



Pregnancy Massage Diploma – 1 Day Course

This course is designed to equip you with the knowledge and hands-on skills needed to safely and effectively provide Pregnancy massage treatments.

You'll cover essential fundamentals, including health and safety, client consultation, contraindications, and therapist posture, ensuring you work safely while providing maximum comfort and benefit to expectant clients.

The course includes in-depth training on adapting massage techniques for pregnancy, focusing on gentle yet effective movements such as effleurage and petrissage. You'll learn how to position clients safely, address common pregnancy discomforts, and tailor treatments to each stage of pregnancy.

Additionally, you'll gain knowledge on aftercare advice, helping clients maintain the benefits of their massage and support their overall well-being throughout pregnancy.

By the end of this course, you'll be confident in delivering relaxing and therapeutic pregnancy massage treatments, making it a valuable addition to your skill set, whether you're expanding your practice or starting a new career in massage therapy.

PLEASE NOTE: MASSAGE QUALIFICATION, MASSAGE EXPERIENCE AND ANATOMY AND PHYSIOLOGY (A&P) IS A PREREQUISITE FOR THIS COURSE. WE CAN PROVIDE THIS TRAINING AT AN ADDITIONAL COST.

A model will be provided for you on the day, you may need to complete case studies and a question paper before your electronic certificate is issued.

PLEASE CONTACT US FOR MORE INFORMATION OR TO BOOK YOUR COURSE.

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THIS COURSE IS FULLY ACCREDITED WITH ABT

