



Massage Therapy Program Overview Addendum Only available at the Ann Arbor Location

The Massage program is a 600 hour comprehensive program that incorporates wellness concepts and relative subjects of massage body work in this comprehensive curriculum; featuring all Aveda massage techniques, a balanced study of anatomy, physiology, pathology, aromaology, spa treatments and body movement techniques adds depth to the massage techniques you'll use to address the individual needs of your guests. The Massage program offers 600 hours of education instead of 500 hours required by the state. This allows Douglas J Aveda Institute to expand the curriculum to incorporate more hands-on practice. After completing course requirements, these technical concepts along with professional business building skills provide a well-rounded education in preparation for entry-level careers in the salon/spa industry.

Career Opportunities

Massage and body-work specialist
Spa and/or health club therapist
Spa manager
Spa owner
Private practice
Chiropractic and physical therapy clinic
Sports massage

Objectives

- Project a professional and positive attitude, with a sense of personal integrity and self-confidence.
- Develop and practice effective communication skill to interact with colleagues, supervisors, and guests.
- Respect the need to deliver excellent service for the value received in an employment environment.
- Perform the basic technical skills in the area of massage, aromaology, spa treatments, and body movement.
- Develop consolation skills to make the proper recommendations for the guests' needs.

Note: Douglas J Aveda Institute (the Institute) as written in this document refers to the following locations, unless otherwise stated:
Douglas J Aveda Institute Michigan Locations – Ann Arbor, East Lansing, Grand Rapids, Royal Oak
Douglas J Aveda Institute Tennessee Location--Knoxville
Douglas J Aveda Institute Chicago



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Method of Instruction

The Massage curriculum is taught from Tappan's Handbook of Healing Massage Techniques, Essentials of Human Anatomy and Physiology, Trail Guide to the Body as well as the Aveda technical and theoretical curriculum. The Douglas J Aveda Institutes pride themselves on a method of instruction that is based on 4MAT™ teaching methodology. 4MAT™ is a progressive learning cycle that engages all learning styles. All topics will encompass theory, demonstration, hands-on workshops, and activities.

Schedule

Monday – Saturday 35 hours per week

Units of Instruction

Introduction and Gamma

Grading Scale

80%-100% Satisfactory

0%-79% Not Satisfactory

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