

Course Title: Eastern Face Massage Course
Course Cost:
Group Course: £155
1-1 Course: £185 – bring your own models, student does not receive a treatment - A model can be supplied for a small fee of £10 payable on the day.

Course Length: 1 Day 9.30-3.30approx

Course Entry Requirements: None 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 – 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. **Please note – The precourse workbook is emailed one week prior to the course, requires to be read before attending and the Anatomy Ref Manual is emailed on course day.**

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. **All non ITA applicants are emailed a precourse workbook and an anatomy ref manual prior to the course with their confirmation email**

Course Information: Face Massage as a treatment itself dates back to India some 4,000 years ago. The Indians used it as a form of massage incorporated within the ancient healing art of Ayurveda. Today we complement it by adding in reflexology and acupressure points around the face to give a true Ayurvedic massage. The overall effects are very similar to non-surgical face lift massage & manual lymph drainage of the face.

The Face and head are part of your body's energy centres. If you are feeling stressed, upset, angry, depressed etc tension tends to accumulate and show up in these areas as poor skin condition, wrinkles, headaches, eye strain to name but a few. With its firm and gentle rhythm, combining Ayurveda massage, reflexology and acupressure they become a specific 'connect-in' technique to reach deep seated tension in muscles. It soothes comforts and



ITA Approved Provider with Accredited Courses

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rebalances energy flow leaving one with a feeling of peace and tranquillity.

The Face Massage – helps lymphatic drainage, eliminates muscle tension and stimulates circulation. This helps dispel waste material from the body and distribute oxygen to all tissues. Softens and helps smooth lines and wrinkles. Soothes and rebalances your energy flow, brings with sense of peace, calmness and tranquillity.

Ayurveda is the Hindu practice of health care and it's based on achieving physical and mental harmony in nature and aims to treat the root of a disease rather than just the symptoms! The Ayurvedic system is basically a medical system that maintains that there are 3 essential doshas which cause disease if they become imbalanced.

Each of the three doshas has a role to play in the body:

VATA - is the driving force, it relates mainly to the nervous system and the body's energy centre.

PITTA - is fire, it relates to the metabolism, digestion, enzymes, acid and bile.

KAPHA - is related to Water in the mucous membranes, phlegm, moisture, fat and lymphatic's.

While we cannot see these doshas, we see the effect that they have on our mind and body. They operate as "metabolic principles." Each person is born with a unique combination of each of these three doshas, which make up his or her mind/body type. The goal is to find your particular mind/body type and keep it in balance for optimum health and happiness. This balance is achieved through diet, exercise, and lifestyle.

Course Manual Contents Include :

- History of Eastern Face Massage
- Benefits of Eastern Face Massage
- Contra-Indications for Eastern Face Massage
- Lymphatic drainage massage routine – 3 stages
- Consultation Form & After Care Advice Templates
- Therapists Code of Practice
- Anatomy reference manual supplied for ongoing learning

Practical Modules to be Completed

- Routine for lymph drainage of the face



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