

COUPLES MASSAGE CLASS



ABOUT THE CLASS

Couples Massage Class provides an introduction to stress-relieving massage techniques using appropriate (i.e., non-sexual), caring physical touch to help couples explore new ways to communicate and strengthen their relationship. This Couples Massage Class is based on simple, easy-to-learn Swedish and sports massage techniques and is designed to help you and your partner **share and experience the nurturing, relaxing, therapeutic benefits of massage.**

In Couples Massage Class, each couple will learn: basic, easy-to-follow massage techniques; the proper way to use pressure to avoid weary hands; and how to work out those day-to-day knots and develop some great relaxation techniques for both of you!

While some lecture is necessary for effective education and awareness, because this class is only a 3-hour session, lecture is kept to a minimum in order to emphasize the massage techniques and communication skills that will allow you use your new skills right away. The class is limited to three (3) couples to ensure each couple receives personal attention as needed.

WHAT TO BRING TO CLASS

We will be working on the massage tables so please be prepared as follows:

1. **Please wear loose-fitting, comfortable clothing for the class as follows (the idea is to allow your partner to rub oil on your skin during the massage):**

LADIES – loose-fitting pants or shorts; spaghetti-strap tank top or bikini top

MEN – loose-fitting pants or shorts; tank shirt (shirt is optional only when receiving massage)

Suggestion: During colder season please consider bringing change of clothes for use on the table & arrive earlier for time to change

While **EACH PERSON WILL REMAIN CLOTHED FOR THE DURATION OF THE CLASS**, proper draping techniques will be demonstrated (and expected to be followed) for each body part being massaged.

2. 1 sheet set
3. light blanket/throw
4. 2 standard-sized pillows
5. bottles of water

WHAT YOU WILL LEARN

1. Basic Swedish massage strokes:
 - a. Effleurage
 - b. Petrissage
 - c. Compression
2. How to protect your body from strain allowing you to give a one hour massage (at least) with ease
3. How to effectively massage the head, neck, shoulders, back, arms, buttocks, legs, hands and feet
4. Communication through touch and the importance of constructive feedback

BENEFITS OF MASSAGE

- Relieve stress and tension; relax tired, and overused muscles.
- Alleviate low-back pain and improve range of motion.
- Improve the condition of the body's largest organ—the skin.
- Reduce spasms and cramping; increase joint flexibility.
- Pump oxygen and nutrients into tissues and vital organs, improving circulation.

AND SOOOO MUCH MORE!!!