



# Hot Stone Massage

## A bit about the course:

Our Hot Stone Therapy Massage course will teach you the effective and healing massage that is used by many as a treatment for a variety of ailments, both mental and physical. Not only will you learn how to competently perform the treatment adhering to your client's specific needs, you will also learn its history in relieving muscle-tension and the purpose of hot stones within massage, as well as the re-energising and cleaning process of stones.

## 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
- Physical effects of the treatment
- Practical tuition on performing Hot Stone Therapy Massage
- Aftercare advice

Price : £200.00