A HANDS-ON CONTINUING EDUCATION EXPERIENCE

Hands, Forearms & Neck Intensive

Refine the quality of your touch. Expand your therapeutic approach. Create a more intentional experience for every client.

5 NCBTMB-APPROVED CE HOURS Course ID CE4029044

THE EXPERIENCE

Exceptional hands-on care is built on more than a sequence of techniques. It requires an understanding of anatomy, the ability to assess and adapt pressure, and the confidence to make each movement purposeful.

This five-hour intensive brings massage therapists and estheticians together to explore sophisticated, practical applications for the hands, forearms, neck and upper shoulders. Instruction blends demonstration, individual refinement and extensive guided practice.

A DIFFERENT APPROACH TO WORKING SMARTER

Learn to create effective, satisfying pressure through positioning, stance, body weight and leverage - without depending on the strength of your hands alone. Attention is given to the subtleties that elevate client comfort while helping practitioners develop efficient, sustainable movement habits.

DESIGNED FOR

Licensed massage therapists and estheticians who want to deepen technical skill, refine existing work and bring greater intention to the massage component of their services.

THE CURRICULUM

Technique with intention.

Five focused hours of applied education, demonstration and supervised practice.

01 **Foundations & clinical awareness**

Relevant anatomy, client comfort, safety considerations and contraindications that inform sound technique choices.

02 **Hands, wrists & forearms**

Refine hand placement, pressure direction, pacing and movement quality in areas frequently incorporated into massage and facial services.

03 **Neck & upper shoulders**

Explore precise approaches to common patterns of tension, with attention to positioning, tissue response and adaptable pressure.

04 **Integration & professional application**

Create fluid transitions, adjust techniques to the individual and integrate refined work naturally into the services you already provide.

05 **Guided practice & feedback**

Apply techniques with instructor observation, practical correction and a competency check to reinforce confident use.

WHAT YOU WILL TAKE AWAY

A broader technical repertoire, a more discerning approach to pressure and client response, and practical ways to deliver purposeful work with greater ease. The emphasis is on techniques you can understand, adapt and use - not simply memorize.

YOUR INSTRUCTOR

Alicia Bogard, LMT

Practicing massage therapist, business owner and continuing education instructor. Alicia brings the perspective of years of direct client care, ongoing professional development and real-world application.