



# Harmony Hands

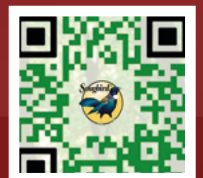
The official guide to the  
2025 World Championship in Massage, Denmark

Guide produced by:

The  
National  
Massage  
Championship



Guide sponsored by:





# World Championship in Massage June 2025, Copenhagen, Denmark

**Massage Competitor/Participant:** [Lesson 1](#) & [Lesson 2](#)

Look here for more information: [Movie 1](#) and [Movie 2](#)

Read about the World Championship in Massage here in [Massage World Magazine](#)

## The program Friday 27 June 2025

10.00-14.00	Walk/sightseeing in Copenhagen at 10am – 2pm for participants and other guests (voluntary). Meeting at <a href="#">Copenhagen City hall</a> Contact person: <a href="#">Rita Murauskiene</a> (Whatsapp +45 52651668)
10.00-15.00	Preliminary online rounds (Ex of last years <a href="#">online rounds</a> )
15.00-18.00	IMA Educational Conference (Address: Sigurdsgade 26, DK 2200 Copenhagen N)
15.00-16.00	The <a href="#">Massage Educational Level</a> in USA vs the World by <a href="#">Nathan Nordstrom</a>
16.00-17.00	The Massage Therapist of Tomorrow by IMA Founder Jeppe Tengbjerg
17.00-17.20	Massage Ergonomics with Konstantina Makri
17.20-17.40	The True Power of High-Quality Massage Products: A Holistic Approach to Modern Massage Therapy & Total Wellbeing By GMY BEAUTY's leading Skincare Expert Tereze Belkova.
17.40-18.00	What is <a href="#">Thermo Scanning</a> and how can we use it with Radu Dragan and Stephano Corsetti
18.00	Rounding of the day
20.00-22.00	Judge dinner / meeting (only for judges and sponsors) <a href="#">Find address here</a>

**(Be aware: (All participants have to bring their own oil, sheets and towels)**



## The program Saturday 28 June 2025

**Address: Sigurdsgade 26, DK 2200 Copenhagen N**  
**Ex of last years program (EX. Program Day 1) (Rooms)**

<b>08.30–09.00</b>	<b>Check-in</b> (First round participants prepare their massage table / mattress / chair)
<b>09.00–10.00</b>	<b>Welcome, group photo and presentation.</b> Preparation for the 1st preliminary round
<b>10.00–11.05</b>	<b>1st preliminary round</b> (participants have to bring their own oil, sheets and towels)
<b>11.05–11.15</b>	Pause/Preparation for the 2nd preliminary round
<b>11.15–12.20</b>	<b>2nd preliminary round</b> (participants have to bring their own oil, sheets and towels)
<b>12.20–12.35</b>	Pause/Preparation for the 3rd preliminary round
<b>12.35–13.40</b>	<b>3rd preliminary round</b> (participants have to bring their own oil, sheets and towels)
<b>13.40–13.55</b>	Pause/Preparation for the 4th preliminary round
<b>13.55–15.00</b>	<b>4th preliminary round</b> (participants have to bring their own oil, sheets and towels)
<b>15.00–15.30</b>	Break Lunch (included for participants and judges)
<b>15.30–16.00</b>	<b>Massage demonstration from former winners and IMA Teachers</b> (Anna Baroni/Luisa Vargas, Larisa Kaibyrova, WANTS ect.)
<b>16.00–18.00</b>	<b>Free massage workshops</b> with the above mention teachers.
<b>18.00</b>	<b>Rounding of the day</b>



