

## Introduction to Body Massage



### In a nutshell

This one-day course will introduce you the theory behind body massage and the techniques for body massage by a very experienced tutor. This course can help you progress to other courses or our professional staff can help support you and guide you in your career on completion.

### This course is for...

... Anyone who wants to adapt their career, learn new body massage skills or have a complete change of career. This course has been made accessible for working students or parents

... Beauty therapists and practitioners that are thinking about developing their skill set in Holistic Body Massage

... Reflexologists who are thinking about joining a Complementary Therapies course here at Coleg Gwent in September.

... Learners interested in joining the HND in Complementary Healthcare (with Practitioner



# COURSE INFORMATION LEAFLET

status) here at Coleg Gwent in September.

... Potential students who are interested in studying a part-time course in Body Massage here at Coleg Gwent

... Nurses and Healthcare Practitioners who are interested in expanding their knowledge base and comprehension about Body Massage

## Course content

During this course you will:

- Discuss Client Consultation Procedures, Consent and Treatment Planning
- Identify bones and muscles (and related Anatomy & Physiology)
- Learn all different massage techniques
- Cover all areas of the body
- Identify contraindications, contra-actions and avoidance of cross contamination

## Entry Requirements

There are no formal entry requirements for this course but a keen interest in the subject is essential. You will be working on others in class and will be expected to model for treatment too.

## Additional information

Come along to our introduction to find out more information on this course and any further ones that you might be interested in.

Apply online at [www.coleggwent.ac.uk](http://www.coleggwent.ac.uk)

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