



AROMATHERAPY MASSAGE COURSE DETAILS

These courses are ideal for people who are still working or have other commitments and cannot take full-time schooling.

COURSE DATES: See our website: www.vancouverislandaromatherapy.com

NOTE: *Course prices, dates & times subject to change.*

AROMATHERAPY MASSAGE COURSE

- Linen, Laundry
- Contraindication of Massage
- Precautionary areas in massage
- Body Awareness & Visualization
- Exercise to strengthen hands
- Exercises for Breathing & Posture
- Creating a Healing Channel
- Towel Draping
- Basic massage, which includes Swedish, Acupressure, Shiatsu, European Lymphatic Drainage techniques
- Technique and sequence of Aromatherapy Massage
- Additional Massage techniques
- Client Physical Body Check
- Reference charts – Basic Shiatsu Points
- Meridians
- Reflexology charts
- Book List