

## J A M U C O U R S E S



### JAMU ONE DAY COURSES

Discover the healing traditions of Indonesian treatments in just one day! In this one day course, covers introduction and practical applications and required underpinning knowledge to enable Candidates how to perform an effective treatment.

- 1 DAY INTRODUCTION TO BALINESE MASSAGE, All Levels** 7hours  
 Spend a day learning Balinese Massage. The class is started with concept of Balinese Massage and a demonstration of step by step of Balinese Massage. You then will be given a chance to practice your newly learn technique.
- 1 DAY JAVANESE LULUR BODY SCRUB TREATMENT, All Levels** 7hours  
 Discover one of the most traditional body treatment in Indonesia. It is made from of turmeric root, tamarind seed, rice and other herbs that good to promote healthy skin and exfoliate the skin. This body treatment has many heal properties: It cleanses and remove the dead skin cell, keep the skin smooth, improve skin tone.
- 1 DAY BOREH BODY WRAP TREATMENT, All Levels** 7hours  
 This Boreh Body Wrap Course will equip you philosophy, knowledge and skill to conduct a complete Boreh Body Wrap treatment. You will learn about the history and benefits of Boreh Body Wrap, techniques used including practical sessions, as well as the products and equipment used.
- 1 DAY KEROKAN TREATMENT, All Levels** 7hours  
 This Kerokan Treatment Course will equip you philosophy, knowledge and skill to conduct a complete Boreh Body Wrap treatment. You will learn about the history and benefits of Kerokan treatment, techniques used including practical sessions, as well as the products and equipment used.
- 1 DAY BABY MASSAGE, All Levels** 7hours  
 This course covers knowledge on baby massage techniques for baby, 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.



## JAMU TRADITIONAL MASSAGE COURSES

This is why most of our Students come to Bali! Your training in Bali is not complete without taking a Balinese Massage Course. Explore various options of your traditional massage course here.

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

Learn these techniques from the island's authentic experts at Jamu Spa School. Traditional Balinese Massage is the most popular massage treatment in Balinese spas. The combination of different techniques such as long strokes, kneading and pressure benefit the body by assisting in circulation of the blood, unblocking the body's natural flow or chi, and therapeutic pressure point activation. During this course, you will learn aspects of Balinese Massage therapy, general knowledge about Body Massage and become familiar with how to perform an effective treatment in five days.
- **5 DAYS ADVANCED BALINESE MASSAGE, Experienced** 35 hours

Learn more advanced techniques of Traditional Balinese Massage treatment. This course teaches a skill to perform one and half hour Balinese Massage on the floor. Emphasis is placed upon the ability to recognize tensions in the client's body and uses Balinese massage movements to release the tensions. Students will not be taught to follow certain choreographed steps, instead be encouraged to compose their own movements in accordance to the client's condition and needs. Therefore, attendance to the Introduction to Traditional Balinese Massage or experience in the field is necessary. Traditional Balinese massage therapy combines this awareness of the body with scientifically proven massage techniques, resulting in treatment which focus on the physical whilst maintaining the awareness of the needs of the heart and mind. In this course you will learn more about Traditional Balinese Massage which is performed on the mat, the way our Balinese traditional healer, Balian, perform it. You will learn deeper on the philosophies of Balinese Massage treatment and understanding healing work with Traditional Balinese Massage.
- **5 DAYS BODY SCRUBS & WRAPS, All Levels** 35 hours

Discover the beauty secrets of Indonesian men and women by using traditional ingredients for exfoliating dead skin cells to make the skin healthy, fresh, vibrant and smooth with traditional natural products. Pampering body scrub and wraps are adapted from recipes handed down throughout the generations. Learn different kinds of body scrubs and wraps, like Javanese Lulur, fresh coconut scrub, Coffee-mocha, Papaya and Balinese Boreh wrap and how to prepare them. This program will take you through a number of exfoliation techniques and wraps to remove dead skin cells, detoxify and infuse dry skin.
- **5 DAYS HERBAL COMPRESS MASSAGE, All Levels** 35 hours

For generations, Indonesians use different ingredients taken from nature to treat their illnesses; from application of hot ashes packs, even bricks to different leaves, roots and fruits. Hot herbal compresses are well-known for treating chronic nuisances such as muscle, back and joint pains, over-worked at the rice fields, masuk angin general feeling of malaise and other ailments. The herbal compress is a muslin parcel of 100% Balinese herbs and aromatics. It is made of specific local ingredients which are specifically chosen for their healing benefits





## JAMU BEAUTY TREATMENT COURSES

When nature gives you a gift of beauty what more can you ask?

