

WHAT LEVEL OF *NO HANDS*® TREATMENT SHOULD I CHOOSE?

LEVEL ONE: PRACTITIONER

minimum of 6 days NO HANDS® training

Those who have trained to 'Practitioner' level are able to give you powerful and deep **FULL BODY TREATMENTS**. These can be tailored to a more structural massage or to a more nurturing massage. At this level, they have been trained to work in a completely zero strain way. This means that no matter how deep the treatment, your practitioner is always relaxed, which makes the touch much more powerful for you.

Shorter *Foot Massage, Head and Neck Massage* and *Back Massage* treatments are also available on request. This zero-strain approach also means that your practitioner will not be retiring injured, anytime soon - a well documented problem for over 70% of the Massage industry. This means that when you find a practitioner who you like, you won't have to find another one!

LEVEL TWO: ADVANCED PRACTITIONER

minimum of 12 days NO HANDS® training

Those practitioners who have trained to 'Advanced Practitioner' level are able to offer seven very powerful treatments *in addition* to those offered at practitioner level.

- **STRUCTURAL RE-ALIGNMENT TREATMENTS** which involve some of the deepest and most relaxing Back Massage you will find anywhere in the world. A well maintained loose and flexible spine results in many ailments just disappearing.
- **REPLETION TREATMENTS** are particularly valuable for those chronic and exhaustive conditions where normal Massage is contraindicated. This unique treatment is designed to support the body's own natural ability to recharge and renew.
- **FOUR ELEMENTS TREATMENTS** turn each massage treatment into a journey of self-discovery. Each element works differently with your body's energy systems. Each element is used to simply describe a different type of touch. You can choose from Earth, Water, Fire or Air. Let your therapist describe each element to you to help you choose, but if you can't make up your mind then there is always the option to have a combined 4Element treatment working through all the elements in sequence.

LEVEL THREE: THERAPIST PRACTITIONER

minimum of 18 days NO HANDS® training

Those practitioners who have trained to 'Therapist Practitioner' level are able to provide a wide variety of treatments according to your individual needs on that day. They are also trained in the psychology of touch and in therapeutic communication. They can deliver each treatment you ask for in four very different ways or 'styles', ascertaining exactly what you want in terms of depth and speed and areas of focus:

WHAT LEVEL OF **NO HANDS®** TREATMENT SHOULD I CHOOSE?

- **EARTH STYLE** which is a deep and slow style of Massage that enables you to sink into your body. You will have time to focus on your breath and notice the sensations in your body. Reconnect with your body as your Therapist slowly works to compress and decompress your tissues. Slow and powerful music will be played.
- **WATER STYLE** which is a deep, but gentle and flowing massage. The hypnotic, rhythmic, continuous ebb and flow of this massage can soothe and calm not just your body, but your mind as well. Be totally enveloped in this soft, flowing massage. Gentle flowing music will be played.
- **FIRE STYLE** which gives structural release and can loosen joints and stretch muscles back to their natural elasticity. Some of the massage can be slow and deep, and at other times it can be fast and vigorous, the choice is yours. This style of massage can re-energise you. Bright and varied music will be played.
- **AIR STYLE** gives a stillness and lightness of touch which can make this the deepest treatment of them all. This allows your body space and time to repair itself. It would be the treatment of choice if you are chronically depleted in any way or suffering any exhaustion or low energy. Music will be still and contemplative.

LEVEL FOUR:

MASTER THERAPIST

minimum of 30 days NO HANDS® training

A **NO HANDS®** Master offers you all of the above, but with one significant difference. Only a Master has been fully examined and assessed in their **NO HANDS®** work by other Masters. This means that all the other levels of training (Practitioner, Advanced and Therapist) have been fully integrated, observed and officially approved by the Association under rigorous and challenging exam conditions.

Their work is quite simply exceptional. For this reason they can be more expensive and sometimes quite hard to book an appointment with!