



## Australasian Academy of Wellness Therapies

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### BASIC MASSAGE

#### Introduction:

While there are many different massage techniques, it is important for one to understand the fundamentals of massage. The application of the right technique and movements can ensure that the massage provides that essential relief that is sought by the client. Massage is practised by a range of therapists in areas such as beauty, sport and the clinic. This skill can be used either professionally or the home.

Duration	: 1 day per week for 8 weeks
Course fees	: \$880.00 (GST incl.)
Schedule	: Thursday or Saturday 9.00am – 4.00pm (refer to website for latest schedule)
Venue	: Suite 14, South Gate

#### Course Objectives:

At the end of the course, participants will be able to perform basic massage skills, undertake individual routine for specific conditions and apply a standard of professionalism essential for the entrepreneurial massage therapist.

#### Topics covered:

- History of massage
- Professional ethics
- Disease prevention
- Setting the scene
- Identifying stress
- Systems of the body and homeostasis
- Benefits, effects and contra-indications of massage
- Consultation
- Classification of massage movements
- Body massage techniques and sequence

\*\* Dress Code: Required to wear white t-shirts and black trousers. Participants must bring along 2 bath towels



#### Who Should Attend:

Beauty therapist and Aromatherapists who are keen to include massage into their skill set.

**Certificate** : Certificate of Completion from Australasian Academy of Wellness Therapies

**Progression** : ITEC Diploma in Indian Head Massage / ITEC Diploma in Stone Therapy Massage / ITEC Diploma in Holistic Massage / ITEC Diploma in On Site Massage / ITEC Diploma in Lymphatic Drainage Massage / ITEC Diploma in Sports Massage / Certificate IV in Massage Therapy Practice/ Diploma of Remedial Massage