



# FACIAL GUA SHA & FACE ROLLING MASSAGE

**What to Expect:** The course is a hybrid learning approach, so there are two steps for course completion. Online training for theory and technique and in-person practice with educator supervision.

Step 1: Online at your pace training for theory and technique

- The online course will provide the theory, benefits, contraindications, video demonstrations and procedural manuals to prepare you for the onsite practical experience.
- Access the Online Course Instructions
  - a. You will receive an email with instructions on how to access the online course.
  - b. You'll need to complete the course before the onsite hands-on training. After completing the online course, you will receive your CEU certificate for this program portion.

Step 2: In-person practice with educator supervision A

- Attending the onsite training will allow you to hone your skills while an educator guides you to ensure you are developing the proper techniques. The classroom is an open room environment.
- In person class you may practice using your model or simply watch the demonstration.

**Product & Supplies:** You will receive your kit on in-person class with supplies to support the training.

**In-Person Training:** Attendees will practice on each other; if the attendee opts out of receiving a service from a fellow attendee, the attendee must bring a model or observe during that exercise.

**What to Wear:** Dress in comfortable work clothes, closed toed shoes required.

**What to Bring:** Material or device for note-taking: bring any document from the online course that you would like to reference during the hands-on course. Bring snacks for breaks, and lunch is not included.

Please email [admissions@studyhair.com](mailto:admissions@studyhair.com) with any questions or concerns.