

# MASSAGE & AROMATHERAPY

## AN INTRODUCTORY COURSE

Massage is one of our oldest medical practices with records dating back to 3000 BC in China. Massage Therapists heal patients by using their touch to manipulate the muscles and other soft tissues of the body. This therapeutic touch is used to relieve pain, help heal injuries, improve circulation, relieve stress, increase relaxation, and aid with general health and wellness.

In this 10 week Introduction to Massage and Aromatherapy we will:

- Develop a complete beginner's back, neck & shoulder massage routine.
- Learn how to effectively massage the foot, the hand and the face.
- Learn how to make massage blends using carrier/base oils and a variety of essential oils e.g. a blend for relaxation or a blend for stimulation.

By the end of the 10 weeks participants will be able to confidently massage a family member or friend.

Tutor: **Deborah Tiernan** – experienced and ITEC qualified practitioner