

Devon Academy Model Guidelines

Who we are:

1. Devon Academy is a very successful ITEC registered private college run by Gail Lowe who has over 30 years experience as a nurse, therapist and teacher.
2. Established since 2004 in Barnstaple she moved to Basepoint in Exeter in 2012.
3. She specialises in ITEC Level 3 certificated massage training and advanced CPD training for qualified therapists.
4. Her students are men and women of all ages often looking to change career and the courses she teaches are often on week days and week ends during the hours of 8.45am to 5.00pm at the moment we do not do any evening classes.
5. She needs models for students to massage as part of their course and for her to demonstrate techniques to the students so sometimes you will be part of a group of up to 7 students and models and sometimes you may be asked to be demonstrated on by our tutors while students observe.
6. We offer a variety of treatments Body Massage; Reflexology; Aromatherapy; Sports Massage; Stone Therapy; Indian Head Massage; and many CPD courses Deep Tissue; Trigger point; Facials etc.
7. All our treatments are performed with discretion and the utmost professionalism and you will be asked to share your constructive feedback at the end of your treatment.
8. We are massage therapists not beauty therapists, which means that when you attend a Deep Tissue Massage back course or a Sports Massage course where we are performing lower back massage, it may include professional treatment of the buttock area into the piriformis and gluteal muscles.
9. Our models need to be reliable, relatively healthy, who have no problem being a demonstration model or a student practice model who are quite happy to be massage by male and female therapists.
10. Once we have received a signed Consultation form we will add you to our mailing list and send you the timetable so that you can book in for a treatment of your choice on a suitable date and time for you. You will not be able to choose your treatment area on the day but receive what is advertised for that day.
11. There is a charge of £12.00 for all treatments regardless of time or £60 for 6 treatments valid for a 6 month period.

Urgent information

12. Devon Academy can be found on Marsh Barton Industrial Estate near the Livestock Centre and the Park and Ride at the end of Yeoford Way near to Makro. Our Classroom is in Room 31 on the first floor of Basepoint Business Centre next to Build Base; turn left, off the Makro roundabout.

When you leave if the door is locked there is a **green button to press to open door in reception** on the right hand side on the wall. **Do not under any circumstances use the Emergency Exit behind the stairs. There is a £180 fine for using this door unnecessarily which you will have to pay.** If you can't get out please come back and tell us.

Useful information:

13. Please make sure that you arrive at least ten minutes before the start time and wait on the red chairs in the corridor outside room 31 and we will come out and get you.
14. Please turn off your mobile phone.
15. Remove all jewellery including naval piercing etc accept for a wedding band. Any **jewellery that cannot be removed must be covered with a plaster.**
16. If you have any **contagious diseases** please do not volunteer to be a model i.e. rings worm, scabies, impetigo, head lice etc. Local infections are acceptable like Verrucas, warts etc **must be covered with a plaster.**
17. If you have cuts, bruises or abrasions which would be difficult to avoid then please cancel your appointment until they have gone, the odd one we can avoid
18. Please let us know if your medical history changes.

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19. **For Reflexology**; remove nail varnish on hands and feet
20. For **Sports massage** you will need T shirt and shorts. The treatment may include body reading, treatment and homecare advice including some recommended stretches.
21. Sports; Deep Tissue; Trigger point; Neuromuscular; Soft Tissue courses when doing the lower back may include work into the buttock muscles, please do not book in for these treatments if you are not comfortable with this although students are discrete with towel use and a professional attitude.
22. Students often have difficulty negotiating some **underwear**, it is helpful if gentlemen wear briefs rather than loose boxer shorts and women wear "Bridget Jones" type pants rather than a G strings or anything too flimsy.
23. Massage, Aromatherapy; Stone Therapy exams and mocks require a **dressingsown and slippers**, please bring these with you, if you don't possess one then we have a few available to borrow, if you let us know in advance

Treatment

24. When undressing please make sure you are standing on the mat provided and use the foot stool to climb on and off the couch, students will lose marks for this during mocks and exams. Indian Head models should keep their feet firmly flat in contact with the floor at all times no crossing of feet or legs.
25. Please try to relax and enjoy the treatment, focusing on slow deep breathing.
26. Try to wait for the student to ask you to turn over rather than anticipate their moves, let the therapist lift your head and limbs rather than lifting them up.
27. Conversation should be relevant and kept to a minimum. Please tell your therapist if the pressure is too light, heavy, if you're not comfortable, too cold or hot. In **Reflexology** if any point is tender
28. Take care when getting off the couch that you don't move too quickly and feel dizzy
29. Take note during the treatment of some of the following points in order to give constructive feedback afterwards: Contact, fluidity, consistency, flow, pressure, communication, comfort, attention to detail i.e. tucking you in, adapting the treatment to cater for your needs etc

Afterwards

30. Feedback is in terms of 2 Strengths and 2 Weaknesses, a sort of praise sandwich rather than focusing on Good and Bad
31. Take all your belongings and jewellery with you
32. Make payment in the correct amount in cash on the day or in advance by debit card.
33. Rebook your next treatment before you leave.
34. Please let us know how we are doing, we do listen to your feedback.

Thank you!
Gail

PLEASE - IF YOU HAVE TO CANCEL YOUR APPOINTMENT OR WANT TO MAKE A LAST-MINUTE BOOKING ALWAYS RING THE OFFICE NUMBER 01392 826033 AND LEAVE A MESSAGE - OUR EMAIL IS NOT LOOKED AT WHILST WE ARE TEACHING