

Required Materials Lists for all Massage Therapy Certificate Electives and Continuing Education Career Track Programs

Animal Massage:

- A packet of three stories from *The Walrus on My Table* to be read prior to the first day of class (a 30-point question is based upon these stories). Copies can be obtained from the Student Services Coordinator. The packet must be returned to the instructor upon arrival on the first day of class. A twenty dollar (\$20) fee will be added to the student's account for a non-returned or damaged packet.
- **Attire: Shedding is very common**, so wear clean, comfortable clothing. **No** low-riding jeans, pants or shorts. Midriffs must be covered. **No** sandals permitted.
Day #1: Tennis shoes or rubber-soled closed shoes only
Day #2: Hiking or riding boots only (Hearts and Horses site)
- **Note:** Animals will be provided. Do not bring your own!
- **Recommended:** BCMT animal massage shirt (long or short sleeved) or sweatshirt.

Comfort Touch:

- One set of clean (preferably twin) sheets plus pillowcase
- One standard bed pillow
- One bath size towel
- Please wear comfortable clothing, **no jeans**
- *Comfort Touch: Massage for the Elderly and the Ill*, Mary Kathleen Rose

Fundamentals of Sports Massage:

- Sports Packet (provided at 1st class)
- One set of clean sheets for each day of class

Herbology:

- *The Desktop Guide to Herbal Medicine*, Brigitte Mars

Hydrotherapy:

- Oil and lotion
- Body brush – available at BCMT bookstore, health stores, pharmacies etc.
- Bathing suit
- Robe or cover-up
- Shower slippers/flip flops
- Bath towel

Note: Please wear loose comfortable clothing to all classes. Bathing suits for women should be an old one or two-piece or old bra and underwear.

Introduction to Thai Massage:

- One clean sheet
- **Note:** Please wear loose, comfortable clothing, similar to shiatsu attire. Have a light meal before class and allow time for digestion, keeping in mind that many Thai massage techniques involve compression of the abdominal area. In keeping with Thai tradition, please make sure that your feet are clean.

Orthopedic Massage:

- Crème, oil or lotion
- One set of clean sheets for each day of class

Polarity Therapy:

- One set of clean sheets for each day of class
- Please wear comfortable clothing

Prenatal and Postpartum:

- 3 bed pillows (if possible); preferably two that are king-size
- Unscented lotion
- One clean set of twin sheets plus a pillowcase for first day of class.
- *Pre and Perinatal Massage Therapy* by Carole Osborne-Sheets
- Recommended text - *Prenatal Massage* by Elaine Stillerman - the labor and delivery information is recommended specifically for Module 3.
- Please be prepared to wear something professional on Sunday afternoon as you will be practicing on pre/post models.
- If you plan to complete the whole PLPP program be sure that you have received the 7 page Welcome Letter from Student Services.

Reflexology:

- *Better Health with Reflexology*, Dwight Byers (must purchase prior to class)
- Lotion (not oil)
- One **TOWEL**
- One sheet

Tail of the Tiger and Wings of the Dragon:

- 1st quarter Zen Shiatsu packet
- You are required to come dressed appropriately; no jeans, wear loose fitting clothing and **clean** socks. (Please bring an extra pair of clean socks for each day.)
- Two white, 100% cotton facecloths (ie. a kitchen sack cloth cut in half to 14"x30")
- A grooming kit
- A hygiene kit
- One sheet and a pillowcase
- Note taking materials

Vibrational Medicine:

- A pendulum
- One sheet and a pillow-case

Required Materials Lists for all Career Track Programs

Required Materials for Art of Zen Classes:

- Small Zen Shiatsu Chart, available in the BCMT Wellness Bookstore.
- You are required to come dressed appropriately; no jeans, wear loose fitting clothing and clean socks. (Please bring an extra pair of clean socks for each day.)
- Two white, 100% cotton facecloths (ie. a kitchen sack cloth cut in half to 14"x30")
- A grooming kit (will be discussed in Module 1)
- One sheet and a pillowcase

Required/Recommended Text:

- *Shiatsu Theory and Practice: A Comprehensive Text for the Student and Professional* by Carola Beresford-Cooke. This book is recommended for module 1 & 2 and is required if you are planning to get the Art of Zen 100-hour certificate. It is available in the BCMT Wellness Bookstore and in the school library.

