

Massage Training Colleges

Massage training colleges provide an in-depth and hands-on curriculum in a variety of massage modalities. While many of these massage schools afford students with a wide range of training classes, typical courses take anywhere from 300 class hours to more than 1,000 class hours depending on individual massage training colleges. A great number of massage training colleges prepare students to sit for the National Certification Examination so that they may become certified massage therapists; however, other coursework is designed so that students may earn a diploma or certificate in natural healing. In addition to diploma programs, massage training colleges extend ample variations of massage techniques. While some healing arts schools may stick to basic massage modalities such as Swedish and Sports Massage, other massage therapy schools give students several options to explore a broad assortment of bodywork. One of the more popular forms of massage therapy that is extended through massage training colleges is Shiatsu. Often interchanged with acupressure massage, Shiatsu is an ancient healing art that focuses on key locations on the patient's body to alleviate stress and improve circulation. Another fine massage technique taught at massage training colleges is aromatherapy massage. This unique form of natural healing is used in combination with essential oils to promote relaxation, self-healing, and heightened awareness. In addition to previously mentioned massage methods, one of the rapidly expanding subjects taught in massage training colleges is medical massage. Not only is medical massage beneficial to patients suffering from a variety of maladies, it is one healing art that may afford students with the opportunity to earn a degree. This particular degree program is centered on the integration of holistic medicine and traditional western medicine. Successful candidates who have completed this course have the potential to work as medical assistants in an assortment of health care settings. Overall, massage training colleges are a mainstay in today's modern education. With virtually hundreds of massage therapy schools from which to choose, prospective students should carefully review curriculums and individual state requirements for certification and/or licensure regulations to be sure they have chosen the appropriate school.

About the Author

Students in the Pacific University School of Occupational Therapy learn both the. Pacific occupational therapy students learn to apply critical.

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