

VTCT Certificate in Swedish Massage Level 3



In a nutshell

This course will give you essential skills and knowledge, together with an industry-recognised professional qualification in Swedish Body Massage, enabling you to gain insurance to work with clients and improving your employment prospects.

This course is for...

...anyone wanting to work in the beauty industry, especially in a spa environment offering a range of therapies.

Course content

The purpose of this qualification is to develop your skills in providing body massage treatments to a high level of occupational ability, to enable you to provide your own services for clients.

During this course you will study:

COURSE INFORMATION LEAFLET

Health and safety
Client Care and Communication
Anatomy and physiology
Posture and common postural faults
Swedish Massage movements and their applications
Contra-indications to massage, and contra actions that may be experienced following a massage
Aftercare and homecare advice

Initially, practical classes will allow you to develop your personal massage skills on other students; once you've gained some confidence, you'll work on paying clients for case studies and assessment. You'll undertake theory work and home study which is essential for some anatomy, physiology and project work, and be assessed on practical work and in theory lessons.

Entry Requirements

There are no formal entry requirements just an interest in the subject.

Additional information

You'll need to buy a clinic uniform which costs approximately £45.