

INTERNATIONAL SPA ACADEMY

Touching lives... Adding Value





The only Academy
with International

UGC

Approved
University
Certification in
**Wellness & Spa
Management**



Diploma in Holistic Spa Therapy (1 month)

CERTIFIED BY



Module-I Essential health sciences

1. Anatomy and Physiology
2. Kinesiology

Module-II Soft Skills for Spa

1. Spa Etiquettes
2. Communication Skills
3. Personal Grooming
4. Body Language
5. System Management
6. Reception Handling
7. Inventory Management
8. Hygiene

Module-III Healing concepts

1. Healing Principles
2. Room Setup
3. Product Knowledge
4. Energy Healing
5. Opening and closing Procedures

Module- IV Western Therapy

1. Swedish massage
2. Relaxation Massage
3. Deep Tissue Massage
4. Lymphatic drainage Massage
5. Aromatherapy
6. Hawaiian Lomi Lomi

Module-V Asian Therapies

1. Thai Massage Level I
2. Thai Massage Level II
3. Shiatsu
4. Balinese Massage
5. Reflexology
6. Indian head Massage
7. Hot Stone Massage

Class timing Monday to Friday
9am to 5 pm

Internship:

students will get chance to go for on job training after the academic program.

Requirements for admission:

Copies of Qualifying Certificates
Id proof original
4 passport size photos
Maximum pairs of sports outfit,
shower towels and hand towels
Notebooks, pen pencils
Yoga mat



Diploma in Ayurveda & Panchakarma Therapy (1 month)

CERTIFIED BY



Theory sessions

Module 1

History and tradition

Veda and Darsanas

Moolasidhantha (Fundamental Principles)

Sareera (Anatomy & Physiology)

Dosha consultation methods

Swasthavrittha (Preventive Care)

Dravya and Bhaishajya (Food, Medicine and their preparation)

Athurvavrittha (Diseases and Treatments)

Purvakarma (preparation procedures)

Paschatkarmas (Special Therapies)

Practical Sessions

Module 2

Panchakarma (Purification Therapies)

Vamana(emesis)

Virejana(purgation)

Vasthi (medicated enemas)

Nasya(Nasal treatment)

Rekthamokshana (blood letting)

Module 3 Massages

Abhyanaga(ayurveda massage)

Mughalepa(facial massage)

Siroabyanga(head massage)

Kalary Uzhichil (sports massage in ayurveda style)

Chavitty Uzhichil (massage using feet)

Udvarthanam(powder massage)

Module 4

Swedana Kriyas, Kizhi (spice bundle application)

Shirodhara, Vasthi, Pichu, Shirolepa, Pizichil,

Tarppanam, Sarvanga Dhara, Thalam

Class timing Monday to Friday
9am to 5 pm

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Notebooks, pen pencils

Yoga mat



Diploma in Western Therapies (15 Days)

CERTIFIED BY



Theory

Healing principles

Spa Etiquettes

Hygiene

Communication Skills

Personal Grooming

Body Language

Room setup

Product Knowledge

Energy Healing

Opening and closing Procedures

Practical

Swedish massage

Relaxation Massage

Deep Tissue Massage

Lymphatic drainage Massage

Aromatherapy

Hawaiian Lomi Lomi

Facial massage

Class timing Monday to Friday
9am to 5 pm

Internship:

student will get chance to go for on job training after the academic program.

Requirements for admission:

Copies of Qualifying Certificates

Id proof original

4 passport size photos

Maximum pairs of sports outfit,
shower towels and hand towels

Notebooks, pen pencils

Yoga mat



Diploma in Asian Therapies (15 Days)

CERTIFIED BY



(DURATION 120 HOURS, 15 DAYS)

BSS Certification & ISA Certification

Theory

Healing principles

Spa Etiquettes

Communication Skills

Personal Grooming

Body Language

Room setup

Product Knowledge

Energy Healing

Opening and closing Procedures

Practical

Thai Massage Level I

Thai Massage Level II

Shiatsu

Balinese Massage

Reflexology

Cupping Therapy (Hijama)

Indian head Massage

Hot Stone Massage

Ayurveda massage(abhyanga)

Class timing Monday to Friday
9am to 5 pm

Internship:

student will get chance to go for on job training after the academic program.

