Swedish Body Massage

BEGINNER | CERTIFICATE ON COMPLETION

COURSE FEE	DURATION	SCHEDULE	FORMAT
$1599 NZD	3 Days · 18 hours	10am – 5pm	In person at our East Tamaki academy

LIVE MODELS	ASSESSMENT	HOMEWORK	CERTIFICATE
6 × models	2 × quizzes, 1 × theory test, 1 × practical assessment	None	Industry-recognised

About this course

A good massage is one of the simplest ways to give clients an experience they come back for, and it pairs naturally with facials, waxing and spa services on any menu.

This three-day course covers Swedish massage from the ground up. You'll learn the history and principles of massage, the core Swedish techniques and how to perform them, and the physical and psychological effects massage has on the body.

You'll cover consultation, precautions and contraindications, choosing the right massage medium, and setting up a room that is comfortable, professional and hygienic. We also teach self-care exercises so you protect your own body over a long career.

After a full demonstration from one of our trainers, you'll practise on live models under expert guidance until your routine flows with confidence.

By the end you'll be able to perform a full-body Swedish massage on paying clients. No prior experience required.

What's covered

- History & Definition of Massage
- Swedish Massage Techniques
- Physiological & Psychological Effects
- Massage Mediums
- Consultation
- Precautions & Contraindications
- Equipment & Supplies
- Room Set-up
- Sanitisation
- Self-care Exercises
- NZ Health Protection Licence Help

Where this course can take you

CAREER OPPORTUNITIES

- → Offer massage in spas, salons and wellness settings
- → Pair massage with facials, waxing or spa services
- → Start a home or mobile massage business

YOUR NEXT STEP

Foundations of Skin & Facials	Beginner · $1199
Facial Cupping & Massage	Intermediate · $999

CERTIFICATES YOU'LL RECEIVE

- ✓ Swedish Full Body Massage

PRODUCTS YOU'LL WORK WITH

Massage Oil or Balm