

DF28 – Massage

This course includes a theoretical and practical element.

Theory covered:

- What is massage, including its history, benefits and effects
- When to treat a person and when not to treat them
- The various massage movements
- Oils/mediums used
- Overview of various other complementary therapies
- Building a therapeutic relationship
- The effects of the environment on an individual
- Hygiene

Practical elements:

- Face massage
- Head massage
- Hand and arm massage
- Foot massage
- Back massage
- Head, neck and shoulder massage

The main aim of this introductory course is to provide the learner with an insight into the basic benefits and effects of massage. It will allow the learner to both give and receive massage, and will enable them to give a basic, safe massage in non-professional settings.