Learn to deliver premium class beauty treatments to your clients. Discover how natural products ingredients can be used and how to make them. These choices of treatments will surely be a unique offering for you clients.

- **5 DAYS NATURAL FACIAL TREATMENT, 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.

- **5 DAYS TRADITIONAL HAIR TREATMENT, All Levels**

35 hours

This one week course includes a study of the hair hydration techniques, cream bath 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.

- **5 DAYS BODY HAIR REMOVAL (BODY WAXING), All Levels**

35 hours

Waxing is an effective method for the removal of unwanted body hair. It will leave the skin smooth and silky for about 4 weeks. Learn this hair removal procedure for legs, bikini, eyebrow and underarm with sugar wax.

- **5 DAYS BASIC MANICURE AND PEDICURE, All Levels**

35 hours

In this course, you will learn aspects of Manicure and Pedicure treatment and how to perform an effective treatment. To carry out this unit, students need to maintain effective health, safety, and hygiene procedures throughout their work.

Manicure and Pedicure treatments are similar in terms of their techniques. These kinds of treatments also have the same functions: to improve the appearance of the hands and nails by cleansing, nourishing, and beautifying them. These treatments can also help to prevent some nails disorders like flaking, brittle, and bitten nails. This unit covers all of the practical applications and required underpinning knowledge of Manicure & Pedicure to enable students to provide a manicure and pedicure treatment. Manicure and pedicure treatments consist of several techniques that have to be brought quickly and efficiently to produce a polish end result for the client's satisfaction.



## JAMU HEALTH & WELLNESS COURSES

These specific classes are offered to provide various skills in delivery health and wellness treatments for your clients.

- **1 DAY RATUS TREATMENT, All Levels** 7 hours

Join our Ratus Course with expert teachers who will provide a comprehensive and professional training for you in Bali. Ratus is a unique treatment for women that focuses on the intimate area and very important for women who want to have a fulfilling sexual relationship. They also helps rejuvenation, especially helping the body returns swiftly to good health after the childbirth. It assist to balance the PH level of the vagina, improve blood circulation, helps to fight yeast infection. This One Day Ratus Course training at Jamu Spa School will equip you philosophy, knowledge and skill to conduct a complete ratus treatment. You will learn about the history and benefits of ratus, techniques used including practical sessions, as well as the products and equipment used.
- **5 DAYS SLIMMING MASSAGE, Experienced** 35 hours

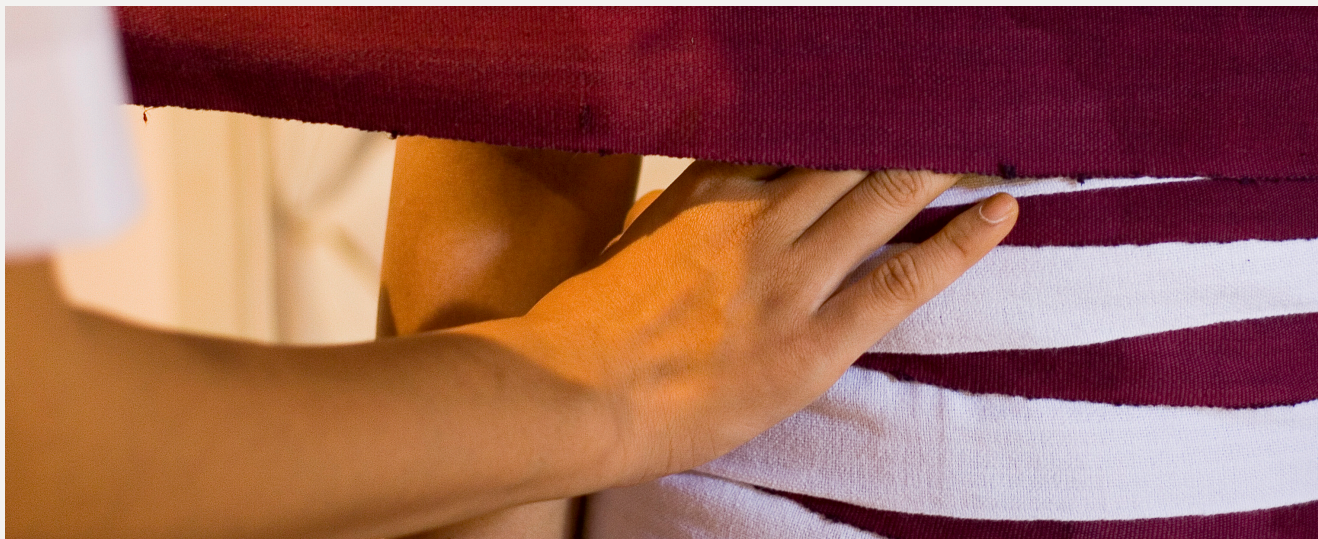
In this one-week course, students will learn slimming massage techniques. Slimming and obesity will be discussed and the traditional Indonesian selendang body binding technique will be practiced. At the completion of this course, students will be able to give a one hour massage including application of herbal mask and binding procedure.
- **5 DAYS LYMPHATIC DRAINAGE MASSAGE, Experienced** 35 hours

