

Course Title:	Thai Compress Massage Course
Course Cost:	£155
Group Course	
1-1 Course:	£185 – bring your own model, 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 – 9.30-3.30 approx
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 – 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: Our Thai Herbal Compress course includes the theory and history behind the Thai Compresses and covers the pressure techniques, including massaging techniques needed when using hot compresses . Contra-indications, consultation forms, aftercare guidance is also covered. 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.



The healing practice of Thai herbal compress therapy dates back nearly 5,000 years, to an era when the knowledge of plants, including their effects through ingestion or application on the body, were painstakingly researched



ITA Approved Provider with Accredited Courses

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Tel: 01592-328350 - E-mail: admin@dttherapyschool.co.uk - Web: www.dttherapyschool.co.uk

and then passed down from one generation to the next. In Thailand, the herbal compress is called *luk pra kob*, translated as “herbal pressing sphere.”

This herbal therapy was designed to relieve pain and inflammation. A selection of therapeutic herbs, including prai, ginger, turmeric and lemongrass, are wrapped in a muslin compress, steamed and then applied to the body in gentle pressing, circular and rolling movements. Compresses can be reused until the herbs are no longer active.

Some of the many benefits include:

- Continuous heat therapy being applied
- It induces deep relaxation, relieves stress and fatigue
- Pulled muscles, aches and pains are soothed
- boosts both emotional and physical well-being
- assists alignment and postural integrity of the body
- improves circulation of blood and lymph
- stimulates the internal organs

**Course Manual
Contents
Include :**

- Copyright, Insurance, Tax & Accounts
- History of Thai Herbal Compress Massage
- How Does it Work
- Benefits of a Thai Herbal Compress Massage
- Contra-Indications
- Routine
- Client Consultation Form & Data Protection
- Consultation Form Template
- After Care Advice Template
- Using Aromatherapy Oils & Waxes during Massage
- Common Foot Problems
- 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**

- Back Treatment
- Leg Treatment



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