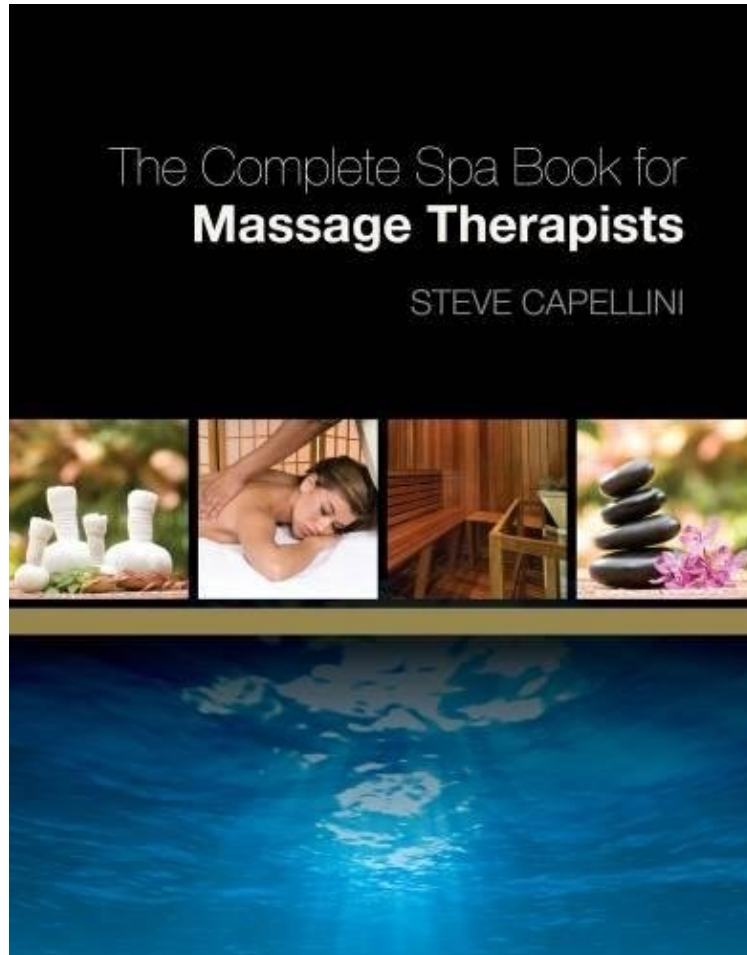


The Complete Spa Book for Massage Therapists

Steve Capellini

*DOC | *audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#235542 in Books Milady Publishing Company 2009-11-02 Original language: English PDF # 1 10.70 x 1.00 x 8.40l, 3.40 #File Name: 1418000140720 pages | File size: 34.Mb

Steve Capellini : The Complete Spa Book for Massage Therapists before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Spa Book for Massage Therapists:

1 of 1 people found the following review helpful. You don't have to be a massage therapist to love this bookBy MeggaDoI love this book! It is easy to read, and contains all the essentials for spa therapies in a fun and organized way. It covers a lot of history, but not in a boring way that bogs you down or goes on endlessly. It's just the right amount of information for each subject covered. The history of spa modalities is quite interesting! The chapters have bolded words with definitions and helpful tables throughout the book. You can learn a lot quickly without too much reading. It's easy to refer back to things for review too. The chapters all begin with a brief listing of what is covered so you can find that information quickly. The pictures are also very useful, so you can see exactly what equipment is being talked about or the steps for performing a treatment for a client. There are tons of topics, and it left me wanting to learn even more.5 of 5 people found the following review helpful. Small massage business ownerBy MrsPeeleSince my business is basically just me, I was a little hesitant to get this, but I'm really glad I did. It has lots of great

information on not just how the big guys do spa work, but how small businesses can incorporate spa treats (even without a wet room!) It's a great reference on everything from hot stone to mud wraps. It explains the science of heat and cold spa therapy and how to make them work for you. I've gotten lots of great ideas as to how to expand my business. It was a great investment for me. 0 of 0 people found the following review helpful. but some great tips from what I can see just fanning through ...By Wendy Russell Just received it. I haven't read to much. Lots of information for sure. Geared towards classroom, but some great tips from what I can see just fanning through the book.

The Complete Spa Book for Massage Therapists is specifically for massage therapy students who want to succeed in the spa industry, whether as an employee or an owner of their own spa. It is the only book that includes extensive information about real-world working conditions in actual spas, with an enormous amount of feedback from working spa directors and owners regarding what they are looking for in employees. Beyond giving explanations and step-by-step instructions regarding a wide range of spa modalities, the book offers an in-depth look at topics that many other resources do not cover.

Part I. Spa History and Development. 1. In the Beginning-Spas' Watery Roots. 2. Spas in the Modern Age. 3. Spa Equipment Facilities. Part II. Hydrotherapy for the 21st Century: WATER-BASED SPA TREATMENTS. 4. Bath and Shower Techniques. 5. Heat Cold Applications. 6. Exfoliation. 7. Thalassotherapy. PART III. BODY WRAPS, ESTHETIC TREATMENTS, SPA MASSAGE. 8. Body Wraps. 9. Spa Massage. 10. Stone Therapy. 11. Aromatherapy. 12. Advanced Modalities. 13. Esthetic Modalities for the LMT. PART IV. SPA CAREERS. 14. Finding Spa Work. 15. Becoming a Valuable Spa Employee. 16. Spa Retailing for Massage Therapists. 17. Opening a Therapeutic Spa. 18. Spa Operations. Key Terms. Appendix. About the Author Steve Capellini is a therapist, trainer, traveling consultant and writer. He has successfully organized and trained massage staffs in several cities and leads spa training workshops and seminars across the nation. He has been an instructor at several massage schools and has his own private therapeutic practice in Miami, Florida.