Manual Lymphatic Drainage Massage is the application of specific very light techniques which assist in the movement of lymph. The most famous application for lymph drainage is its effectiveness in treating edema and lymph edema. However, this therapy is profoundly effective for preventing illness such as colds and supporting our health overall. This course provides self-help training in the theory and practice of this gentle but highly effective form of massage. You can also help others that are generally healthy to boosting their body's ability to heal itself.
- **5 DAYS INTRO DEEP TISSUE MASSAGE, Experienced** 35 hours

The focus of deep tissue massage is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). This course will focus on the safe application of the deeper pressure and deeper techniques in releasing chronic muscle tension including draping and body mechanics.
- **6 DAYS SLIMMING & GYRATORY MASSAGE, Experienced** 42 hours

In this one-week course, students will learn a unique combination of weight reducing treatment using a modern and traditional approach. Students will learn to use gyratory machine and traditional massage techniques with application of herbal mask and binding procedure.





## JAMU MATERNITY TREATMENT COURSES

Offer something special to your clients. Our comprehensive training in maternity treatments will equip you with a unique skill to assist mothers to be. All the way from pregnancy to birth. Your unique selling point is the use of special techniques and natural product making only on Jamu Spa School.

- **3 DAYS BUST TREATMENT COURSE, 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.

Unit studies:

  - Introduction.
  - Anatomy & Physiology Breast Diagram
  - Breast Massage Basics
  - Phraseology
  - SOP Breast Massage
- **5 DAYS PRE NATAL/PREGNANCY MASSAGE, Experienced** 35 hours

Pregnancy massage (also known as pre-natal massage) is performed regularly in Indonesia to assist mothers in maintaining their wellbeing, providing comfort and muscle strength. During pregnancy, women suffer from all sorts of ailments including heartburn, backaches, swollen ankles, aching muscles, breast soreness and fatigue. Also, women may feel increased stress due the psychological effects of pregnancy, which include changes in body image concern about the baby's health, motherhood and the challenge in this life-changing event. Through simple techniques, you will learn how massage can relieve tension during pregnancy, help prepare for labor 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.
- **5 DAYS POST NATAL/JAVANESE SELENDANG, 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. Learn these entire worlds recognize treatments in Beautiful Bali. See no more. All theses internationally famous spa treatments are available to study at Jamu Spa School.



#### JAMU INTERNATIONAL TREATMENT COURSES

Learn these entire worlds recognize treatments in Beautiful Bali. See no more. All theses internationally famous spa treatments are available to study at Jamu Spa School.

