



# RELAXATION MASSAGE

## ONLINE CERTIFICATE

BACK & SHOULDER / LEG & FOOT / UPPER BODY /  
NECK & HEAD

PROFESSIONAL MASSAGE SKILLS TRAINING TO  
LAUNCH YOUR MASSAGE THERAPIST CAREER  
[WWW.NIOB.CO.NZ](http://WWW.NIOB.CO.NZ)

# RELAXATION MASSAGE

## Back & Shoulder | Leg & Foot | Upper Body | Neck & Head

Master Relaxation Massage and Offer a Full Range of Professional Massage Services to Your Clients!

### Fundamentals, Back & Shoulder, Leg & Foot, Upper Body | Neck & Head + More!

If you are looking to be successful in the massage industry, you need to have a well rounded service offering to keep your clients coming back for more.

Our Relaxation Massage Online Certificate Course covers everything you need to run a successful massage services business including everything from, Back & Shoulder, Leg & Foot, Upper Body, Neck & Head and more.

You learn everything online with the help of our instructors. And you get all of the products and equipment you need to succeed.

Plus, we also cover the setup and growth of your business!

### The Best Online System Available

Our Mobile Apps and Video Feedback make online learning with us more effective than any other school!

### Hands On Trainers - 7 Days / Week!

You have access to our trainers 7 days per week to keep you moving through your course!

### Products & Equipment Included

You get everything you need to do your course and continue providing services once complete!



### Who is This For?

This course is suitable for anyone who wishes to get into the Massage Industry, either working in a salon, starting a home business or even your own salon. Our students range from school leavers to more mature career changers & everyone in between!

### Key Information:

- 12 weeks to Complete
- Lifetime Access, No Time Limits
- Certificate of Completion
- Access to Trainers 7 Days / Week
- Payment Options from \$29 / Week

# COURSE OVERVIEW

## Relaxation Massage Skills Certificate

Our Relaxation Massage Certificate course is designed to take you from zero skills to being a well rounded massage therapist in as little as 12 weeks.

You will learn everything from start to finish so that you are able to work in the industry or start a business.

Nothing is missed in this course. You will start at the fundamentals of health and safety. Then you will work your way through the basic skills, all the way up to a full massage service.

Everything is delivered online, so you have the flexibility you need to complete the course in your own time around your other commitments.

Some of the skills you will have are: Back & Shoulder, Leg & Foot, Upper Body, Neck & Head Massage and more.

There is a breakdown below covering all topics covered in the course.

## Career Pathways

**Work From Home:** More and more people are now looking for the flexibility and freedom of working from home. Setting up and running your own home salon can be the perfect way to earn a great income while working your own hours.

**Work in a Salon:** The massage industry is always busy and like a lot of industries at the moment, Salons or Spas just can't get enough good staff who can deliver great services. With the right skills, you can fill the void and earn a great living doing what you love.

**Start a Salon:** If you're up for an adventure, then starting your own stand alone Salon or Spa may be for you. There are more upfront costs and commitments, but the rewards can be enormous. Your first step is gaining the right skills!

**Rent a Room:** A popular option that gives you the presence of a salon, without the setup cost. Many salons have spare space and will rent out that space to skilled massage therapists to do their thing! You can be up and going in no time.

# CONTENTS

## Course Modules and Skills

### Course Modules

- Module 1: Course Overview
- Module 2: Safety
- Module 3: Health and Client Information
- Module 4: Massage Basics
- Module 5: Products and Equipment
- Module 6: Back and Shoulder Massage
- Module 7: Leg and Foot Massage
- Module 8: Upper Body Massage
- Module 9: Neck and Head Massage
- Module 10: Massage Routines

### Business Builder Course

We also have our business builder course that guides you through the process of setting up the right way if you are looking to set up a business or work from home.

#### This Course Covers:

- Business Setup
- Online Setup
- Traditional / Offline Marketing
- Online Marketing

Ask us for more information about this.

### Skills You Will Attain:

Below are some of the skills you will attain and services you will be able to provide after completing this course.

#### Basic Techniques:

You will start by learning the basic strokes and will build on your skills from there.

#### Draping Techniques:

Learn the correct way to drape and undrape your client to keep them warm and respect their privacy.

#### Massage Every Part of the Body:

Every part of the body is covered in this course from the toes to the head and everything in between.

#### Massage Routines:

Put together your own massage routine with our list of suggestions to cover 15 minute back and shoulder massage to 1.5 hour full body massage.

***\*\* Don't forget you also learn all of the fundamentals like safety, OHS, anatomy, salon setup and more***

PLUS, DEPENDING ON YOUR PACKAGE CHOICE, YOU ALSO GET  
THE PRODUCT KIT BELOW

# PRODUCT KIT

## All the Products and Equipment You Need

Our Relaxation Massage Product Kit is the most comprehensive student kit in the industry. It covers everything you need to learn all services and there is enough product included so that you can continue to provide services once you've finished the course. All products and equipment are professional, industry standard.

