


*At Prana Franchise &
Academy we are on quest to
develop a new generation of
touch Therapists*

*Prana Spa Franchise
developing Spa's
with a soul*



healinghands  prana franchise & academy

Tel: 01727 840111 • www.pranaspa.co.uk

Eastern Courses Level 2

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1. Traditional Thai Massage Part 1

Traditional Thai Massage is carried out on a Thai mat on the floor. The massage is done over clothes and it combines acupressure, palming and stretching Techniques using the therapist's fingers, thumbs, elbows, arms and feet.

Day 1 - Learn a complete basic routine and theory .

Price: £150

2. Traditional Thai Massage Part 2

Day 2 you will perfect your Basic routine and learn some advanced techniques.

Price: £150

3. Reflexology

Learn the theory of Reflex zones, and a stress relief reflexology routine, to treat mental imbalances, stress, anxiety, head and neck problems. This course is equally popular with massage therapists wanting to learn a new technique and also qualified Reflexologists wanting to learn a powerful new routine.

Price: £150

4. Reiki 2

Receive a Reiki /Seichem 2 attunement for your personal Wellbeing and learn how to give a 45 minute Reiki massage using Reiki symbols and healing massage techniques .

Price: £120

5. Advanced Indian Head Massage

This massage is done with the client partly sitting on a chair and partly in a relaxing position lying on the couch.

Hot Thai Herbal packs with prai, ginger, turmeric and lemongrass are applied to the neck, and shoulders to soothe the client and ease any muscle pain.

Price: £150

6. Ayurvedic Pregnancy Massage

Learn to give a soothing full body pregnancy massage with virgin coconut oil whilst your client is lying on their back on a warm, water filled mat. A truly popular massage to pamper your client after the first 3 months of pregnancy.

Price: £150



Courses run from Monday to Wednesday and all 6 courses will run over a 2 week period. Residential accommodation can be provided for those travelling from afar.

All Prana Courses carry CPD points and are accredited by the Guild insurance.

Book all 6 level 2 courses for £720

Pay £50 per course when you buy a Franchise



Eastern Courses Level 1

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1. Thai Oil Massage

Thai massages is our most popular course, and a must have course for every Therapist. You will be trained to work on the couch, and learn to give a deep tissue massage using your forearms, elbows, knuckles and deep pressure without any effort.

Price: £140

2. Prana Thai Foot massage

Thai foot massage is much more than a foot massage. You will learn to treat the complete meridian system from the feet to the back & scalp using the Thai foot stick & ginger foot massage cream.

Price: £140

3. Reiki 1

Reiki 1 attunement will help to remove your energy blocks, bring balance and restore your equilibrium. You will learn read and sense aura's, self healing techniques, and how to give a 45 minute hands on Reiki session

Price: £120

4. Chakra Stone Massage

A healing and chakra balancing massage with hot stones, crystals and eastern techniques. You will learn the theory of crystals, chakras, and a healing massage to reduce your client's stress levels. As a therapist you will find this massage relax's you and gives you therapeutc benefit also.

Price: £140

5. Hot Poultrice Massage

This nurturing massage using hot herbs poultices with prai, ginger, turmeric and lemongrass will wow your clients. The penetrating herbs and heat makes this massage very good for stress relief, and circulation problems. Learn to assess your client's Ayurveda Dosha, and treat the imbalances.

Price: £140

6. Shirodhara

Learn an ancient technique to improve mental imbalances, stress, anxiety, head and neck problems. Shirodhara begins with a foot and marma point face and scalp massage, followed by warm coconut oil descending onto the third eye for 10 to 15 minutes. Crystals are placed on the chakras to heal and balance the energy.

Price: £140

Course Booking Terms and Conditions

Full payment is required to secure a place on the course.

Upon receipt of the full course Fees, we will send you a confirmation letter, class requirements, and directions.

Course Pre-requisite - Purchase of a Course Kit.

Cancellation Policy:

If you are unable to attend a booked class we require 14 days notice or you will forfeit your course payment. We do this so that we can offer this place to another student.

