

DISCOVER
Wellness Pvt. Ltd.

Diploma Certificate in **PRACTICAL MASSAGE THERAPY**

**“Ancient knowledge for a
healthy modern lifestyle”**





Practical Massage Therapy

"AGELESS KNOWLEDGE"

Diploma Certificate in Practical Massage Therapy

“Practical Massage Therapy certification has given me more credibility, better remuneration.”

Discover Wellness Practical Massage Therapy course has certified my talent and enhanced my knowledge in the arena of massage techniques. Earlier I was providing my clients just the basic massage but now I am trained to provide different types of massages practiced all over the world.”

Course Objective

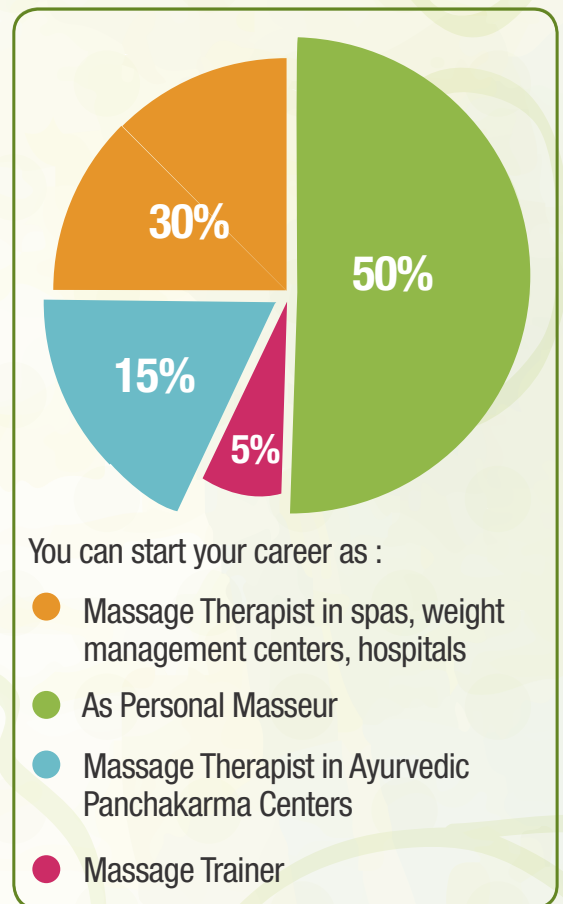
Alternative health treatments are gaining popularity around the world now more than ever and Massage Therapy is amongst the most popular. India is the fastest growing spa markets in the world. Discover Wellness Practical Massage Therapy was designed to address the growing need for rightly trained Massage Therapists who can deliver different types of massages practiced worldwide. The course also prepares students to start their career as a service provider.

Course Ideally Suited For

- 01** Individuals interested in working in spas, hotels and weight management centers.
- 02** Individuals who want to expand their skills and knowledge.
- 03** Individuals who want to start their own business/service.

Key Areas Of This Course

- Develop expertise on different types of massages practices.
- Understand human body structure, and function of body systems in relation to Massage Therapy.
- Extensive hands-on training.
- Develop scientific and technical knowledge of massage therapy.
- Developing efficiency to work with an interdisciplinary health care team.





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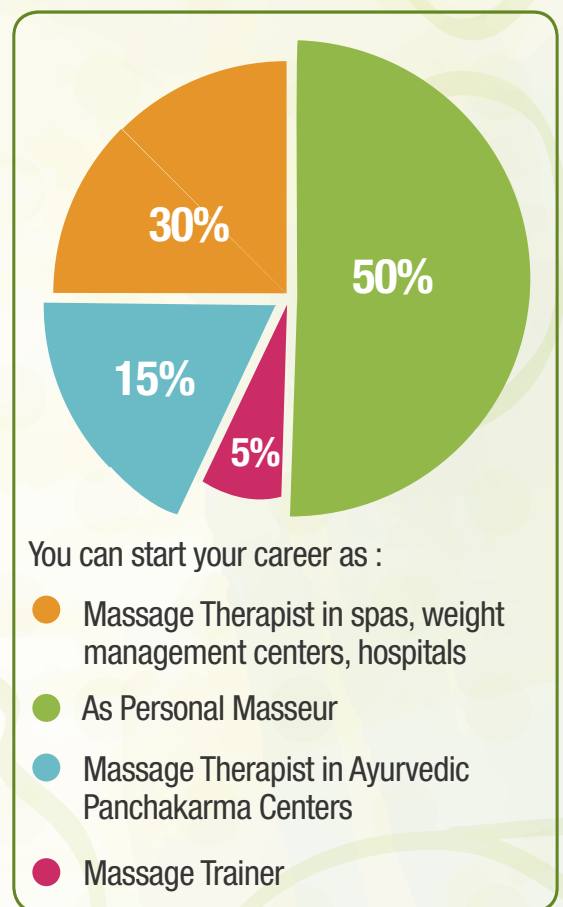
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Practical Massage Therapy

"AGELESS KNOWLEDGE"

Length

Delivery Method

100
HOURS



+ Practical

Part

Introduction

1

- Introduction to Energy Concept in China, India. Introduction to Yoga, Chakra, Marma and Ayurveda, Basics of Chemistry

Theory

Part

Anatomy

2

- Introduction to Basic Cells and Tissues of the Body. Basic Systems of Anatomy, Introduction to Special Senses

Theory

Part

Nutrition

3

- Basics of Nutrition, Introduction to Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water, Study of Anti-nutrients

Theory and Practical

Part

Massage Therapy

4

- Basics of Massage Therapy, Health Maintenance of Massage Therapists

Theory and Practical

Part

Types of Massage

5

- Types of Massages (Swedish, Deep tissue, Hot stone, Thai etc.)

Theory and Practical

Part

Managing & Marketing

6

- Marketing Strategies, Career in Massage Therapy

Theory

Features Of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Excellent course content including course books and DVD



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



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

Discover Wellness is a center for nurturing skills in the field of weight management, massage therapy, dietetics & nutrition, wellness center management and development of wellness coaches. Our courses are designed to provide professional training and employment prospects to individuals for one of the fastest growing industry in the world – Health & Wellness.



Discover Wellness Obesity and Control Weight Management is a one-off course that enables you to lead the clients to a successful long-term weight management. This comprehensive course also prepares you to start your own Weight Management Center.



Discover Wellness Nutrition and Dietetics Course is an amalgamation of traditional and contemporary food science, developed after a thorough research. It offers the right knowledge of diet, and nutrition, and its usage for therapeutical or general health purposes.



Acupressure is nature's own health science based on the concept of life energy which flows through "meridians" in the body. **Discover Wellness Acupressure** Course will dispel the mystery of this ancient science and art, explaining in clear and easy terms its origins, theory and practice.



Discover Wellness Sports Nutrition Course is specially designed to acquaint individuals, nutritionists, personal trainers, or fitness experts with knowledge required to prescribe diets for active, exercising individuals and sportsmen.



A Certified Wellness Coach is a unique profession fast catching up with the demands of the health-conscious masses. **Discover Wellness - Wellness Coach** Course trains you to help your client attain a fit body, healthy lifestyle and positive attitude.



The health and wellness management centers today strive to provide maximum services under one roof. **Discover Wellness - Wellness Center Management** Course gives you the right credentials to run a weight loss center, wellness center, or spa as an employee or an entrepreneur.

Discover Wellness Pvt Ltd

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