- **1 DAY INDIAN HEAD MASSAGE, All Levels** 7 hours

This One Day Massage Course training at Jamu Spa School will equip you philosophy, knowledge and skill to conduct a full Indian Head Massage treatment. You will learn about the history and benefits of Indian Head Massage, techniques used including practical sessions, knowing your clients body type and providing individualized treatment for each clients. This course forms a good base for other head treatment such as Jamu Traditional Hair Cream bath and compliment Ayurvedic Shirodara treatment.
- **5 DAYS THAI MASSAGE, All Levels** 35 hours

Thai massage is an ancient healing art from Thailand which has been practiced for at least one thousand years. Thai massage uses soft tissue pressing on the meridian lines, stretching, twisting and joint manipulations. The many techniques used in Thai massage work are designed to stimulate the flow of intrinsic energies and to release blockages that would otherwise preclude the attainment of balance that is essential for maintaining a healthy pain free body. Learn how you can release energy blockages and stagnation by careful application of pressure along the Sen-channels of the body.
- **5 DAYS REFLEXOLOGY FOOT MASSAGE, All Levels** 35 hours

Foot reflexology massage is a safe healing method full of benefits. Unlike other massage that use thumbs, palms, hands or elbows foot reflexology massage uses hands fingers and a wooden stick.

The reflexology massage uses ancient healing and pressure point techniques on the reflex points on the feet. The reflexology massage relaxes tension, removes congestion in the body and helps to activate the healing power of the body.

Learn how to the treat the different reflex points and areas of the feet together with the power of touch
- **5 DAYS SWEDISH MASSAGE, All Levels** 35 hours

Our one-week course in Swedish massage is one of our most popular training courses. Learn effective techniques to assist your clients to achieve ultimate relaxation and maintain their wellbeing.

Swedish massage is a gentle form of massage that uses long strokes, kneading, deep circular movements, vibration and tapping to help a client to relax and energize. This is a powerful treatment you can do to your client to help with stress – related problems. It will not only help to relax the mind but also alleviate many of the physical symptoms of stress such as tense muscles, aching neck, shoulder and back.



• **5 DAYS WARM STONE MASSAGE, All Levels** 35 hours

This course is about providing warm stone massage treatment. To carry out this unit, students need to maintain effective health, safety and hygiene procedures throughout their work. This course covers all of the practical applications and required underpinning knowledge of warm stone massage treatment to enable candidates to provide a full warm stone massage treatment with effective massage medium selection.

• **5 DAYS STONE THERAPY, All Levels** 35 hours

This Stone Therapy Massage Course training at Jamu Spa School will equip you with knowledge and skill to conduct a complete stone therapy treatment. You will learn how the effective techniques of delivering stone therapy using hot and cold stones and send your clients to a pure bliss. Our experienced teachers ensure that you will be trained well to deliver the treatment.

• **5 DAYS AYURVEDIC ABHYANGA SHIRODARA, All Levels** 35 hours

Ayurveda Shirodara treatment will start with Abhyanga Massage using specific oil based on your dosha. Then follow with Shirodara. Shirodara is a form of Ayurveda therapy that involves gently pouring liquids over the forehead and can be one of the steps involved in Panchakarma. The treatment is concluded with a head and scalp massage.

This course covers 4 elements:

1. Basic Ayurveda information
2. Doshas
3. Shirodara "Dhara" treatment
4. Abhyanga Massage.

By this one week course students will be able to identify one's dosha, identify and administer the Shirodara treatment and Dhara and give Abhyanga Massage.

• **5 DAYS AROMATHERAPY MASSAGE, All Levels** 35 hours

This course uses special hand on techniques together with the application of essential oil blends to increase the overall effectiveness of the treatment.

Learn the theoretical background of essential oils and the use of them in the footbath and massage. The essential oils and blends we use are made in our own Jamu Production House

• **5 DAYS ANATOMY AND PHYSIOLOGY, All Levels** 35 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 for CIBTAC Endorsed course.

Units studied:

- |                      |                       |                    |
|----------------------|-----------------------|--------------------|
| • Cell & Tissue      | • Skin                | • Skeletal system  |
| • Muscular system    | • Circulatory system  | • Lymphatic system |
| • Respiratory system | • Endocrine system    | • Digestive system |
| • Urinary system     | • Reproductive system | • Nervous system   |

• **5 DAYS BAMBOO MASSAGE, All Levels** 35 hours

Learn a unique therapy that uses smooth bamboo sticks of varying sizes to deliver deep tissue and relaxing massage techniques. This course provides hands-on training in how to use warmed bamboo tools to roll, knead, and glide over the body, helping to relieve stress, reduce muscle tension, and improve circulation.

