty.com.au](mailto:info@hydeparkbeauty.com.au)



## What is Lithos Therapy?

Lithos therapy uses heated and chilled marble rocks as therapeutic instruments to enhance and prolong the benefits of health and beauty treatments for the body, face, hands and feet

Therapeutic use of heated and chilled rocks.

Lithos Therapy™ involves the simultaneous use of thermotherapy (heat) and cryotherapy (cold) to alleviate pain and stiffness in joints and muscles, stimulate blood and lymphatic circulation, which encourages detoxification and accelerates healing.

The heat released by the black rocks works in the same way as an ultrasound and the chilled marble soothes and heals using the same principles as ice therapy.

The application of heated and chilled rocks is like gentle exercise of your circulatory system

### **In this training you will also cover the following Practical and Theory studies:**

- Uses for treatments
- History of Rock massage
- Thermotherapy & Cryotherapy for soft tissue injuries
- For the preventing and treating of muscle and tendon damage.
- Contra-indications and health issues with the use of heat.
- Placement of rocks, warm and chilled
- Uses of all rocks warm and chilled
- Indications for use of Lithos rocks

## LITHOS MASSAGE TRAINING COURSE

### SYLLABUS

On successful completion of this course it would enable you to perform warmed and chilled stone massage techniques on the body including:

- legs,
- arms,
- stomach
- back and
- facial areas

Client care and advice and sales are also part of this course. You are required to spend study time at home as well as at the College.

Theory and practical assessments\* are to be undertaken at the completion of the Course and a certificate will be awarded on the successful completion of those assessments.

### FULL TIME TRAINING

- **DURATION: 2 Days 9am - 5pm.**

The cost of the course is \$ \_\_\_\_\_ which includes all theory notes. Lithos training DVD is only an extra \$60

### PART TIME TRAINING

- **DAY TIME TRAINING: 4 weeks**

**1 day per week from 9am- 5pm**

The cost of the course is \$ \_\_\_\_\_ which includes all theory notes. Lithos training DVD is only an extra \$60.

- **EVENING TIME TRAINING:**

**2 evenings for 6 weeks FROM 6-9pm**

The cost of the evening course is \$ \_\_\_\_\_ which includes all theory notes AND Full practical training.

\*Assessments are held one week after the completion of all these courses.