



Holistic Therapies Training

Beauty & Complementary Therapy Training



Professional Beauty & Holistic Training Courses List



Welcome to Holistic Therapies.

Why choose us?

- * Small groups & one to one training, so more student to tutor interaction.
- * Fun & Friendly teaching environment which puts the students at ease.
- * Comprehensive training material provided for each course.
- * Full tutor support before, during and after the course.
- * Coursework is marked by our experience team who are on hand to answer and assist with any queries.
- * Experienced tutors who are passionate about their work.
- * All our tutors are also self-employed therapists which means they totally understand the needs of the students and are able to assist them in all aspects of setting up in the beauty / holistic industry.
- * All our courses are accredited, enabling the student to practice professionally and to gain insurance on successful completion of the course.

Who can attend our courses?

Our courses are suitable for anyone looking to start up in the industry and existing therapists adding to their skills.

Are you:

- * Facing redundancy and looking for a career change?
- * A mum, who's children are starting school or about to fly the nest and need a part time career to fit around your children's schooling or to keep you busy and earn a good income at the same time?
- * A therapist who is looking to increase the choice of treatments you can offer to your clients?
- * Someone who trained in beauty / holistic therapies a while ago and want a refresher to get you started again?

What can you do with your skills?

There are many ways in which you can make use of your skills in the beauty / holistic industry, here are some suggestions:

- * Work in a beauty / hair salon
- * Open your own beauty salon.
- * Rent a room at a beauty / hair salon, local gym, hotel, spa, chiropractic clinic.
- * Offer corporate on site treatments to local businesses.
- * Work mobile, visiting clients in their own homes.
- * Set up a treatment room in your own home
- * Offer pamper parties

Students are taught in small tutor groups using intensive teaching methods. All theory is provided in a comprehensive course manual which is emailed to the student to study at their own pace prior to attending the practical training. Case Studies are also required. You can become competent in a module after only one or two days' of practical training, and will be awarded a professional accredited diploma on successful completion of your chosen course. The courses are approved and accredited by The CMA, Professional Beauty & Associated Beauty Therapists and are all valid for professional insurance as well as awarded with points for continual professional development.

What makes us unique to other Training Providers?

The Tutors at Holistic Therapies Training pride themselves in offering a unique and personalised training experience to each individual students. We recognise that everyone has their own preferred methods of learning and aim to tailor our courses to meet those individual needs. We are dedicated to each individual students and will provide any additional training that the student needs in order that they finish their course confident in their knowledge to go away and work on the public. All of our tutors are self-employed therapists also, and can pass on their wealth of knowledge in the setting up and running of a business in the therapy industry, giving the students a full range of information to assist them in their line of work.

Intensive training days (Fast track training)

Why can a course be taught in such a small space of time?

All our courses are taught in small groups (or sometimes even on a one to one basis.) For the student this allows individual attention with the tutor. The student is also required to study the theory at home, enabling the tutors to concentrate the maximum amount of time on the practical training. Some training providers run classes with up to 20 students at one time. They learn the same technique but as the classes are larger it takes longer to teach, thus making it more expensive and more training days are required. Some also include theory and practical into the same day, reducing the time spent on practical. Here at Holistic Therapies Training all your course material is emailed to the student prior to the day so they can study the theory

behind the subject, giving them more understanding & knowledge gained, **before** they come for the practical training. Case studies are also required to be submitted following the practical training day(s), which allows the student time to digest and practice what they have learnt on the practical training, and thus giving them the opportunity to 'fine tune' and perfect their skills before working on 'real' clients.

TRAINING OPTIONS

Small Group Training

Groups are taught in small groups to ensure maximum contact per student with the tutor.

Refresher courses

Refresher courses are available for those who are looking to get back into the industry and have already gained a qualification in the past and looking to 'brush up' on their skills. Prices start from £100 per subject. Please ask for further information and a competitive quote.

On site training

Do you have a Salon or a Spa or therapy centre and have members of your team that you would like to train in a particular therapy? If so, we can send one of our tutors to you to offer in house training days. A minimum of 2 students per course are required and travel costs may apply. Please ask for details and a competitive quotation. We currently can service Devon, Cornwall, Somerset, South Wales, Wiltshire, Gloucestershire, Hampshire, Berkshire, and more...

