



Swedish Massage Diploma – 2 Day Course

This two-day course is designed to give you a solid foundation in Swedish massage techniques, enabling you to provide professional and effective treatments for your clients.

You'll cover all the essential fundamentals, including health and safety, client consultation, contraindications, and therapist posture and back health to ensure you work safely and efficiently. The course includes in-depth training on the various massage techniques used in Swedish massage, such as effleurage, petrissage, friction, and tapotement.

You will learn how to adapt these techniques to suit different client needs and conditions. In addition, you'll gain knowledge on providing aftercare advice to your clients, ensuring they maintain the benefits of the treatment long after their session.

By the end of this course, you'll be able to confidently deliver Swedish massage treatments that promote relaxation, relieve muscle tension, and improve overall well-being for your clients. This course is ideal for those looking to pursue a career in massage therapy or expand their treatment offerings

PLEASE NOTE: ANATOMY AND PHYSIOLOGY (A&P) IS A PREREQUISITE FOR THIS COURSE. WE CAN PROVIDE THIS TRAINING AT AN ADDITIONAL COST, ENSURING YOU HAVE THE NECESSARY KNOWLEDGE TO PERFORM SWEDISH MASSAGE EFFECTIVELY.

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.

Kits are available upon request with prior arrangement.

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

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THIS COURSE IS FULLY ACCREDITED WITH ABT