Book all 6 level 1 courses for £600

Pay £50 per course when you buy a Franchise

To book, call: 01727 840111 or email: lucy@pranaspa.co.uk

Cosmetic Procedure Courses



Red Vein Removal

Learn to successfully remove Red Veins from the face and legs with short wave diathermy.

Pre-requisite- 2 years of electrolysis experience

Price: £150

Skin Tags, Millia and Keratosis Removal

Become one of the few therapists in this country to perform these advanced procedures.

Short wave Diathermy is currently the safest method of removing skin tags and millia.

Pre-requisite – 2 years of electrolysis experience and red vein removal

Price: £150

Chemical Peel and Micro-Dermabrasion

This powerful combination of peel, crystals and expertise makes this most popular facial with our client's and therapists.

Pre-requisite- Salicylic and Micro-Dermabrasion courses

Price: £150

Epionce Chemical Peel

Recommended training course for senior therapists with over 5 years of experience and good communication skills. Medical strength peel with 40% salicylic and 50% malic acid will deliver exceptional results on pigmentation, acne and ageing.

Pre-requisite Salicylic Chemical Peel

Price: £150

Courses run from Monday to Wednesday over a 2 week period. Residential accommodation can be provided for those travelling from afar.

All Prana Courses carry CPD points and are accredited by the BT Guild Insurance.

Advanced Facial Courses

Improve your professional expertise with the Prana Spa skincare products and advanced facial techniques that is guaranteed to earn you more money



Prana Spa Facial Courses

Prana Prescription Facial

This professional; facial suitable for normal, congested, young skin types, using our Prana Spa products help to maintain the vitality of young skin and control skin breakouts. Steam, extraction, high frequency and a pressure point massage will ensure that you deliver unsurpassed results.

Price: £120

Prana Hydraderm Facial

Learn to deliver an age defying facial guaranteed to deliver smoother, younger looking skin. Powerful synergy of anti-ageing ingredients, such as elastin, collagen, Q10 and galvanic and high frequency machines energise the decaying cells and restore the skin's deepest layers.

Price: £120

Book all 5 facial courses for £500

Pay £50 per course when you buy a Franchise

Thai Herbal Facial

1 hour Herbal Facial begins with an indulgent back scrub and massage with hot towels, fragrant ayurvedic scrub to exfoliate the skin and a marma point massage to soothe, will transport your client into heaven.

Price: £120

Micro-Dermabrasion Facial

This popular facial delivers every time. A combination of aluminium oxide crystals and advanced facial massage techniques with honey deeply exfoliates the dead skin cells and stimulates the growth of new skin cells.

All skin types will show a fresher healthier skin.

Price: £130

Chemical Peel

Peels are here to stay and getting more and more popular with today's clients. We have chosen to teach you a peel with a clever combination of malic, lactic and Salicylic acid well known for it's no-down-time properties. You are guaranteed to improve the quality of your client pores and skin by up to 60%.

Price: £130

To book, call: 01727 840111 or email: london@pranaspa.co.uk

Spa Experience Course for the newly qualified therapist



For the Holistic Therapist

4 week Spa Experience course

Level 1 Cost £240

Training courses included;

Thai oil Massage,

Chakra stone Massage,

Thai Herbal Facial

Ayurvedic Body Scrubs and

Chocolate Body wrap

For the Beauty Therapist

4 week Spa Experience course

Level 2 Cost £240

Training courses included;

Prescription Facial

Hydraderm Facial

Micro Dermabrasion Facial

Speed waxing techniques

Expert Manicure /Pedicure techniques

Spa experience courses include 2 days of training & 2 days of work experience each week. Courses run from Sunday to Wednesday & Monday to Thursday

For Spa Experience courses

in July and August 2011

Tel 01727 840111

Email: lucy@pranaspa.co.uk



I have seen trends that indicate a huge gap in the industry where employers looking for expertise employ experienced therapists because newly qualified therapists do not have confidence and hardly any client handling skills. It is only commercially viable if the newly

qualified therapist are trained to the industry standard.