Requirements for admission:

Copies of Qualifying Certificates

Id proof original

4 passport size photos

Maximum pairs of sports outfit,

shower towels and hand towels

Notebooks, pen pencils

Yoga mat



Diploma in Thai massage (7 Days)



BSS Certification & ISA Certification

Theory session

Anatomy and physiology
History of Thai massage
Basic theory Thai traditional medicine
Classification of Thai massage
Traditional Thai massage
Massage movements and techniques
Indications
Benefits and contraindications
Consultation

Practical sessions

Thai Massage sequences level I

Thai Massage sequences level II

Thai Yoga Massage

Internship:

student will get chance to go for on job training after the academic program.

Requirements for admission:

Copies of Qualifying Certificates
Id proof original
4 passport size photos
Maximum pairs of sports outfit,
shower towels and hand towels
Notebooks, pen pencils
Yoga mat

Class timing Monday to Friday
9am to 5 pm



Holistic Therapy Trainer Diploma (6 months)

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Syllabus: Course Modules

Module-I Essential health sciences

- 1) Anatomy and Physiology
- 2) Kinesiology
- 3) First Aid and CPR
- 4) Training supervision

Module-II Soft Skills for Spa

- 5) Spa Etiquettes
- 6) Communication Skills
- 7) Personal Grooming
- 8) Body Language
- 9) System Management
- 10) Reception Handling
- 11) Inventory Management

- 12) Hygiene
- 13) Training supervision

Module-III Healing concepts

- 14) Healing Principles
- 15) Room Setup
- 16) Product Knowledge
- 17) Energy Healing
- 18) Opening and closing Procedures
- 19) Training supervision

Module- IV Western Therapy

- 20) Swedish massage
- 21) Relaxation Massage
- 22) Deep Tissue Massage
- 23) Lymphatic drainage Massage
- 24) Aromatherapy
- 25) Hawaiian Lomi Lomi
- 26) Polarity Therapy
- 27) Training supervision

Module-V Asian Therapies

- 28) Thai Massage Level I
- 29) Thai Massage Level II
- 30) Shiatsu
- 31) Balinese Massage
- 32) Reflexology
- 33) Cupping Therapy (Hijama)
- 34) Indian head Massage
- 35) Hot Stone Massage
- 36) Reiki
- 37) Training supervision
- 38) Training on conducting seminars

Internship:

student will get chance to go for on job training after the academic program.

Requirements for admission:

Copies of Qualifying Certificates
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4 passport size photos
Maximum pairs of sports outfit,
shower towels and hand towels
Notebooks, pen pencils
Yoga mat

Class timing Monday to Friday
9am to 5 pm



Master diploma in spa management (6 months)

Basic Qualification: Graduation or any spa Diploma with experience.



MODULE 1- Origins and Development OF Spa

1. Types of Spa
2. Governing Bodies and Associations
3. Manager as a leader

Module 2- Spa Ethics

5. Healing concepts
6. Training co-ordination
7. Grooming standards

Module 3- The Spa Experience

9. Developing Your Spa Concept
10. How to Creating a Unique Concept
11. Spa Menu

Module 4- Preparing a Spa Business Plan

12. Marketing Plan Considering the '6 P's' of Marketing as They Related to Spa,
13. Pre-Opening Sales planning
14. How to fix targets?
15. Management Plan Including Organization Chart,
16. Staffing,
17. Recruiting and Initial Team Training

Module 5- Financial Planning

18. Financial Accounting for Spas,
19. Revision of Set-Up Costing and Profit/Loss Projection
20. Budgeting
21. Profit loss analysis

Module 6- Spa Treatments and Products

22. Choosing a product line
23. Creating the Treatment Menu
24. Selecting Product Ranges
25. Inventory control
26. Waste management
27. Other Supplies

Class timing Monday to Friday
9am to 5 pm

Internship:

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Requirements for admission:

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Notebooks, pen pencils
Yoga mat

Module 7-Spa Design Layout Requirement

28. General Considerations
29. Room-Specific Considerations
30. Finding the venders
31. Technical aspects
32. Inventory Requirements

Module 7- Office administration

33. Capital equipment management
34. Accounts management
35. Legal formalities
36. Opening closing formalities
37. Daily briefing
38. Duty rosters
39. Division of labor
40. Inventory & ordering



Yoga Instructor Course(YIC) (1 month)

Basic Qualification: 10th pass or any yoga certificate with experience.

