

Wholly Beautiful, Wholly You

BALI BISA BRINGS WORLD CLASS SPA TRAINING TO INDONESIA.

IN BEAUTY & SPAS / By Lydia Brock / 27 October 2014 / 0 Comments

*A conducive learning environment, a knowledgeable and passionate owner, and CIBTAC certifications set the **Bali International Spa Academy** apart from other spa schools in Indonesia, and the region.*



Making new friends while on a spa course, in Bali.

The **Bali International Spa Academy (Bali BISA)** sets itself apart from the moment one enters its premises: it is located in a two storey house that features typical Balinese architecture and interior design, and a garden with many local plants. Unlike other spa schools that are boxed into a building or a modern setting, the **BISA** premises is a subtle physical invitation to relaxation, very much like what one would hope to achieve after a session at the spa.

BISA was founded by Briton Penny Ellis in 2006, after relocating to Bali. She brought to Bali a background that includes a hairdressing and beauty course at Kirby College in the United Kingdom; owning and managing a chain of spa salons in the UK; consultancy and training in the spa industry for more than 40 years; and an insight on eastern spa treatments and methods gathered during a stint at the Spa Village on Pangkor Laut in Malaysia.

Since its establishment in 2006, **BISA** has become, in Ellis' words, 'one of the most distinguished spa and massage training centers in Asia, and regarded as Indonesia's top internationally-accredited massage training school'. **BISA** offers courses that are Confederation of International Beauty Therapy and Cosmetology (CIBTAC) certified, and works in collaboration with the [British Association of Beauty Therapy and Cosmetology \(BABTAC\)](#), and the Indonesian Education Ministry. It is also the CIBTAC Centre of the Year for 2014.

Below, Ellis gives us an in depth look into **BISA**.



Two students watch their designated trainer demonstrate the practical aspects of Lomi Lomi massage.

Why did you start BISA?

After spending 20 years in Malaysia where I deepened my appreciation of Eastern modalities, I arrived in Bali and discovered that there were very few spa training centers with quality trainers, and who followed international protocols. At the same time, Balinese spa therapists were becoming very much in demand in many countries. As Bali is renowned as the world's spa capital, it just made sense to open a spa school rather than yet another spa. It was honestly a matter of being in the right place, at the right time, and being able to envisage how the spa and wellness industry would start to really boom.

What makes BISA different from other spa schools in the region?

The major distinguishing feature is our dedication to consistent high training standards, by very experienced educators whom are trained to pay attention to the smallest detail. Our class sizes are all small and personalized. So students really can absorb a lot even in a small time frame.

Our curriculum is widespread and offers all international standards in spa, massage, wellness and beauty modalities such as traditional Balinese massage, Shiatsu, Lomi Lomi, manicure and pedicure, and more. Furthermore, Bali BISA offers maternity courses such as Pregnancy Massage, Baby Massage, and Post Natal Massage, as well as Spa Management training for those who want to work their way up.



Loading up on the theory required for the course.

What is a typical school day for the students?

The majority of our students come from overseas and for various reasons. The Academy offers courses for beginners, for professionals to widen their occupational skills, and also for those who just want to learn massage for fun. Once started on the training, whether you a professional or a hobbyist, every student has to pass the same level of examinations related to the course they joined.

All students and trainers begin the day with 30-minutes of yoga and meditation, to loosen the body and still their mind, so that they are able to focus. After this, the students go in one of the treatment rooms to learn practical skills with their designated educator.



Hands-on practical training for foot massage.

After a one-hour lunch break, it is more practical work, plus theory lectures and discussions. There is a 30-minute afternoon break to refresh and share notes with other students. This friendly atmosphere is an aspect students really like, for they get to know each other and become friends. They often study together during lunch and break times. The day ends at 5pm, but they often have to study after hours.

Some of the learning that they do includes spa philosophy; skin analysis and diseases; the structure of the skin; hydrotherapy and thermotherapy; physiology; and every students 'darling', anatomy.

On Thursdays, there are outside models for them to practice on. On Friday, there are the final exams for both practical skills and a written test. The students take these very seriously, always making the effort to achieve a high mark.

Students who graduate from **BISA** have the best requirements to get distinguished jobs in the spa therapy industry.

Are there any plans for the future?

We are receiving inquiries about setting up other schools overseas. I am seriously looking into doing it either as a franchise or a joint venture.



Students who successfully complete the practical and theory tests receive CIBTAC certification.

For more details about the courses at BISA or to be model for trainees to work on, check out their website balibisa.com.