

Certificate Course In **Hot Stone Massage**

**“A unique way to eliminate
deep muscle stiffness”**



Hot Stone Massage Therapy is a unique therapy to provide deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. An in-demand expertise in today's spa industry it helps relieve chronic pain, reduce stress and promote deep relaxation.



Hot Stone Massage

DESTRESS YOUR SELF

Course Objective

Discover Wellness Hot Stone Massage is an extensive practical based training to help students start their own practice. You learn the important points on the body and the tricks to place the stones correctly for maximum benefit. The course teaches how to select the stones and also the upkeep of it to protect them from damage.

Course Ideally Suited For

- Students/ Homemakers looking forward to start their own practice
- Individuals looking for full time/part time career at gyms, weight-loss centers, health centers, spas
- Professionals who require certification for future career growth

Key Areas of The Course

- Master the tricks of Hot Stone Massage
- Understand human body structure, and function of body systems in relation to Hot Stone Massage
- Extensive hands-on training
- Develop scientific and technical knowledge of massage
- Efficiency to work with an interdisciplinary health care team

Duration - 20 Hours

Hot Stone Massage	Types of Stones, Hot and Cold Stone Basics, Maintenance of Hygiene, Care of Stones, Benefits of Hot and Cold Stone Massage
Video Session and Discussion	Introduction to Various Practical Hot Stone Massage Techniques
Massage Demonstration	Demo of Draping, Strokes, Use of Massage Mediums

Features of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Offline learning through Interactive Training videos for hassle-free, self-paced learning



Excellent course content including course books, DVD



A life time support to students through email & off-line chats

DISCOVER
Wellness Pvt. Ltd.

Discover Wellness Pvt Ltd

Flat No. 9, 2nd Floor, Parth Apartments Ghodke Chowk,
Prabhat Rd, Opp. Hotel Royalty, Near Prabhat Police Chowk,
Erandwane, Pune, Maharashtra - 411004.

Ph No 020 - 25674070 / 8390908629/ 8007128213 / 8390908643
inquiry@discoverwellness.in Web: www.discoverwellness.in



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