### The Relaxation Massage Kit Includes:

1 Height Adjustable Portable Massage Bed  
1 Litre Massage Oil



# PRICING PAYMENT PLANS

## Payment Options

We have a range of payment options to suit your budget and situation - starting at \$29 per week.

We can also customise payment plans to suit you and help you reach your goals.

Talk to our Student Enrolment Advisors to find the best solution for you.

## Get Started From:

# \$41

/ Week



# OUR GUARANTEE

If you have any doubts at all about whether this course will work for you, then we have a 30 Day, No Questions Asked, Money Back Guarantee. So you can try it out and if you decide it's not for you, just let us know and you can cancel with a full refund.



# WHO IS THIS FOR?



## You May Be Asking These Questions...

### Can I Start A Business?

This course is most suited to someone looking to get into massage by starting their own business, either at home or otherwise, and serving their own clients.

At the end of the course, you will have professional massage skills that you can earn a living from by providing services in Back & Shoulder, Leg & Foot and Upper Body and Neck & Head Massage.

Also, if you are purchasing our product kit, you will have all of the products and equipment you need to perform the services on your own - all of our products are professional grade salon products and brands.

We have been delivering skills courses in beauty and hair for 15 years now, and by far the most popular option for our students is to start their own business.

Many work from home around their other commitments and some start stand alone salons. We even have students who work in the industry doing mobile services. It's entirely up to you and what suits your lifestyle.

In our experience with thousands of students, this option gives you the most freedom and flexibility, while maximizing your income.

### Can I Get A Job?

As there is no licensing or formal education requirements in New Zealand\*, you can get a job working in a salon with our certificate.

But, like any job, it's going to depend on your skill level and whether a particular salon / business owner decides you are a fit for their business. We obviously cannot guarantee a job after completing our courses.

Salons differ though and there are many that only hire people with accredited qualifications or apprenticeships.

And some will only let you do an apprenticeship with them as apprentices are on much lower wages.

So if you are looking to work at a particular place, then ask them first if our certificate will be enough or discuss it further with our Student Enrolment Advisers.

# QUALIFICATIONS



## The Certificate You Receive

### Certificate of Completion

On successful completion of our Relaxation Massage Certificate Course, you will receive a certificate of completion.

This is all you need to help you demonstrate your skills, work in the industry, get insurance or start a business.

You do not need an accredited training program or apprenticeship to provide nail services in New Zealand.

### Licensing & Regulatory Information

Our certificate is legally valid in Australia and New Zealand (and many other countries) to allow you to set up your own business or start working in a salon.

Relaxation Massage is a skill acquired by getting beauty therapist training in the country. As per the government's career site, there are no entry requirements for practising massage:

*There are no specific requirements to become a beauty therapist. However, a certificate or diploma in beauty therapy is recommended.*

More information is here: <https://www.careers.govt.nz/jobs-database/retail-and-personal-services/hair-beauty/beauty-therapist/how-to-enter-the-job/>

However, if you're outside of New Zealand or Australia, we'd recommend checking the regulations within your local area to see if different qualifications or licenses are required.

This means that many other training avenues have opened up for those interested in entering the beauty industry at a fraction of the price and with far less time restraints than traditional training.

So just to clarify, if you are in a country like New Zealand, where there is no licensing requirement our Certificate is all you need to work in, or own and run a salon.

# HOW IT WORKS

## We Hold Your Hand The Entire Way!

We've been training students online in hair & beauty for over 15 years. In that time, we have perfected our online platform, content, our feedback and guidance processes to enable our students to become highly proficient in professional hair & beauty skills.

## Guidance from Massage Professionals

Our Professional Massage Instructors use our unique technology to provide the guidance and tuition that you need to learn everything you need to know and also hone your practical skills.

Our mobile app makes it easy for you to capture your work the right way every time. And our video feedback system make it like our instructors are there with you every step of the way.

With our 4 step process outlined below, you will learn every step of your practical skills and you will perfect those skills with the careful guidance of your instructor. Each stage builds on the last until you have skills you can earn a great living from.

### Theory

You will learn all of the theory you need through our online learning platform via both video content and online manuals. You will also participate in the online quizzes and have a final exam at the end of the course.

### Practice

You will practice your skills step by step, starting with the foundations and moving onto the full services. We show you what to do on every step and exactly how to use the products for those services.

### Guidance

We give you feedback and guidance on your work. Yes, we assess the work on each of your models and give you constant feedback on each of your skills at each step to keep you on track. Our courses are highly interactive.

### Perfection

You will practice each of the services you are learning so that you are perfect. And again we will guide you all the way. If you follow our instructions and take on the feedback and guidance you will master the skills we are teaching you.