

Compresses, Cabbage, Poultices and Additives

Sunday, June 23, 9:00-5:00



Instructor: Michelle Tomlin, B.Sc., MT

Max Participant #: 20

In this course, we will explore the use of additives in massage therapy practice with a focus on poultices, compresses and essential oils. By exploring the amazing healing potential of easily accessible ingredients, therapists will learn the indications, contraindications and therapeutic applications of a variety of additives that can be incorporated into massage treatments or used to provide effective self-care for both the patient and therapist. The course will include a practical component with the opportunity to prepare a poultice using your choice of plant material or alternative additive.

Key features:

- Essential oils – an overview of key essential oils, safety considerations and less well-known contraindications
- Preparing poultices and Thai hot compresses – including cabbage, mustard, turmeric and ginger
- Castor oil compresses

Instructor:

Born and raised on the beautiful island of Guernsey in the UK, Michelle came to Canada in 1995 after completing her Bachelor of Science at the University of Reading. In 1998, she retired from an international swimming career which included competing in three Commonwealth Games. Michelle's background in both science and athletics, coupled with a desire to help others achieve their health goals, led her to massage therapy. Since graduating from Sutherland-Chan in 2000, she has worked at several healthcare clinics in Toronto and travelled with athletes to national sporting events throughout Canada. Michelle became an S-C instructor in 2003. She is currently teaching courses in pathology and hydrotherapy.



Cost:

Regular: \$219.00 + HST
Early Bird: \$195.00 + HST by June 3, 2019

S-C Alumni: \$190.00 + HST
Early Bird: \$170.00 + HST by June 3, 2019

Course cost includes a \$20 materials fee.

Location:

Sutherland-Chan School
330 Dupont St, Suite 400
Toronto ON

Contact Person:

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