

Four things you should do now...



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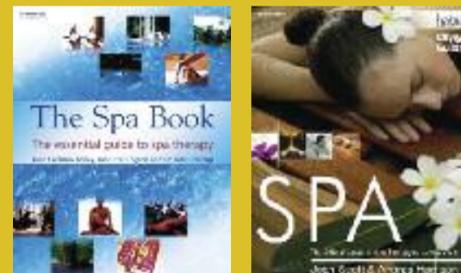
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Habia has one of the widest ranges of hairdressing and barbering training materials available. We also offer FREE postage and packaging on all standard delivery orders within the UK!

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## Guidance and advice

### Where can I go to get free guidance and advice?

You can visit the Habia website for the latest guidance and advice on careers in the spa therapy industry.

[www.habia.org](http://www.habia.org)

### Careers Offices

Staff at Careers Offices provide information and advice on training opportunities in their region. They provide young people with information on the opportunities available to them, helping them to choose the right career. Careers Offices contain leaflets from particular employers and training organisations, they also hold information about job vacancies.

### Training providers

Local training providers can provide careers advice and information regarding suitable training courses available.

### learnirect

'learnirect' provides impartial advice on careers, learning programmes and courses nationwide. learnirect can be contacted on freephone 0800 100 900 or [www.learnirect.co.uk](http://www.learnirect.co.uk)

	Careers Office	Contact
England	Connexions	<a href="http://www.connexions-direct.com">www.connexions-direct.com</a> Telephone: 080 800 13 2 19
Wales	Careers Wales	<a href="http://www.careerswales.com">www.careerswales.com</a> Telephone : 02920 906700
Scotland	Careers Scotland	<a href="http://www.careers-scotland.org.uk">www.careers-scotland.org.uk</a> Telephone: 0845 850 2502
Northern Ireland	Career Service Support Unit (CSSU)	<a href="http://www.delni.gov.uk">www.delni.gov.uk</a> Telephone: 028 9044 1784

## standards • information • solutions

Habia is the government appointed sector skills body for hair, beauty, nails, spa therapy, barbering and African type hair and creates the standards that form the basis of all qualifications including NVQs, SVQs, Apprenticeships, Diplomas and Foundation degrees, as well as industry codes of practice.

A central point of contact for information, Habia provides guidance on careers, business development, legislation, salon safety and equal opportunities and is responsible to government on industry issues such as training and skills.

Habia raises the profile of its industries through the press and media and is the first port of call for news organisations and broadcasters on news items and background information.

Habia is a not for profit organisation.

Now you know what Habia does, find out more about how we can help you.

Habia also delivers solutions direct to:

*salons* – to help them understand complex legislation such as health & safety and employment law, improve client retention and raise business performance

*employees* – to gain the skills that employers need to stay up to date with client demand and the latest techniques, equipment and products, as well as where to go to access learning and suitable qualifications

*trainers* – to deliver qualifications with training support manuals and to create successful teaching programmes including induction and initial assessment

*learners* – by offering books and teaching guides directly related to their studies and by providing advice on career paths and qualifications.



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Careers in  
Spa Therapy



## A career in Spa Therapy

### What makes a good Spa Therapist?

Once considered to be a luxury, the services offered by spa therapists are enjoyed by an ever-increasing number of people. Spa facilities range from day spas, to spas in hotels and holiday resorts, some of which are in exotic locations.

In order to become a spa therapist you need to have a unique combination of skills and require a great deal of training. You will also have to possess an almost unrivalled ability in a vast array of skills.

You will have to be an excellent communicator not only with your friends and the people you know well, but with people from every age group, social background, ethnic origin, occupation and gender.

- You will need to have a high degree of physical stamina due to the nature of the work and long working hours
- You will have to learn basic rules of chemistry, physics, human anatomy, physiology and mathematics
- You should be highly dextrous
- Your personality should be vibrant, sparkling, strong and interesting
- You should be diplomatic, sympathetic and have the ability to listen and communicate well
- You will have to be prepared to undertake a long initial training and then to continue training for the rest of your working life.

