



Course details

Course title

Healthy Living: Gua Sha for Lymphatic Drainage and Glowing skin

Course code

Q00016735

Course date

Start: 09/10/24

End: 04/12/24

Number of classes

8 sessions

Timetable

Wed 9th Oct, 18:30 to 20:30

Wed 16th Oct, 18:30 to 20:30

Wed 23rd Oct, 18:30 to 20:30

Wed 6th Nov, 18:30 to 20:30

Wed 13th Nov, 18:30 to 20:30

Wed 20th Nov, 18:30 to 20:30

Wed 27th Nov, 18:30 to 20:30

Wed 4th Dec, 18:30 to 20:30

Tutor

Lisa Richards

Fee range

Free to £59.20

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

? Are you embarking on a journey through your face for the first time? ? Do you want to do learn how to use a Gua Sha and do facial lymphatic drainage properly? ? Do you want to see results on your face in just four weeks ? Then this course is for you ?

Course description

In this course we will be exploring facial exercises and learning about recognising bad habits that you would like to change such as smoothing out frown lines and working on those elevenses! These exercises make you more aware of how you are expressing yourself and how to relax and stimulate the face muscles such as the forehead smoother and the v techniques to help decrease fine lines around the eyes. These also help to decrease puffiness and dark circles due to the increase in circulation. We will also learn how to do facial and body Gua Sha massage which helps to tighten and firm skin as well as assist with pain relief and relaxation.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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