



Australasian College of
Massage and Myotherapy

Swedish & Japanese- Inspired Deep Relaxation Massage

Nationally Recognised Unit: HLTMSG011
Provide massage treatments

Swedish foundations combined with a Japanese-inspired approach to rhythm, flowing movement, progressive pressure and attentive client care.

- DATES** 4 Mondays | 16, 23, 30 November & 7 December 2026
- TIME** 8:00 AM – 4:30 PM
- FACE-TO-FACE** 30 hours structured training
- SELF-STUDY** 24 hours guided self-study

What you will learn

- ✓ Swedish massage foundations
- ✓ 7 essential relaxation massage techniques
- ✓ Japanese-inspired deep relaxation approach
- ✓ Full body treatment sequencing
- ✓ Client consultation, consent and draping
- ✓ Professional treatment records and aftercare advice
- ✓ Assessment preparation and practical support

Venue: ATI-Mirage Training and Business Solutions
Level 1, 863 Hay Street, Perth WA 6000

Enquiries & Enrolment: admin@acbtmm.com **Phone:** 08 6325 8097



Standard Fee:

A\$650

**Only 3
places**

Launch Scholarship

A\$390

Save A\$260

*Limited introductory scholarship
places for our Perth launch.*

Secure your place →



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Inside the Course

Swedish & Japanese-Inspired Deep Relaxation Massage

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What makes this course different?



Swedish massage foundations combined with a Japanese-inspired approach



Emphasis on flow, rhythm, progressive pressure and thoughtful client care



Designed to create deep relaxation without relying on force



Hands-on small-group learning with practical skill development

4-Day Learning Journey

1 Day 1 Foundations



- Professional setup
- Positioning and draping
- Body mechanics
- Effleurage, gliding, compressions, petrissage

2 Day 2 Techniques



- Friction, rocking, tapotement
- Safety and client response
- Japanese-inspired deep relaxation principles

3 Day 3 Full-Body Treatment



- Consultation and treatment planning
- 60-minute full-body sequence
- Aftercare and treatment records

4 Day 4 Review & Assessment



- Final review
- Practical assessment

What you will practise

- ✓ The 7 core massage techniques
- ✓ Client positioning and draping
- ✓ Therapist body mechanics and pressure control
- ✓ Flowing full-body treatment sequence
- ✓ Consultation, aftercare and documentation



Assessment at a glance

- Practical assessment with 2 different clients
- Minimum 60 minutes hands-on treatment per client
- Full-body relaxation massage treatment
- Theory and practical requirements completed within the unit

ACMM Japanese Deep Relaxation Method



Slow
Progressive
Pressure



Rhythm
& Ma



Continuous
Contact



Whole-Body
Flow



Thoughtful
Client Care

Your Pathway



Short Course
Experience



HLTMSG011
Statement of Attainment



Pathway into
HLT52021 Diploma
of Remedial Massage

— A practical introduction to professional massage training with ACMM.