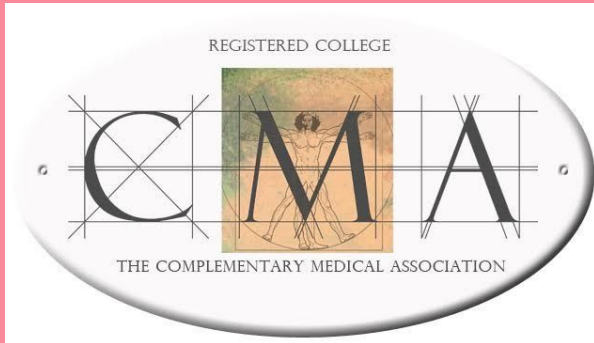


# HOT SHELL MASSAGE



## Hot Shell Massage

Portable, eco-friendly and non-porous, Lava Shells can be used to treat a multitude of concerns from easing aching muscles and joints to alleviating the suffering from IBS and bloating. The unique shape and angles of the shells allow them to become an extension of the therapist's hands, deploying deeply therapeutic relief to where it is needed. Perfect for all industry professionals and used by mobile therapists, salon and spas.

The Tiger Clam Lava Shells have 3 different angles; crown, edge and hinge, which copy the therapist's hands; palm, knuckles and thumb, delivering variable change in pressure so it's less effort for the therapist to perform the massage and they can change the angle as required, which also helps to protect and prevent injury to the therapist. Similarly the shape and size of the Cowrie Lava Shell is ideal for trigger point, reflexology (hands and feet) and facials.

Shells are non-porous they do not absorb any bacteria, skin cells or oils so are very hygienic and this makes them very easy to clean taking only seconds.

# THE TRAINING CENTER OF WELLBEING

HOT SHELL MASSAGE





## CURRICULUM

Health and safety  
Code of practice in beauty salons  
Sterilisation and disinfection  
The appearance of the therapist  
Ergonomics  
About hot shells  
Relevant Anatomy and Physiology  
Muscles of the body  
Bones of the body  
Types of bone  
Skin anatomy  
About the shells  
Shell anatomy  
Client consultation  
Contraindications  
Contra-actions  
Shell safety  
Treatment protocol  
Aftercare

## CONTACT US

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## ABOUT THE COURSE

Prerequisite: Massage Therapist  
Duration of training: 1 Day  
Cost: £185  
Independent Learning Hours: 40  
Case Studies: 4 with 2 follow ups on each

## MORE INFORMATION

Lava Shell massage is a type of heat treatment that uses Tiger-striped clam shells as a massage tool. The heat is produced by inserting a 'lava gel sachet' and 'activator liquid' into the shell.

## IS THIS COURSE FOR YOU?

This course is for massage therapists who wish to add the Hot Shell Massage to their existing massage practice.

## WHATS INCLUDED?

Your training includes:  
Full printed manual, STUDENT KIT, classroom sessions, complementary medicine practitioner handbook, support with case studies.

Accredited by the Complementary Medicine Association