

Course Checklist!

These are all the things you're going to need to bring when you come to us for a course. Print off a handy checklist at the bottom of the page and make sure you have everything you need in the classroom and don't forget anything vital.

You will need to have this all for the first day as we'll be jumping straight into practical work!

You don't have to have these exact ones, they're just examples/recommendations.

ITEM	EXAMPLE	✓
For a beautiful massage experience - Linens – you will be using these when you are receiving treatment Each day you will need a clean set of linens. A set includes:		
2x Large (bath sheet size) White Towels	https://www.amazon.co.uk/Todd-Linens-2-Piece-Bale-Sheet/dp/B08D61TVC5/ref=sr_1_9?dchild=1&keywords=white+bath+sheets&qid=1596039352&sr=8-9	
1x White Couch Covers or Single Fitted Sheets	https://www.amazon.co.uk/AmazonBasics-Microfibre-Fitted-Single-Bright/dp/B01E6XBBE0/ref=sr_1_5?crid=1RAOE10QWTACE&dchild=1&keywords=white+single+fitted+sheet&qid=1596039417&srefix=white+single+%2Cindustrial%2C149&sr=8-5 https://www.massagewarehouse.co.uk/collections/couch-covers/products/classic-plus-terry-towel-fitted-couch-cover	
1x Face Cradle Covers or Pillowcases	https://www.massagewarehouse.co.uk/collections/couch-covers/products/brushed-cotton-face-rest-covers-pack-4?variant=28536792519 https://www.amazon.co.uk/RAYYAN-LINENS-EGYPTIAN-COTTON-PILLOWCASES/dp/B00HAN52GC/ref=sr_1_5?crid=CP37Y3943N41&dchild=1&keywords=white+pillow+cases+4+pack+cotton&qid=1596039528&s=kitchen&srefix=white+pillow%2Ckitchen%2C146&sr=1-5	

Blanket – if you get cold!	https://www.amazon.co.uk/RATEL-Blanket-150%C3%97200CM-Blankets-Microfiber/dp/B089KF4DN3/ref=sr_1_9?dchild=1&keywords=blanket&qid=1596109152&sr=8-9	
Massage Wax	Get a Jing discount on this amazing Vegan wax https://veganwax.co.uk/shop/?ref=jing-massage	

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PPE – you will be massaging in this – make it look good!		
1 x Face Visor	https://flatshield.co.uk/?fbclid=IwAR1hnRsAJJVlghX0dN79m1CluybbVVWPNzzyu6kwOUC1oXGMYoFvPEIUNKw	
Face Masks (Type IIr) for each day	https://www.amazon.co.uk/TPZ-3ply-Surgical-Protection-Non-Sterile/dp/B08BS4CJB7/ref=sr_1_1_sspa?crid=2U4W0SRUFWXK4&dchild=1&keywords=type+iir+face+mask&qid=1600340659&sprefix=type+ii%2Caps%2C165&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExNVNaS1A3TEZPWFFBjMvUyY3J5cHRIZElkPUeWOTM0Nzg1RFFKMUo2QVdIREIHjMvUyY3J5cHRIZEFkSWQ9QTA4NzEyMzgySTYwWVNYWVhRUU5BJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvb11jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==	
Box Non-latex disposable gloves (vinyl or nitrile) – Bring the whole box!	https://www.safetygloves.co.uk/powerform-s6-ecotek-biodegradable-nitrile-gloves-box-of-100-gloves.html	
At least 70% alcohol sanitising gel or wipes	https://www.amazon.co.uk/70-Alcohol-Hand-Sanitiser-Gel/dp/B08738VC21/ref=pd_bxgy_2/257-9537230-1222340?encoding=UTF8&pd_rd_i=B08738VC21&pd_rd_r=362ea94c-0cfe-4e29-8f70-36858137119c&pd_rd_w=i8RRq&pd_rd_wg=kK6ib&pf_rd_p=e8ef9fae-c7f9-4aa1-a614-5107fe6f0338&pf_rd_r=A828ATGW3F3NEEKP5EZE&psc=1&refRID=A828ATGW3F3NEEKP5EZE	
Apron – vinyl (wipeable) or disposable	https://www.amazon.co.uk/gp/product/B07YD1CT4V/ref=ppx_yo_dt_b_asin_title_o06_s00?ie=UTF8&psc=1	

ITEM	EXAMPLE	✓
Required Texts		
Massage Fusion: The Jing Method for the Treatment of Chronic Pain	Buy from us at lunch on the first day if you don't already have it https://www.amazon.co.uk/Massage-Fusion-Rachel-Fairweather/dp/1909141232/ref=sr_1_1?dchild=1&keywords=message+fusion+the+jing+method&qid=1596109053&s=books&sr=1-1	
Downloaded PDF of course manual	In confirmation email	
Study Aids		
Colouring Pens or Pencils	Bring what makes you happy there is also an arts shop across the road from Jing	
Revision Cards	https://www.amazon.co.uk/Silvine-5x3-Record-Cards-headline/dp/B001M4L7AA/ref=sr_1_11?crid=1KV3HD6HA7ZYR&dchild=1&keywords=revision+cards&qid=1596109218&srefix=revision%2Ckitchen%2C151&sr=8-11	
Laptop or Tablet		
Sketch Pad		