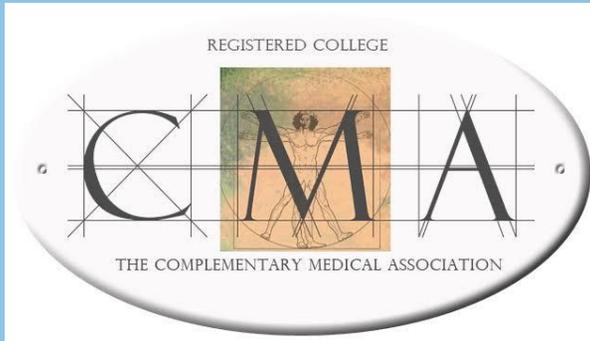


# HOLISTIC THERAPEUTIC MASSAGE



## Holistic Therapeutic Massage

Therapeutic massage involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. This is also combined with movement of the joints. By relieving muscle tension, this therapy can be both relaxing and energizing.

This is a fully insurable course that you can offer to clients.

We offer classes in small groups ensuring a personalised teaching approach.

*"Anyone wishing to study medicine must master the art of massage".  
Hippocrates*

## CONTACT US

41 Owston Road, Carcroft,  
Doncaster, South Yorkshire,  
DN6 8DA

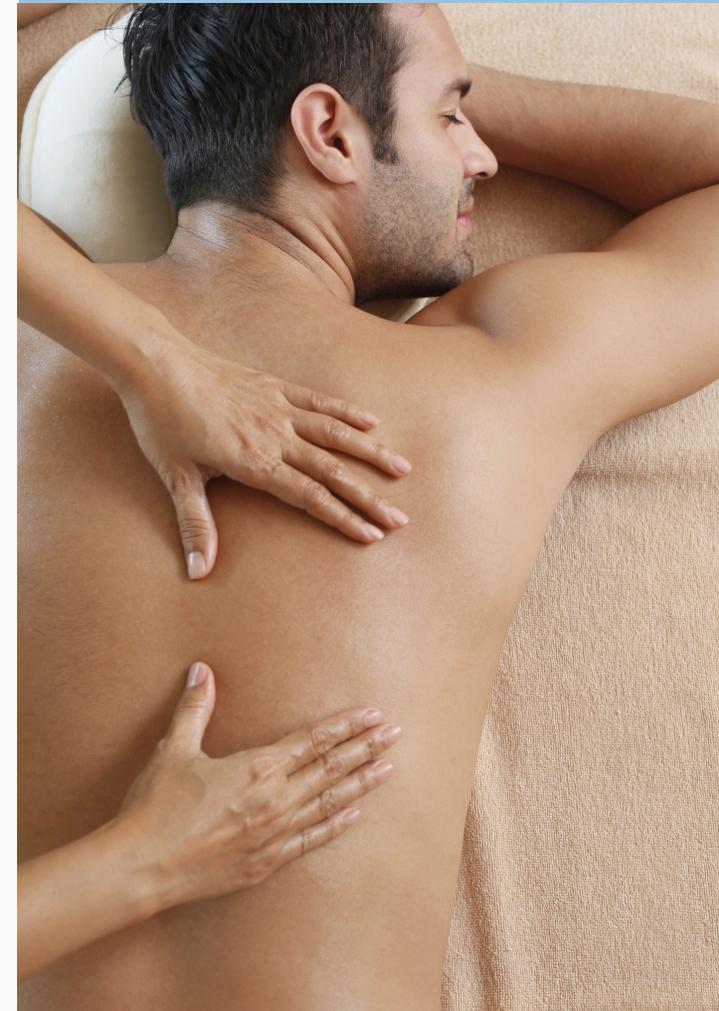
01302 965658

enquiries@centrewellbeing.  
co.uk

www.centrewellbeing.co.uk

# THE TRAINING CENTER OF WELLBEING

HOLISTIC THERAPEUTIC  
MASSAGE





## CURRICULUM

Health and safety  
Code of practice for hygiene in Beauty Salons  
Sterilisation and disinfection  
The appearance of the therapist  
Ergonomics  
Muscles of the body  
Assessment techniques  
Growth and repair of muscles  
The peripheral nervous system  
Muscles of the face  
Muscles of the body  
Bones of the body  
Types of bone  
Skin anatomy  
The circulatory system  
The respiratory system  
The lymphatic system  
Massage  
Definition of massage  
Effects of massage  
Contraindications  
Client consultation  
Consultation form  
Types of massage  
Techniques  
Massage aids/lubricants  
Massage routines  
Modification of massage for men

## ABOUT THE COURSE

Prerequisite: None

Duration of training: 6 full days taught over 6 months.

Cost: £599

Independent Learning Hours: 260

Case Studies: 4 with 2 follow ups on each

## MORE INFORMATION

This is a classic, holistic and therapeutic massage treatment which represents the western standard for massage.

## IS THIS COURSE FOR YOU?

This course is for the new therapist or experienced practitioner who would like to add this therapy to their repertoire.

## WHATS INCLUDED?

Your training includes:

Full printed manual, 6 full day classroom sessions, complementary medicine practitioner handbook, support with case studies.

Accredited by the Complementary Medicine Association