

ORIENT SPA ACADEMY- the Wellness School

COURSES - 2011

Course ID	Course Name	Duration
AS-001	OSA Ayurveda Basics	3 Weeks
AS-002	OSA Ayurveda Advanced	3 Months
BS-001	Anatomy & Physiology	1 Week
AS-003	OSA Diploma in Ayurvedic Therapies	4 Months
LA-009	OSA Advanced Thai	1 Month
IT-011	OSA International	3 Months
IT-012	OSA Advanced Holistic	1 Month
SM-001	OSA Spa Management & Operations	1 Month
SD-001	OSA Spa Development	1 Month
BS-004	OSA Spa Orientation	1 Month
BS-002	Communication & Etiquettes	2 Weeks
BS-003	First Aid in Spas	5 days
IT-001	Spa Body Massage	1 Week
IT-002	Spa Body Therapy	1 Week
IT-003	Body Polishing & Wraps	1 Week
IT-004	Spa Face Treatments	1 Week
IT-005	Spa & Beauty Nail Treatments	1 Week
LA-001	Thai Yoga Therapy	1 Week
LA-002	Traditional Thai Massage	1 Week
LA-003	Thai Aroma Massage	2 Weeks
LA-004	Thai Foot Massage	1 Week
LA-005	Reflexology	2 Weeks
LA-006	Shiatsu	2 Weeks
IT-006	Accupressure Massage	1 Week
LA-007	Manual Lymphatic Drainage	2 Weeks
LA-008	Hot Stone Massage	2 Weeks
IT-007	Aromatherapy Basics	1 Week
IT-008	Aromatherapy Advanced	2 Weeks
IT-009	Classic Swedish Massage	1 Week
IT-010	Deep Tissue Massage (Sports Massage)	1 Week
BE-001	OSA Beauty/Aesthetic Treatments	2 Months
BE-002	Face Treatments	1 Week
AS-004	Abhyangam	1 Week
AS-005	Indian Head & Shoulder Massage	1 Week
AS-006	Indian Foot Massage - Padabhyangam	1 Week
AS-007	Udhwarthanam	1 Week
AS-008	OSA Meditation & Yoga	1 Week
FT-001	Spa Management	1 Week
FT-002	Complete Spa Orientation	1 Week
FT-003	Ayurvedic Spa Therapies	1 Week
FT-004	International Spa Therapies	1 Week
FT-005	Spa Body Treatments & Spa Facials	1 Week
WW-001	Spa Stone Therapy (Working w/ Stones)	2 Days
WW-002	Japanese Shiatsu Therapy	2 Days
WW-003	Chinese Foot Reflexology	2 Days
WW-004	Thai Yoga Massage	2 Days
WW-005	Face Treatments	2 Days

OSA reserves the right to make changes in the course details when required. For Registrations / Queries, write to us - info@orientspaacademy.com