

All classes are practical and informal. No prior knowledge is required.

After the workshops students will be able to practice on friends and family only.

Price £55.00 Per Person – small classes 2 – 4 persons.

Please wear loose comfortable clothes and bring a packed lunch.

Refreshments will be available.

Introduction to massage

Come and enjoy this one-day practical workshop in massage in order to use this wonderful therapy on your family and friends. It is suitable for all who would like to learn basic techniques. Tuition is friendly, relaxed and informal. The course will cover:

- Massage techniques
- Uses and effects of massage
- Correct posture (to prevent aches and pains whilst massaging)
- Contra-indications
- Questions and answers

Introductory to Aromatherapy Massage

Aromatherapy is an ancient therapy which uses the essential oils of aromatic plants and trees to help promote wellbeing in mind, body and spirit.

Aromatherapy massage is a valuable way of combating stress and promoting

relaxation and is also used to relieve numerous physical ailments.

This workshop will show how the oils can be used within the home and workplace. Some massage will be involved in the workshop including scalp, face, arms and lower legs.

We will discuss the range of ailments suitable for aromatherapy, its uses, effects contra-indications.

Introduction to Reflexology

Again this is a one day practical workshop demonstrating the basics of reflexology. It will be hands-on, informal and friendly.

Reflexology is a wonderful therapy to practice – friends and family will really appreciate a treatment.