



# Massage Therapy

# Course 01: Learn the Art of Massage

- Introduction
- Introductory Stroke
- Upper Back Pressure
- Upper Back Pressure (positioned lower back)
- Trapezius- Seated
- Open Up Pectorals
- Scalines
- Shoulders
- Top of Shoulders Seated
- Face and Scalp
- Hand Massages
- Foot Massages

# Course 02: Massage Therapist - A successful Business

- Introduction
- Let's get these steps done first to generate more clients immediately
- What Business set-up is right for you? The pros and cons of each
- Your new way of treating your clients.
- What else do you need to be doing correctly?

# Course 03: Massage and Aromatherapist Training

- Massage Therapy
- Massage Therapy with Aroma
- Acupressure & Massage



# Course 04: Physiotherapy Assistant

- Module 01: Introduction to Physiotherapy
- Module 02: The Standards for Physiotherapists
- Module 03: The Physiotherapy Interventions
- Module 04: Sports Physiotherapy
- Module 05: Neurological Physiotherapy
- Module 06: Musculoskeletal Physiotherapy
- Module 07: Respiratory Physiotherapy

# Course 05: Pain Management

- Introducing Pain Management
- Pain Theories
- Types of Pain
- Physiology and Psychology of Acute Pain
- Pain as a Long-term Condition
- Back and Neck Pain
- Headache
- Neuropathic Pain and Its Management
- Cancer Pain
- Assessment of Pain
- Relaxation for Pain Management

# Course 06: Hydrotherapy

- Introduction to Hydrotherapy
- Anatomy and Physiology Review
- Types of Hydrotherapy
- Effects of Hydrotherapy
- Common Conditions Treated with Hydrotherapy
- Hydrotherapy for Shoulder and Lower Limb
- Hydrotherapy for Animals

# Course 07: Positive Mental Health

- Introduction to Mental Health
- Mental Health in the Workplace
- Mental Health Legislation and Services
- Community Mental Health Teams (CMHTs)
- The Participation of the Service User
- Problem Definition
- Preparing for Brainstorming
- Generating Solutions (I)
- Massage Therapy Generating Solutions (II)
- Analyzing Solutions
- Selecting a Solution
- Planning Your Next Steps
- Recording Lessons Learned



# Course 08: Customer Service Skills Complete Training

- Understanding Customer Service
- Focusing on the Customer
- Customer Service and the Telephone
- Handling Complaints
- Enduring Stress

# Course 09: Ayurveda Healing Certificate

- Introduction to Ayurveda
- An Overview of Ayurvedic Healing Methods
- Medicinal Herbs and Remedies for Common Ailments
- Daily routines, Exercise & Yoga
- Ayurvedic Herbs & Oils
- Herbal Remedies for Home Use
- The Herbal Kitchen

# Course 10: Personal Hygiene

- Introduction to Personal Hygiene and a Brief History
- Looking Clean, Smelling Clean
- Improving and Maintaining Oral Health
- Care of the Eyes
- Ear Care Secrets
- Foot & Nail Care in Personal Hygiene
- Hair Care Hygienic Ways
- Hygienic Approach to Skin Care

# Course 11: Complete Communication Skills Master Class for Life

- Module 01: Effective Communication
- Module 02: How to Talk to Anyone
- Module 03: Power of Storytelling
- Module 04: Becoming an Influencer
- Module 05: Importance of Body Language





Thank You