

Course details

Course title

Holistic therapy: Indian head massage with Aromatherapy

Course code

Q00015249

Course date

Start: 13/06/24

End: 04/07/24

Number of classes

4 sessions

Timetable

Thu 13th Jun, 12:30 to 15:00

Thu 20th Jun, 12:30 to 15:00

Thu 27th Jun, 12:30 to 15:00

Thu 4th Jul, 12:30 to 15:00

Tutor

Lesley McDonald

Fee:

Free

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

The Cornforth Partnership (Ferryhill)
68-70 High Street
West Cornforth
Ferryhill
DL17 9HS

Qualification name & awarding organisation

Holistic therapy: Indian head massage with Aromatherapy ()

Level of study

Beginners

Course overview

Welcome to your FREE 4-week course all about Indian head massage. Where you will learn about the history, origin, and principles behind Indian head massage. We will explore the benefits to Indian Head massage, the techniques and precautions that are taken when performing the treatment. This course is for beginners who have never tried the treatment before. But if you do have a little experience, please do enrol as with all beauty & holistic treatments the learning is endless. You will be mainly taught through practical activities where you will observe the tutors' demonstrations and practice the techniques on each other. Theory will consist of handouts or note taking, whichever suits you.

Course description

Your FREE 4-week course will cover so many aspects around Indian head massage. You will learn about the history, origin, and principles behind Indian head massage. We will explore the benefits to Indian Head massage, exploring the mental and emotional benefits, including stress relief, relaxation, improved circulation, and headache relief.

We will also cover the massage techniques and structured sequence for performing the treatment. Which is typically performed on a seated client, typically incorporating massage of the scalp, neck, shoulders, upper back, and arms.

As with all our Beauty & holistic course we always discuss the health, hygiene and safety regarding prior to treatment, during treatment, home care advice and also self-care for the practitioner, to make sure the treatment is received and performed to the best of its ability.

Overall, this course provides comprehensive training to equip you with the knowledge, skills and confidence to offer this relaxing and therapeutic treatment to family and friends.

This 4-week course is ideal for anyone interested in holistic therapies. Whether you have received an Indian head massage before or learnt it a long time ago. This course is a friendly warm & welcoming experience for anyone. So, if you fancy meeting like minded people in a friendly environment please enrol onto this course, you won't be disappointed.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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