

Certificate in Swedish Massage (SM101)

Students will work in pairs to learn to perfect the techniques of Swedish Massage in a supervised classroom environment. You will learn to work with three mediums: oil (not mineral oil), talc and cream. The effects and benefits of each medium will be taught. You will also understand and practice the massage movements including effleurage, petrissage-kneading and friction, tapotement, including hacking, cupping, beating and pounding, vibrations. You will learn the correct way to perform these movements and the appropriate areas. You will also know and understand the benefits and contraindications of Swedish Body Massage, client care and record keeping. Case studies will also form part of the qualifying certificate.

To gain your qualification you will be required to successfully complete a number of practical assessments, which must be performed on paying clients preferably at our day spa. If you do not complete all your practical assessments during the course duration, these must to be completed later. There are also three written papers, a short project and a portfolio of evidence to compile.

The Swedish massage technique is a prerequisite for most other body massages such as Deep Tissue and Aromatherapy massage.

Entry Requirements

- You must complete the Anatomy & Physiology course offered at the school or hold a recognised qualification in Human Anatomy & Physiology
- You must be 18 years or older, no exceptions
- A general secondary education and proficiency in English is required.

Included in the Fees

Folder with course material

Use of equipment and accessories for class use

Products for class use

Not Included (though required)

A set of new towels for class use (four medium and one small)

Body Massage Text book (available through the school)

A pair of white Salon Shoes

Uniform (pattern available from the school)

Stationery Items (pens, note book, folders for presentation of work)

Course Duration:

3 weeks/ 90 hours (guided learning) + practice time

