



training solutions  
**IN BEAUTY**

## FULL BODY MASSAGE

£95 + vat



BEGINNER



1 DAY



10am – 5pm



7

### Course brief

Increase your treatment portfolio by learning basic body massage to promote relaxation, health and wellbeing. Covering the main sections of the body and using different massage techniques and oils for effectiveness, this service is popular with clients and easy to learn.

### Skill level

This course is suitable for beginners

### Course overview

- Health and hygiene
- Anatomy & Physiology recap
- Client consultation
- Demonstration and hands-on body massage practice
- Benefits and effects of massage
- Aftercare

### Important information

***There will be pre-course reading emailed to you one week prior to the course. Please ensure you read this before attending the training.***

Students must be 18+. You will work in pairs during training.

It is advised not to take part in this course if you have a pre-existing back condition.

### Equipment needed

- Kaeso Sorbet Body Massage Cream
- Kaeso Rejuvenating Geranium Massage Oil
- 2 Large Bath Towels

### Accredited by



The Guild of  
Beauty Therapists



Professional  
Beauty Direct



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