To find all these qualities in a single individual is very difficult. That is why good spa therapists are rare and rare skills should be rewarded. The pay while training may be low, but it is often enhanced with tips and gratuities from clients and will be increased further by commission earned through selling retail products to clients. Spa therapists in top spas and those who progress to supervisory or management positions will earn even more.

In addition, as a qualified spa therapist with further training and experience, there are opportunities to diversify into other beauty related occupations.

Job satisfaction is a payment that can never be quantified. You'll be working in a fast-moving, ever-changing industry. Spa therapists are people who love their work and gain enormous pleasure working with the public to improve their well being. As a spa therapist, you have skills that will ensure job mobility within spas in this country, on board cruise liners and in international holiday resorts throughout the world.

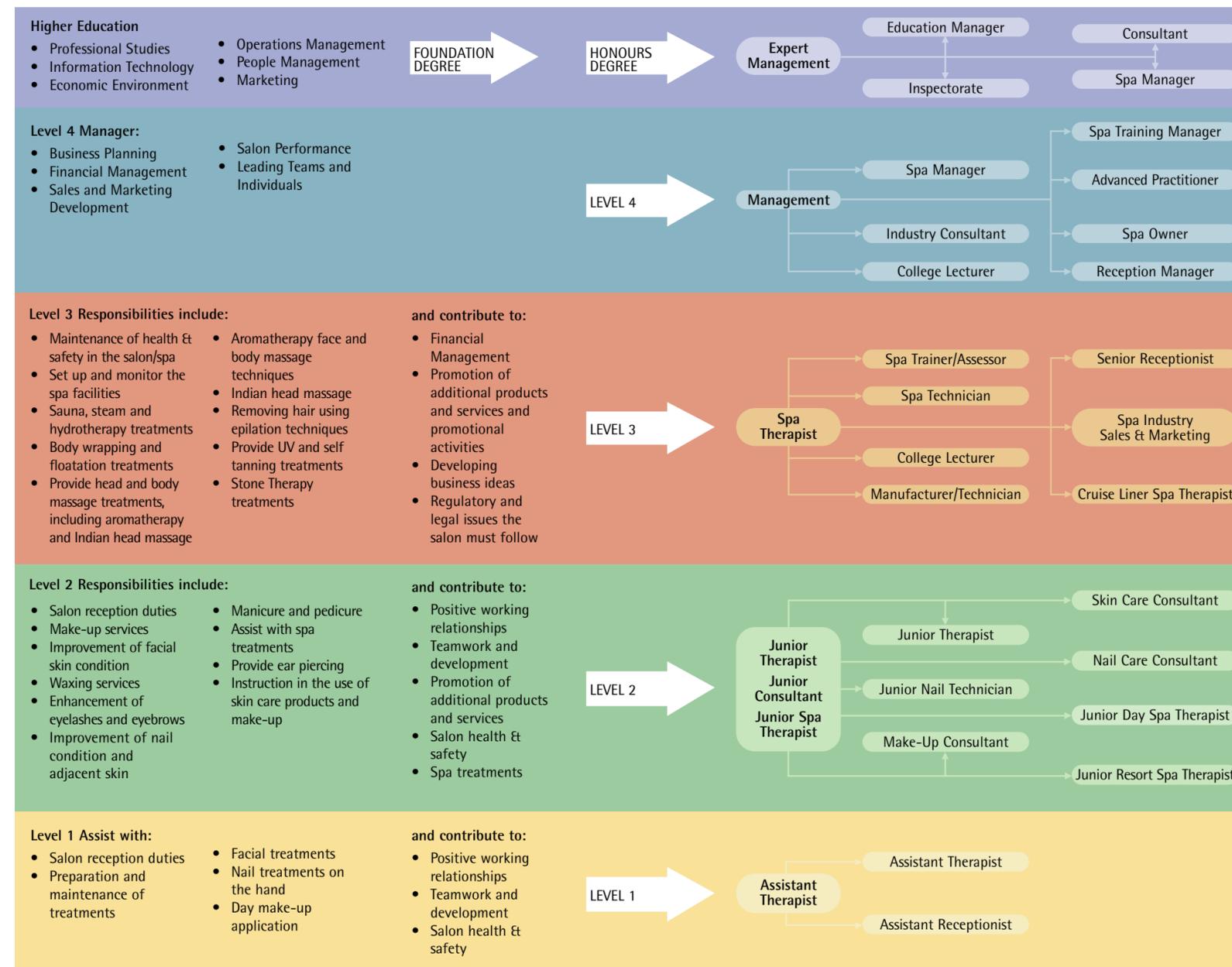
Spas are part of an industry that will be here forever and has an amazing product. But, most importantly in today's society, with job losses and failing industries, the service that spa therapists provide and the skills they have, will never go away.

