

Massage Course in English!

Massage Course

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Swiss Beauty & Hair Academy School in Zurich, offers Massage Course. We are training professionals to work in this area, with this professional qualification we offer courses and seminars in Portuguese. Our school offers the Massage Course in several languages. The current offer can be found on our website Swiss Beauty & Hair Academy. Practical classes are partly held in mixed groups, which allows interaction with other cultures during the course.

Massage School

Aims:

To provide the conditions for the development of professionals who are fully trained to work innovatively in the field of massage. *Our courses are taught to small groups, in order to maximise our student's learning.*

Description from the course:

Human anatomy and physiology, and introduction to the study of anatomy: the skeletal, joint, muscular, urinary, nervous, circulatory, digestive, and male and female reproductive systems.

Human histology: epithelial and connective tissue, connective tissue itself, and connective tissue with special properties.

Integumentary system – skin: cutaneous annexes, functions and properties of the integumentary system, health and hygiene.

Shaping Massage (reducing):

Cellulite: Helps fight cellulite, the result of a disorder relating to the metabolism of fluids and lipids in the body.

Sagging: It fights the absence of muscle tone and loss of skin elasticity. There are several causes of sagging, some examples being: a lack of physical activity or a dramatic loss or gain in weight.

Localised fat: Helps to combat localised fat that, due to genetic factors or eating habits, causes the fatty tissue to accumulate in certain areas of the body.

Lymphatic drainage massage (post operative massage):

This can provide the following benefits: it is excellent for anyone who often suffers from illnesses due to low immunity and other types of problems, such as sports injuries, depression, stress, emotional problems and lack of energy.

Helps fight to remove excess fluids and toxins by stimulating the lymphatic system. Can provide other benefits such as boosting the immune system, tissue regeneration etc.

Description from the course:

The Classic Massage combined with the friction and disposition of Hot Stones on the body brings a number of benefits to the people's physical and mental health, because it is a combination of highly effective therapies such as Massotherapy, Thermotherapy and Crystallotherapy, fighting pain and muscle tension; migraine and headaches; arthritis, arthrosis and fibromyalgia; emotional difficulties (stress, tension, anxiety, fatigue, insomnia); intestinal disorders, menstrual disorders, respiratory problems (asthma, bronchitis, sinusitis) and among others.

Thermotherapy, which is the use of heat and/or cold as a form of treatment, increases circulation, taking the nutrients into all the cells of the body, accelerates the vital energy by oxygenating the brain, reduces the level of stress, increases blood irrigation and consequently the detoxification of the internal organs, increasing cellular metabolism, tranquilizing the nervous system and balancing emotions.

Crystal therapy, which deals with the use of crystals and stones as a form of treatment, is an ancient therapy inherited from our ancestors. Stones and crystals are rich in mineral salts and carry energetic heritage from millions, or billions, of years ago.

Depending on the color and location where the stones are applied, they bring the energetic alignment so important for physical and mental balance.

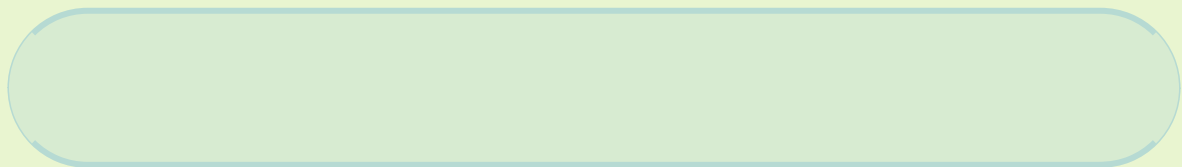
Classic Massage:

Helps fight stress
Muscle pain
Blood oxygenation
Physical and mental well being.

Completion of the Massage Course:

The final theory examinations will be evaluated and marked by the instructor on the following subjects: anatomy, professional knowledge and learning techniques. *Students that pass will receive the diploma and school certificate from the Swiss Beauty & Hair Academy.* This professional masseur's qualification will be enough for you to become self-employed or work for institutions.

Choose Your Course Package



Full massage course including classic

drainage, shaping and Shiatsu (Diploma)

6 Months

Full Payment **CHF5'595.00**

Monthly **CHF932.50**

Select This Package

Lymphatic Drainage and Anti cellulite massage course (Certificate)

3 Months

Full Payment **CHF2'795.00**

Monthly **CHF931.60**

Select This Package

Benefit from attractive discounts

10% discount applied from the second course or seminar attended at the [Swiss Beauty & Hair Academy](#), including [Swiss Fashion Academy](#) and [Swiss Nutrition Academy](#) courses and seminars

3% discount for immediate payment of the entire course fee

Payable in monthly instalments without fees and interest

Our Service Pledge

See the quality of our courses for yourself. Take advantage of our personal consultation and no-obligation trial lesson to get a better idea of what the Massage Course is like.

Personal consultation

No-obligation trial lesson

EduQua-certified institute

