

Title: Body Care **Particularity: Continuing Education Program**

Code: 4731

Credits: 41

Duration: 615 hours

Training sector: Beauty Care (21)

Certification of studies: Skills Training Certificate (STC) (awarded exclusively by the school service centres or the school boards)

Authorized in: 2010

Mandated school service centre or school board: de la Capitale

Participating school service centres or school boards: de Montréal, Marguerite-Bourgeoys, des Rives-du-Saguenay, des Grandes-Seigneuries, de la Seigneurie-des-Milles-îles, de Laval

Occupation: Body Care Specialist

Program of study objectives: The *Body Care* program of study prepares students to practise the occupation of body care specialist.

Body care specialists provide body treatments and services, which may be preventive in nature, with a view to maintaining or enhancing their clients' appearance and promoting their physical and mental well-being. This may include such services as body firming, body sculpting, circulation-boosting, skin remineralization and treatments to promote fitness and relaxation.

Conditions of admission:

Hold a DVS in *Aesthetic Care*;

or Have obtained Secondary III credits in language of instruction, second language and mathematics in programs established by the Minister and have taken at least 400 hours of training leading to a certificate in massage therapy.

PROGRAM OF STUDY CONTENT

STC Code	Statement of the Competency	Hours
STC 731-011	Determine their suitability for the occupation and the work context	15
STC 731-026	Identify signs of factors affecting a client's skin and body shape	90
STC 731-032	Adopt a preventive approach	30
STC 731-044	Analyze a client's skin and body shape	60
STC 731-053	Recommend cosmetic products associated with body treatments	45
STC 731-062	Adopt a holistic approach to body care	30
STC 731-076	Use the main types of body treatment techniques and methods	90
STC 731-082	Provide moisturizing treatments	30
STC 731-095	Perform manual lymphatic drainage as part of a body treatment	75
STC 731-102	Provide circulatory treatments	30
STC 731-112	Provide cellulite treatments	30
STC 731-122	Provide firming treatments	30
STC 731-132	Provide slimming treatments	30
STC 731-142	Develop personalized treatment programs	30

Harmonization work conducted for the *Body Care* program of study has not led, at this time, to the identification of common competencies with other programs of study.

Documentation available upon request

Work Situation or Profession Analysis Report (Rapport de l'AST ou de l'AP)

Proposed Training Plan (Projet de formation)

Harmonization Table (Tableau d'harmonisation)

Program of Study (Programme d'études)

Organizational Guide (Guide d'organisation)

Evaluation Framework (Cadre d'évaluation)

RAC Tools (Instrumentation RAC)