

VTCT Level 3 NVQ award in INDIAN HEAD MASSAGE

Who is the course for?

This course is suitable for individuals who have little or no experience in massage; Indian head massage is a very therapeutic treatment.

- Indian Head Massage is based on traditional and Indian techniques by using a variety of massage movements.
- The Indian Head Massage works on the energy of chakras and is a great way of relieving stress and its effects on the systems of the body.

Tension is relieved through relaxation of the muscles, and improved circulation to the brain helps to clear the mind and improve hair and scalp conditions. This treatment can be performed without removing any garments and use of oil is optional although beneficial.

What does the course will cover?

- Hygiene, Health & Safety
- Client Care and Communication
- Related Anatomy & Physiology
- Equipment and Products
- Preparation of the work area and client
- Contra-indications and Contra-actions
- Client Consultation
- Benefits of Indian Head Massage Treatment
- Principles of Ayurveda & Chakras
- Clients suitability
- Massage Movements Massage Techniques including Effleurage, Petrissage, Friction & Marma Points
- Massage Mediums
- Aftercare Advice

All products and tools are provided for the training days at the centre when you attend. No kit is required to complete the training days, nor included in the course fee; however is it advisable to purchase a kit for your home practical use (case studies). Please speak to your training co-ordinator who can assist you.

Course structure:

The theory is completed as home-study, with live zoom sessions, and assignments making this an ideal route for those who wish to study flexibly around other commitments. This will need to be completed before attending your practical training days. Once you have completed all training and coursework, we will arrange for you to attend a multiple choice exam and practical assessment day to achieve your VTCT qualification.

Entry Requirements:

You will need to be 18+ years old. You will need to complete the VTCT (ITEC) Level 2 award in Infection Prevention (COVID-19) for complimentary Therapies and Sports Massage. This can be completed at home at your leisure but there is a small exam to be completed at the centre. This course is free when you register for your qualification but certification is £20. You will also need a good understanding of English to complete your assignments and exam.

Course Duration:

You will need to complete your home study and assignments before attending your practical sessions (2-4 sessions) which will include demonstrations and guidance. You will need to do 5-10 case studies and return for your practical assessment and multiple choice exam.

What will I receive when I complete the course?

Once you have successfully completed the course and your assessments, you will receive a VTCT recognised qualification. This will enable you to obtain public liability insurance.

How much does the course cost?

Introductory price of £385 includes your VTCT registration and exam fees.

Deposit required: £135 non-refundable

Practical Sessions:

Weekdays: 10am – 1pm, 2pm – 5pm, 10am – 4.30pm or 6pm – 9pm

Weekends: 10am – 1pm, 1pm – 4pm, 10am – 4.30pm

Please contact your training co-ordinator to arrange your practical and assessment sessions or for any further queries on: **01474 329164/07803 788818 Monday – Friday 10am – 5pm**

We are here to support you during and after your course. Our team are available Monday to Fridays 10am – 5pm