



Swedish Massage

A bit about the course:

Our Swedish Body Massage course teaches you the most common (and effective) type of massage currently offered by holistic therapists. You will learn both the theoretical knowledge and the practical skills to be able to competently perform this treatment to meet the needs of a range of clients.

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
- Consultation techniques
- Contraindications
- Practical tuition on performing Swedish Body Massage
- Massage movements and modifications
- Using different massage mediums
- Aftercare advice

Price : £200.00