## Spa Therapy Qualification

### What does a Spa Therapist do?

A spa therapist provides treatments to improve the general appearance of the face and body as well as improving client well being. They offer a full range of treatments to suit different client objectives, for example, relaxation or holistic treatments, which may include Indian head massage and aromatherapy massage. In addition, the spa therapist will be knowledgeable in all aspects of heat and wet treatments, which will include hydrotherapy, flotation, steam, sauna and jacuzzi. Other spa therapists will offer treatments that focus on client health and fitness. Many spa therapists work as a team with other specialists such as nutritionists to create a treatment plan for individual clients.

### Career ladder - Spa Therapy



### The Spa Therapy Industry - Facts

Spa tourism in England alone is worth £1.4 billion per annum and is one of the fastest growing industries. Specially qualified spa therapists are in short supply and the new qualifications are designed to address this.

## What next?

### Qualifications

Thorough training is essential for today's competitive market and National Vocational Qualifications (NVQs), or Scottish Vocational Qualifications (SVQs) are qualifications about work, based upon standards developed by industry and commerce. They are about raising the standard of people's competence. That means training more people to a high level so they can produce good quality products and services.

NVQ/SVQs are placed in a framework of four levels starting with an introduction at Level 1, through to the essential skills required for basic beauty therapy, nails and spa at Level 2 to the more technical skills at Level 3 and the manager at Level 4 and above. There is a specific NVQ/SVQ for Spa Therapy at Level 3. On completion of these levels, therapists can move on to a Higher National Certificate or Diploma (HNC/D) qualification, a Foundation Degree or Honours Degree.

### Apprenticeships

An apprenticeship is a high quality learning programme aimed at people from the age of 16 upwards' appear as normal text.

This means you can earn a wage whilst learning the skills and gaining the experience employers want you to have to do a good job. You also get a qualification at the end of your training that is valued by employers. Most apprentices go straight into jobs, often with the business where they did their training.

Apprenticeships are also known as:

- Apprenticeship/Advanced Apprenticeship (England)
- Foundation Modern Apprenticeships/Modern Apprenticeships (Wales)
- Level 2 Apprenticeship NI/Level 3 Apprenticeship NI (Northern Ireland)
- Level 2 Modern Apprenticeship/Level 3 Modern Apprenticeship (Scotland)

Apprenticeships are not qualifications in their own right. Instead they are a framework made up of many elements.

- A work based qualification that is designed to ensure the apprentice is job ready, such as an NVQ or SVQ at either Level 2 or 3
- A qualification in English and Maths

The skills for English and Maths are also called:

- Key Skills or Functional Skills (England)
- Essential Skills Wales (Wales)
- Essential Skills Northern Ireland (Northern Ireland)
- Core Skills (Scotland)

There are 2 levels of Apprenticeships:

- Level 2
- Level 3