

HOT STONE THERAPY

OVERVIEW

This course will teach you to be able to prepare and perform a hot and cold therapy massage. Theory of Chakras, history, effects and benefits of massage and aftercare advice.

The course will run for three weeks, three hours per week. Running times are 6pm-9pm.

ENTRY REQUIREMENTS

Level 3 in Body Massage.

ASSESSMENT

Assessment Procedure - Practical Observation.

PROFESSIONAL OPPORTUNITIES

Allows you to continue onto Sports Massage Level 3 and 4.

DATES & FEES

Contact us for current course dates and fees.

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