Required Materials for Canine Certificate Course:

Required Texts and Materials:

- *Canine Massage: A Complete Reference Manual* by Jean-Pierre Hourdebaigt (Paperback - Aug 2003) This book can be purchased over the Internet at Amazon.com or other websites. It can also be purchased at the BCMT Wellness Bookstore, (303)530-2100. **This book must be read before class.**
- *Dog Anatomy: A Coloring Atlas* by Robert A Kainer, DVM, MS and Thomas O. McCracken, MS This book will be used during Module 1 and 2, and will be colored in to help familiarize you with the anatomy and physiology. If you wish to purchase this book in advance, you may do so by calling the college, (303) 530-2100, and having it shipped to you. **Please preview before class.**
- Please bring a minimum of 24 various colored pens, pencils or markers.

Attire: Most days will allow for hands-on opportunities with dogs so dress appropriately yet comfortably and be prepared to experience lots of dog hair, drools, licks and love.

Recommended Texts:

- *Guide to the Dissection of The Dog 5th Edition*; Evans & de Lahunta, W.B. Saunders Company, Philadelphia, PA. 2000 (This anatomy book is for reference and will be a valuable addition to your library)
- *Miller's Anatomy of the Dog*, Third Edition by Howard Evans

Required Materials for Chi Kung Healing:

- Two clean sheets and a pillowcase for each day of class.

Recommended:

- *Vibrational Medicine* by David Gerber

Required Materials for all Ortho/Sports Modules:

- A Maniken®, Right Side Student Model skeletal kit. The Maniken® is used in all of the modules. It can be rented in the BCMT Wellness Bookstore. If you are interested in purchasing, arrangements must be made through the bursars office.
- Two clean, twin sheets and a pillowcase
- Prior knowledge of soap-charting is highly recommended.

Recommended Texts: For those intending to complete the entire program we recommend the following books: (Both books are available in the BCMT Wellness Bookstore.)

- *Orthopedic Physical Assessment* by David Magee
- *Hands Heal* 2nd edition by Thompson

Required Materials for all Prenatal/Labor/Postpartum Modules:

- 3 bed pillows (if possible)
- Unscented lotion
- One clean set of twin sheets plus a pillowcase for first day of class.
- *Pre and Perinatal Massage Therapy* by Carole Osborne-Sheets (This text book is highly recommended, but not required if you are only taking Modules 1 and/or 2.)
- Recommended text - *Prenatal Massage* by Elaine Stillerman - the labor and delivery information is recommended specifically for Module 3.
- If you plan to complete the whole program be sure that you have received the 7 page Welcome Letter.
- Please be prepared to wear something professional on Sunday afternoons as you will be practicing on pre/post models.

Required/Recommended book for all Spa Modules:

Spa Bodywork: A Guide for Massage Therapists – Ann Williams

(This book is required if you are expecting to complete all of the Spa Modules and receive the Spa Elements Certification. Otherwise it is only recommended.)

It is available for purchase through the BCMT Wellness Bookstore.

Required Materials for Hydrotherapy:

- Oil and lotion
- Bathing suit
- Robe or cover-up
- Shower slippers/flip flops
- Bath towel

Note: Please wear loose comfortable clothing to all classes. Bathing suits for women should be an old one or two-piece or old bra and underwear.

Required Materials for Stone Massage:

- Oil
- Your favorite massage stones or gem stones (optional)

(All necessary stones will be supplied in class)

Required Materials for Aromatherapy and Herbal Applications:

- Bathing suit
- Shower slippers
- 4 large bath towels
- Hair tie
- Plastic container (1 cup capacity for salt scrub mixture)
- Plastic bag for wet towels
- Optional: a robe or cover-up

Note: Please wear loose comfortable clothing to all classes. Bathing suits for women should be an old two-piece (or one-piece) or old bra and underwear.

Required Materials for Body Masques:

- Oil or lotion
- Bathing suit
- Robe
- Shower slippers
- Hair tie
- 3 large bath towels
- Apron
- Change of clothes (use of Hydro tub and Vichy shower can leave you wet)
- Wash cloth
- 1 flat flannel, cotton, or fleece sheet for use in mud wrap (flannel or fleece is best)
- Plastic bag for wet laundry

Note: Please wear loose comfortable clothing to all classes. Bathing suits for women should be an old two-piece (or one-piece) or old bra and underwear. You will be using mud and seaweed, so wear clothing that you don't mind getting dirty or wet. Aprons are a good option.