

CIBTAC DIPLOMA COURSES



The Bespoke Diplomas are CIBTAC traditional qualifications that have been recognized worldwide for 35 years. Many centers choose to offer these qualifications to give them a unique selling point as all are called Diplomas and are not restricted to the same criteria of the RQF qualifications.

• CIBTAC DIPLOMA IN BODY MASSAGE (E17)

10 days – 70 hours

This course enables candidates to perform safe and effective body massage treatment and achieve a qualification at UK Level 3 national standards and recognized internationally as well as to enable a candidates to gain employment as a body therapist.

Units studied:

- G 2 Health & Hygiene
- G 4 Skin Diseases
- G 7 Business Study
- G 8 Salon Procedures
- Consultation/Lifestyle Assessment
- Body Massage (Swedish Massage)
- Aftercare/ Home care

• CIBTAC DIPLOMA IN ANATOMY & PHYSIOLOGY (E16)

10 Days, 70 Hours

This course is aimed to enable candidates to achieve knowledge and understanding of Anatomy and Physiology of the human body and to gain a prerequisite qualification and knowledge needed to study a range of beauty, body and complementary therapies. Students taking this course achieve a qualification at UK Level 2 national standards and recognized internationally.

Units studied:

- | | | |
|-------------------------------|----------------------------|-----------------------|
| • Skin Structure and Function | • Digestive System | • Neurological System |
| • Introduction to Nutrition | • Lymphatic System | • Accessory Organs |
| • Cells/Tissues | • Respiratory System | |
| • Skeletal System | • Excretory/Urinary System | |
| • Muscular System | • Endocrine System | |
| • Vascular System | • Reproductive System | |



- **CIBTAC DIPLOMA ANATOMY PHYSIOLOGY AND CIBTAC DIPLOMA IN BODY MASSAGE (E16 + E17)**

20 Days, 140 Hours

This course provides you with the combination of the two courses ensure a thorough understanding of how human body works and to gain essential knowledge for the treatments and enable the candidate to gain employment as a body therapist.

Units studied:

- Skin Structure and Function
- Introduction to Nutrition
- Cells/Tissues
- Skeletal System
- Muscular System
- Vascular System
- Lymphatic System
- Respiratory System
- Digestive System
- Excretory/Urinary System
- Endocrine System
- Reproductive System
- Neurological System
- Accessory Organs
- G 2 Health & Hygiene
- G 4 Skin Diseases
- G 7 Business Study
- G 8 Salon Procedures
- Consultation/Lifestyle Assessment
- Body Massage (Swedish Massage)
- Aftercare/ Home care

- **CIBTAC DIPLOMA IN SPA THERAPY (CBD05)**

50 days, 360 Hours

This course provides Learners with the opportunity to gain the necessary practical and theoretical skills in order to provide spa treatments which will ensure that the graduate is confident and competent to work in the spa industry internationally. The qualification consists of five mandatory units, and one optional unit.

Work experience in Jamu Spa outlet will be provided to students during the course.

Units studied:

- T101 Monitor and maintain health and safety in the salon
- P104 Provide Body massage
- P134 Provide heat and water spa treatments and monitor and maintain the treatment area
- P143 Provide exfoliation and body wrap treatments
- T100 Anatomy and physiology for beauty and spa therapy
- P108 Provide Stone Therapy Massage

CIBTAC ENDORSED COURSES



As the first spa, massage, aesthetics and wellness school in Bali, we are now proud to become a CIBTAC Endorsed Training Provider. Our training program, teaching and learning quality and the whole environment has been accredited to bring you success in your study.

What is the CIBTAC Endorsed Program?

The CIBTAC Endorsement means that unique Jamu Spa School courses have been through a thorough quality assurance by CIBTAC to ensure that we deliver exceptional standard of teaching and learning to our students. This means that now you can study unique traditional spa treatments at Jamu Spa School and get international qualifications!

This is a great way to enrich your offerings at your current spa if you are a spa owner or therapists and great news for the beginners who wants to get internationally qualified in our various choices of Balinese and Indonesian traditional treatments

- **5 DAYS BASIC BALINESE MASSAGE CIBTAC ENDORSED, All Levels** 35 hours

This course program provides a basic knowledge and skill in Traditional Balinese Massage. Throughout the period of 5 days, you will be introduced to various concepts and philosophies in Traditional Balinese Massage and basic techniques of performing Traditional Balinese Massage on the bed (massage couch). Health, Hygiene and Safety as well as Ethics will be discussed.

