

Spa Training Schedule

This schedule details the comprehensive training sessions planned for staff at [Your Company Name] Spa. The program is designed to enhance professional skills across various spa services, ensuring top-notch customer satisfaction and safety.

Day	Time	Session	Focus Points and Activities	Trainer
Monday				
	9:00 AM - 10:00 AM	Welcome and Introduction	Overview of the training program and objectives	[Your Name]
	10:15 AM - 12:00 PM	Spa Philosophy and Customer Service	Best practices, client experience, role-playing	[Trainer Name]
	1:00 PM - 2:30 PM	Anatomy and Physiology	Muscles, skin, stress points, Q&A session	[Trainer Name]
	2:45 PM - 5:00 PM	Basic Techniques: Massages	Swedish and Deep Tissue Massage techniques	[Trainer Name]
Tuesday				
	9:00 AM - 10:30 AM	Hygiene and Safety Standards	Health protocols, cleanliness, practical exercises	[Trainer Name]
	10:45 AM - 12:00 PM	Spa Equipment Training	Equipment use, maintenance, safety checks	[Trainer Name]

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