

CATALOG ADDENDUM, MAY 2020

Program objectives:

Holistic Skin Care

The objective of this program is to provide comprehensive training in skin care, advance aesthetics, organic healing, diet and nutrition. Upon successful testing and completion of their program, students will receive a diploma and be registered for skin care license. Estheticians placement opportunities include: holistic spas, medi-spas, resorts, advance aesthetics offices, dermatologist & plastic surgeon practices.

Holistic Massage Therapy

The primary objective of the Holistic Massage Therapy program is to prepare the student for the Massage Therapist National Board Examination. Upon successful testing and completion of their program, students will receive a Diploma and be qualified to sit for the State Licensure Examination. A licensed Massage Therapist will find work in health spas, massage studios, physicians' offices, resorts, and private practice.

Program description:

Holistic Skin Care

The Holistic Skin Care Program prepares students for employment as licensed professionals in the growing and competitive skin care industry. Students in this program will learn and develop proficiencies in basic skin care, advance esthetics, pre and post-operative skin care, organic healing skin treatments, herbal therapy, Hemp, CBD oil and organic treatments, diet and nutrition spa body treatments, sanitation and infection control, applicable rules and regulations and business practices.

Holistic Massage Therapy

A program that focuses on the interconnectedness of physical, psychological, social, spiritual, and environmental well-being, and that integrates aspects of Eastern and Western medicine to promote, maintain, and optimize wellness. Includes instruction in anatomy and physiology, alternative diagnostic and healing methods, Herbal therapy, Hemp, CBD oils and organic healing, traditional Chinese and Ayurvedic medicine, homeopathic and naturopathic medicine, Western herbal medicine, biofeedback, stress management, nutrition, toxicity and detoxification, environmental medicine, and mind-body medicine practices.

Tuition and Fees

Programs	Hours	Months/Days	Tuition	Kit/Books/Supplies	Reg Fee	Graduation	Uniform ID	Credential	Total
Holistic Skin Care**	390	34	\$5,850	\$1,625	\$150	\$100	\$100	Diploma	\$7,825
Holistic Massage Therapy	750	67	\$11,250	\$1,375	\$150	\$100	\$100	Diploma	\$12,975

^{*}Programs Offered At Parkland Location Only; **Programs Offered At Boca Raton Location Only

Holistic Massage Therapy	Ca #	Comices/Lab	Clock
	Course # HMT100	Services/Lab	Hours/Lecture
Anatomy, Physiology, Pathology & Kinesiology	HIVITTUU		150
Structure and functions of body systems, with focus on muscular attachments/actions. Anatomy planes, regions, cavities, parts of the body, tissues, cartilage, Skeletal system, Circulatory system, Nervous system, Endocrine system, Respiratory system, Digestive system Excretory system, Reproductive system.			
Massage Theory & Clinical Practice	HMT101	125	225
Explain the physiologic effects and benefits of massage strokes, techniques, endangerment sites, clinical practice on students and public. Trigger points, muscle energy technique, post isometric relaxation, cranial sacral system, fascia and deep fascia, positioning.			
Hydrotherapy	HMT102	15	15
Practice of heat/cold treatments, spa methods, and bath/shower applications. Cryotherapy, Thermotherapy. Asian Spa roots, Stone massage, Aromatherapy, exfoliation, body wraps.			
AIDS/HIV Education	HMT103		3
Study of blood borne pathogens and universal precautions			
Allied Modalities	HMT104	15	76
Overview & practical applications of Shiatsu, clinical massage, chair massage, eastern technique. Lymph massage, therapeutic massage, soft tissue barriers, acute and chronic conditions. Soft tissue dysfunction. Athletic/Sports massage, Special populations, prenatal massage, elderly massage, people with cancer, hospital setting.			
State of Florida Rules & History	HMT105		10
Laws & rules regarding practice of massage, licensing, regulations in Florida			
Business, Ethics, & Medical Errors	HMT106		21
How to run a massage business, professionalism, ethical guidelines, medical contraindications.			
Medicinal Cannabis & CBD Oils	HMT107	15	100
History, Benefits, Products & Usage, Applications, Body wraps, body applications, pain management. CBD oil service applications			
Herbal Therapy & Aromatherapy	HMT108	5	60
Eastern & Western medicine, History, Plant classification, Chinese herbal medicine, herbal infusions, Ayurveda, tinctures, growing herbs, hemp & other natural oils			
Meditation Healing	HMT109	5	30
Learn and practice meditation healing benefits, Types of meditation, breathing techniques.			
Principles of Homeopathy	HMT110	5	30
History, Benefits, Detox & Bach Therapy, Case Studies			
Diet, Nutrition and Toxicity	HMT111	5	30
Anatomy, Assessment, Healing Herbs, Gut-Friendly recipes, Emotional Health			
Total Hours		190	750

Florida Laws and Rules Study of Florida Statutes Chapter 477 HIV AND AIDS Safety and procautions Sanitation Sa	Holistic Skin Care	Course #	Services/Lab	Clock Hours/Lecture
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detox therapies. Herbal Therapy HSC 119 5 40 History, Plant classification, chinese herbal medicine, herbal infusions, ayurveda, tinctures, growing herbs, essential oils, skin benefits, applications Diet & Nutrition - Benefits and Impact on Skin Anatomy, Assessment, Healing Herbs, Aromatherapy, Gut-Friendly recipes, Emotional Health	History, Benefits, Products & Usage, Applications			
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ayurveda, tinctures, growing herbs, essential oils, skin benefits, applications Diet & Nutrition - Benefits and Impact on Skin Anatomy, Assessment, Healing Herbs, Aromatherapy, Gut-Friendly recipes, Emotional Health	Herbal Therapy	HSC 119	5	40
Anatomy, Assessment, Healing Herbs, Aromatherapy, Gut-Friendly recipes, Emotional Health				
Anatomy, Assessment, Healing Herbs, Aromatherapy, Gut-Friendly recipes, Emotional Health	Diet & Nutrition - Benefits and Impact on Skin	HSC 120	5	30
Total Hours 120 390	Anatomy, Assessment, Healing Herbs, Aromatherapy, Gut-Friendly recipes,	-	-	
120 330	Total Hours		120	390