



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
Phone: 9229 9227 Email: clinic@smtafe.wa.edu.au

OR, BOOK ONLINE AT:

 bookings.gettimely.com/clinics/bb/book

 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

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?

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: **\$40**