

Certificate Course In **Swedish Massage**

"Massage techniques for complete
relaxation of body and mind"

Swedish Massage Therapy is the most widely performed bodywork in the spas around-the-world. It helps increase the level of oxygen in the blood, decrease muscle toxins, and improve circulation and flexibility while easing tension.



Swedish Massage

HEAL YOUR BODY

Course Objective

Discover Wellness Swedish Massage is an extensive practical based training to help students start their own practice. You learn soft, long, kneading strokes, as well as light, periodic, tapping strokes, on topmost layers of muscles combined with movement of the joints.

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 strokes of Swedish Massage
- Understand human body structure, and function of body systems related to massage
- Extensive hands-on training
- Develop scientific and technical knowledge behind Swedish Massage
- Efficiency to work with an interdisciplinary health care team

Duration - 16 Hours

Swedish Massage	Basics of Swedish Massage, Pre-Massage and Post Massage Precautions, Strokes
Video Session and Discussion	Introduction to Various Practical Swedish Massage 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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