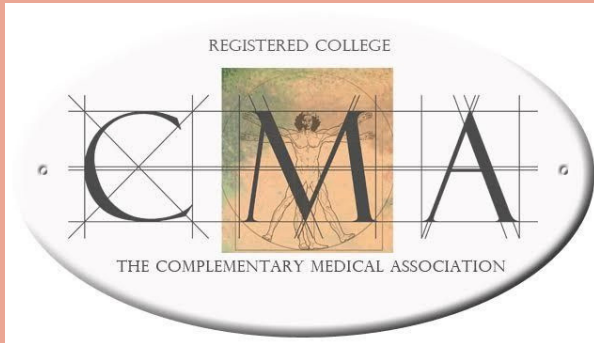


PREGNANCY MASSAGE



Pregnancy Massage

To receive a professional massage at any stage of your life is a wonderful experience. Whether the aim of the massage is to provide a therapeutic or remedial effect will determine how the massage is carried out, and as a massage therapist, you will be able to determine the different strokes and techniques to use. Pregnancy massage is a little different than a normal Swedish massage. Most women who are requesting a massage during pregnancy will do so for a reason. It maybe that they are feeling stressed and anxious, or they may be experiencing some of the many discomforts associated with pregnancy. For whatever the reason why they have requested the massage, it will be down to your professional judgment to select the correct techniques, positioning and mediums to allow them to meet their treatment objective.

THE TRAINING CENTER OF WELLBEING

PREGNANCY MASSAGE

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





ABOUT THE COURSE

Prerequisite: Massage Therapist to study our 2 day course and no prerequisites on the 12 month course

Duration of training: 2 day or 12 month

Cost: £545 (12 Month) £250 (2 day)

Independent Learning Hours: 240 (12 month)
20 (2 days)

Case Studies: 4 with 2 follow ups on each

MORE INFORMATION

As a Pregnancy Massage Therapist, it is useful to recognise the different stages of pregnancy, and the common symptoms/discomforts that may be experienced by your clients.

Accredited by the Complementary Medicine Association

IS THIS COURSE FOR YOU?

This course is for massage therapists who wish to add the Pregnancy Massage to their repertoire. We also offer a 12 month study for those with no previous training.

WHATS INCLUDED?

Your training includes:

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

CURRICULUM

Health & Safety

Code of practice

Sterilisation & disinfection

Appearance of the therapist

Ergonomics

Muscles of the face

Muscles of the body

Bones of the body

Types of bone

Skin anatomy

The function of the skin

Benefits of Pregnancy Massage

Stage of Pregnancy

Menstruation, Conception and
Pregnancy

Second Trimester 13-26 Weeks

The Third Trimester 25-40 Weeks

Common Discomforts during
Pregnancy

Baby's Positioning during Pregnancy

Client Consultation

Consultation Form

Massage Mediums

Positioning and Resourcing

Contraindications and Contra-
Actions