• **5 DAYS SPORT MASSAGE, Experience** 35 hours

This comprehensive sports massage course is designed for massage therapists and bodyworkers seeking to enhance their skills in working with athletes and active individuals. The course focuses on techniques to prevent injury, improve athletic performance, and support recovery. Participants will learn pre-event, post-event, and maintenance massage methods, as well as how to assess muscular imbalances and tailor treatments to individual needs.





## JAMU COURSE PACKAGES

Study max, pay less! We love enthusiastic and passionate Students who want to know more of our Jamu courses. We have special package course fee for you right here!. Certificate authorized by Indonesian government will be awarded upon the completion special of these Jamu package course.

- 3 WEEKS MATERNITY PACKAGE, Experienced** 105 hours/15 days  
 This package course will equip you with skills to deliver Indonesian traditional maternity treatments. You will learn to provide treatments for mothers and babies.

Subjects studied include:

- Pregnancy
- Post Natal
- Baby Massage
- Bust Treatment

- 1 MONTH BALINESE TREATMENT PACKAGE, All Levels** 140 hours /20 days  
 Learn a package of courses designed to specifically equipped you with a knowledge of traditional Balinese treatments for beauty and well-being.

This course includes:

- Basic Traditional Balinese Massage
- Body Scrub & Wraps
- Traditional Hair Cream-bath treatment
- Facial Treatment

- 1 MONTH MASSAGE THERAPY PACKAGE, Experienced** 140 hours /20 days  
 Experienced spa professionals will note that these four therapies are among the most popular treatments in the industry.

This package course equips you with a range of skills to perform a variety of massage treatments including:

- Aromatherapy Massage
- Warm Stone Massage
- Reflexology
- Thai Massage

- 1 MONTH BEAUTY TREATMENT PACKAGE, All Levels** 140 hours /20 days  
 Learn a package of courses designed to specifically equip you with knowledge of traditional Balinese treatments for beauty and well-being.

This course includes:

- Natural Facial Treatment
- Traditional Hair Cream-bath treatment
- Manicure/Pedicure Treatment
- Body Scrub & Wraps





- **2 MONTHS MASSAGE & BEAUTY TREATMENT PACKAGE, All Levels**

280 hours /40 days

This package course will equip you with a wide range of skills to perform massage and beauty treatments.

The subjects studied includes:

- 5 Massage course: Basic Traditional Balinese Massage, Aromatherapy Massage, Warm Stone Massage, Reflexology, Thai Massage
- 3 Beauty course: Body Scrubs & Wraps, Traditional Hair Cream bath Treatment, Facial Treatment

- **2 MONTHS MASSAGE & MATERNITY TREATMENT PACKAGE, All Levels**

280 hours /40 days

Learn a package of courses designed to specifically equipped you with a knowledge for traditional treatment and maternity care.

This course includes:

- 5 Massage course: Basic Balinese Massage, Advanced Balinese Massage, Slimming Massage, Herbal Pack Massage, Ayurvedic Shirodara.
- 4 Maternity course: Pre Natal, Post Natal, Bust Treatment, Baby Massage

- **3 MONTHS SPA THERAPIST TRAINING PACKAGE, All Levels**

420 hours/60 days

The massage therapist program is three month course that is comprehensive and career oriented. This program is designed to give you the necessary skills to work in the international spa industry. It includes various massage therapies and treatments that provide you with a solid skill and knowledge in the industry.

Students find that they get a thorough well rounded education with a variety of treatments preparing them to work in a wide range of professional settings. It guides you in developing the qualities of a professional therapist and gives you the tools and information you need to work in the field.

Subjects included in 3 months course:

- |                                         |                                     |
|-----------------------------------------|-------------------------------------|
| • Traditional Balinese massage          | • Aromatherapy massage              |
| • Reflexology                           | • Warm stone treatment              |
| • Thai massage                          | • Body Scrubs and Wraps             |
| • Traditional cream bath hair treatment | • Natural facial treatment          |
| • Waxing                                | • Manicure/pedicure                 |
| • Review training                       | • Case study                        |
| • Massage techniques                    | • Anatomy & physiology              |
| • Contra- indications                   | • Product knowledge and preparation |
| • Health and Hygiene                    | • Personal grooming                 |
| • Phraseology                           |                                     |