

# MASS 105R: Massage Essentials

Massage Essentials covers important topics such as professional communication, self-care, the therapeutic relationship, confidentiality, evolution of massage, and the effects of massage on the homeostasis. These topics are as important as a Massage Therapist's hands-on skill.

**Credits:** 3

**Lab Hours:** 0

**Lecture Hours:** 3

**Co-Requisites:**

MASS 101R

**Program:** [Massage Therapy](#)