At healinghands we have a policy to employ new recruits and train them. The new recruits do take time and effort to train, however, with lots of nurturing, confidence boosting, and training in expert treatments brings rewards in the long term.

Spa Experience Course

Spa Experience Courses are designed to bridge the gap between college training and workplace.

If you would like to get a job in a quality salon or come and work in a Prana Spa franchise after your college training, we can prepare you work to the standards employers expect.

You will carry out advanced treatments on our Spa clients and work alongside our senior therapists. We will mentor, nurture and guide you into a job that match's your strengths and passions.

We are so confident of our training that we can guarantee that you will leave us more confident, and inspired and definitely employable.

If you are a Salon owner and would like to employ a Prana Accredited therapist
Email daksha@pranaspa.co.uk

Finishing Rituals



Slimming Courses

Chillie Cellulite massage

The most effective treatment for breaking down Cellulite. We will train you to give a deep, invigorating and warming massage using a chillie massage cream with extracts of chilli, followed by a firming , lymph drainage massage with the Prana Ginseng Ice gel.

Price: £110

Detox Body scrub and chocolate wrap

A stimulating lemon and Green tea body scrub with hot towels, Is followed by a warm chocolate mask and the client is enveloped in a heated blanket for 20 minutes. Total indulgence is experienced by the client.

Price: £110

Inch Loss Contour Wrap

Learn this popular 2 hour inch loss treatment guaranteed to lose 6 inches. bandages soaked in warm sea clay and minerals are wrapped around the body to stimulate the lymphatic system to flush out excess fluids and toxins

Price: £130

Prana Hand Ritual

Learn an expert Manicure that will exceed your client's expectations. The Manicure begins with a Herbal hand scrub and marma point massage. Cuticle Removal, file and polish completes this ultimate pamper

Price: £90

Prana Foot Ritual

This heavenly Pedicure begins with the feet soaked in rose petals and Ayurvedic herbs and followed a herbal scrub, file, cuticle removal,Thai foot massage and polish.

Price: £90

Pay £50 per course when you buy a Franchise. To book tel 01727 840111 or email lucy@pranaspa.co.uk

For course dates visit www.pranaspa.co.uk



Prana Spa Franchise

Partnering a business with healinghands

Our Spiritual ethos;

We are looking to support like-minded franchise partners who are on a similar journey to us. We await many souls who need to be nurtured and supported in the embryonic business development.

Our expectations;

You will have a dedicated treatment room, waiting area and a toilet allocated for clients.

100% dedication to the business and a vision to expand the business to a bigger location

Prana franchise package is designed as a start up business to mentor and guide you to succeed in today's competitive beauty business. We will boost your confidence with our expert training, show you how to build a loyal customer base, and earn a good income from your business.

Our long term business goal for the Homespa - To transition your 1 room Homespa into a 3 to 4 room Spa in a Hotel or gym within 2 years.

Our long term business goal for the Leisurespa - To organically expand to a 5/6 room High street Medi-Spa

Franchise Options

Option 1

Prana Homespa Franchise

Homebased 1 room spa

Franchise Set up fee £3,200

You pay a Monthly Franchise revenue fee of £500

Your Franchise Package includes;

Interior design of your treatment room

Design of the marketing and point of sale material

Prana Spa courses reduced to £50 per course

30% discounts on Prana Spa products and equipment

Monthly mentoring and business skill workshop

Support with open day launch

Dedicated web page on the Prana Spa website

Referrals from prana marketing incentives

Option 2

Prana LeisureSpa

2/3 Room Franchise in a Hotel or a Gym

Franchise set up Fee £7,900

You pay a Monthly Franchise Revenue of £800

Your Franchise Package includes;

Market research within the Hotel or Gym

Negotiate and close the deal to acquire the Spa area from the Hotel

Interior design of the Spa treatment rooms

Interview and hire Spa therapists

Implement staff contracts and HR policies

Sales and marketing training

Prana courses reduced to £50 per course

30% discount on products and equipment

healinghands

healinghands Medi-Spa

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