

Holistic Massage Course Outline

Our ITEC holistic massage course equips you with the practical and theoretical skills you need to provide massage treatments to the general public and to gain employment in the Holistic Massage Industry. The syllabus covers Anatomy and Physiology, Holistic Massage (massage theory and practice), Professional Conduct and Business Awareness.

Anatomy and Physiology

The study of the body structures and how they work. The course will cover all the major systems of the body including:

- Cells, tissues and skin.
- Muscles and bones.
- Respiratory and Circulatory systems.
- Nervous and Endocrine systems.
- Gastrointestinal and Reproductive systems.

Each topic will be followed by learning about the common pathologies (diseases) which affect that system.

Massage - Holistic Massage Theory & Practice

From aspects of touch, through to the use of major massage strokes, benefits and contraindications. Topics include:

- The principles of Therapeutic Body Massage.
- Supervised, hands-on approach to teaching practical massage skills.
- Guidance & demonstrations on a sequenced holistic massage routine lasting one full hour.
- The benefits of massage and its contraindications.

- Development of a holistic approach - treating the 'mind, body and spirit'.
- The correct application of massage techniques and the use of proper body posture.
- Use of different massage mediums.

Professional Conduct and Business Awareness

You will learn about setting up in business, and the key tools you need to start your own practice. Topics covered include:

- Forms of Marketing and how to get yourself noticed.
- UK Business Laws relevant to sound practice.
- Professionalism & Ethics.
- Concepts and practice of hygiene.
- Health & Safety related to clinical practice.
- Principals and Practice of Complementary Therapies
- History and Origins of Complementary Therapies.
- Identify commonly available Complementary Therapies.