

Swedish Body Massage - 3 Day Intensive (Certification)

COURSE OUTLINE

This relaxing therapeutic massage course uses Swedish Massage techniques which involve manipulation of soft tissues – muscles, ligaments, tendons, connective tissue and joints. This massage is ideal for relaxing tense muscles, easing stress and tension, relieving pain, and improving sleep. Swedish Massage also stimulates the skin and nervous system while at the same time relaxing the nerves themselves as well as helping to reduce emotional & physical stress.

COURSE SUMMARY OUTLINE

| Theory | Practical |
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| <ol style="list-style-type: none"> History of massage Classification and effects of massage Contra-indications to massage Client consultation / client relations / professional rules Infectious diseases relevant to beauty therapists Salon ethics and procedures The skeleton and muscular system Lymphatic & vascular system and principal nodes of the body | <ol style="list-style-type: none"> Consultation techniques / professional ethics Purpose and organization of treatments Body massage procedures Preparation of massage table |

CERTIFICATION: Students must pass final practical & theory exam to receive certification.

INSTRUCTOR

Maria Pillon is a certified CIDESCO instructor & examiner with over 30 years experience as an educator. Maria also owns Aglaia Esthetics Distance Learning On Line.



UPCOMING DATE:

February 12, 13 & 14 (9am-5pm)

LOCATION: BeautyCouncil, 899 W. 8th Avenue, Vancouver

FEE: \$395 Members (\$495 Non-Members) *Fee includes manual & certification

ITEMS TO BRING: Massage Oil (no mineral oil or baby oil), Bolsters and pillows (at least 2 pillows), 2 Sheets, 2 -3 small towels, 2 Blankets or 1 Robe , Alcohol or other sterilizing agent or 1 Foot basin & Rubbing alcohol

Register Today: 1-800-663-9283 or email events@beautycouncil.ca