

Provide Post-Natal Massage (PN)

Training hours : 98.5 hours

Course fees : \$1300 (exclusive of GST)

Certification : National Skill Recognition System (NSRS)

Subsidy : Up to 90% available

Course content:

- Introduction to massage
- Ethics
- Contraindications
- Basic Anatomy
- Customer Service
- Ambience, Preparation, Hygiene, Safety, Aromatherapy
- Knowing the client, Aftercare advice
- Performing postnatal massage – sequence and techniques
- Binding buttocks and abdomen

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