

**Course Title:** Handsfree Massage Course  
**Course Cost:**  
**Group Course:** £200  
**1-1 Course:** £250 – bring your own models, student does not receive a treatment

**Course Length:** 2 Days

**Course Entry Requirements:** Body Massage certificate required

**Course Type:** Theory & Practical - includes exam (returned in 7 working days) and case studies, up to 6 months to complete from course date. These are PDF's and completed electronically at home Not suitable for tablets or mobile.

**Qualification awarded** DT Practitioners Diploma

**Accreditation** Accredited with the Guild of Holistic Therapists

**CPD Points** 15 points

**Paying for your course:** **ITA Funding** - This course can be funded using Individual Training Account funds – **ITA Funding** - This course can be funded using Individual Training Account funds – PLEASE NOTE the funds must be in place before a booking can be made. Once your ITA account is in place please contact DT Therapy School to arrange your booking. ITA funds include the required deposit but if a student cancels the course then the student is liable for the deposit and will be invoiced accordingly.

**Deposit, Full Payment & Balance – For all non ITA applicants** - a non-refundable deposit of £65 secures your place - please contact DT Therapy School to arrange your booking. Payments can be accepted via card, paypal, cash, cheque or Bacs. Balances paid 2 weeks before course date.

**Course Information:** As massage therapies have grown in popularity over the years, ranging from Swedish, Ayurvedic, to Thai to name but a few, the demand for them has never been higher. This means that the therapists are doing more and more work with wrists, thumbs and fingers and it has become very apparent that in doing so, eventually suffer greatly from a variety of ailments such as backache which comes from poor posture, painful overworked wrists, hands and feet problems. This becomes even more apparent if the clients are more muscular where the therapists need to work deeper to get into the muscles.

It is said that a massage therapist's work life is on average 5yrs but can be as little as **3 years or up to 10 years!** Many of the ailments are due to constant use of certain muscles and very often due to their posture. It is very important to watch how we stand, bend etc. over a client so as to minimise damage to ourselves!

On the course you will learn how to massage more effectively, building onto the basic routines that you first learned when you first qualified in body massage. This is why we have a requirement that every student attending



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the course must have a body massage certificate.

You will learn moves using elbows and arms that will allow you to give a deeper massage with little effort from yourselves! If you think when using your thumb or fingers to massage you are covering a small area but if you change to the arm or elbow you will cover so much more of the area that you want to cover/ work on and can apply much more pressure with very little effort from yourselves.

Once practiced in these moves you will be able to implement them into your normal routine as and when they are required.

Our aim is to teach you:

- When, where and how to apply pressure;
- How to change the pressure being applied;
- Look at your body posture to alleviate back problems,
- Learn to use arms and elbows, alleviating aching wrists and thumbs
- How to blend them smoothly into a massage session.

### **Benefits of a HandsFree Massage**

This is a deeper technique that will work on a physical, mental and subtle levels, thereby creating many benefits. When we use a firmer touch throughout the massage instead of the normal pressure and we take care of our posture, our own body actually relaxes more!

- Better working posture for the therapist! Gives a deeper and more effective massage
- It stimulates lymphatic drainage
- It improves circulation to the whole body
- It helps in the breakdown and removal of toxins
- it helps boost the immune system,
- It increases oxygen to the whole body,
- It reduces stiffness and improves flexibility, It aids relaxation of muscles
- Healthier looking skin

It aids in relaxation of the body as a whole, giving a sense of calmness, peace and tranquillity.

### **Course Manual Contents Include :**

- Copyright, Insurance, Tax & Accounts
- What is Handsfree Massage
- What are the benefits
- Contra-Indications
- Sample Routines
- Client Consultation Form & Data Protection
- Consultation Form & After Care Advice Templates
- Using Aromatherapy Oils & Waxes during Massage
- Health & Safety Law, Licence Requirements
- Infection Control
- Sensitivity Testing
- Therapists Code of Practice



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Tel: 01592-328350 - E-mail: [admin@dttherapyschool.co.uk](mailto:admin@dttherapyschool.co.uk) - Web: [www.dttherapyschool.co.uk](http://www.dttherapyschool.co.uk)

- Anatomy with a reference manual supplied for ongoing learning



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