

HAND MASSAGE PRACTITIONER TRAINING

This hand massage technique blends massage techniques with accupressure offering a relaxing therapy to your clients with numerous health benefits. Massage helps to reduce stress and aids the bodies natural cleansing abilities and can soothe, refresh and replenish energy levels.

This is a fully insurable course that you can offer to clients and the pressure can be tailored to the individuals needs making it versatile and adaptable to various groups. It is ideal for the new practitioner or existing therapists. We offer classes in small groups ensuring a personalised teaching approach.

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THE TRAINING CENTER OF WELLBEING

HAND MASSAGE
PRACTITIONER
TRAINING BROCHURE





CURRICULUM

Codes of conduct and the law

Massage Techniques including
acupressure, and chakra points.
The effects and benefits of hand
massage

Anatomy and Physiology of the
hands:

Muscles of the Hands

Bones of the Hands

Skin and skin care

Common pathologies of the hands

Client Consultation Skills

Contraindications

Health and Hygiene

The Therapy Session

Aftercare recommendations

Case Studies and Research

You are required to submit 3 case
studies with one follow up therapy
on each client as well as completing
a final written question and answer
assessment.

You receive a basic body systems
and codes of conduct e-book to
study at home.

ABOUT THE COURSE

Pre-requisite: None

Duration of training: 2 Day

Cost: £175

Independent Learning Hours: 20

Case Studies: 3 with 1 follow up on each

IS THIS COURSE FOR YOU?

This course is ideal for the complementary medicine practitioner
who is new to massage or for an experienced therapist who would
like to add this massage technique to their services.

MORE INFORMATION

There are no prerequisites to this training. You
will take part in practical sessions during the
day so please make sure your nails are
trimmed and suitable to conduct massage
sessions on the hands.

WHATS INCLUDED?

Your training includes:

Full printed manual, classroom sessions, support with case studies.

Accredited by the Complementary Medicine Association