

spa enhancement courses

ANMO FU

(DEEP ORGAN MASSAGE)

3 DAY TRAINING COURSE



Anmo Fu - Deep Organ Massage

Anmo fu is a traditional oil based massage system that just focuses on the abdomen. Its aim is to release all the twists and torsions in the bowels while balancing the internal organs, clearing trapped gases, blockages and releasing waste products. All creating a fantastic system for treating many stress, bowel, lower back and emotional problems.

Technique

Using muscle tests and palpation we diagnose the internal organs for imbalance before applying oil to the area.

Then using specific massage and holding techniques we unwind all the different fascia and connective tissue to remove the stress and tension out of the area, increasing the flow of body fluid and blood, balancing valves in the digestive tract and increasing the absorption of nutrients.

The massage techniques are followed through 3 times, each time going slightly deeper to reach the correct tissue.

Theories

Traditional Chinese medical theories

- Internal organ emotional relationship
- Internal organ balance and conditions
- 5 elements

Western understandings

- Bowel to back problems
- Candida and its effects
- Common conditions (bloating, weight gain, constipation, fatigue etc.)
- Contra-indications

Outcomes

Therapists will be able to offer an Anmo Fu massage to clients for relaxation, weight loss or a number of different physical & psychological problems.

Treatment time is usually 30 or 45 minutes, but can be shortened if mixed with other therapies like cranial balancing.

Muscle tests are used to prove to the client that the treatment has been successful.

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www.integratedbodybalance.co.uk