## The program Sunday 29 June 2025

### Ex of last years program (EX Program Day 2) (Rooms)

08.30–09.00	<b>Check-in</b> (5th round participants prepare their massage table / mattress / chair).
09.00–09.30	<b>Welcome/last preparation</b> for the 5th preliminary round (Speech Bojan Miric)
09.30–10.35	<b>5th preliminary round</b> (participants have to bring their own oils, sheets and towels)
10.35–10.50	Pause/Preparation for the 6th preliminary round
10.50–11.55	<b>6th preliminary round</b> (participants have to bring their own oils, sheets and towels)
11.55–12.10	Pause/Preparation for the 7th preliminary round
12.10–13.15	<b>7th preliminary round</b> (participants have to bring their own oil, sheets and towels)
13.15–13.30	Pause/Preparation for the 8th preliminary round
13.30–14.35	<b>8th preliminary round</b> (participants have to bring their own oil, sheets and towels)
14.35–15.00	<b>Judges evaluation/Cleaning</b> of premises together
13.30–15.00	Lunch (included for participants and judges)
15.00–15.30	<b>Massage Speeches and demonstration from former winners and IMA Teachers.</b> (RKF/Slav Marinov, Anna Tsankova) Kinga Jenei/Anna Baroni,
15.30–16.00	<b>Awards ceremony part 1</b> (Nation ranking, Hall of Fame, Videos)
16.00–16.45	<b>Preparation for the individual final –</b> Soft drinks / Lemonade and cake
17.00–18.00	<b><u>FINAL</u></b>
18.00–19.00	<b>Judges evaluation and awards ceremony part 2</b>
21.00–02.00	<b>Party</b> on your own expenses at Proud Mary Pub Copenhagen <a href="#">Find address here</a>

### NOTE!

Lectures, the preliminary rounds and the final, as well as prize giving will be recorded on TV.



# Jepppe Tengbjerg

## The Journey of the International Massage Association and Jepppe Tengbjerg's Massage School: A Story of Passion, Innovation, and Global Success

**T**he International Massage Association (IMA) and Jepppe Tengbjerg's Massage School share more than just a common mission—they are, in fact, two sides of the same coin. Both have grown under the visionary leadership of Jepppe Tengbjerg, whose commitment to the art and science of massage therapy has left an indelible mark on the global wellness community. This article delves into the intertwined history of these institutions and the remarkable success of the World Massage Championship, which has become a beacon of excellence in the massage industry.



### The Origins: A Visionary's Dream

The story begins with Jepppe Tengbjerg, a Danish massage therapist and teacher with a deep passion for holistic healing and education. Recognizing the transformative power of massage therapy, Jepppe founded his massage school (now known as the IMA Academy) with the aim of providing high-quality education that combined both traditional and innovative techniques. His goal was simple: to train therapists who could make a real difference in people's lives.

As the school flourished (was opened in 2001), Jepppe saw an opportunity to expand his vision beyond the borders of Denmark. He wanted to create a platform where massage therapists from around the world could come together, learn from one another, and showcase their skills. This ambition led to the establishment of the International Massage Association.

### The Birth of the World Massage Championship

The World Massage Championship was conceived as the flagship event of the IMA—a global competition that would not only celebrate the best in the field but also drive the evolution of massage techniques. The first Championship was held in Denmark, attracting a modest number of participants. Despite its humble beginnings, the event quickly gained a reputation for its high standards and professional organization.

Under Jepppe's leadership, the Championship grew year after year, drawing participants from all corners of the globe. The event became more than just a competition; it was a gathering of passionate professionals eager to share knowledge, gain inspiration, and elevate their craft. The success of the Championship solidified the IMA's position as a leading authority in the massage Profession. Carl Newbury who attended the first competition in Denmark, was the first publication to support Jepppe and his vision for an international competition.

### The Hybrid Edition: Innovation in the Face of Challenges

The success of the World Massage Championship continued to soar, but like many global events, it faced significant challenges with the onset of the COVID-19 pandemic. Jepppe and his team were quick to adapt, introducing the innovative Hybrid Edition—a groundbreaking format that allowed the Championship to continue amidst global travel restrictions.

The Hybrid Edition split the competition into two simultaneous parts: one held physically in Denmark, and the other

conducted online. This approach not only ensured the safety of participants but also expanded the reach of the Championship. Therapists who were unable to travel could still participate, perform their treatments live via Zoom, and be judged on the same criteria as those in Denmark. This innovation not only maintained the integrity of the competition but also increased its inclusivity, allowing more therapists to join from around the world.

