



## 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	3--4	\$5,850	\$1,625	\$150	\$100	\$100	Diploma	<b>\$7,825</b>
Holistic Massage Therapy	750	6--7	\$11,250	\$1,375	\$150	\$100	\$100	Diploma	<b>\$12,975</b>

\*Programs Offered At Parkland Location Only; \*\*Programs Offered At Boca Raton Location Only

<b>Holistic Massage Therapy</b>	<b>Course #</b>	<b>Services/Lab</b>	<b>Clock Hours/Lecture</b>
<b>Anatomy, Physiology, Pathology &amp; Kinesiology</b>  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.	<b>HMT100</b>		<b>150</b>
<b>Massage Theory &amp; Clinical Practice</b>  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.	<b>HMT101</b>	<b>125</b>	<b>225</b>
<b>Hydrotherapy</b>  Practice of heat/cold treatments, spa methods, and bath/shower applications. Cryotherapy, Thermotherapy. Asian Spa roots, Stone massage, Aromatherapy, exfoliation, body wraps.	<b>HMT102</b>	<b>15</b>	<b>15</b>
<b>AIDS/HIV Education</b>  Study of blood borne pathogens and universal precautions	<b>HMT103</b>		<b>3</b>
<b>Allied Modalities</b>  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.	<b>HMT104</b>	<b>15</b>	<b>76</b>
<b>State of Florida Rules &amp; History</b>  Laws & rules regarding practice of massage, licensing, regulations in Florida	<b>HMT105</b>		<b>10</b>
<b>Business, Ethics, &amp; Medical Errors</b>  How to run a massage business, professionalism, ethical guidelines, medical contraindications.	<b>HMT106</b>		<b>21</b>
<b>Medicinal Cannabis &amp; CBD Oils</b>  History, Benefits, Products & Usage, Applications, Body wraps, body applications, pain management. CBD oil service applications	<b>HMT107</b>	<b>15</b>	<b>100</b>
<b>Herbal Therapy &amp; Aromatherapy</b>  Eastern & Western medicine, History, Plant classification, Chinese herbal medicine, herbal infusions, Ayurveda, tinctures, growing herbs, hemp & other natural oils	<b>HMT108</b>	<b>5</b>	<b>60</b>
<b>Meditation Healing</b>  Learn and practice meditation healing benefits, Types of meditation, breathing techniques.	<b>HMT109</b>	<b>5</b>	<b>30</b>
<b>Principles of Homeopathy</b>  History, Benefits, Detox & Bach Therapy, Case Studies	<b>HMT110</b>	<b>5</b>	<b>30</b>
<b>Diet, Nutrition and Toxicity</b>  Anatomy, Assessment, Healing Herbs, Gut-Friendly recipes, Emotional Health	<b>HMT111</b>	<b>5</b>	<b>30</b>
<b>Total Hours</b>		<b>190</b>	<b>750</b>

<b>Holistic Skin Care</b>	<b>Course #</b>	<b>Services/Lab</b>	<b>Clock Hours/Lecture</b>
<b>Florida Laws and Rules</b> Study of Florida Statutes Chapter 477	HSC 101		5
<b>HIV AND AIDS</b> Safety and precautions	HSC 102		4
<b>Sanitation</b> Learning proper decontamination, significantly reducing disease-producing organisms on a surface	HSC 103		10
<b>Ethics</b> The responsibilities of practitioners within professional guidelines in the workplace	HSC 104		2
<b>Basics of Electricity</b> The safety precautions regarding the usage of electrical apparatus	HSC 105		8
<b>Facial Techniques and Contraindications</b> Professional facial techniques and respect to adverse reactions	HSC 106		66
<b>Product Chemistry</b> Science that deals with composition structures and properties of matter concerning products	HSC 107		8
<b>Hair Removal</b> Proper steps along with sanitation in removal of hair	HSC 108		2.5
<b>Make-Up</b> Customized enhancement of facial features	HSC 109		2
<b>Skin Theory, Disease and Disorders of the Skin</b> Understanding the role of the autoimmune system in relation to diseases and disorders. Microdermabrasion and chemical peels.	HSC 110		85
<b>a.) Facials, manual or mechanical, including masks, packs or treatments which must be performed on a variety of skin types including normal, oily, dry, combination and mature</b> Learning the fundamentals of skin types and conditions for the purpose of customizing facials	HSC 111	40	40
<b>b.) Set up, use and maintenance of electrical devices</b> Proper usage of electrical appliances, with regard to the UL guidelines	HSC 112	5	1.25
<b>c.) Hair removal, including tweezing, waxing,</b> Proper steps/sanitation pertaining to tweezing, body waxing	HSC 113	20	5
<b>d.) Make-Up application for both daytime and night</b> Placement of make-up color distinction for either day or night	HSC 114	10	5
<b>e.) Lash and brow tinting</b> Proper distribution of color tint to enhance eyelashes and eyebrows	HSC 115	10	5
<b>f.) Eyelash application, including strip lashes, individual lashes, and semi-permanent lashes</b> Learning the art of lash placement to enhance the client's eyes	HSC 116	10	10
<b>g.) Manual Extractions</b> Basic training of manual dexterity	HSC 117	5	1.25
<b>Hemp, CBD Oils and organic healing skin treatments</b> History, Benefits, Products & Usage, Applications CBD oil face and neck massages, Mud and dead sea masks, facial wraps, skin detox therapies.	HSC 118	10	60
<b>Herbal Therapy</b> History, Plant classification, chinese herbal medicine, herbal infusions, ayurveda, tinctures, growing herbs, essential oils, skin benefits, applications	HSC 119	5	40
<b>Diet &amp; Nutrition - Benefits and Impact on Skin</b> Anatomy, Assessment, Healing Herbs, Aromatherapy, Gut-Friendly recipes, Emotional Health	HSC 120	5	30
<b>Total Hours</b>		<b>120</b>	<b>390</b>