

# HIGHER NITEC IN BEAUTY & WELLNESS MANAGEMENT

## Electives (Course Specific)

### Body Electrotherapy

On completion of the module, students should be able to provide electrotherapy treatments for body toning and firming, slimming and hair removal.

### Swedish Therapy

On completion of the module, students should be able to provide Swedish body treatments using a variety of classical massage movements.

### Foot Reflexology

On completion of the module, students should be able to treat reflex points and areas in the feet to improve circulation and induce relaxation.

### Hot Stone Therapy

On completion of the module, students should be able to provide hot stone body treatment using a combination of classical massage movements and heated stones.

### Deep Tissue Therapy

On completion of the module, students should be able to provide deep tissue body treatment using firm pressure and slow strokes at targeted points to ease chronic aches and pains.

### Spa Service

On completion of the module, students should be able to provide hydro and thermal spa treatments, as well as body scrub and wrap treatment.

### Eyelash Extension

On completion of the module, students should be able to provide eyelash extension as a beauty enhancement service.

### Bridal Hairstyling

On completion of the module, students should be able to provide simple bridal hairstyling and hair extension to complement bridal makeup service.

### Introduction to Clinical Aesthetics

On completion of the module, students should be able to provide therapist-grade microdermabrasion and cosmetic treatment.