

## General Enquiries

Tel: 0300 300 0090

Email: [enquiries@stockport.tscg.ac.uk](mailto:enquiries@stockport.tscg.ac.uk) Website:  
[stockport.tscg.ac.uk](http://stockport.tscg.ac.uk)



## Wellbeing Hand Massage

Location	Stockport College
Course Type	Adult
Department	Beauty Therapies
Start Date	Thursday 9th May 2024
Duration	Part-time, 1 Weeks
Time	12:00 - 14:00
Fee	£ 17.50 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	SPQ-BYXZ-1600

## Course Overview

A hand massage is a therapeutic technique that involves the manipulation of the muscles, joints, and soft tissues in the hands to promote relaxation, alleviate tension, and improve circulation. It is often used for stress relief and to ease discomfort in the hands and fingers.

A hand massage is not only physically beneficial but can also be emotionally soothing. It can relieve stress, improve blood circulation, and alleviate discomfort associated with conditions like arthritis or repetitive strain injuries. Hand massages can be performed by professionals, such as massage therapists, or by individuals on themselves or loved ones. Always be mindful of using gentle, soothing strokes and appropriate pressure to ensure a safe and comfortable experience.

## Course Requirements

Participants are not required to possess any previous knowledge or expertise. We welcome individuals with a genuine enthusiasm for the subject and a willingness to actively engage and contribute.

## What You Will Learn

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Students will learn how to perform a hand massage focusing on:

Preparation

Warming Up

Finger and Joint Mobilisation

Palm Massage

Thumb Work

Finger Massage

Wrist and Forearm Massage

Closing and Relaxation

## Assessment

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Observation

Practical application

Question and Answer (Q&A)

Final assessment piece

## Progression

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A new skill may lead to career opportunities in the beauty industry or further learning - Level 2 Nails and Beauty

## Career Options

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Inspiration to aspire to the world of beauty and health and well being

## Mandatory Units

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There are no mandatory units

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.