### The Global Impact

Today, the World Massage Championship is a globally recognized event, attracting hundreds of participants and thousands of viewers each year. It has become a symbol of excellence in the massage profession, inspiring therapists to continuously refine their skills and innovate within their practice.

The success of the Championship has had a profound impact on the reputation of the IMA and Jepppe Tengbjerg's Massage School. The school is now seen as a leading institution for massage education, producing therapists who are not only skilled but also equipped with the latest knowledge and techniques. Many graduates of the school go on to compete—and win—at several Massage Championships, further enhancing the school's prestige.

### Looking to the Future

As the International Massage Association and Jepppe Tengbjerg's IMA Massage Academy continue to grow, their influence on the global massage community is undeniable. The World Massage Championship has set a new standard for professional excellence and has fostered a sense of unity and shared purpose among therapists worldwide. Jepppe Tengbjerg's journey from a passionate massage therapist to a global leader in the industry is a testament to what can be achieved with vision, dedication, and a commitment to continuous improvement. The future of the IMA and the World Massage Championship looks bright, with plans for further expansion and innovation that will continue to shape the world of massage therapy for years to come.



# IMA's Best Massage Promotion Award: A Chance for Recognition and Growth

**Since 2021, the International Massage Association (IMA) has hosted the prestigious Best Massage Promotion Award in connection with the World Championship in Massage.**

**T**he competition is designed to recognize the best ways massage therapists, massage schools, massage methods, spas, clinics, and equipment suppliers promote their work. With around 130 nominated videos each year, the competition has quickly gained international attention as one of the most significant platforms for massage professionals worldwide.

## **What is the Best Massage Promotion Award?**

This annual competition brings together participants from across the globe to showcase their skills in marketing and promoting the massage and wellness industry. It's not just about demonstrating technical expertise but also about presenting and communicating your services in a creative, inspiring, and professional manner.

Participants submit videos that highlight their marketing campaigns, showcase their massage treatments, or demonstrate how they creatively promote their services. Winners are selected based on a combination of aesthetics, effectiveness, and the ability to engage their audience.



## Why Should You Participate?

- 1 Visibility and Recognition**

Participating in the Best Massage Promotion Award gives you the chance to gain international visibility. Being recognized as one of the best in your niche can significantly increase your exposure and position you as a leader in your field. It opens doors to new opportunities and collaborations.
- 2 Networking and Collaboration**

The competition offers a unique opportunity to connect with other professionals in the massage and wellness industry. You can exchange experiences, learn from the best, and build relationships that may lead to future collaborations.
- 3 Strengthen Your Brand**

Winning or being nominated for the Best Massage Promotion Award can serve as a powerful marketing tool. It provides you with a stamp of quality and proves that you are among the best in the industry. This strengthens your reputation and attracts potential clients who are looking for top-notch treatments and services.
- 4 Inspiring Growth**

The competition is an excellent way to grow as a professional. By working on your marketing campaign, you'll learn how to present yourself better, understand your clients' needs, and differentiate yourself in a competitive market. You'll be challenged to think creatively and innovatively, which can lead to new ideas and improvements in your business.
- 5 Reward for Your Hard Work**

There is not only prestige in being recognized in the competition but also tangible rewards. Winners receive access to exclusive prizes and resources that can help them take their career or business to the next level.



## Who Can Participate?

Anyone in the massage and wellness industry can enter the Best Massage Promotion Award. This includes massage therapists promoting their individual practices, massage schools showcasing their training methods, spas and clinics highlighting their unique offerings, and equipment suppliers demonstrating their products. Whether you're a solo practitioner or a larger company, the competition is a platform that can help you showcase your expertise and professionalism.

## How to Participate?

Participants must submit a video that best illustrates how they promote massage treatments, techniques, or products. The videos should be creative, engaging, and of high quality. In addition, participants are required to provide a brief description of their approach and the goals they aim to achieve with their marketing efforts. (Be aware that it costs a minor fee to participate)

## Final Thoughts

The Best Massage Promotion Award is more than just a competition—it's an opportunity for recognition, development, and growth. Whether you're an experienced therapist, a new business owner, or an equipment supplier, participating in this competition can open new doors and help you find innovative ways to engage and inspire your clients. If you want to be part of a growing global movement within the wellness industry, this is your chance to shine.



