



## PROMOTION

# Massage Courses Europe

Tenerife's British school of massage, Massage Courses Europe (MCE) were delighted to welcome students from Lithuania, Romania, the UK and Tenerife, for their Swedish Massage, Western and Eastern Modality Sports Massage Courses held between April and September of this year.

All Diploma Courses are fully approved to UK NVQ Level-3 equivalent standard with International Recognition by UK accreditations and the awarding body Thinktreehub. Introductory and Diploma Courses also come with Continuous Professional Development points, and are suitable for beginners who just wish to learn massage as a hobby, or for those who wish to train to work professionally within the field.

MCE massage courses in September were fully booked with students coming from England



to take advantage of the Swedish Massage and Oriental Deep Tissue Massage course. Further courses have now been organised for the Autumn season, and students can choose to train in Swedish, Sports, Oriental Deep Tissue, Acupressure, Channel Healing, and Remedial Massage. For those aspiring to learn massage as a hobby for friends

and family, they can apply for the Swedish Massage Introductory Course and those interested in working professionally within the field can apply for the Swedish Massage Diploma. Once students have achieved their Swedish Massage Diploma, they can then apply for further training in either of the Western or Eastern Sports Massage Courses.



← ↑ Swedish, Sports, Oriental Deep Tissue, Acupressure, Channel Healing, and Remedial Massage courses are available this autumn

A pre-requisite of the Swedish Massage CPD or Diploma, with Anatomy Physiology and Pathology Level-3 or equivalent, are required to gain entrance to the Western and Eastern Sports Massage courses and you can access these via MCE prior to starting your further massage training. The Western Sports Massage Course practical training will include how to deliver a massage treatment for athletes

pre-activity, mid-activity and post-activity. You will also learn about Postural Assessments, and how to maintain and improve performance through sports massage, including PNF and Assisted Stretching.

The Eastern modality Sports Massage course called The Star System, has been developed and produced by MCE Principal Director Elaine Whillock and comprises Oriental Deep Tissue, Acupressure and Channel

Healing. Students will be introduced to The Star System Map, and will learn about 'chi-channels' which are inter-connected throughout the body, anchoring in at the head, hands and feet. The chi-channels can be tracked and released by development and use of intuition, and application of Deep Tissue techniques. There is a strong emphasis on oriental hand and foot reflexology, with chi-channel release throughout the body and the head. This is a very powerful technique which Elaine uses on all of the professional sports people she works with, and she is delighted to have her technique approved and regulated to NVQ Level-3 standards with International Recognition, so that she can now pass on all her 22 years worth of massage experience to the up and coming massage therapists who are entering the field, or looking to enhance their skill set.

For further information please refer to the MCE website: [www.massagocourseseurope.com](http://www.massagocourseseurope.com) or you can whatsapp Elaine on 689 039 629. ■

## PROMOTION

# Landlords relax - Liberty Seguros has you covered!



**Hundreds of thousands of expats own property in Spain and a large percentage of these are rented out either long or short term.**

Whether you are a seasonal or year long landlord there is a great deal of money to be made renting your property out whilst you are away! However there is a potential risk and worry when someone else is living in your home permanently or for just a few months. Liberty Seguros has now improved its home insurance by developing some new measures to ensure that you can relax and rest assured that as a landlord here in Spain you are secure and protected.

Nobody likes to consider the thought of their property being damaged but unfortunately it does happen. So in the eventuality of any unfortunate event, Liberty has introduced the following new benefits to further protect you from any accident liability or damage caused by a careless tenant.

**As the proprietor of a rented property Liberty Expatriates offers the following benefits:** Personal Liability cover for the owner in case of claims by the tenant, for personal and/or material damages to the tenant, caused by 'building' or in case of securing the content, derived from the furniture of the property.

Personal liability for the tenant against the owner as a result of a loss caused by water damage, with limits of €15,000 for the Basic mode and €30,000 for the Plus and Premium mode.

Damages arising from acts of vandalism committed by the legal tenants of the insured home are guaranteed, with a compensation limit per accident and year of €1,000, €1,500 and €2,000 respectively for the Basic, Plus and Premium modalities. A fixed-rate fee equal to the rent deposit for the period of stay will be applied (min. €300).

Legal defence and claims for damages, limited exclusively to claims related to covered content that is owned by the policyholder.

**If your house is intended to be permanently rented, over the whole year, even by Airbnb or the like, Liberty Seguros also adds the following new benefits for extra peace of mind:** Loss of rentals, compensation of a monthly payment with a maximum limit of €1,000, €3,000 and €4,000 respectively for the Basic, Plus and Premium modalities.

Personal liability for the tenant against the Community, with a maximum limit of €50,000 per accident.

With Liberty Seguros all documents can be provided to you in different languages so you know exactly where you stand and if not, they are able to give you advice face to face through their local agents and you also have at your disposal 24/7 emergency assistance, through a multi-lingual free-phone number.

Liberty Seguros is considered the preferred expat insurer in Spain today and has an exten-

sive network of over 300 brokers and agents, who have many years of experience, and are dedicated to giving you in-depth information about the different policies not only for home, but also for your car, life, business, commercial, funeral, etc., and advise you on the best cover to suit you and your family, in your own language. For further details call us on 91 342 25 49, or visit [www.libertyexpatriates.es](http://www.libertyexpatriates.es) ■

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Monday to Friday:

8:30am-1pm / 2pm-5:30pm