



## **Foot Reflexology Training**

Lesson 1 (Introduction)

Duration: 3 hours

Trainer: Ivan Thiam

Venue: Classroom

1. Ice-breaking
2. Rules and Regulations
  - a. Attendance is important
    - i. Punctuality
  - b. Photo required
    - i. For registration (softcopy preferred)
3. Course overview
  - a. Total duration
  - b. Refreshment Time
  - c. Competency based assessment
    - i. Theory (30 minutes Oral)
    - ii. Practical (1 hour)
4. Safety
5. Hygiene
  - a. No watch and jewelry, rings on your hands.
  - b. Finger nails must be short and neat.
  - c. Dress neat and smart.
  - d. Long hair needs to tie up and tidy.



## 6. Basic requirement

- a. One small bottle of sanitizer or sterilize hand gel
  - i. For disinfect our hands.
- b. One box of wet tissue
  - i. To clean our hands
- c. One small dustbin
  - i. To collect rubbish
- d. One bottle of foot massage's cream
  - i. E.g. Nivea cream white color container
- e. Three big towel
  - i. To cover the upper leg
- f. Six small towels
  - i. one for wrapping the leg
  - ii. Practice on three clients
- g. One jacket
  - i. Air-Con can be very cold.
- h. One carry bag
  - i. To put all your stuff
- i. One clipboard
  - i. A few pieces of client's form.

## 7. Pre therapy activities

- a. Prepare client for massage

## 8. Perform therapy

## 9. Post therapy advice

## 10. Reinstate work area.