

Invest in yourself and your future in the ever-growing field of health and wellness!



## Brush Up massage training

**Important Information:** The training does not authorize medical practice. Exceptions apply to licensed massage therapists, naturopaths, and physiotherapists.

**Location:** Spa Adagio, Baltimore Maryland or at your own place

**Duration:** One week of full-time intensive training

**Price:** \$1.688 per person; group discounts available

**Instructor:** Regina Schneider; LMT, Sleep Specialist

## The Adagio Method: 5 Days of Intensive Training

- Do your employees know your brand the story of your business? Live and breathe it?
- Your Mission and Vision
- Your Spa Menu and goals for the guest experience
- Conversation skills for guest interaction
- Completing and reviewing client questionnaires
- Recognizing and understanding contraindications
- Role play
- Basic knowledge of medications and their side effects
- Common medical conditions that require special attention
- Swedish Massage, Deep Tissue/Myofascial Massage,
- Kahuna/Lomi Lomi Massage.
- Brush Up on Anatomy, physiology, and pathophysiology
- **SPECIAL:** Create a couple's experience that makes them come back/ multiply your ROI
- Guest and client interaction – five-star service excellence

Minimum of 4 participants required

A training workbook and a manual will be provided after successful completion.

Detailed information about the class schedule and registration is available via email at [bmreadagio@gmail.com](mailto:bmreadagio@gmail.com). Upon request, I am also happy to arrange a Zoom call with you or a personal meet & greet.