

Training the Licensed Massage Therapists

First, most basic option – Training in One Day.

Basic Massage

Instruct the massage therapists to use the massage they have already learned, using our oils. Ask them to make the following modifications:

1. apply less pressure

2. use long strokes on the long bones and a circular motion on the joints.

In this way they can have a ½ hour training and give a very nice one-therapist Abhyanga-type of massage.

Vishesh

At this simplified level of training, we would allow the therapists to give the massage that they have already learned in massage school, but in this case they would **apply more pressure** along with the instruction to use long strokes on the long bones and circular motion on the joints.

Shirodhara

Massage therapists would watch the training DVD and the Director would read aloud the instructions in the training manual. The therapists would practice a few times, and within an hour or two they will know how to give a Shirodhara treatment.

Garshana

The Director will read aloud the section of the instruction manual that describes the Garshana treatment. This treatment is very, very simple to learn. The massage therapists can practice on each other a few times and they will have it. We can also give them a sheet of very abbreviated notes that they can glance at before and during treatment. These notes should always remain in our facility.

Swedana

Swedana, or steam bath, is given by placing the Swedana tent on top of the massage table, as shown in the training DVD. The massage therapists may watch the DVD and practice setting up the Swedana tent. This is such a simple treatment that it can even be taught on the job.

With this minimal training, the therapists will be able to provide the following treatments: A one-therapist Abhyanga, a one-therapist Vishesh, a one & two therapists Garshana, a Shirodhara.

They can also offer combination treatments such as a one-therapist Abhy/Shiro, a one-therapist Sbhy/Swedana, a one-therapist & a two-therapist Garshana/Shiro, a one-therapist & a two therapist Garshana/Swedana, a one therapist Vishesh/Shiro, a one-therapist Vishesh/Swedana.

...A good variety of treatments, with only one day of training!

Second Option – Three to Five Day Training Program

DAY 1 AND 2 – Two-Therapist Abhyanga

We teach them the 2- therapist, synchronized Abhyanga, using the DVDs and the manual along with practice sessions. They would just focus on this one treatment for 2 days, morning and afternoon. **If the therapists feel that they need more time to learn the synchronized Abhyanga, which is the most complex of all the treatments, then this part of the training could continue for 2 more days.**

DAY 3 –Additional Treatments

Morning: Variations on Abhyanga

-**Udvaartana**...(Abhyanga with paste rather than oil) (watch the DVD and read manual)

-**Modifying Abhyanga and Udvaartana to be a one-therapist treatment**

(as described above in the One-Day Training Program)

-**10 Step Royal Facial** (watch the DVD and read the manual)

With the facial, we can also give the therapists a sheet of very abbreviated notes that they can glance at before and during the treatment. These notes should always remain in our facility.

VERY IMPORTANT: Remember that in many states/cities, in order to give a facial treatment, one must have a special license that is different from a massage therapist license. Please check with the Code Enforcement Officer at your local Police Station to find out the legal requirements in this regard.

Afternoon:

Shirodara (using DVD and manual)

Garshana (using the manual)

Swedana (using the DVD and manual)

NOTE 1: Swedana can be taught in 20 minutes on the job.

NOTE 2: Other treatments (such as Pizichili, Anti-Stress Massage, etc.) can be taught to therapists on the job as time allows.

It's good to always be introducing new treatments.

NOTE 3: Directors should be careful with materials. Directors are fully and solely responsible for maintaining the confidentiality of the training materials. Materials should not be given to therapists to take home to study.

NOTE 4: If some of the massage therapists are learning more slowly than others, in the case of the synchronized Abhyanga, it will alright for them to take the “follower” position until they feel more confident.

Important tip for those therapists who are not so sure of their grasp of the synchronized Abhyanga: If they suddenly feel “lost” during the treatment, they should never take their hands off of the guest and they should never just stop. They should just continue to do whatever strokes they are doing,, calmly observe what the “leader” is now doing, and slowly move their hands to that position and continue to follow. In this way the guest will never be disturbed by the therapist’s momentary lapse, in fact the guest will most likely never notice!