



south essex college



## Back, neck and shoulder massage

Southend Campus, Thurrock Campus

The back, neck and shoulder massage course is an introduction to massage and how it can be adapted using a wide variety of massage movements.

### Overview

The course will explain the benefits of massage, how to complete a consultation, the effects of back massage and the modifications that can be made. This massage can also be performed on top of clothing, which some prefer. By the end of the course a full routine and an understanding of the principles of back, neck and shoulder massage will be achieved.

The proposed start date for this course is 09/06/2018.

### About this course

#### Why should I do this course?

This course is ideal for those who would like to understand more about the principles of back, neck and shoulder massage and its wide-ranging benefits including deep tissue muscle and stress relief.

#### What's covered?

- What is back, neck and shoulder massage
- Benefits of massage
- History of massage
- How to perform a consultation
- Contra-indications

Awarded by



- Massage movements
- Massage adaptations
- Massage routines
- Aftercare/homecare

## How will my work be assessed?

- Working with each other and models
- Written classwork

## What can I do after this?

Once learners have achieved this course they can continue to accredited aromatherapy courses or one of our other massage courses; Aromatherapy massage, Back, neck and shoulder massage, Holistic massage, Indian head massage and Swedish massage.

## Entry requirements

Enthusiasm and a desire to learn a new skill or hobby.

## Applying

If you'd like to apply for this course, please complete our online application form. Alternatively you can fill out a paper application form (you can pick these up from reception and are also in the back of our prospectuses) and mail it to our freepost address:

South Essex College  
 Freepost SMU110  
 Luker Road  
 Southend on Sea  
 Essex

## Course options

Venue	Starts	Attendance	Duration	Provision	Cost	Cost Details
Southend Campus (Queens Road)		Part time evening	3 wks weekends (3 Adults hrs) / 4 wks evenings (2.5 hrs)		£80.00	
Thurrock Campus (Grays)		Part time evening	3 wks weekends (3 Adults hrs) / 4 wks evenings (2.5 hrs)		£80.00	