

Kansa Wand Massage



VATA



PITTA

KAPHA

Kansa Wand Massage

THIS ANCIENT INDIAN FACIAL MASSAGE TOOL IS FINDING RENEWED POPULARITY RIGHT NOW

Kansa massage is Ayurveda's answer to jade rolling and gua sha – and it's about to be in high demand!

Beauty and massage enthusiasts are turning back the clock in a whole new way, by rediscovering and revitalizing centuries-old skin-care practices.

Ancient health and wellness rituals are gaining renewed interest.

The Kansa wand, a massage device made of wood and Kansa metal, is designed to balance your doshas, chakras and skin's pH level.

This therapy recognises three doshas, or energy types in our bodies. It takes a holistic approach to health, promoting daily maintenance of the mind, body and soul in order to balance the doshas.

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THE TRAINING CENTRE OF WELLBEING LIMITED

Kansa Wand Massage





CURRICULUM

You will cover:

- Basics of Ayurveda
- History of Kansa and its benefits
- Massage and its benefits?
- Contraindications & Precautions
- Different type of ayurvedic oils and their benefits
- Basics of ayurvedic consultation (finding the Dosha's)
- Facial a massage sequence
- Self - Facial massage sequence
- Massage sequence
- Basics of Tri-dosha diet and lifestyle

ABOUT THE COURSE

COST: £499

DURATION: 12 monthly classes of 2 hours

ACCREDITATION: IPHM ANH

ENTRY REQUIREMENTS: Studying or studied level 3 Anatomy and Physiology

HOME STUDY: 120 hours

MORE INFORMATION

These techniques have been developed to make this a unique massage therapy by integrating the Kansa Wand with working on third eye chakra and Vital Points massage with the use of nourishing oils.

Accredited by the International Practitioners of Holistic Medicine

IS THIS COURSE FOR YOU?

This course is for therapists who hold a level 3 or equivalent massage qualification.

WHATS INCLUDED?

Your training includes:

Classroom sessions, assessments, manuals and workbooks and student kit of 3 wands