

Massage and Aromatherapy

This 'hands-on' class will enable you to learn useful massage and aromatherapy techniques suitable for use for yourself and family / friends. Students will both give and receive massage from each other.

Massage and Aromatherapy are holistic which means all aspects of the whole person are treated – body, mind and spirit.

The main aims of Massage are to improve circulation, muscle tone, digestion, relaxation, energy levels and release toxins from the system.

Aromatherapy is the use of Pure Essential Oils. There are many ways to use the oils e.g. massage, room fragrance, in baths, inhalation, compresses, hair and skin care. Each oil has its own unique fragrance and healing properties. The oils work by the absorption of minute quantities through the skin and through inhalation. Aromatherapy massage is gentle and soothing.

Some of the elements of this class that you will be instructed in are:

- The history of massage and aromatherapy
- Contra-indications.
- Care of the person receiving massage
- Massage strokes
- Massage base oils
- Pure essential oils.

Weeks 1 – 5 will concentrate on learning basic massage strokes, working on muscles, for relaxing, de-toxing massage.

Weeks 6 – 10 will deal with aromatherapy, the use of pure essential oils and gentle aromatherapy massage.

Students should wear comfortable clothing and bring along a towel on the first night of class. Further information will be provided by the tutor during class.