Pre-requisite:

CIBTAC Diploma in Anatomy & Physiology and CIBTAC Diploma in Body Massage

- **5 DAYS BALINESE MASSAGE WITH CIBTAC ENDORSED, Experienced** 35 hours

This course program is aimed at developing the knowledge further by deeper discussion into various aspects of Traditional Balinese healings. Advanced Techniques are introduced and students are learning to have more connections with the clients to be able to handle various clients' complaints and dealing with specific problems. Students are learning to perform the treatment on the mat, the way the Balinese healers do. Students continue working on their case studies and home study projects.

Pre-requisite:

CIBTAC Diploma in Anatomy & Physiology and CIBTAC Diploma in Body Massage



- **5 DAYS NATURAL FACIAL TREATMENT WITH CIBTAC ENDORSED, All Levels** 35 hours

Jamu beauty facial only uses natural and fresh ingredients like flowers, spices, herbs and leaves. These products have been used in Indonesia for generations for their beautifying and healing qualities. The facial treatment is beneficial for deep cleansing, exfoliating and detoxifying. It leaves the skin soft and clean. In 5 days you will be able to perform relaxing facial that incorporates pressure points to encourage lymphatic drainage and how to prepare the different natural ingredients.

Pre-requisite:
CIBTAC Diploma in Anatomy & Physiology and CIBTAC Diploma in Body Massage
- **5 DAYS PREGNANCY MASSAGE WITH CIBTAC ENDORSED, Experienced** 35 hours

This course aimed is to let you completely skillful in pregnancy massage. Through simple techniques, you will learn how massage can relieve tension during pregnancy, help prepare for labour and make the postpartum period less difficult. During pregnancy, massage can help to relieve stress and reduce discomfort of pregnancy. Massage accompanies childbirth nearly everywhere in the tribal world.

Pre-requisite:
CIBTAC Diploma in Anatomy & Physiology and CIBTAC Diploma in Body Massage
- **5 DAYS POST NATAL (JAVANESE SELENDANG TREATMENT) WITH CIBTAC ENDORSED, Experienced** 35 hours

During this one week course students will learn about Traditional Indonesian Post-natal treatments. This massage is particularly useful to reposition internal organs after birth as well as assisting in getting the body shape back. At the end of this course students will be able to perform a one hour massage, prepare herbal body mask, perform a body bind and prepare a herbal bath.

Pre-requisite:
CIBTAC Diploma in Anatomy & Physiology and CIBTAC Diploma in Body Massage
- **5 DAYS TRADITIONAL HAIR CREAMBATH WITH CIBTAC ENDORSED, All Levels** 35 hours

This one week course includes a study of the hair, hair hydration techniques, creambath scalp massage and study of natural ingredients used. By the completion of this course students will have mastered the technique of head and scalp massage.

Pre-requisite:
CIBTAC Diploma in Anatomy & Physiology
- **2 DAYS BABY MASSAGE WITH CIBTAC ENDORSED, All Levels** 10 hours

Loving hands and gentle massage techniques for baby. Infant Massage is an ancient tradition of providing nurturing touch as a way of communicating and bonding with baby. Massage can help foster mutual trust and understanding between caregiver and child. Some benefits of baby massage: Improves digestion, helps increase blood circulation, relaxes and calms, raises child's sense of self, strengthen mother-child bond. This 3 days course is conducted for 3 hours each day.

Pre-requisite:
CIBTAC Diploma in Anatomy & Physiology and CIBTAC Diploma in Body Massage
- **3 DAYS BUST TREATMENT WITH CIBTAC ENDORSED, All Levels** 21 hours

Breast massage therapy is an effective wellness treatment for optimal breast health. This therapy is important for pregnant and breastfeeding mothers, as well as rehabilitating tissue following breast injury or trauma. Upon the completion of this one week course, the students will have a thorough understanding of breast care, breast anatomy and physiology and be able to perform breast massage therapy effectively.

Pre-requisite:
CIBTAC Diploma in Anatomy & Physiology and CIBTAC Diploma in Body Massage



- **3 WEEKS CIBTAC ENDORSED MATERNITY PACKAGE, Experienced**

15 Days

This course will complete your skill in Maternity Treatments in traditional and unique way. Throughout the period of 15 days, our comprehensive training will equip you with a unique skill to assist mothers to be and mothers. All the way from pregnancy to birth stage, including lovely bounding treatment for baby by providing Prenatal Massage, Bust Treatment, Baby Massage and Traditional Javanese Selendang Post Natal Treatment, with ancient method which naturally reshape up the body after having birth. Your unique selling point is the use of special techniques and natural product making only on Jamu Spa School.

Includes:

- Pregnancy Massage
- Baby Massage
- Bust Treatment
- Post Natal

Pre-requisite:

Cibtac Diploma in Anatomy & Physiology and Diploma in Body Massage