



**CANADIAN INSTITUTE OF
MASSAGE THERAPY & REFLEXOLOGY
(CCIMTR)**

You will learn everything you need to know from our comprehensive courses, hands-on practice for 2 days for a total of 15 hours to complete the basic and advanced techniques

15 hours instruction

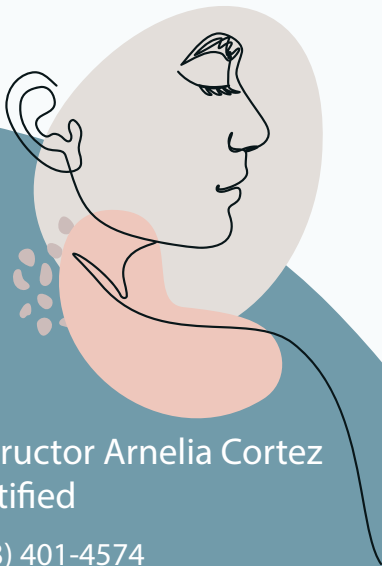
All supplies included in price

Course in a private setting

Hands-on experience

Accredited Course

\$575.00 +GST



**Instructor Arnelia Cortez
Certified**

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www.cortezmassage.ca/courses



Bamboo-Rattan Massage

Bamboo-rattan massage is an advance course offered to all massage therapists, Body Work and healthcare practitioners who would like to become an expert in therapeutic techniques using tools like bamboo and rattan. The techniques are essentially the same as deep tissue massage or Swedish relaxation and hot and cold stone massage. However, therapists use the tools as an extension of their hands, arms, knuckles and elbows. This benefits the therapist by relieving stress, preventing overuse and injury on hands, arms, fingers, shoulders and back and help prolong the therapist's career.

Bamboo massage utilizes a firmer and more extensive technique in reaching knots and does myofascial release for adhesions and fibrosis (scar tissues). This improves faster healing, reduces pain and increases mobility.

In this course, we use hot/cold bamboo and rattan interchangeably as a bodywork tool in relaxation and or deep therapeutic massage. A total of 15 hours to complete in 2 days and is approved by massage associations in Alberta for CEU's.