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Module 1- ASANAS (YOGA POSTURES)

1. A daily Asanas practice class is devoted to teaching you how to teach asanas and pranayama. The daily asana practice gives opportunity to the student to learn how to manage the group also will get deep knowledge about asanas. The daily in-depth practice with individual guidelines includes:
2. Training sessions for all age groups
3. Sun salutation
4. 12 basic yoga postures
5. 100 asana variations, from intermediate level to advanced
6. Postural alignment
7. Deep relaxation with autosuggestion
8. energy Release

Module 2- Pranayama

9. Anuloma Viloma (alternate nostril breathing)
10. Kapalabhati (lung cleansing exercise)

Module 3- Meditation

11. Guide to meditation
12. What is meditation
13. Why meditate
14. Physical and mental meditation
15. 12-step daily practice
16. Effects of and experiences in meditation

Module 4- Teaching practice

17. How to teach the 12 basic postures and breathing exercises to beginners and intermediate students
18. Setting up of a proper environment for class
19. General pointers on teaching a class
20. Advanced Postures
21. Yoga for Children
22. Yoga for Older Citizens
23. Yoga for Pregnancy
24. Relaxation
25. Detailed correction workshops
26. In the second half of the training course, participants will teach each other under the guidance of an experienced instructor

Internship:

student will get chance to go for on job training after the academic program.

Requirements for admission:

Copies of Qualifying Certificates
Id proof original
4 passport size photos
Maximum pairs of sports outfit,
shower towels and hand towels
Notebooks, pen pencils
Yoga mat

THEORY SESSION

Module 5- Yoga anatomy and physiology

27. Introduction to the major body systems
28. The effects of asanas and pranayama on: the cardiovascular system, respiration, digestion, skeletal and muscular systems, endocrine system
29. The eight systems of the body
30. Yoga and physical culture
31. Diet and nutrition

Module 6- Teaching techniques

32. Group management
33. Power dynamics
34. Communication

Class timing Monday to Friday
9am to 5 pm

Diploma in Thai Yoga

CERTIFIED BY



Duration 120 hours(15 Days)

BSS Certification & ISA Certification

Anatomy and Physiology

Introduction to the major body systems

The effects of asanas and pranayama on systems of the body
Yoga and physical culture

Practical

Thai yoga

introduction to Thai medicine

Zen Meridians

Pressure Points

Basic Stretching

Thai Yoga Stretching

Internship:

students will get chance to go for on job training after the academic program.

Requirements for admission:

