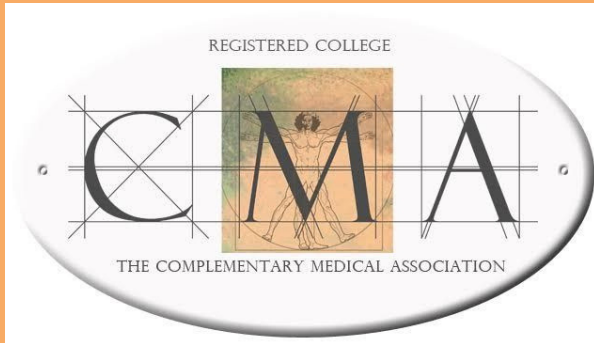


HIMALAYAN SALT MASSAGE



Himalayan Salt Massage

Himalayan Salt Stone Massage is an innovative healing technique using warm salt crystal stones to ground and balance the body's electromagnetic field, central nervous system and meridians. Salt crystals from an ancient primal sea beneath the Himalayan Mountains are hand-carved into massage stones that gently soothe away an accumulation of stress, tension and pollutants, while bringing the mind, body and spirit, into balance.

Here are some of the benefits that you may find by using Himalayan Massage Stones: Negative ions are produced when heated creating a sense of peace and deeper sense of relaxation, The heat of the salt melts restrictive fascia to go deeper into the muscles and loosens the joints, The moist heat of the stones assist with soothing inflamed muscles and joints, Leaves the skin feeling refreshed and glowing. The salt stones moisturise and plump up the superficial layers of the skin, May detoxify and alkaline the body, May aide in reduction of insomnia, blood pressure and stress.

THE TRAINING CENTER OF WELLBEING

HIMALAYAN SALT MASSAGE





CURRICULUM

Health and safety
Code of practice
Sterilisation and disinfection
The appearance of the therapist
Ergonomics
What is Himalayan salt stone
Relevant Anatomy and Physiology
Muscles of the body
Himalayan salt stones
Types of stones
Benefits of himalayan salt
Contraindications
Himalayan salt stone procedure
Aftercare

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

IS THIS COURSE FOR YOU?

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

MORE INFORMATION

Soothing, healing and relaxing, Himalayan Salt Stone Massage uses warm salt crystal stones to soothe away stress and tension, and promote an increased sense of well-being. Its grounding properties help to improve sleep and balance the Central Nervous System.

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

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