

Hands Free Massage



What Is It?

- An overview of hands free massage and treatment....
Forearms, elbows and wrists
- Focussed use of body and posture instead of over exerting your arms and shoulders, so this helps you reduce the impact on your own body and prevents overuse injuries
- Self protection exercises prior to treatment
- Pressure moderation and adaptation through correct use of posture
- Combination of depth and movement with fluidity
- Blend into other massage routines
- The utilisation of the forearms allows for deeper and more thorough pressure through long and graceful strokes.
- Benefits of hands free massage for clients and therapist
- Health and Safety
- Design a full body treatment without using your hands
- Plan and deliver a treatment

Pre-entry qualifications required

Recognised Massage or Aromatherapy Diploma qualification level 3
Have a basic command of written and spoken English

The Venue

PH7 Wellbeing Centre, Churchill House, 60 Bank Parade, Burnley BB11 1TS

When is it on?

See prospectus

What Time?

2 days, one month apart 9.30 a.m. – 4.00 p.m. Including 15 minute Morning and afternoon breaks; 45 minute lunch

How much is it?

£330 per person

Assessment

Practical and theoretical, case studies 3 people minimum 3 treatments each.

* Due to the nature of the course students must be prepared to work on each other and have the treatments to gain competence and experience the treatment first hand. Once we are satisfied you are competent we will endeavour to find “clients” to model, as you can appreciate it may sometimes be difficult to find models for everyone therefore we encourage you to find your own models. This would usually be required towards the end of the course.



As a company committed to maintaining industry standards, working at the highest level of professional practise, attendance on all programmes requires your full consideration for Health and Safety.

Nails should be well trimmed. Varnish and gel polish free to ensure it is visible that hands are clean and hygienic.

Hair should be back off the face to avoid cross contamination

Minimum jewellery should be worn to prevent injury

Clean uniform with short sleeves, no leggings

Full, flat shoes to ensure stability whilst working and prevent posture problems.