Copies of Qualifying Certificates

Id proof original

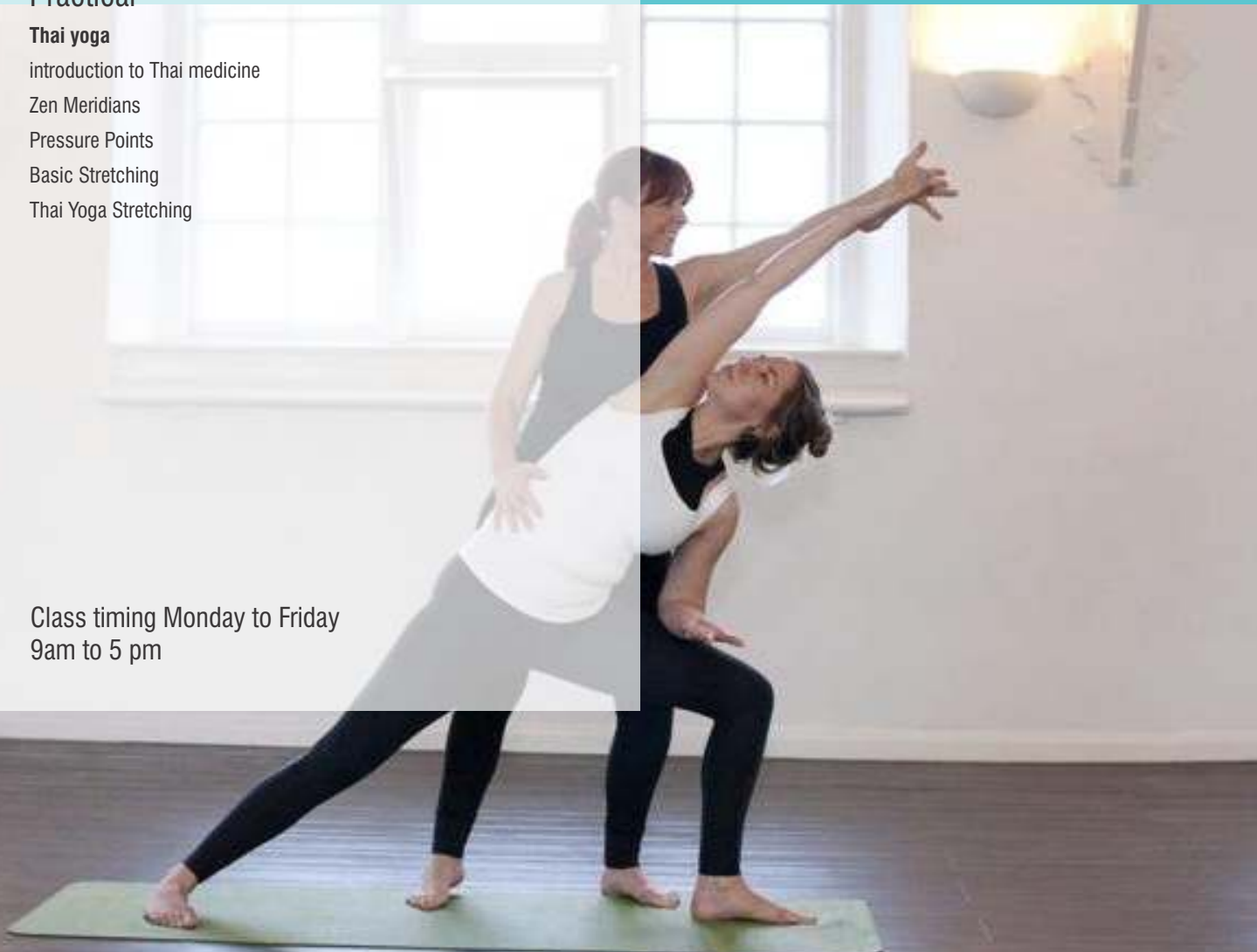
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Maximum pairs of sports outfit,
shower towels and hand towels

Notebooks, pen pencils

Yoga mat

Class timing Monday to Friday
9am to 5 pm



Diploma in Personal Training (DPT)

Duration 620 Hours.

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Theory

Module I

Anatomy

Physiology

Kinesiology

Module II

Body Composition

Introduction to General Physical

Preparedness

Introduction to Special Populations

Exercise Selection Criteria

Workload & Intensity

Module III

Basic Nutrition

Supplementation

Cardio Regulations

Module IV

Practical

Body Part 1 – Back

(Latissimus Dorsi, Trapezius, Erector Spinae)

Body Part 2 – Legs

(Quadriceps, Gluteal group, Hamstrings & Calves)

Body Part 3 - Chest Shoulder

(Pectoralis major, Deltoid group, Rotator Cuff group)

Body Part 4 – Abdominal Group

(Rectus Abdominis, Internal & External Obliques, Transversus Abdominis, Multifidus & Quadratus Lumborum)

Body Part 5 - Arms Group

(Biceps Brachii, Triceps Brachii, Brachialis, Brachioradialis, Wrist Extensors & Flexors)

Demo work out, Stretching

Internship:

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Requirements for admission:

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Id proof original

4 passport size photos

Maximum pairs of sports outfit, shower towels and hand towels

Notebooks, pen pencils

Yoga mat

Module V

Health Screening and Fitness Testing

Scheduling

Motivation and Adherence

Health and Safety in Gym Environment

Training Program Delivery

Application of Exercise Science to Program

Planning

CPR

Module VI

Personality Development & Interview Skills

Customer relation

Effective Communication

Equipment Maintenance

Hygiene Standards

Module VII

Group training

Yoga

Thai Style Body Stretching

Sports Massage

Combined Program (2 months)

(3 Separate Diploma Certificates)

**Highly Recommended for Beginners
to find job in the Industry**



Internship:
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Requirements for admission:
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Notebooks, pen pencils
Yoga mat