**Get more information [here](#)**



# The Rules

## Message categories:

1. Swedish massage (Western massage including classical relaxing massage) Category sponsor: Global Cupping ([Watch video](#))
2. Thai massage / Nuad Thai (Traditional Thai, Warrior, Royal, Thai yoga ect.) Category Sponsor: Tarathai-shop.com This Category will be judged by members of: World Association of Nuad Thai & Spa ([Watch video](#))
3. Wellness massage (Hot Stone, Aromatherapy, spa massage, lymph drainage, holistic massage etc) Category Sponsor: GMT Beauty ([Watch video](#))
4. Free style massage (Western inspired) (Combination of different types of western massage methods, mobilization, cupping, massage with tools, bodywork etc.) Category sponsor: Annabel School Italy ([Watch video](#))
5. Free style massage (Eastern inspired) Combination of different types of Asian massage methods (Shiatsu, Acupressure, Thai massage, cupping, Tui Na, Ayurveda, Reflexology massage with tools, etc.) Category Sponsor: Sainam Spa & Thai massage. ([Watch video](#))
6. Chair massage (both Western and Eastern inspired massage) Category sponsor: Fabulou ([Watch video](#))
7. Sports massage (Deep-Tissue massage, MFR, MET, neuromuscular techniques, stretching etc.) Category sponsor: Select ([Watch video](#))
8. Facial massage (Japanese facelifting, Gua Sha, Classical facial spa treatment ect.) Category sponsor: RKF ([Watch video](#))
9. Body Shape Massage Sponsor: Bioclinique Labs D.O.O ([Watch video](#))

Read more about the general rules of all categories as well as for each category [here](#).

Participants are informed, that the judges at the competition are capable of evaluating the individual treatment and please note, that a treatment can be placed in several categories.

## Participation:

1. Each Massage Therapist can participate in 1 or 2 categories
2. Non-English speaking participants can bring their own translator for briefing speeches and general communication.
3. Dress Code: Participants are allowed to wear personal sponsorship clothing or any other National suit that fits the category. Shoes are not recommended in Thai Yoga Massage.
4. Participants are to bring their own sheets, towels, tools, etc.. Select and other brands are delivering massage creams and oils to the World Championships in Massage 2025. The participants are not obliged to use these products, but IMA can highly recommend the use of these during the Championship
5. The recipient of the massage must wear underwear at all times and have covered their chest (if she is a woman). Any area which is not being worked on is recommended to be covered/draped.
6. No cameras are allowed during the rounds and the final. Unauthorized use of cameras and recordings can result in expulsion.
7. **Insurance – It is your own insurance that covers both you and the participant you treat during the competition.**
8. There is an absolute zero tolerance policy concerning inappropriate behavior. Any massage of sensual/sexual nature would result in immediate disqualification and expulsion from the Championship.
9. All participants are required to receive massage, as well as giving massages. If necessary the International Massage Association will arrange for suitable candidates/massage recipients in particular cases.
10. No chiropractic and osteopathic manipulations are allowed during the competition.



# The Rules

11. The IMA decide which music will be played during the World Championship in Massage. Most of it will be inspired by the choices of [Alexandru Filip](#) who is an expert in the philosophical and spiritual part of massage.
12. Since an online participant can't enter the overall final, be aware that it can be number 2 in a category who chosen to enter the final. The online participant however can win the single category.

## Competition area:

The competition area is divided into 5-7 massage areas. 30-40 massage tables are available, as well as 10 mattresses for Thai massage and 10 chairs for the chair massage. Height of tables will be adjusted by the participants.

Please note, there is shower facilities.

Participants will be divided into groups of three.

The location of table/mattress/chair and receiver for each participant will be chosen by lot. Duration of each round is 65 minutes (incl. examination).

Participants have approximately 5 minutes to examine the receiver before the massage is given.

