



FIJIAN FLOOR MASSAGE: THE HAND-SAVING TECHNIQUE THAT NO ONE IS TALKING ABOUT.

- **Course Days (TWO Day Course): Wednesdays, 29-March & 09-April 2023**
- **Time: 9:00am – 4:00pm**
- **Course Costs: \$350.00**

• What is Fijian barefoot floor massage?

Fijian massages are a natural pain-relief and relaxation technique that has been used for centuries, even after introduction of Western medicine into Fiji

- This wonderful deep tissue therapy for both client and therapist barefoot massage is performed on the floor with clothes on.
- Fijian massage is a technique that uses the masseuse's feet which involves deep tissue massage using the edges of the feet, that's more effective at loosening muscles than most that use hands and elbows.
- Feet can get to the source of a client's pain, releasing tension and tightness. Feet can feel all the client's sore areas and can increase circulation, mobility and flexibility
- The Fijian Massage aspects of this massage incorporate specific, deep pressure followed by a vigorous jostle movement to the larger muscle groups to help encourage increased neuromuscular connections and activation of weak, inhibited muscle groups.

• What will this massage feel like?

- An effective and grounding deep pressured massage, performed on a comfortable padded floor mat from the therapists' feet!
- No lotion or oil is used, and there is less emphasis on skin-to-skin contact as we work through your clothing.
- So be sure to wear loose comfortable clothes!

• Why Massage with Your Feet?

- Even with proper body mechanics, many massage professionals are damaging their hands, arms and shoulders with the high demands of deep tissue therapy.
- Learning the Fijian barefoot method can help save a therapist's career and without injuring him- or herself.
- Traditional Fijian massage is totally hands-free.
- Fijian floor massage does NOT involve walking on the client's back.
- This technique advises that one foot remains on the floor. Or, you can sit in a chair while giving this massage.
- Fijian massage can often provide deeper pressure than other types of massage that utilize hands. It also gives therapists' hands, wrists, shoulders and backs a break, which is one of the main advantages of this technique.
- It can prevent, carpal tunnel syndrome, a painful repetitive movement injury.

• Benefits to the Clients

- Receiving a gentle, deep tissue massage
- Clients can leave their clothing on.
- Slippery oil strokes are not employed in the Fijian Floor Massage technique.
- The main benefit clients want is fast relief from pain.
- Often after just one session of Fijian barefoot massage, clients are smiling and free from the pain.
- Once clients feel the relief that Fijian massage can provide, there is a good chance they will rebook this service

This exotic sports massage type work is fun and feels amazing!

Are you ready to learn this new wave of footprints?

**Call now and enroll for the Two Day Intensive Short course to -
Become masters of your feet with Fijian Barefoot Floor Massage Techniques.**

CONTACT DETAILS

Venue: MASSAGE SCHOOLS OF QUEENSLAND

Ph. 07 5576 6366 | Email: enquiry@massageschools.com.au

Facebook: <https://www.facebook.com/MassageSchoolsOfQLD/>

Web: www.massageschools.com.au

Address: 36 Kortum Drive, Burleigh Heads 4220

