

SWAA Ubuntu Learning Series — Free Courses (2025)

Spa & Wellness Association of Africa (SWAA) • “I am because we are — Ubuntu.”

The SWAA Ubuntu Learning Series offers short, high-impact modules for Africa’s spa, beauty, and wellness community. Each course is free to access for registered SWAA members and includes a micro-certificate upon completion.

Ubuntu Principles in African Wellness (Core)

Duration: 30–45 minutes

A foundational primer on Ubuntu and Africa’s holistic view of wellbeing. Covers community, ethics, and SWAA’s 2030 vision. Required for all other courses.

Learning outcomes:

- Explain the core tenets of Ubuntu and its relevance to modern wellness.
- Describe SWAA’s mission and code of ethics.
- Apply Ubuntu-aligned behaviours in client care and teamwork.

Spa & Wellness Hygiene: Medical-Grade Standards for Africa

Duration: 45 minutes

Practical infection-prevention skills tailored for spa and wellness settings, aligned with global IPC guidance and adaptable for African contexts.

Learning outcomes:

- Identify key risks and the ‘5 moments’ of hand hygiene in client services.
- Implement cleaning, disinfection and waste protocols fit for spa environments.
- Create a simple hygiene checklist and staff briefing routine.

African Spa & Wellness Identity

Duration: 30 minutes

Explore respectful integration of African botanicals, rituals and narratives into authentic spa experiences.

Learning outcomes:

- Differentiate cultural appreciation from appropriation in treatment design.

- Map region-specific ingredients and traditions for responsible use.
- Design one authentic African-inspired menu item.

Sustainability & Supply Chain Awareness for Spas and Brands

Duration: 30 minutes

An introduction to ingredient transparency, ethical sourcing and low-waste operations for spas and beauty brands.

Learning outcomes:

- Explain what 'ingredient transparency' means for clients and teams.
- Assess suppliers against basic sustainability criteria.
- Draft a 3-step plan to reduce waste and improve sourcing.

Professional Growth in Africa's Wellness Sector

Duration: 45 minutes

Career navigation for therapists, educators and entrepreneurs—branding, ethics, networking and leadership.

Learning outcomes:

- Create a simple professional profile and positioning statement.
- Use ethical guidelines to handle common client scenarios.
- Build a 90-day growth plan for skills, network and income.

How it works

1) Create a free account at swaafrika.org to access the member portal. 2) Enrol in any Ubuntu course and complete the short quiz. 3) Download your micro■certificate and share it on LinkedIn.

Contact • admin@swaafrika.org • www.swaafrika.org