## The Judges:

In the preliminary rounds, the Judges are constituted by members of the Board of Directors at The International Massage Association as well as elected representatives from the National Massage Associations and Schools worldwide. The Judges are all highly skilled within their categories and have all taken the [IMA Judge Course](#) and Seminar.

Judges will evaluate the participants in the following areas with a point system: (Example)

- Techniques
- Ergonomics
- Flow
- Innovation and Development of new methods
- Client contact

The participants can't expect feedback and score results from the judges neither during or after the competition.

All decisions regarding the competition are made collective within the group of Judges and the organizer – this is to make sure the competition is as fair as possible.

## The Final:

The Duration of the Final is 65 minutes.

The Online participants can't participate in the overall final since this require an IMA Judge receiver.

Massage recipients (Professional and highly educated Massage Therapists) hand up to 6 points depending on their experience of the massage they receive.

The head judges are able to hand out 3 points each to only one finalist.

The Winner will be the Massage Therapist who gets the most points, and he/she is appointed as Overall World Champion in Massage 2025.

## How can one compete in massage?

At the World Championship in Massage, focus is on examination, techniques, ergonomics and overall performance in each category – judged by specialists and highly experienced judges in the specific category.

By "The flow of the massage" means a continuous non-stop movement and variation of techniques performed by the therapist.

Ergonomics: How does the therapists use their own bodies (work environment) and their remedies (Massage tables etc)

Techniques: Different techniques used in each category. Innovative and effective techniques for both therapist and client.

The judges will each evaluate the participants in their field of expertise in close cooperation with other judges. The recipients in the final are also judges, and will give up to 6 points for the treatment as well.

The International Massage Association encourage all participants to bring their National Flags to the World Championship in Massage.

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**NOTE! Lectures, the preliminary rounds and the final, as well as prize giving will be recorded on TV and used for future marketing on social medias. This goes for pictures as well. By participating at the World Championship in Massage you are allowing the IMA to do so.**

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**In addition to the World Championship in Massage the IMA also host the Massage Video Awards. [Read more.](#)**

**Read more about the general rules of all categories as well as for each category [here](#).**

**Please, follow us here on our [Website](#) and Social Medias for further updates:**



Facebook (International  
Massage Association)



Facebook group for  
participants



# Daniela Caracciuolo

## My experience as a judge at the World Massage Championship in Copenhagen: The new category “Body Shaping”

October 29, 2024

**A**t the 2024 World Massage Championship the Body Shaping Massage Category had its debut. The International Massage Association asked Italian judge Daniela Caracciuolo how her experience was judging this new category.

This year I had the honor and responsibility of participating as a judge at the World Massage Championship, held in Copenhagen, one of the most prestigious and anticipated competitions in the sector. This year's edition marked an important novelty with the introduction of the new category “Body Shaping”, in which I had the privilege of contributing as a judge together with Olja Police from Serbia, Rita Murauskiene from Denmark and Isabelle Trombert from France.

### A new frontier in massage: Body Shaping

The introduction of the Body Shaping category represents a great step forward in the evolution of massage techniques at a professional level. This discipline combines advanced body manipulation skills with a deep knowledge of anatomy and body shaping techniques. Its aim is not only to relax or relieve tension, but also to contribute to the harmonious reshaping of the body, improving the aesthetics and posture of the client.

Evaluating the participants in this new category was particularly stimulating. We had to consider not only the technique performed, but also the results obtained, taking into account the body shape before and after the massage session. Every detail, from the fluidity of the movements to the depth of the pressure and the ability to customize the treatment based on the specific needs of each client, was essential for the judgment.

### The role of judge: responsibility and professionalism

Being chosen as a judge was an honor, but also a great responsibility. My professional experience allowed me to observe and evaluate the various techniques with a critical and conscious eye, always trying to be impartial and respectful of the hard work of the participants.

During the various stages of the competition, I was impressed by the level of expertise demonstrated by the masseurs from all over the world. In particular, in the Body Shaping category, I had the opportunity to appreciate the creativity and innovation that each professional brought. Each competitor showed an in-depth knowledge of the most advanced techniques and an incredible ability to adapt to different body shapes, always trying to obtain the best possible result in terms of shaping and relaxation.



