

FOUNDATION OF BODY MASSAGE TYPES COURSE (MASSEUR)



Course Overview

Embark on a transformative journey into the world of massage therapy with our one-week Foundation of Body Massage Types course. Gain a solid foundation in various massage techniques, including Swedish, deep tissue, sports, aromatherapy, and hot stone massage. Learn essential skills such as proper body mechanics, professional ethics and etiquettes, client communication, and creating a therapeutic environment. Our experienced instructors will guide you through hands-on practice sessions, allowing you to master the art of delivering relaxing and therapeutic massages. By the end of the course, you'll possess the knowledge and expertise to provide exceptional massages and begin a rewarding career as a professional masseur. Enrol now and unlock the door to a fulfilling and lucrative path in the wellness industry.

Learning Focus

- ★ Understanding the core value of professional ethics and etiquettes along with client consultation.
- ★ Comprehensive understanding of various massage techniques, including Swedish, deep tissue, sports, aromatherapy and hot stone massage.
- ★ Proficiency in proper body mechanics, positioning, and draping for a safe and effective massage.
- ★ Ability to assess client needs and adapt massage techniques to individual preferences and conditions.
- ★ Knowledge of contraindications, precautions, and communication strategies for providing safe and effective massages.
- ★ Expertise in targeting specific muscle groups, releasing tension, and addressing sports-related injuries.
- ★ Understanding the integration of aromatherapy and essential oils into massage therapy.
- ★ Mastery of hot stone massage techniques and the benefits of heat therapy.
- ★ Familiarity with modifications and considerations for special populations, such as pregnant clients and the elderly.
- ★ Awareness of self-care practices to maintain personal well-being as a massage therapist.

Career Opportunities

- ★ Salons/spas
- ★ Country Clubs
- ★ Beauty Parlours
- ★ Cruise ships
- ★ Free-lance
- ★ Resort Spas
- ★ Sales
- ★ Education

Investment

INR: INR 20000 + Taxes
Duration: 1 week

Certification

Silk n Salt - Gurukul of Hair & Beauty
Certificate on course completion