

Course Title:	Relaxation Indian Head Massage	
Course Description	<p>On this course you will learn how to effectively relieve symptoms of stress and anxiety. You will learn to use different techniques to massage areas of the upper body. These will consist of the upper back, neck, arms, shoulders, scalp and face. The massage benefits and improves blood circulation; it relieves eye-strain, insomnia, headaches and increases relaxation. You will also learn how to give effective after-care advice. This course is an enjoyable course which will uplift your spirits and create a sense of peace and calm</p>	
Learning goals	<p>By the end of this course you should be able to:</p> <ul style="list-style-type: none"> • Carry out all activities with regard to the safety of yourself and others. • Identify and use safely the basic techniques for Indian Head Massage. • Name the different mediums used. • Identify contra-indications. • Give effective after-care advice. 	
Is this course suitable for you?	<p>Suitable for beginners to those who have some experience with massage but wishing to expand their massage techniques. CAUTION: People with the following conditions should note that Indian Head Massage can be performed by the learner on others, but it may not be safe to receive massage:- Epilepsy, High Bp, Low Bp (uncontrolled), back, neck or head injuries, cancers or tumours, recent surgery, infectious diseases. Also allergies, scalp and skin disorders. (Please seek advice from your G.P before commencing on this course).</p>	
Assessment/Feedback	<p>Learners will receive continual feedback and informal assessment from the teacher and will be encouraged to monitor their progress using an Individual Learning Plan.</p>	
What should you bring with you to the first session?	<ul style="list-style-type: none"> • Please bring your own pillow. 	
Additional costs	<p>Learners will be responsible for meeting minimal additional costs for materials for their own use. The tutor will give advice during the first session</p>	
What next?	Subject Specific Courses:	General:
	<ul style="list-style-type: none"> • Body Massage for Home Use • Reiki 1 • Meditation • Henna Painting • Other beauty specific courses 	<p>Please see our brochure , visit our website (www.lutonacl.ac.uk) or call us for further details (01582 490033).</p>
	<p>LACL offer free group workshops on CV writing, job search and interview techniques held by our trained <i>nextstep</i> advisor. Please contact us to book your free place.</p>	
Help Us to Help You	<p>The service is committed to ensuring that all learners whatever their needs have the best possible chance to enrol, progress, complete and achieve their course goals. Funding may be available to support the following: Examination fees; Travel costs; Books & Equipment; Registration Fees; Childcare; Hardship costs; Additional course costs; Learners with a learning difficulty or disability; Learners with skills for life needs.</p> <p><u>For further details contact us on 01582 490033.</u></p>	