### The challenges of judging

One of the most difficult aspects of judging a category like Body Shaping was trying to balance aesthetics with therapeutic effectiveness. It is not enough that a massage visibly shapes the body: it is essential that the process is healthy and beneficial for the client, without causing damage or excessive stress to the tissues. Evaluating these factors required meticulous attention and a deep understanding of the physiological principles and techniques of massage.

Each treatment submitted had to demonstrate consistency with the principles of safety, professional ethics and long-term effectiveness. For me, it was also crucial to consider immediate feedback from the models used by the competitors, to better understand the impact of the treatment on their well-being.

### A promising future for Body Shaping

The introduction of the Body Shaping category at the World Massage Championships opens up new opportunities for both professionals and clients. I believe this discipline will continue to grow in popularity, not only for its aesthetic benefits, but also for its therapeutic potential. I am proud to have participated in this innovative event and to have contributed, in my own small way, to promote greater awareness of how massage can be a powerful tool for physical and mental well-being.

### Conclusion

Participating as a judge in a competition of this level was an experience that enriched me both professionally and personally. I had the opportunity to compare myself with the best massage therapists in the world, learning new techniques and approaches from them. But above all, I was able to witness how passion, dedication and the continuous pursuit of excellence are at the heart of this wonderful profession.

**I can't wait to see how Body Shaping will continue to evolve and positively influence the practice of massage in the coming years.**



By IMA Ambassador Daniela Caracciuolo, Italy



# The Art of Flow: Sebastien Valla's Global Touch

Interview by Madelaine Winzer

**F**rom behind the lens to the treatment rooms of Barcelona, Sebastien Valla's journey into massage therapy is anything but conventional. A former model, a curious traveller, and now a globally recognised bodyworker and educator, who continues to be a source of inspiration.

It all began in the atmospheric halls of Aire Ancient Baths in Barcelona. By day, Sebastien worked at the front desk, greeting guests and observing the rhythms of the spa. But behind the scenes, something was shifting. "I was always curious about the work happening beyond the reception," he recalls. "I could feel something powerful in the way massage affected people. I wanted to understand it."

His curiosity took him across the world to Thailand, where he immersed himself in traditional Thai massage. It was there, that he began to see massage not just as technique, but as a philosophy that emphasised flow and connection. Later, he added lomi lomi and deep tissue training to his toolbox studying the origins of both.

"Massage, to me, is an art form where every transition should feel like a dance."

## Finding His Style

At Aire Baths, Sebastien began offering treatments of his own where he blended Thai, deep tissue, and lomi lomi into a tailored sensory experience for clients. Over time, his sessions became known for their flowing transitions and unexpected techniques.

Then came a turning point for Sebastien when he decided to move to Brazil. "Let's be honest, I originally moved to Brazil for the women," he laughs. "But I stayed for the massage."

The move was bold as he didn't speak Portuguese. He had no network or fallback plan. However, he did have a vision. "There's a fire that comes from starting over and in Brazil, I realised massage was going to be my life's work."

Building a practice from scratch taught him how to market himself, earn trust and connect across cultures. It was there in the heart of São Paulo, that his unique style took root and so did his influence. Today, Sebastien has over 1.2 million Instagram followers, runs courses across the globe and is recognised as a leading voice in holistic bodywork.



**Massage, to me, is an art form where every transition should feel like a dance."**

## Teaching With Intention

Sebastien's courses reflect his journey and are rooted in tradition, while remaining open to innovation and always focused on the body's wisdom. His training emphasises flow, intuition and variety incorporating techniques using the hands, forearms, feet and even the shins.

"Clients love foot massage. The foot can echo and that adds a new layer of grounding and power to the overall experience."

He encourages students to experiment, trust their instincts and discover their own signature style. Often, his students accidentally create new techniques. "It's beautiful to see," he smiles. "That moment when something just works - and they didn't expect it."

As a mentor, he comments "The best way to learn is to go out and try things, learn from people better than you and not try to be perfect." It's about openness to trial and error that fuels creativity and builds confidence in his students.

