



WARM BAMBOO MASSAGE

£160 + vat



QUALIFIED



1 DAY



10am – 5pm



7

Course brief

Massage for centuries has been the perfect way to nurture both the body and the mind. This one day training course focuses on the use of warmed bamboo sticks to perform a full body massage which relaxes and realigns the muscles helping to melt away deep seated tension and creating a tranquil balance to the whole body.

For the therapist it offers a technique of massage which means less stress to their wrists, arms and shoulders and enables a deep tissue massage without the physical exertion associated with traditional massage. The course is suitable for qualified massage therapists wishing to add this new and stimulating treatment.

Skill level

This course is suitable for Post Graduate/Qualified Therapists

Course overview

Over the course of the day you will cover:

- History of Bamboo Massage
- Benefits
- Contra-indications/Health & Safety
- Client consultation
- Practical Bamboo Massage techniques
- Full Body Massage routine.

Important information

Students must hold a qualification in Anatomy and Physiology and Body Massage to attend this course.

Students are expected to work on each other please wear minimal make-up and make provisions to remove contact lenses.

Age limit

Training Solutions courses have a minimum age limit of 18 years of age

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