

Staff: Hand Massage for Relaxation (All ComSol)

Course overview

Our skin is our biggest sensory organ and our hands are full of sensory receptors. When touched in the right way our skin sends signals that activate the relaxation side of our nervous system. In this course we will cover some easy to use hand massage techniques that can be used for self-massage or to massage others. These techniques can also be used on the feet.

What will I study?

You will:

- identify which mediums you can use for massage
- be able to use a range of massage techniques
- be able to give yourself a hand and forearm massage
- identify key areas to massage for hand and wrist tension
- discuss how to apply these techniques to the feet

Assessment method

You will self-massage, participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

This course is open to any ComSol staff. You will need a good understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
7303C	Tuesday 9 February 2021	5.30pm to 7.30pm	Barking	Free	Free

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722