



# MASSAGE

The Hair, Beauty and Massage Student Clinic is South Metropolitan TAFE's student-operated training facility.

The clinic enables students to perform a range of remedial massage techniques and treatments in a real-life environment.

The clinic is open Monday, Wednesday and Thursday during school term only in the evenings. These days/times may be subject to change. Please contact us for our current availability.

## **Bookings are essential!**

MURDOCH CAMPUS

130 Murdoch Drive, Murdoch, ground floor T block

Call: 9229 9227

Email: [clinic@smtafe.wa.edu.au](mailto:clinic@smtafe.wa.edu.au)

## **Or, make a booking request online:**

 [bookings.gettimely.com/clinics/bb/book](https://bookings.gettimely.com/clinics/bb/book)

 [southmetrotafe.wa.edu.au/campuses/facilities/hbmstudentclinics](https://southmetrotafe.wa.edu.au/campuses/facilities/hbmstudentclinics)

 [@hbmstudentclinics](https://www.facebook.com/hbmstudentclinics)

Remedial massage is highly effective in reducing muscle tension allowing the body to relax

## Student training

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South Metropolitan TAFE's remedial massage students are trained over 12 months in order to become a competent remedial therapist. During their training students learn techniques in:

- Deep tissue massage
- Manual lymph drainage
- Myofascial release
- Trigger point practice
- Relaxation massage
- Sports injury and stress management

Students are required to undertake comprehensive assessments on clients and are trained in assisting clients with lifestyle management techniques, such as stretching for postural awareness.

## What can you expect from a remedial massage session?

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A remedial massage is different from other massages. This type of massage is specifically designed to meet the needs of individual clients condition or symptoms. Performed in a private environment, these massage sessions usually last one hour, including individual assessment and massage time.

**Cost:** \$30