

## Course Content

On this course you will learn how, through various massage treatments, you can ease client muscle tension soreness, stiffness, improve muscle tone, increase flexibility, improve posture/body alignment and many more beneficial effects.

## Course Syllabus

- Cell organisation
- Skeletal, Muscular, Cardiovascular, Respiratory, Lymphatic and Digestive systems
- Physiological, Psychological and Physical effect of massage
- Body Massage procedure
- Hot Stone Massage procedure
- Study of chakra charts
- Ayurvedic healing massage
- Indian Head Massage movement skills in the upper back, shoulders, neck, scalp, and face
- Client Case Studies
- Treatment evaluation
- Homecare and aftercare
- Health and Safety
- Underpinning knowledge
- Contra-indications to treatments

**Timings:** 7 days including A&P/Body Massage assessment over 12 – 14 weeks

**Price:** £787.50 +vat (£945 inc.)

Card/Cash/ITA accepted

If you are using ITA, please register your preferred course on the [World of Work](#) site then contact us for further information

## Requirements

- Tunic or appropriate salon wear
- Models are required
- Equipment and additional products are available to purchase

## Prerequisites/FAQ's

- **Who is it for?**  
This course is open to those who wish to have a more extensive and rounded portfolio in Body Massage treatments and for those seeking a career within the beauty or holistic industry.
- **What could this course lead to?**  
The above course could lead to full time, part time or self-employment within the beauty or holistic industry, working in a beauty salon or as a mobile technician.
- **What qualification do I get?**
  - ✓ SQA HN Unit in Body Massage (SCQF 6)
  - ✓ The Scottish Beauty School Certificate - Diploma in Massage Therapies
  - ✓ The Scottish Beauty School Certificate in Anatomy & Physiology
  - ✓ The Scottish Beauty School Certificate in Hot Stone Therapy
  - ✓ The Scottish Beauty School Certificate in Indian Head Massage
- **Will I be able to get insured once I have completed the course?**  
The following companies will insure you:
  - \*ABT (Associated Beauty Therapies)
  - \*The Guild of Professional Beauty Therapists
- **Accessibility**  
Where English is not your first language, you are required to provide evidence that you have achieved ESOL Level 2 for all non SQA Certificated Courses and ESOL level 4 for all SQA Certificated Courses

**How to book:** Visit us at 24 Ainslie Road, Hillington, G52 4RU or phone 0141 891 5678 with your non-refundable deposit of £150. All courses are held at our Hillington address above.

