

# Massage and Aromatherapy for Health and Well-being

**Training and events to enable individuals and organisations to discover the benefits of massage and essential oils in enhancing health and well-being.**

*“Very rewarding and very beneficial. I didn't expect to gain so much knowledge of massage in one session.”*

*Moukier*

*“A course for everyone! Stress-relieving and self-affirming.”*

*David*



**TOUCH & SUCH**  
Massage and Aromatherapy

**Tendis**   
linking people with opportunity

# Training to enable individuals and organisations to discover the benefits of massage and essential oils

## Introduction to Massage & Aromatherapy 1 Half day

An introduction to simple massage techniques and essential oils to support stress reduction, reduce muscular tension and enhance well-being:

- an introduction to four essential oils and how to use them
- relaxing hand massage with essential oils
- effective back, neck and shoulder massage

### Price:

Up to 12 students: £800.00

13 to 20 students: add £20.00 per student, to cover costs of additional equipment and materials

## Introduction to Massage & Aromatherapy 2 Half day

Building on the knowledge gained in 'Introduction to Massage & Aromatherapy 1 (either full day or half day), participants will be introduced to an additional range of essential oils and develop further massage techniques.

### Price:

Up to 12 students: £800.00

13 to 20 students: add £20.00 per student, to cover costs of additional equipment and materials

## Practical Aromatherapy 2.5 hrs

An interactive workshop which focuses on using essential oils to relieve stress, headaches, mental fatigue and anxiety, including making your own aromatic air/ room freshener.

### Price:

£250.00 (for up to 20 students)

*"I have enjoyed this course very much and have learnt a lot. I would recommend it to others. I am very happy!."*

Fozia

## Introduction to Massage & Aromatherapy 1 Full day

A more in-depth introduction to simple massage techniques and essential oils to support stress reduction, reduce muscular tension and enhance well-being:

- an introduction to eight essential oils and how to use them
- relaxing hand massage with essential oils
- effective back, neck and shoulder massage
- soothing arm massage

### Price:

Up to 12 students: £950.00

13 to 20 students: add £20.00 per student, to cover costs of additional equipment and materials

## Introduction to Massage & Aromatherapy 2 Full day

Building on the knowledge gained in 'Introduction to Massage & Aromatherapy 1 (either full day or half day), participants will develop further massage techniques, including a simple Indian head massage, and will be introduced to an additional range of essential oils.

### Price:

Up to 12 students: £950.00

13 to 20 students: add £20.00 per student, to cover costs of additional equipment and materials

## Training designed to meet your needs

Our team of therapists has extensive experience of designing and delivering a range of tailored massage and aromatherapy massage courses, as well as practical workshops on the benefits and uses of essential oils. Please contact us if you would like to discuss the option of having training designed to meet your specific requirements.

*"Fun, friendly, professional."*

Rachael

*"Made me believe I'm worth it!"*

Dena

*"This was a wonderful, relaxing experience  
and I have learnt a lot of new things  
to take with me."*

Catherine

## Relax with Massage 1-2 hrs

Practical workshops which enable participants to experience the relaxing effects of giving and receiving simple seated massage treatments using selected essential oils. Sessions are tailored to suit group requirements and can form part of a modular programme with the option of setting up a massage and aromatherapy club.

### Price:

From £150.00

Training and support will be designed to meet your group's specific requirements.

Please contact us for further details.

## Massage and Aromatherapy Club

Massage and Aromatherapy Clubs are a great way to take regular time out to de-stress by meeting to swop massage/mini massage treatments and explore the uses of essential oils. Our facilitator will provide ongoing support in developing techniques, session planning, health and safety, maintaining modesty and use of oils and equipment.

### Price:

From £150.00

Training and support will be designed to meet your group's specific requirements.

Please contact us for further details.

## Events with massage and aromatherapy - informative, restorative, fun!

We offer a range of massage, aromatherapy and reflexology treatments, including hand, back, Indian head and facial rejuvenation, delivered by qualified therapists, which can be tailored to provide a unique well-being event or utilised to complement an existing event. Ideal for roadshows, team building, training and open events etc.

### Price:

From £150.00

### About our Head Tutor

Elaine Tomkins TIDHA MIFPA is a remedial massage therapist for an osteopathic and physiotherapy practice in South London. She is Head of Massage for Neal's Yard Remedies and teaches massage, Indian head massage, injury prevention for massage therapists, facial rejuvenation and aromatherapy. Elaine's teaching work overseas has included training the shiatsu therapists to the Japanese Olympic Team and training therapists in New York practices. Elaine has designed and delivered treatments and workshops based around the principles of stress reduction, for individuals and organisations, including UBS Warburg, Champneys, Top Shop, Harvey Nichols, Eastmans Dental Hospital and St George's Hospital. Elaine was previously Head of Massage at the Tisserand Institute.



## Course Details

- Training is delivered by qualified, experienced aromatherapy and massage tutors with clear CRB checks.
- Our Head Tutor, Elaine Tomkins is registered with the Complementary and Natural Healthcare Council (CNHC).
- All courses and workshops can be tailored to either all female, all male or mixed gender groups.
- All massage techniques can be practised over clothes and/or head coverings and are suitable for parents to use with their children.
- All aromatherapy oils studied are suitable for use with children, following the guidelines provided.
- Full day courses normally run from 9:30am until 5:00pm, with an hour for lunch, but can be adapted to suit your requirements.

## Why do we do it?

Over the years we have spent training and practising, we have seen the positive impact massage and aromatherapy have had on individuals' lives.

Health and well-being are key to being able to manage and enjoy your life and achieve your goals. Simple techniques in massage and the use of essential oils are easy to learn and many people find them effective in relieving stress and supporting a healthy lifestyle, **but it's about more than that.** We have seen our events and courses boost confidence, improve relationships, build better team working and communication skills and make people... smile!

## For further information and course bookings:

Call 020 8743 8004 or email  
[touchandsuch@tendis.org](mailto:touchandsuch@tendis.org)

Tendis Ltd  
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Shepherd's Bush  
London  
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## Course Details

- Half day courses (4.5hrs) can take place within school hours e.g. 10:00am to 2:30pm, with an hour for lunch.
- All oils and equipment (massage couches and towels) are provided.
- Prices quoted are for delivery of courses at your venue. Suitable West London venues can be provided at an additional charge.
- Lunch and/or essential oil goody bags can be provided at an additional charge.

If you would like to ask us any questions about the services we offer, or have specific requests or requirements, please call 020 8743 8004.

## About Tendis and Touch & Such

Tendis is a West London based, not for profit, social enterprise company with extensive experience of fundraising and project management. We work in partnership with massage and aromatherapy teachers, Touch & Such, to enable individuals, organisations and communities to access the benefits of massage and aromatherapy. To find out more about our services please visit [www.tendis.org](http://www.tendis.org).