

# Full Body Massage



**£99**  
+VAT

**1 DAY COURSE**

**10am - 5pm**

## COURSE BRIEF:

Increase your treatment portfolio by learning basic body massage to promote relaxation, health and wellbeing. Covering the main sections of the body and using different massage techniques and oils for effectiveness, this service is popular with clients and easy to learn.

**SKILL LEVEL:** ● ○ ○

This course is suitable for beginners.

## COURSE OVERVIEW:

- Health and hygiene
- Anatomy & Physiology recap
- Client consultation
- Demonstration and hands-on body massage practice
- Benefits and effects of massage
- Aftercare

## IMPORTANT INFO:

There will be pre-course reading emailed to you one week prior to the course. Please ensure you read this before attending the course. Students must be 18+. You will work in pairs during training. Please be aware that our courses are often mixed and not all training facilities have privacy screens. If you don't feel comfortable with this and would prefer to attend a single-sex course, please contact the store before you make your booking. It is advised not to take part in this course if you have a pre-existing back condition. Please bring lunch. Arrive at 9.45am.

## EQUIPMENT NEEDED:

Please purchase Kaeso Sorbet Body Massage Cream and Kaeso Rejuvenating Geranium Massage Oil for use on the course. Please also bring 2 large bath towels.



**NEXT COURSE DATE:**

**LOCATION:**

Accredited by:

**the guild**  
of Beauty Therapists

Provided by:



**7**  
CPD  
POINTS

**BOOK NOW AT: [www.capitalhairandbeauty.co.uk/training](http://www.capitalhairandbeauty.co.uk/training)**

Cancellation policies apply: Courses are refundable up to 8 days prior to the date of the course. After this point courses are NON REFUNDABLE and NON TRANSFERABLE under ANY circumstances. You may send a substitute delegate providing s/he meets the course criteria. We reserve the right to cancel the course date, in this case we will notify you 7 days prior to the event and advise you of an alternative date/venue or provide you with a full refund. In the event of a course cancellation under 7 days notice, a new course date or refund will be organised for you, however in this instance Capital Hair & Beauty are NOT liable for travel expenses, child care, potential loss of income or any potential associated costs. Insurance: Please note it is your responsibility to check with your potential/existing insurance provider and/or county council to ensure you are able to gain your public liability, business insurance and any council license requirements before booking a training course through Capital Hair & Beauty Ltd. Dress code: Professional attire e.g. black top & trousers.