

# COSMOPOLITAN

<http://www.cosmopolitan.hr/clanci/chill-out/kako-izgleda-jedna-prava-spa-akademija>

## As one looks Rights Spa Academy

05/09/2014

It's not just that you are being massaged when you hurt your back, because that someone should know something about the anatomy and where, for example, trapezius and how to treat it



You must have been a massage, pedicure, manicure and other beautiful beautifying services. But have you ever wondered whether your masseuse some knowledge about your body, if ever, for example, learned something about anatomy? Or do you just so good and you enjoy, that you do not care?

Oh, and I belong to the latter category. Usually I go with masseuses that somebody prepouruĉio, never we do not even think you might look at whether a certificate or diploma hung on a wall somewhere. It does not matter to me if he knew where to find my trapezius, latissimus dorsi, rhomboideus or erector spinae. The important thing was the one that I enjoy while massaging my sore back. And that oil smells delicious.



Oh, how wrong. I recently bumped into Lisa Cross working in a spa academy. Is there a spa academy? Well that sounds totally cool - I told Lisa.

- Actually, not so cool as needed. Incomparably better when you massaged by someone who knows the anatomy of your body, but paramedics apprentice in a beauty salon - she said, and she invited me to come see what it actually does. BISA or Bali International Spa Academy is located in Sanur. She founded her Penny Ellis, an English woman who craft grinder for 40 years, first a high school and working, and later as the owner and founder of the prestigious Salon International Massage and Beauty Training Academy in the UK. In Bali fell in love with the 2006th and just decided to stay. The first is thought to open his shop, but then she came up with a better idea.

- Bali is the center of the world in terms of spa treatments and wellness. A wonderful place to vacation and to live. Why I would not be opened at the Academy for those who want to become a spa therapist? There are thousands of salons, but a serious shortage of places for training where you can learn a massage. It seemed to me that this is a niche that is just waiting to discover someone with a lot of experience - Penny said.



Her instincts proved correct, and eight years later the Academy is a place where people come from all over the world to learn Balinese massage, pedicures, manicures, bath cream...

The Academy is certified CIBTAC's (The Confederation of International Beauty Therapy and Cosmetology), and the International Organization for beauty therapy and cosmetics, which means that her students are working to the highest standards. But why would Balinese massage was special?

Aaaaaah ... Let's just say it's something between Thai massage strength and classical massage oils. But Balinežani have such a small fingers, the gentle and strong at the same time, the massage pure nirvana. In addition pedicure is not only a pedicure. Get a foot massage, scrub and mask. When you groom you and massage their hands, neck and back.

All this for ten times less cost than for example in Zagreb. For the price of 200 kuna pedicure, how much with us, Baiju to get a massage for two, a pedicure and creambath. And what is this creambath?

The best invention in the world, which by some miracle did not come to life outside of Indonesia. So, first you wash your hair and massage their head, then you inch by inch mask applied to the hair, massaging the scalp you. The following is a massage of the neck, back and arms. So again wash and head massage, after all, a little massage while you inflict a tonic to the hair roots. In my local spa uljepšavateljice such an hour of pure bliss for 17 € I think when we cannot provide for that price or kickback hairdressing apprentices that you paint.





Consequently, Balinežani with high demand therapists and beyond the borders of their country. Wealthy Russians are simply crazy about them. Academy attend 95 percent of foreigners, and Balinežani can get a scholarship and guaranteed them a job possible with those from poorer families who cannot afford schooling. BISA is because of all this in a rather famous voice in the world. People are coming from everywhere. I met there Masami from Japan, calla from Canada and Peter from Belgium. All have come to learn Balinese massage.

- I just wanted to learn something new and to the point where I'm going to get that diploma. I quickly learned to practice, though not easy - he's Call that travels through Asia. Peter is the BISA-e came especially from Belgium and plans to introduce changes in their lounge when he returned home.



The program is extensive and includes items such as Spa philosophy, the structure of the skin, skin analysis and its diseases, hydrotherapy and thermotherapy, physiology and anatomy. There is also the practice in the form of Balinese traditional massage, Swedish massage, and those with hot stones, as well as all other beauty treatments. The price of training is about two thousand dollars, but of course depends how long you want to stay and what you want to learn. What is even very cool at BISA-e is to provide free treatment to those who are willing to teach them to students. I am happy to be applied and got a manicure with cute Japanese women. Me so meticulously and seriously izmanikirala, inflicted on the arms and back of peppermint mask and giving me a massage me, that I gave her the highest passing grade.



Although her therapists among the best on the island, Penny does not flinch. - Beauty industry in the past decade turned holistic approach. Passes what is organic, eco, with a hint of spiritual. Although Bali wellness center, we quickly overtook India and Thailand, because we still need to keep a level - she said. The plan is to introduce her program for prenatal and postnatal care, as original courses that can be learned. In addition BISA has entered the top three finalists as the best CIBTAC centers in the world for the 2014th year, and their student experience Ogura finalists for the student. The choice is in June in the UK and I can not and that Penny and her team do not keep your fingers crossed that it gets recognition. Go Penny!

*By: Nadja Irena Fišić*

*Photo: Damir Pavicic*