

## Advanced Massage Course

Cost **£99** +VAT

Duration **1 day**

### Body

The Advanced Massage Course incorporates basic and alternative massage techniques to create a unique, individual massage treatment for your client. This one day course will teach you different routines incorporating Oriental, Indian and Shiatsu massage techniques to compliment the 3 main lines of energy flow. These techniques suit different client needs such as relaxation, tension from sport, lymphatic drainage for detox or weight loss.

### Face

Using the same principles as the Body massage, we will teach you new routines for lymph drainage, anti ageing and hydrating massage. Massage is the real answer to fantastic skin, you really will see a miracle happen to the skin after this course!



### You will learn

- Principle of energy flow
- Relaxation chime for you and your client
- Introductions into the massage movements
- 1 full, adaptable body massage routine
- 1 full, adaptable facial massage routine
- None structure, lose the routine of Swedish
- Advanced movements from Swedish technique
- The close and equilibrium

### What to expect from your course

- You will be working on each other, practical for most of the day
- Please ensure that you wear correct, comfortable salon uniform
- Be prepared to experience the treatment
- We provide lunch/refreshments, but if you've a special diet, please bring your own
- All training notes will be provided on the day
- Bring a pen and paper to make your own notes
- Relaxation technique will be taught for all to experience
- You will be taught new, different routines and principles
- Full demonstration of all practical work from lecturer
- An assessment of competence and understanding (nothing to worry about)
- Certificate of training

