



THURSDAY, MAY 15, 2025  
9 AM - 5 PM  
AMERICAN ACADEMY OF  
HEALTH AND BEAUTY  
MANCHESTER, NH



# THUMB-FREE DEEP TISSUE

8 NCBTMB-APPROVED CE HOURS

\$200



## ABOUT US

*The Doreeno Method is Doreen Ellinwood, NJ Licensed Massage Therapist for almost 20 years and NCBTMB CE Provider.*

## WHAT YOU'LL LEARN

- Body Mechanics and Ergonomics for providing injury-free services
- Thumb-Free Deep Tissue techniques for all parts of the body
- How to use your thumb safely

## WHAT TO BRING:

- Lubricant of choice & linens

## HAVE YOU EVER SAID:

- My hands hurt after a deep tissue massage
- I need to stop using my thumbs so much
- I'm exhausted after doing a few deep tissue massages
- I can't even do a deep tissue massage

## THEN THIS IS THE CLASS FOR YOU!

Learn how to provide the deep pressure massages that your clients are asking for without exhausting or injuring yourself!



## TO REGISTER:

[HTTPS://THEDOREENOMETHOD.COM/  
THUMB-FREE-DEEP-TISSUE](https://thedoreenomethod.com/thumb-free-deep-tissue)

