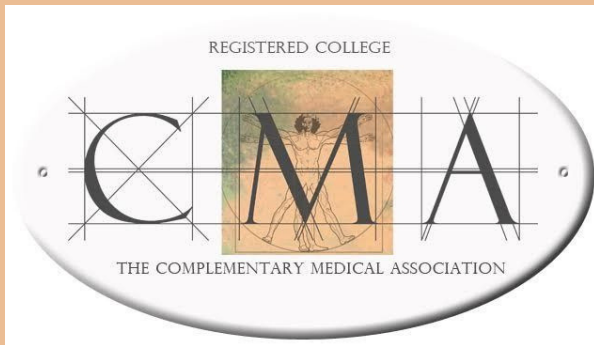


# BAMBOO MASSAGE



## Bamboo Massage

After all, bamboo was considered a powerful healing tool in ancient China, Japan and Indonesia. Bamboo still symbolizes life, energy, prosperity, longevity and fertility in these cultures. Today though, it is making an impressive comeback as a bodywork tool and coveted beauty ingredient around the globe. And for all the right reasons! For use in massage, sets of usually seven hollow bamboo sticks of different lengths and diameters of typically 4 to 15 inches are organically treated for health and safety reasons.

These bamboo canes are both hard and straight, and at the same time flexible and light due to the silica covering its outer cell walls. Silica is an essential element for maintaining the integrity and health of the skin, ligaments, tendons and bones. Bamboo extract is the richest known source of silica; it contains over 70% organic silica and is 10 times more potent than horsetail silica. Silica has a strong restorative effect on many of the body's tissues, making bamboo massage even more potent than just the practitioner's rolling and kneading maneuvers.

# THE TRAINING CENTER OF WELLBEING

BAMBOO MASSAGE

Contact Us:  
41 Owston Road,  
Carcroft,  
DONCASTER,  
DN6 8DA

01302 965658

[enquiries@centrewellbeing.co.uk](mailto:enquiries@centrewellbeing.co.uk)





## CURRICULUM

Health & safety  
Code of practice  
Sterilisation & disinfection  
Appearance of the therapist  
Ergonomics  
History of bamboo massage  
Bamboo sticks  
Benefit of bamboo massage  
Contra-indications  
Contra-actions  
Aftercare  
Massage routine

In addition to managing stress and promoting overall good health, below are some of the ways customers are believed to obtain relief from or solutions for specific health problems; Reactivates and stimulates blood circulation; Relieves migraines; Can improve sleep quality and help insomnia; Helps manage respiratory ailments; Helps alleviate arthritic pain; Improves nervous system functions and sensory nerve perception; Increases joint and muscle flexibility; Stimulates cellular activity to repair and intensely nourish the skin; Breaks down and softens adhesions; Assists to remove lactic acid to reduce pain.

## ABOUT THE COURSE

Prerequisite: Massage Therapist  
Duration of training: 1 Day  
Cost: £245  
Independent Learning Hours: 40  
Case Studies: 4 with 2 follow ups on each

## MORE INFORMATION

Bamboo massage is a perfect massage treatment as part of a detox and / or weight loss program. Stubborn Muscle Pain and Tension Melt Away with Bamboo Massage. It is similar to deep tissue massage as bamboo has the ability to release tension in major muscles through intensive kneading.

Accredited by the Complementary Medicine Association

## IS THIS COURSE FOR YOU?

This course is for massage therapists who wish to add the Bamboo 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.