

## **Hands-on approach to learning**

As interest in wellbeing and complementary therapies continues to grow, Fife's Elmwood College is offering a course in Swedish massage.

This traditional massage method is most commonly used for relaxation and stress relief – it stimulates circulation, enhances muscle tone and reduces muscle tightness.

The course runs for 24 weeks and participants will learn through lectures and hands-on treatment. Part of the course also involves the study of anatomy and physiology and providing massage treatments for clients.

Students often find their newly acquired skills leads to fresh work opportunities or further study in the field of complementary therapies, such as aromatherapy, sports therapy massage, reflexology or Indian head massage.

To find out about Swedish massage courses in your area go to the Course Search page or call the ILA Scotland helpline free on 0808 100 1090.