



1 Day Aromatherapy

A bit about the course:

Our Aromatherapy Massage (using Pre-Blended Oils) training course will teach you the deeply-relaxing, effective aromatherapy treatment that is proven to benefit clients both physically and mentally, thus making it a highly in-demand treatment carried out by holistic therapists working from home and/or mobile. Not only will you learn the massage procedure including varying massage movements, you will also learn the purpose and properties of selected essential oils, appropriate for this treatment.

Course Duration

This course is structured over two days and runs from 10am – 4pm. We ask students to arrive at 9.45am to ensure a prompt start. You will learn the theory of the treatment firstly, and spend the majority of the day practising your practical skills, with a short break for lunch. Practical is carried out using a live model where possible.

What is included?

- Health, safety & hygiene
- Contraindicators
- Consultation Techniques
- Properties of common essential oils and their benefits in body massage
- Selection of suitable pre-blended aromatherapy oils
- Massage movements and modifications
- Aftercare advice

Price : £200.00