



Title: Deep Tissue Massage

Price: £250

Summary:

This popular course is designed for qualified massage therapists wanting to increase their clientele base to treat sports men or sports women or, those with severe aches and pains. Techniques which allow the therapist to work beyond the superficial muscles will be taught during this course.

Course duration: Theory completed at your own pace as home study.

Practical session: Half a day

Accreditation: ABT

What will the course cover?

Health & safety

Code of practise for hygiene in the salon

Sterilisation and disinfection

Appearance of the therapist

Ergonomics

Benefits of Deep Tissue massage

Anatomy & physiology

Assessment techniques

Contra – indications

Contra – actions & aftercare

Deep Tissue massage techniques

Common trigger points

Massage routine demonstrated by tutor

Student practical session and exam

Aftercare



Pre - Entry requirements:                      Body massage qualification also anatomy & physiology qualification

Dress code:                                              Tunic and black trousers

Useful information:

Once you have enrolled onto the course and paid the course fee, you will be sent the manuals and questionnaire.

The questionnaire must be completed as home study and emailed back to your tutor to check you have passed the first part of the course.

You must print and bring the manual to the practical session upon completing the questionnaire.

Products and equipment are provided on the day.

For the practical session you will need to show that you can confidently complete the techniques.

If you fail the practical session another training day will be rearranged, you will be charged for this.

Once the practical session is complete you will be sent the certificate via email.

Course duration may vary depending on learning speed and class size.

As your course is accredited this will allow you to gain insurance, work self-employed in a salon, from home or mobile.

During group sessions you will work on each other.