

Faculty of

# Massage



**WELLPARK**  
Leading Natural Therapies

The art of massage has been used since time immemorial. Touch to heal is instinctive and part of what makes us human. The scope of massage and remedial therapy is wide-ranging from relaxation massage to full structural remedial work, from energetic to the more physical and physiological approach for sports therapy.

## Certificate in Relaxation Massage

*NZQA Accredited*

Level 5, 60 Credits
Full time for 6 months
Commences February

*\*All courses run subject to numbers*

The Certificate starts by providing you with a sound basis of anatomy and physiology. You are then introduced to the principles of healing touch and how massage can be used as a healing medium. You will learn a range of massage strokes and techniques relative to relaxation. Supervised clinical practice is undertaken so that you will gain confidence in using massage techniques you have learnt in a professional setting.

### Accreditation

Graduates are qualified to apply for membership of Massage New Zealand.

### Career Opportunities

The Certificate in Relaxation Massage is a great beginning to a career in massage therapy and will provide you with the skills and experience to embark on a variety of careers:

- Working with people to relieve stress and enhance wellbeing.
- Private practice.
- Practitioner within an integrative clinic.
- Spa or health club.
- Resorts, cruise ships, hotels.

Entry criteria is the same as for the Diploma in Therapeutic Massage (on next page).

## Diploma in Therapeutic Massage

*NZQA Accredited*

Level 6, 191 Credits
Full time for 12 months (prerequisite: Certificate in Relaxation Massage)
*not run in all years

*\*All courses run subject to numbers*

A Level 5 Certificate in Relaxation Massage is a pre-requisite and the Massage Diploma consists of two semesters. Students will undertake a variety of topics that focus upon joint mobilisation and easing of tension, including causation, symptoms and the effect

### Student Experience

'Just over 12 months ago I was in a sales job I didn't enjoy, feeling like I was going through the motions and selling products I had little passion for - and then I came across Wellpark College.

The certificate course gave me a skill I could develop into my own - it gave me a good understanding of the benefits and precautions of massage and the human anatomy and it gave me the tools I needed to give a great relaxation massage. I was surrounded by people who loved what they did and it was so invigorating!

Now, with my Diploma in Therapeutic Massage from Wellpark, I really feel like I have found my path.

With the confidence and knowledge my tutors have given me and inspired by my classmates, I have set up my own massage business and am busy promoting something that I am passionate about!'

*Shelley Butt  
Kokoro Massage*



on the body as well as treatment approaches for a wide range of musculoskeletal problems. Studies in movement, tension and postural changes through body work techniques that include lymphatic drainage, sports massage, fascial and cranial aspects, acupressure and neuromuscular techniques. Extensive clinical practice is undertaken.

## Accreditation

Graduates of the programme are eligible to apply for membership with Massage New Zealand.

The Wellpark Diploma in Therapeutic Massage and Remedial Therapies is approved by the Australian Natural Therapists Association, the State Medical Board of Ohio, USA and the AMTWP (Canada).

## Career Opportunities

The Wellpark Diploma in Therapeutic Massage and Remedial Therapies will provide you with the skills and experience to embark on a variety of rewarding careers.

- Private practice.
- Working with other professionals such as medical doctors, midwives,

osteopaths, physiotherapists and acupuncturists.

- Fitness centres, spas, resorts, cruise ships, hotels.
- Rest homes, rehabilitation centres, hospices and hospitals.
- Mobile massage.
- On-site corporate massage.
- Community education.
- Teaching, post-graduate studies.
- As part of a team in a natural therapies clinic.

## Entry Criteria

• Applicants should be at least 18 years of age prior to the commencement of their course of study. Applicants under

18 years of age may be considered if they have gained NCEA level 2 or

Sixth Form Certificate in Chemistry and Biology or are willing to undertake additional pre-requisite..

## Student Success

'I came to Wellpark college because I needed to do something that completely absorbed me. I'd already been trained in cultural intuitive massage by my father, who came from the Leeward Islands of Tahiti. At Wellpark it was wonderful to be amongst like minded people, from different backgrounds and cultures, and exchange knowledge ranging from the ridiculous to the profound. The greatest benefit to me was that treatments were holistic, considering the physical, emotional, mental and spiritual. I studied voraciously for one and a half years, and gained my Diploma in Therapeutic Massage, and Graduate Certificate in Sports Massage. I treat internationally ranked tennis players at the Heineken Open, and am currently employed at Refugees As Survivors New Zealand and at Wellness at Work Clinic, as a body therapist. All cultures are familiar with body therapy and because I love what I do, it is powerful. At Wellpark I found that most people were there to fill an inner need, just like me.'

Danny Orani

*'Wellpark College graduates enter the industry as knowledgeable, practical and experienced therapists. Their professionalism and therapeutic massage skills are highly valued by my company. I am impressed by their high standard of professional integrity, vital in the massage industry. Wellpark continually produces exceptional therapists that easily rise above industry standards.'*

Joddy Cheong,  
Owner of Eternity Health Massage

• Students must have no communicable diseases, physical or psychological impairments which may adversely affect the ability to undertake a course of study or work with people in a clinical setting.

• All applicants are required to submit a short essay stating their reasons for wishing to pursue a programme of study in natural therapies and/or provide a curriculum vitae and references as part of their application submitted prior to their interview with the Programme Leader.

All students must have a current First Aid Certificate before commencing the clinical component of the programme.

**English language requirements** - all students must demonstrate competence in written and spoken English. The College has increased its requirement for English proficiency.

Students whose first language is neither English nor Maori shall provide IELTS results (academic) with a minimum band score of 5.5 overall and not less than 5 in each band or evidence of a comparable level of proficiency in written and spoken English.

International students please refer to the international students page of our website or contact the Enrolment Advisor at [enrolmentadvisor@wellpark.co.nz](mailto:enrolmentadvisor@wellpark.co.nz).

