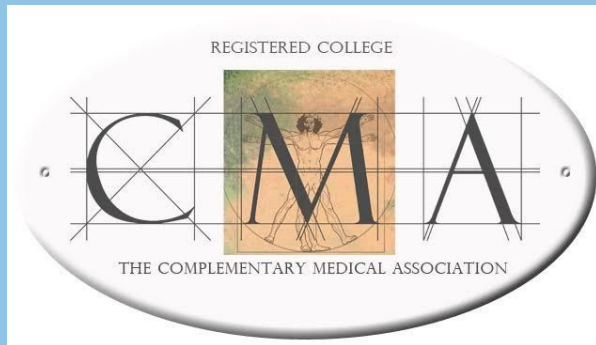


# SWEDISH MASSAGE



## Benefits of a Swedish Massage

The most common type of massage is Swedish massage therapy. It involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. This is also combined with movement of the joints. By relieving muscle tension, Swedish therapy can be both relaxing and energizing.

This is a fully insurable course that you can offer to clients.

We offer classes in small groups ensuring a personalised teaching approach.

*"Anyone wishing to study medicine must master the art of massage".*  
*Hippocrates*

## CONTACT US

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# THE TRAINING CENTER OF WELLBEING

SWEDISH MASSAGE







## CURRICULUM

Health and safety  
Code of practice for hygiene in Beauty Salons  
Sterilisation and disinfection  
The appearance of the therapist  
Ergonomics  
Muscles of the body  
Assessment techniques  
Growth and repair of muscles  
The peripheral nervous system  
Muscles of the face  
Muscles of the body  
Bones of the body  
Types of bone  
Skin anatomy  
The circulatory system  
The respiratory system  
The lymphatic system  
Massage  
Definition of massage  
Effects of massage  
Contraindications  
Client consultation  
Consultation form  
Types of massage  
Techniques  
Massage aids/lubricants  
Massage routines  
Modification of massage for men

## ABOUT THE COURSE

Prerequisite: None  
Duration of training: 12 Monthly Classes  
Cost: £540  
Independent Learning Hours: 260  
Case Studies: 4 with 2 follow ups on each

## IS THIS COURSE FOR YOU?

This course is for the new therapist or experienced practitioner who would like to add this therapy to their repertoire.

## MORE INFORMATION

In Sweden, "Swedish massage" is simply known as "classic massage". And that is exactly what it is -- a classic treatment which represents the western standard for massage.

## WHATS INCLUDED?

Your training includes:  
Full printed manual, 12 classroom sessions, complementary medicine practitioner handbook, support with case studies.

Accredited by the Complementary Medicine Association