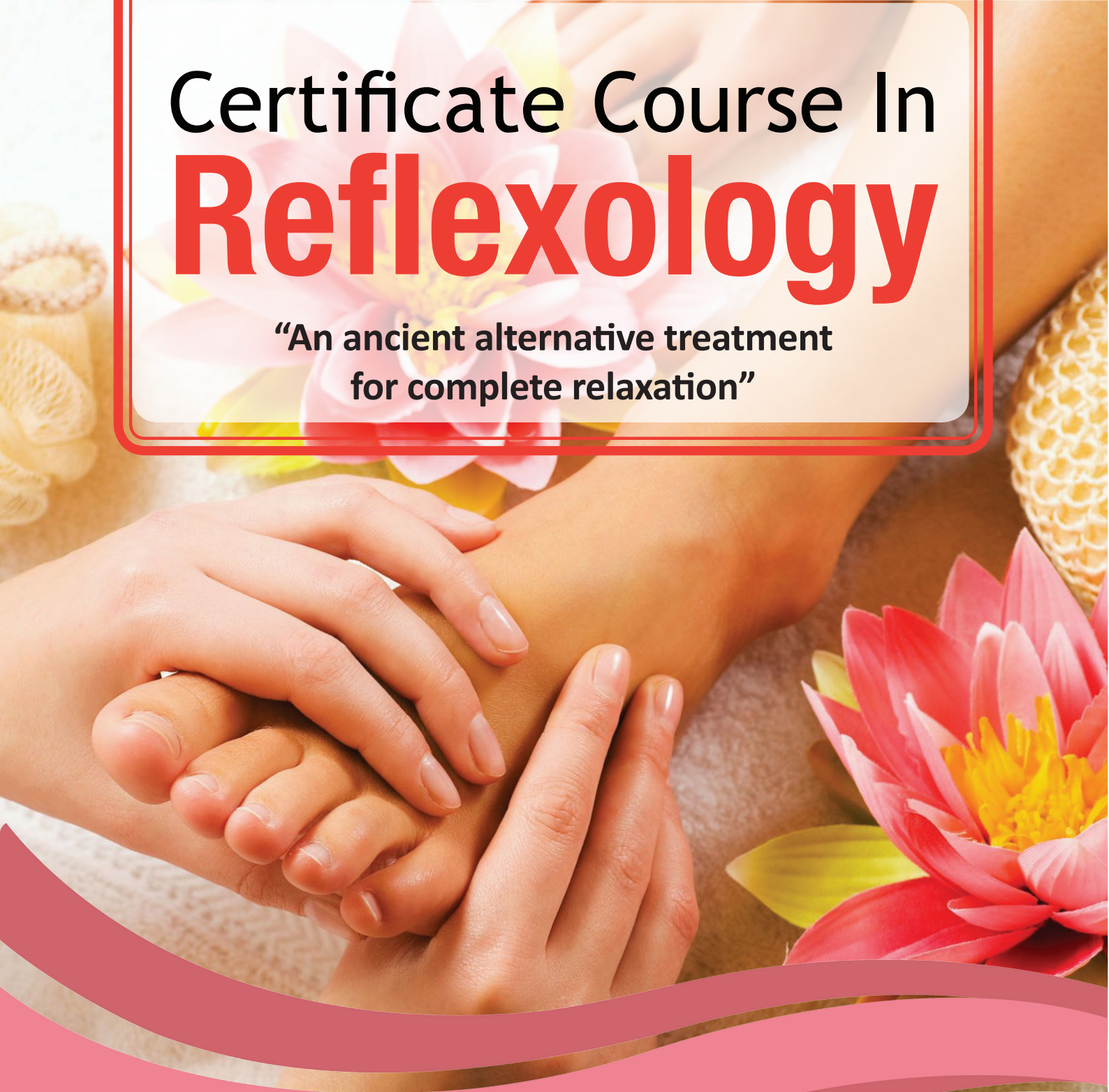


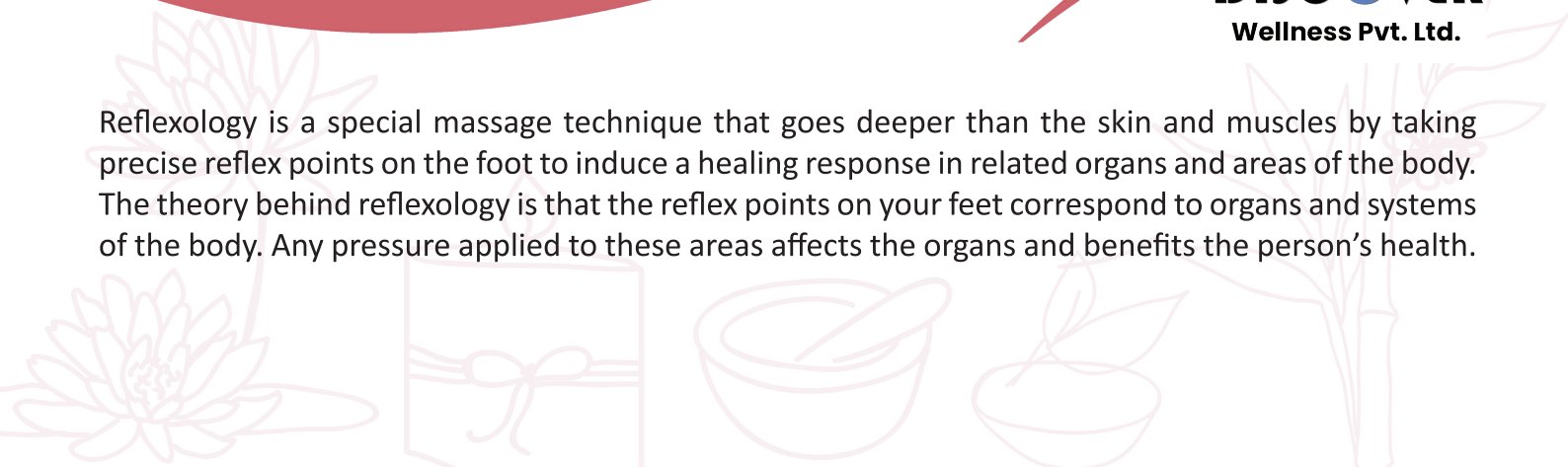
# Certificate Course In **Reflexology**

**“An ancient alternative treatment  
for complete relaxation”**



**DISCOVER**  
Wellness Pvt. Ltd.

Reflexology is a special massage technique that goes deeper than the skin and muscles by taking precise reflex points on the foot to induce a healing response in related organs and areas of the body. The theory behind reflexology is that the reflex points on your feet correspond to organs and systems of the body. Any pressure applied to these areas affects the organs and benefits the person's health.



## Course Objective

**Discover Wellness Reflexology** course is a one-of-its-kind course that helps you to address anything from headaches and sinus problems to stomach issues. The course is an extensive practical based training to help students start their own practice.

## Course Ideally Suited For

- Students/ Homemakers looking forward to start their own practice
- Individuals looking for full time/part time career at gyms, weight-loss centers, health centers, spas
- Professionals who require certification for future career growth

## Key Areas of The Course

- Master the tricks of Reflexology
- Understand human body structure, and function of body systems in relation to Reflexology
- Extensive hands-on training
- Develop scientific and technical knowledge of Reflexology
- Efficiency to work with an interdisciplinary health care team

### Duration - 20 Hours

Reflexology	Basics of Reflexology, Introduction to Zones, Massage Contra-Indications, Pre-Massage and Post Massage Precautions, Techniques of Reflexology
Video Session and Discussion	Introduction to Various Practical Reflexology Techniques
Massage Demonstration	Demo of Draping, Strokes, Use of Massage Mediums

## Features of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Offline learning through Interactive Training videos for hassle-free, self-paced learning



Excellent course content including course books, DVD



A life time support to students through email & off-line chats

**DISCOVER**  
Wellness Pvt. Ltd.

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