One to One Training

We recognise that some students prefer one to one contact when learning and we find this a very effective way of developing the students skills. We also understand that in our busy lives it is hard to fit learning into our schedules sometimes. Therefore, courses can be offered on a one to one basis if preferred. The student may be required to supply a model for the practical training.

We can also train you in your own environment, Travel costs may apply, depending on location.

Correspondence/Distant Learning/Home Study Courses

A range of home study courses are available to enhance your skills and knowledge in the industry.

Listed below are professional courses in Beauty & Holistic Therapies available here at Holistic Therapies Training. We offer two levels of qualification – An accredited Diploma or a VRQ Qualification through the VTCT.

Areas we offer training

- Bideford, Devon
 - Bristol
- Calne, Wiltshire
- Damerham, Hampshire
 - Essex
 - Gloucester
- Hungerford, Berkshire
- Swindon, Wiltshire

COURSES WE OFFER

Accupressure Massage ~ Acrylic Nail Enhancements ~ Anatomy & Physiology ~ Angel Therapy ~ Aromatherapy ~ Baby Massage Instructor (Infant & Child Massage) ~ Baby Reflexology ~ Beauty Therapy Level 2 ~ Body Massage ~ Body Wrap ~ Business & Marketing for Therapists ~ Chinese Body Massage ~ Cognitive Behavioural Therapy ~ Colour Therapy ~ Complementary Therapies Level 3 ~ Crystal Facial ~ Crystal Massage ~ Crystal Therapy ~ (contact) Dermatitis ~ Dream Therapy ~ Eyelash & Brow Treatments ~ Facials ~ Feng Shui Therapy ~ Flower Remedies ~ Gel Nail Enhancements ~ Hand Reflexology ~ Healthy Eating ~ Health & Safety ~ Herbalism ~ Holistic Aromatherapy Facial ~ Holistic Nutritional Therapy ~ Homeopathy ~ Hot Stones Massage (Stone Therapy Massage) ~ Indian Head Massage ~ Infant & Child Massage (Baby Massage Instructor) ~ Kinesiology ~ Life Coaching for therapists ~ Lymphatic Drainage Massage ~ Make-Up ~ Manicure ~ Oriental Face Massage ~ Oriental Hand Massage ~ Palm Reading ~ Pedicure ~ Pregnancy Massage ~ Reception Duties ~ Reflexology ~ Reiki 1 ~ Reiki 2 ~ Stone Therapy Massage (Hot Stones Massage) ~ Stress Management ~ Tanning (Cosmetic & Spray) ~ Tarot Reading ~ Thai Foot Massage ~ Thermal Auricular Therapy (Hopi Ear Candling) ~ Threading ~ Waxing ~ Weight Loss Therapy

ACRYLIC & GEL NAIL ENHANCEMENTS

Description:

Improve the appearance of the hands and nails using acrylic & gel nail enhancements. The course will cover the preparation of the natural nail, application of tip and application of acrylic, gel, infills & removal. Course can be taken as Acrylic OR Gel nail enhancements only, if required, please ask for prices.

Acrylic & Gel Nail Enhancement Accredited Diploma

Cost:

£350

Pre-requisites (entry level):

Manicure an advantage, but no previous experience required

Course format:

2 days practical attendance

Course content:

Health Hygiene & Safety, Basic Anatomy & Physiology, Nail/Skin Disorders & Diseases, contra-indications, Implements & Products, Electrical equipment, Preparation of room, Consultations & Record cards, Preparation of natural nail, Demonstration of application of tips & Products, Practical with students, Rebalance & in fills, Removal of Artificial Nails, Troubleshooting, Questions & Answers, Workbooks & Tests, Aftercare Advice

Start time:

This course is run monthly at our Gloucester venue. Please ask for available dates.

Attendance:

2 days

Duration:

2 practical days

Model Required?:

You will practise on yourself and each other

Accreditation / Exam board:

BABTAC (British Association of Beauty Therapists & Cosmetology), Professional Beauty Direct, Guild of Holistic Therapists, Guild of Beauty Therapists, Guild of Nail Technicians, ABT (Associated Beauty Therapists) A VRQ is also available, please ask for further details.