Diploma in Holistic Spa Therapy

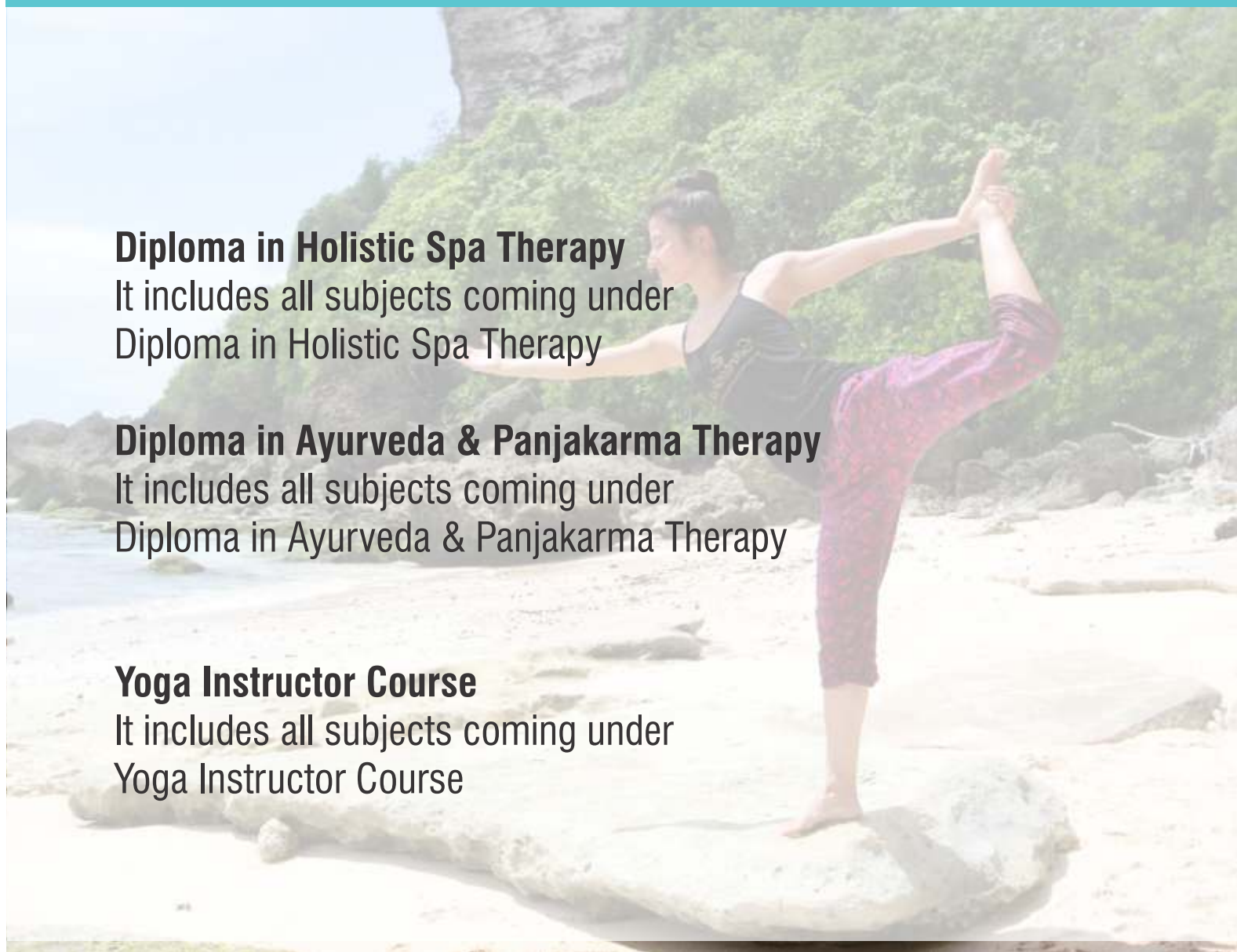
It includes all subjects coming under
Diploma in Holistic Spa Therapy

Diploma in Ayurveda & Panjakarma Therapy

It includes all subjects coming under
Diploma in Ayurveda & Panjakarma Therapy

Yoga Instructor Course

It includes all subjects coming under
Yoga Instructor Course



Combined Program (2 months)

(2 Separate Diploma Certificates)

**Highly Recommended for Beginners
to find job in the Industry**



Internship:
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training after the academic program.

