

## Body Massage



This course covers the foundation to all other massage courses. Providing a massage treatment can be both beneficial to the client and the therapist and can lead to an incredibly rewarding career. The GTi Body Massage course covers massage techniques, a full body massage routine and the preparation you need for the treatment. Massage can help clients to de-stress, improve circulation, and reduce pain. The foundation for a career in holistic therapy.

### Entry Requirements:

GTi Professional Standards For Therapists (within course)

### More about the course:

#### Module List

- ❖ Introduction, Reception, Ventilation And Consultation
- ❖ The Cellular System
- ❖ The Muscular System
- ❖ Muscle Positions & Actions 1
- ❖ Muscle Positions & Actions 2
- ❖ The Skeletal System Bone Structure
- ❖ The Skeletal System Bone Position
- ❖ The Circulatory System
- ❖ The Lymphatic System
- ❖ The Nervous System & The Endocrine System
- ❖ The Respiratory System & The Digestive System
- ❖ The Skin
- ❖ Contra-indications & Contra- actions
- ❖ Preparing For Treatment
- ❖ Massage Technique
- ❖ Perform Manual Massage - Front Of Leg
- ❖ Perform Manual Massage - Hand & Arm
- ❖ Perform Manual Massage - Neck, Shoulder, and Chest
- ❖ Perform Manual Massage - Abdominal & Back Of Leg
- ❖ Perform Manual Massage - Back & Neck Part 1
- ❖ Perform Manual Massage - Back & Neck Part 2
- ❖ Treatment Adaptations & Aftercare
- ❖ Practical Module

### CPD Points

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### Qualification Obtained

GTi Award