

## **D1083 Level 3 Certificate in Swedish Massage**

### **Pre-requisite**

- Candidates will need to have VTCT units VR02 (Support health, safety and security in the workplace) and VR74 (Support employment standards) *either as units or D1120 Level 3 Diploma in Health Safety Security and Employment Standards. This can be completed simultaneously with the skills qualification.*

### **Aim**

- to provide the candidate with a basic knowledge of massage for relaxation, stress relief and lymphatic drainage

### **Objectives**

- to be able to provide a full body massage (50 – 60 minutes) and a back massage to clients
- to offer effective assessment, consultation and client care
- to understand anatomy and physiology of the human body

A range of clients will need to be worked on to show competence.

This certificate can be studied to enable candidates to offer relaxation massage or as an introduction to more advanced massage therapy.

Screening is necessary for treatments where the client may require privacy.