



THE EMMETT TECHNIQUE TAKES THE STRAIN OUT OF MASSAGE.



Australian remedial massage therapist Ross Emmett has developed a technique that involves the therapist applying light pressure to specific points on the body to create instant soft tissue changes. Using massage to relax and assess muscular tension, the therapist trained in the EMMETT Technique can apply it to make “correctional” changes in muscular status. The results are often a significant improvement to the range of movement and the reduction of pain. For the massage therapist, having the EMMETT Technique in their “skills tool kit” can bring many benefits for both client and therapist: it’s much kinder on the therapist’s hands and body, it can allow for deep important structures such as psoas, quadratus lumborum, piriformis and iliacus to be easily assessed and corrected with minimal discomfort to the client, it can able the therapist to address issues they didn’t think they could help with massage, it can extend the length of the therapist’s career and grow their business. What’s not to love about all that! The other thing to tell you is that once you know where to put your fingers and what direction to apply some pressure – it’s easy to apply. Here’s what some massage therapists who have trained in the EMMETT Technique are saying: “I use The EMMETT Technique with massage, reflexology and Bowen Technique. A client with restricted shoulder movement and lots of pain came for treatment. After the first treatment combining massage with EMMETT, she had no pain. Within two treatments her range of movement was completely back to normal. She said “I can’t believe I have such good movement with no pain, and to think it only took two treatments!”.” Alice

O’Brien, GentleTouchTherapy Clinic Ballyshannon, Co. Donegal.

“As a massage therapist, aromatherapist and crystal healing practitioner, I enjoy using the EMMETT Technique in combination with my massage and healing work. EMMETT reaches a depth that massage alone can’t always access. Many clients experience a reduction in tension from massage alone, however clients report that adding EMMETT to the treatment allows them to feel a physical release in a more tangible way. Being a working therapist of nearly 20 years, EMMETT allows me to reach depths that traditional massage cannot, while maintaining injury free wrists and thumbs. I use EMMETT as a stand alone treatment when required, but I love to combine it with my other therapies to give the client the best outcome from treatment.” Karin Davis, Former Senior Therapist FASA - Forum for Action on Substance Abuse, K.D. Therapies, Bangor, Co. Down

“I am a multi-disciplinary therapist using therapies from massage, to Traditional (TCM) Acupuncture and Holistic Facial Treatments. Since adding EMMETT to my skills base I have found that I have become known as the ‘Fix-it girl!’

I have been a complementary therapist for nearly 20 years and have worked in the fields of mental health, suicide intervention, self-harm and addictions field for over a decade. I find that EMMETT is incredible for not only the physical pain and tension people have, but also a superb skill for dealing with the mental and emotional pain that often goes along with these issues. It has changed my practice immeasurably and I can’t see myself doing any treatment without at least a little EMMETT added to the mix!” Hilary Campbell-Martin, Lyra Combined Therapies, EMMETT Instructor, Belfast, Co. Antrim

The EMMETT Technique Practitioner course is being offered throughout Ireland, Northern Ireland and the UK. The first two days of the course includes releases for the psoas, QL, piriformis, iliacus, hamstrings, gastrocnemius, trapezius, rhomboids, levator scapula and SCM. Visit the EMMETT UK website for the full syllabus.

To see how quickly the EMMETT Technique works watch the short video clips on the EMMETT UK website: <http://www.emmett-uk.com> For questions or queries: info@emmett-uk.com

Take Your Therapy to a Deeper Level with The EMMETT Technique



EMMETT Technique
The Chameleon Approach to the Body

Enrol NOW on a Two-Day Practitioner Training Course

If you are a qualified therapist keen to enrich your portfolio with a proven technique delivering instant pain relief through the application of light finger pressure, then the EMMETT training programme could be for you.

Working with deep muscles via a comfortable and effortless technique, it takes the pain out of deep massage for your clients AND you.

Courses run in Ireland, Northern Ireland and the UK and consist of 6 Modules split into two-day blocks: beginning with Modules 1&2 over two days. No case studies and no exams. Prices: €385 / £280 for each two-day block.

The Practitioner Course begins soon with Modules 1&2:

Sat 3rd & Sun 4th September 2016 in Dublin

Sat 1st & Sun 2nd October 2016 in Belfast

Instructor: Hilary Campbell-Martin E: info@lyra-uk.com T: +44 (0) 7766 478 211



Want to try a shorter course with lots of key information and some self-help instructions? Try the 8 hour EMM-Tech Short Course including 11 key releases from the Practitioner Course.

www.emmett-uk.com