One area he insists deserves more attention? The glutes.

"It's the most neglected part of the body in massage. Yet it holds enormous tension and plays a central role in movement and posture."

His approach treats the body as a whole where nothing is ignored or rushed. Every session is a unique experience, with transitions so smooth clients often lose track of where one movement ends, and another begins.

## The Bodyworker's Body

Sebastien doesn't just talk about bodywork – he lives it. To sustain the physical demands of massage, he trains like an athlete. His daily routine includes early bedtimes, regular workouts with targeted strength training, whole foods and complementary therapies.

"One of my favourite exercises is the deadlift. It's all about power from the core and that is something every therapist needs."

His training focuses not just on strength but on mobility, endurance and injury prevention to ensure the longevity of his career as a massage therapist. "My body is my tool and if I don't take care of it, I can't help others."

During his courses, he educates other therapists about the importance of looking after bodies as they often forget to train for their craft. For Sebastien, discipline isn't about control, but about freedom as he can move better, feel better and be more present.

He is also serious about recovery and enjoys using Scandinavian-style saunas, cold plunges and red light therapy to keep his body in balance. "The cold is for my mind," he adds. "It builds mental resilience. It's uncomfortable, but that's why I do it. Growth lives in that space."



**Massage is not just a job. It's a way of being." Sebastien Valla**



## Boundaries and Client Care

Massage is intimate work, and Sebastien doesn't shy away from that truth. In fact, it's why professional boundaries are so central to his work.

"Boundaries create safety. For the client to truly let go, they need to know they're in respectful hands."

Proper draping, grounded presence and quiet confidence are part of every session. He wants to ensure clients feel safe and cared for during their massage.

"I want clients to walk away thinking it was the best massage they've ever had or at least feeling one inch taller."

## The Future

Sebastien's long-term vision is to run a retreat in Brazil where he hopes to create a space where people come not just for massage, but to reconnect with themselves and others. It will consist of nature, movement, breath, and of course, coffee.

"There has to be a coffee shop," he grins. "There's something special about sharing passion and coffee."

It would be a place where the East meets the West and the art of massage is honoured as both healing and creative expression.

We can all learn from Sebastien, by not seeing massage as a fixed activity, but one which is open to different influences and techniques and one in which you can apply creative ideas. Try not to see massage as a specific activity but something to be learned from in the way that you live your life.

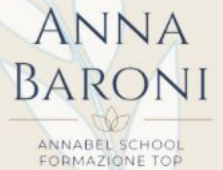
Sebastien Valla is more than a therapist – he's a movement that continues to influence the massage industry with his story, treatments and courses. He reminds us that giving a massage is more than just treating the muscles. It is about rhythm, presence, and ultimately, being brave enough to touch the world, and to let it touch you back.



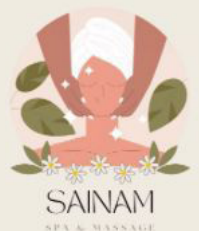
# MASSAGE WORLD

THE MASSAGE AND BODY THERAPISTS MAGAZINE

2025



Tharathai-shop.com



# The National Massage Championship

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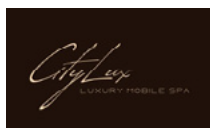
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# The National Massage Championship

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## MASSAGE WAX

Massage Wax is the perfect medium for a range of massage techniques, providing the massage therapist with the ideal grip-slip ratio. A superior alternative to massage oils and lotions, our massage wax is a non-spill, 100% natural, beeswax-based medium ideal for a controlled and deep massage.



Songbird Massage Wax comes in 14 different scents, including an Unscented version. As the massage wax is worked, the rich formula is gradually absorbed by the skin. In addition to the tighter grip, which gives the therapist improved control, the carefully balanced essential oils in each unique formula add a wonderful aroma for a controlled and luxurious massage.

### Available blends:

Unscented	Active
Lavender	Mountain Forest
Orange Spice	Herbal Lift
Sports	Connect
Zest	Zest
Balance	Pacific Nights
Calming	Relaxation



Vegan blends also available

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