Requirements for admission:
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Id proof original
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shower towels and hand towels
Notebooks, pen pencils
Yoga mat

Diploma in Holistic Spa Therapy

It includes all subjects coming under
Diploma in Holistic Spa Therapy

Diploma in Ayurveda & Panjakarma Therapy

It includes all subjects coming under
Diploma in Ayurveda & Panjakarma Therapy



Diploma in Hijama & Cupping Therapy

(3 Days)



(BSS Diploma & ISA Certification)

**Highly Recommended for
Starting Hijama Treatment Centre**

Live Practical Sessions

Requirements for admission:
Copies of Qualifying Certificates
Id proof original
4 passport size photos
Maximum pairs of sports outfit,
shower towels and hand towels
Notebooks, pen pencils
Yoga mat

Syllabus:

Module-I

Anatomy and Physiology

Module-II

Lymphatic Drainage Massage

Module-III

Dry Cupping

Module- IV

Fire Cupping

Module-V

Acupuncture Cupping

Module-VI

Ice Cupping

Module-VII

Facial Cupping

Module-VIII

Hijama Cupping
(Wet Cupping)

**We assist students to start Their centres.
We supply all the equipments.**

Combined Program with Spa Management (3 months)



(4 Separate Diploma Certificates)

**Highly Recommended for Beginners
to find job in the Industry**

Internship:

**student will get chance to go for on job
training after the academic program.**

Requirements for admission:

Copies of Qualifying Certificates
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Maximum pairs of sports outfit,
shower towels and hand towels
Notebooks, pen pencils
Yoga mat

Master diploma in Spa Management

It includes all subjects coming under
Master diploma in Spa Management

Diploma in Holistic Spa Therapy

It includes all subjects coming under
Diploma in Holistic Spa Therapy

Diploma in Ayurveda & Panjakarma Therapy

It includes all subjects coming under
Diploma in Ayurveda & Panjakarma Therapy

Yoga Instructor Course

It includes all subjects coming under
Yoga Instructor Course



Certificate Programmes



Additional charges for UGC approved
JAIN university certification

Internship:
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training after the academic program.

Requirements for admission:
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Yoga mat

Certificate program in Panchakarma (40 Hours, 5 Days)

Certificate program in Abhyanga & Kalary massage (40 Hours, 5 Days)

Certificate program in Thai massage - (40 Hours, 5 Days)

Certificate program in Swedish Massage (40 Hours, 5 Days)

Certificate program in Deep tissue massage-(40 Hours, 5 Days)

Certificate program in Hot stone massage-(20 Hours, 3 Days)

Certificate program in Chinese Cupping Therapy (Hijama)-(20 Hours, 3 Days)

Certificate program in Shiatsu-(20 Hours, 3 Days)

Certificate program in reflexology (20 Hours, 3 Days)

Certificate program in Facials and manicure, pedicure -(40 Hours, 5 Days)

Certificate program in Lymphatic & relaxation Massage) (20 Hours, 3 Days)

Certificate program in Aroma Therapy (20 Hours, 3 Days)

Certificate program in Indian Head Massage and Face massage (20 Hours, 3 Days)

Certificate program in Anatomy and physiology- (20 Hours, 3 Days)

Certificate program in Sports massage (20 Hours, 3 Days)

Faculty and Curriculum



ISPAAA introducing UGC approved University Certification for Wellness Courses, First time in India.

ISPAA provides UGC approved JAIN University Certifications, These Certifications are valid all over the world, so that the students can search for jobs anywhere...

Our Curriculum is globally approved and major spa groups are recruiting from ISPAA

We guarantee 100% placement for our students.
More than 2000 passed out students working globally.

Our Trainers:

Mr. Jude Joseph (Training in charge & Director)

CIDESCO (Zurich, Switzerland)
CIBTAC (London, UK)
MSC YOGA (SVYASA, Bangalore)

Dr. Parvathy (HOD, Ayurveda)

BAMS (SDM College of Ayurveda, Hassan)
MD(ALN RAO MAM College)

Dr. Elja Joseph (BAMS)

Panchakarma

Dr. Suma Vydia (HOD, Yoga)

BAMS (SDM Medical College)

Facilities



Internationally experienced Trainers

Full fledged class rooms for theory & practical sessions

Yoga Studio , 1000 Sq feet area.

Library felicities

Printed Manuals for different subjects

Branded products for practical Training with out additional cost.

Govt. subsidies for economically backward students (Conditions apply)

Free training for differently abeled students.

Separate accommodation facilities for male & female students

Transportation facilities.

Weekend trips to tourist attractions.

Discounted Spa & Ayurveda Treatment Felicities.

Campus Recruitments by reputed companies.

100% Placement assistance with reputed companies

International & Cruise placements documentation in 6 months.