

TWO-DAY REFRESHER COURSES – Full Time (also available Part Time over four half-days)

REFRESHER COURSE LENGTHS VARY, AND SO THEREFORE DO THE FEES. SPEAK TO ISOBEL FOR DETAILS OF DATES AND ACTUAL COSTS. AS A ROUGH GUIDE, A ONE-DAY COURSE WILL BE AROUND £75, TWO DAYS ABOUT £150, AND FIVE DAYS APPROXIMATELY £375.

- *Massage techniques – what's new? Learn about hands-free and injury-prevention massage styles, cupping therapy, hot stones, crystals and more, with hands-on practice.*
- *Sports Massage – how it differs from aromatherapy and Swedish body massage. How, when and where would you use it.*
- *Specially for dental nurses and oral hygienists – treating facial pain caused by temporo-mandibular joint disorder and trigeminal neuralgia, nightly teeth-grinding and jaw clenching.*