

## **BP Makeup & Beauty Training**

[www.bpmakeupandbeauty.co.uk](http://www.bpmakeupandbeauty.co.uk)

**Swedish body massage 2 day course;**

**Swedish body massage lesson plan.(45 minutes theory -15 minutes break and 2 hours practical).**

**Every student should read theory notes before starting class.we'll email the theory Softcopy the day of admission;**

<b>No. of days</b>	<b>Time</b>	<b>Classroom theory &amp; practices.</b>
<b>1</b>	<b>10am-1pm</b>	<b>Theory; Hygiene,Health &amp; safety,Equipments &amp; products, aims &amp; Objectives,Professional ethics &amp; standards of practice,massage benefits,mediums &amp; movements,client consultation,contra-action ,contra-indications Practical; on model.</b>
<b>2</b>	<b>10am-1pm</b>	<b>Theory; Storage &amp; insurance,aftercare,self-assessment,nots and accreditation. Practical; Complete practice on model under the supervision of a practitioner.</b>
<b>Case study-1</b>	<b>Client choose the time &amp; date for services</b>	<b>Complete Swedish body massage and feedback from client.</b>