

Reflexology with Hot Stones Syllabus

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Course Description: Reflexology with Hot Stones is a one day program that teaches the reflexologist how to incorporate the use of hot stones into a reflexology session.

Step one: Read the text in full. Learning a new skill can be very frustrating. Allow yourself a learning curve.

Step two includes the completion of a written test and 5 session studies. This will be assigned as an independent practicum. A minimum mark of 80% is required to pass the written test. These may be submitted via snail mail or scanned and emailed to Sue Todd.

Course Fees:

The correspondence fee is \$99. This includes your certificate once your tests and case studies and a copy of your foot reflexology certificate have been submitted to Sue Todd. You must pass the test in order to receive your certificate.

Refund Policy: No refunds will be offered once the program has been delivered.

Course Objectives: By the end of this program the learner will be able to:

1. Define traditional reflexology.
2. Explain the differences between a traditional reflexology session and a reflexology session with hot stones.
3. List the benefits of a hot stone reflexology session for a) the client
b) the reflexologist.
4. Identify clients who should not receive reflexology with hot stones.
5. Demonstrate a full hot stone reflexology session with hot stones.
6. Demonstrate proper use and maintenance of hot stone equipment.
7. Complete a series of 5 case studies.

Course Requirements:

You must be a graduate foot reflexologist and provide proof of your training prior to receiving your certificate.

Required Text: *Reflexology with Hot Stones*. (2009). Todd, Susan. Published by Sue Todd, Richmond Hill, ON. To be supplied by your instructor.

Course Components:

The following topics will be included in this course.

- What is reflexology?
- How is reflexology with hot stones different?
- History of hot stone massage
- What is heat therapy?
- The benefits of reflexology with hot stones for the client and the reflexologist
- Who is the hot stone reflexology client?
- What is the stress mechanism?
- Contraindications and modifications for reflexology with hot stones
- Cold therapy
- Types of stones, clearing and charging the stones
- Additional health record questions
- Equipment required
- Heating the basalt stones
- Cleaning the stones
- Guidelines to follow during a reflexology with hot stones session
- Practical procedure, basic techniques and full procedure (40 pages of photos and instructions)

Testing and Assessment:

Students will be required to complete a test (at home) and must achieve an 80% average to pass the course. Failure to pass the test will result in an additional fee of \$50.00 to retake the test.

Five session studies must be completed and submitted to the instructor with the test. Upon successful completion of the test and the session studies, the student will receive their certificate in Reflexology with Hot Stones from Sue Todd Reflexology.