

FIRST SPA ACADEMY: SPA LIFESTYLE

In 19th century England, artist John Nash introduced 'spa etiquette' that involved healthy spa activities such as painting spa art, drinking mineral waters, healthy eating, countryside walking and other cultural outdoor activities.

Today's stressful lifestyle compels us to look towards spa lifestyles as an antidote to help us return to a peaceful state of mind, hence the proliferation of spas worldwide. The aim of the First Spa Academy is to give our students a glimpse of this rich spa lifestyle, which will inspire and educate.

First Spa Academy Packages:

We have a variety of special education packages which we run. Please let us know which you are interested in and we can send you further information.



Please complete the form below:

- 1 week all-inclusive
- 2 weeks all-inclusive
- 4 weeks all-inclusive
- Spa Find product and treatment training courses

Name: _____

Business name (if relevant): _____

Address: _____

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FIND, DISCOVER AND EXPERIENCE...



DELIVERING QUALITY SPA EDUCATION

DELIVERED BY *spa find* IN PARTNERSHIP WITH *bell* international

The logo for the First Spa Academy, consisting of the lowercase letters 'fsa' in a white, sans-serif font inside a teal circle.

FIRST SPA ACADEMY: HISTORY AND LOCATION

History of the building

The first records come from as early as the 9th Century, when it was granted by the King of Mercia to one of his Earls following the conquest of the county of Kent.

The beginnings of the modern estate stem from 1836, when Bedgebury was sold to Marshal Viscount Beresford. Lord Beresford married Louisa Hope and together they spent a happy life at Bedgebury, adding two wings to the main house and encasing the building in stone. He also planted the rose garden and many of the trees which, still today, make the estate so attractive.

First Spa Academy background and mission

The word 'Spa' is derived from the Latin phrase 'Sanitas Per Aquam', meaning 'health through water'. Since Roman times the 'Sanitas Per Aquam' concept has been embraced by European Spas. In the 19th century, Europe's great spas were destinations for the wealthy, who went there to "take the waters." Water treatments are still considered the heart of the spa experience in Europe.

The modern Spa revival has created the need for a better understanding of proper spa principles and 'best practice' to be adopted in a modern spa environment. The First Spa Academy was founded to address this need and invites Spa Managers, professionals and qualified Beauty Therapists from around the world to come, learn, experience and enjoy the spa education and activities on offer.

Spa Find have partnered with Bell International to provide an 'English for Spas' module for international students, which complements the other Spa courses on offer. Bell International is a leading provider of high quality English language training services worldwide. Each year, Bell helps over 100,000 students, from more than 120 countries learn English through one of its 26 worldwide teaching centres and e-channels.

Accommodation

During your training at the First Spa Academy you will be staying in safe and comfortable accommodation on campus. Situated within the beautiful 220 acre Bedgebury estate, there is plenty of space to relax or study as you wish!

Food

We offer students a varied and nutritionally balanced menu, using locally produced fresh, seasonal produce to deliver tasty and attractive meals from around the world.

Location

Set in 220 acres of beautiful parkland in the South of England, the First Spa Academy offers students a unique educational, cultural and social spa experience.

We are located 15 miles away from the Spa town of Royal Tunbridge Wells, which lies at the heart of one of the most scenic stretches of countryside in England, surrounded by the unspoilt beauty of the Weald. In Georgian times this popular spa town gained a reputation as the place to see and be seen amongst royalty and fashionable members of the aristocracy.

London is situated only a short 1 hour train ride from the First Spa Academy and is one of the world's most remarkable and exciting cities. This vibrant metropolis embraces the diverse cultures of its population, reflected through cuisine, shops, music and colourful festivals.

The city is famous for a wealth of history and culture. Home to Britain's national art collections, the Royal family and a host of major attractions, London's rich history, striking architecture and over 200 museums offer a unique cultural experience.

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FIRST SPA ACADEMY: SPA CURRICULUM

At the First Spa Academy we offer high quality tuition in the following topics.

English for spas

Exploring the specialist English language used in Spas throughout the world, spa etiquette and behaviour for therapists.

Spa history

At the First Spa Academy we believe that it is important that spa professionals have a comprehensive understanding of the history of the spa industry so spa history from the ancient times to the present day is covered in our spa curriculum.

Spa treatments

We offer extensive theory and practical training in specialist spa treatments from around the world including water therapy, advanced massage techniques, mud treatments, salt treatment and mineral therapies.

