

Course Title:	Thai Foot Massage Course
Course Cost:	£155
Group Course	
1-1 Course:	£185 – bring your own models, student does not receive a treatment – recommended for those who do not have previous massage experience or prefer a slower pace of learning. – A model can be supplied for a small fee of £10 payable on the day.
Course Length	1 day 9.30-3.30 approx
Course Entry Requirements:	None
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 and requires to be read before attending the course, the course manual is given on the 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
Course Information:	The course includes the theory and history behind the treatment. Contra-indications, consultation forms, aftercare guidance is also covered. You are taught passive techniques for hips/knee and massage techniques for the feet. This course is still currently being taught in Thailand today, following traditional methods. Please note this course does not teach using sticks, the sticks are taught within the thai reflexology course. Prior to attending you are supplied with an anatomy reference manual and a pre course workbook, both of which are to be read before attending. Thai Foot Massage is part of the traditional thai massage that originated in Thailand about 2000 years ago. It has elements of Shiatsu, Reflexology, Chinese massage and Yoga incorporated into the massage itself. It is still



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taught by Buddhist monks in the temples of Thailand. Its roots can be traced back to ancient India.

In Thai Foot Massage concentration is given to the 12 major energy lines (called meridian lines) in the body, which run from the top of the head all the way to the soles of the feet, including the arms and hands. These lines end into 'pressure points', which reflect a complete map of the entire body and all its organs on the soles of the feet, they can also be found on the hands. The course will concentrate on the art of Thai foot massage. The map of the feet is included in the course manual.

By manipulating these different points, the body and the mind are stimulated to restore the balance in that particular area and thereby throughout the whole body. It helps warm up muscles, increase blood flow and oxygen in to the whole body thus improving circulation. It stimulates the lymphatic drainage, begins the breakdown of toxins that have built up so boosting the immune system.

Please note this course does not use thai sticks during the massage

**Course Manual
Contents
Include :**

- Copyright, Insurance, Tax & Accounts
- History of Thai Foot Massage
- Benefits of an Thai Foot Massage
- Contra-Indications for Thai Foot Massage
- Routine for Hip & Knee flexing
- Routine for Feet
- 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
- Anatomy Reference manual is supplied for ongoing learning

**Practical
Modules to be
completed**

- Foot & Hip Treatment



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