

## 1. Title of the certificate <sup>1</sup>

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Field of Study 5370 M Hair Wellness Worker – Massage Services

## 2. Translated title of the certificate <sup>2</sup>

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Študijný odbor 5370 M Wellness pracovník – Masérske služby (sk)

## 3. Profile of skills and competences

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The holder of the certificate is able to:

- to apply epidemiological and hygiene measures,
- to apply the principles of health and safety at wellness establishments, water facilities and relaxation centres,
- to prepare the job site for massage,
- to conduct regular disinfection of instruments, aids and spaces following an approved plan,
- to provide first aid in the event of sudden health problems and injuries,
- to diagnose conditions in persons receiving massage and to identify muscle strain,
- to select and apply suitable massage means,
- to provide information during a massage,
- to apply the basics of tactile massage (friction, rubbing, kneading, hammering, shaking) and their variations in a coherent manner
- to deliver relaxation and recovery during massage of the head, face, neck, back, chest, stomach, upper limbs, lower limbs and sciatic muscles,
- to provide information to clients on proper use and the sequence of individual phases of using a sauna,
- to provide information on further options for rest and relaxation,
- to conduct sauna rituals as assigned (ice rituals, summer sauna rituals, relaxation rituals, fairy tale rituals for children, etc.),
- to conduct administrative work related to the performance of massage services and use of a sauna in wellness establishments,
- to conduct administrative work related to the operation of wellness establishments, water facilities and relaxation centres in accordance with principles for the protection of client personal data,
- to conduct cleaning and disinfection of sauna spaces - the sauna box, cooling-down space, foot bath, steam bath, etc.,
- to apply new knowledge to improve and enhance wellness services.

## 4. Range of occupations accessible to the holder of the certificate <sup>3</sup>

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Graduates find work in wellness establishments, in relaxation centres, in recreational facilities and other facilities designed for relaxation and recovery. They may conduct business activities after fulfilling the conditions of the Trade Licensing Act.

<sup>1</sup> In the original language. | <sup>2</sup> If applicable. This translation has no legal status. | <sup>3</sup> If applicable.

## 5. Official basis of the certificate

### Body awarding the certificate

### Authority providing accreditation / recognition of the certificate

Ministry of Education, Science, Research and Sport of the Slovak Republic  
 Stromová 1  
 813 30 Bratislava  
 Phone: +421 2/59 374 111  
[www.minedu.sk](http://www.minedu.sk)

### Level of the certificate (national or European) <sup>1</sup>

SKKR/EKR: 4

### Grading scale / Pass requirement

Pass  
 Fail

### Access to next level of education / training <sup>1</sup>

### International agreements on recognition of qualifications <sup>1</sup>

### Legal basis

Act No. 568/2009 Coll. on Lifelong Education and on amendment of certain acts, as amended and Decree No. 97/2010 Coll. as amended

## 6. Officially recognized ways of acquiring the certificate

Completion of an accredited training program in the scope of 280 hours.

Demonstration of professional experience

## 7. Additional information

### Entry requirements <sup>1</sup>

### More information (including a description of the national qualifications system)

More information is provided at [www.minedu.sk](http://www.minedu.sk), in the section of Lifelong Education, Further Education Information System, Testing to verify professional qualifications <http://isdv.iedu.sk/Eligibility.aspx> and on the website of the relevant holder of certification to verify professional qualifications.

### National Europass Centre

#### State Vocational Education Institute

Bellova 54/a,  
 837 63 Bratislava  
[europass@siov.sk](mailto:europass@siov.sk)  
[www.europass.sk](http://www.europass.sk)



<sup>1</sup> If applicable.