

Body Massage Theory Studies:

At the completion of this Body Massage course Students will be able to:

- Understand, explain and recognise common ailments and contra-indications to massage with reasons
- Understand and explain appropriate client care
- Understand and explain the appropriate medium for the treatment and client's skin type
- Understand and explain the classical massage movements and their physiological and psychological effects
- Understand and explain the structures to be worked over and their function
- Understand and explain the history of the development of Swedish (classical) massage
- Understand and explain the importance of giving appropriate home care advice after treatment

COURSE PROGRAM:

The main aim of the Hyde Park College of Skin and Body Therapy **Body Massage** Certificate course is to enable candidates to provide professional treatments for the purposes of relaxation, comfort and stress release to the client.

The candidate will study the anatomical and physiological theory of the **Body** and **Body MASSAGE** treatments.



Body Massage Practical Studies

At the completion of this Body Massage course Students will be able to:

- Understand, explain and recognise common ailments and contra-indications to massage with reasons
- Understand and explain appropriate client care
- Understand and explain the appropriate medium for the treatment and client's skin type
- Understand and explain the classical massage movements and their physiological and psychological effects
- Understand and explain the structures they are working over and their function
- Evaluate and review the massage treatment/programme
- Understand and explain the importance of giving appropriate home care advice after treatment

PRE REQUISITE:

It is advisable if the student should have already studied, completed and passed or have a good knowledge of the anatomy of the whole body.

Contra-indications and recognition of skin diseases and disorders are also a vital part of their training as well as the underpinning knowledge and skills required to successfully perform the treatment of body massage



BODY MASSAGE is a treatment which is based on the consideration to the client, his or her needs at the time of the massage.

The student is taught a series of techniques which are at times soothing to alleviate stress and at other times slightly stimulating to improve circulation and any particular **non** medical conditions which may concern the client.

The student will be shown how to prepare the massage bed to enable the client maximum enjoyment and relaxation for the duration of the massage.

The opportunity exists for the Body Massage student to sit CIBTAC International examinations after their training during the annual College International examinations if they so desire. More information can be gained from the college regarding these exams.

Subjects studied:

- **Contra-indications to massage**
- **Reasons for massage**
- **Five classical movements, their effects and uses**
- **Effects of massage on the different systems of the body**
- **The massage routine**
- **Client care**
- **Alternative Massage therapies**
- **Occupational Health & Safety**

This course consists of Theory and Practical Training.

Upon successful completion of all assessments the student will receive a certificate in Body Massage from Hyde Park College of Skin and Body Therapy.

PRE REQUISITES: A recognised Diploma or sound knowledge in Anatomy & Physiology is preferred however not essential.

Course Cost: \$. **Deposit required** \$

Payment can be arranged by instalments.

Duration of course:

- **4 weeks full time, 3 days a week**
- **12 weeks part time 2 evenings a week or one full day for 12 weeks.**

HYDE PARK COLLEGE OF SKIN AND BODY THERAPY BODY MASSAGE COURSE



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