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Beauty Therapy
- Complementary Therapies

- Aromatherapy
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed nail technician working from home, salon, mobile.

Qualification gained:

Nail Extensions (Acrylic & Gel) accredited certificate

ACUPRESSURE MASSAGE

Description:

Acupressure is the application of pressure to the body, without the use of needles as in acupuncture, to enhance the flow of energy 'Chi' within the 12 meridians, The Acupoints are worked by using the hands, fingers, thumb or knuckles. Subjects included in the Course: Fingertip Medicine, Stimulation Methods, Relaxation Techniques, Trigger Points, Acupressure Techniques, Effleurage,, Tapotment, Petrissage, Yin & Yang, The Meridians, client care, consultation, health & safety, hygiene, anatomy & physiology.

Qualification option:

Acupressure Massage Accredited Diploma

Cost:

£120

Pre-requisites (entry level):

A massage qualification

Course format:

Home study course consisting of 6 modules emailed to you individually, includes course notes and question paper for each module.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems.

Module 4: About Acupressure Massage: Fingertip Medicine, Stimulation Methods, Relaxation Techniques, Trigger Points, Acupressure Techniques, Effleurage,, Tapotement, Petrissage, Yin & Yang, The Meridians,
Module 5: Treatment suggestions: Treatment plans, Consultation sheets, Session worksheets and notes.
Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Start time:

This can be started at anytime

Attendance:

No attendance required, this is a distant learning course.

Duration:

Self-paced home study can be started at anytime and covers approx. 40-60 hours of study.

Model Required?:

Not applicable

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation / Exam board:

The Complementary Medical Association, Professional Beauty, Associated beauty therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Beauty Therapy
- Reflexology
- Aromatherapy
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed complementary / massage therapist working from home, own salon, mobile.

CPD:

9 Points awarded

Whats included in the course fee:

Training manual (PDF format) and question paper (word format) per module emailed to you. A coursework tutor is assigned to you for full support throughout the course. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

We recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Acupressure Massage Accredited Diploma

ANATOMY & PHYSIOLOGY

Description:

This level 3 course is a knowledge based qualification which will provide the student with a sound foundation to pursue a career as a complementary or beauty therapist. This qualification will develop your knowledge and understanding of the organisation of the body, and the structure, function and pathologies of the skin, hair and nails. You will also learn about the structure, function and pathologies of the human body systems including, the skeletal, muscular, nervous, endocrine, respiratory, cardiovascular, digestive, urinary and reproductive.

Qualification options:

Option 1:

Anatomy & Physiology Accredited Diploma

Cost:

£150

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to enrolling on this course.

Course format:

Home study course consisting of 12 modules emailed to you individually, includes course notes and question paper for each module.

Course content:

12 modules each with a question paper –

Module 1: Cell & Tissues,

Module 2: The Skin,

Module 3: The Skeletal System,

Module 4: The Muscular System,

Module 5: The Cardiovascular System,

Module 6: The Lymphatic System

Module 7: The Respiratory System,
Module 8: The Nervous System,
Module 9: The Endocrine System,
Module 10: The Reproductive System,
Module 11: The Digestive System,
Module 12: The Urinary System

Start time:

This can be started at anytime

Attendance:

No attendance required, this is a distant learning course.

Duration:

Self-paced home study can be started at anytime and covers approx. 40-60 hours of study.

Model Required?:

Not applicable

Case studies:

No, there are no case studies required for this course.

Accreditation / Exam board:

The Complementary Medical Association, Professional Beauty, Associated beauty therapists, Westminster Indemnity & Towergate

Course Progression: On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
 - Massage
- Beauty Therapy
 - Reflexology
 - Aromatherapy
 - Reiki
 - Stone Therapy Massage
 - Indian Head Massage
 - Infant and Child Massage
 - Flower Essences
 - Colour Therapy
 - Crystal Therapy

Career Opportunities:

This is a good foundation to go onto becoming a self-Employed complementary / beauty therapist working from home, own salon, mobile.

CPD:

9 Points awarded

Whats included in the course fee:

Training manual (PDF format) and question paper (word format) per module emailed to you. A coursework tutor is assigned to you for full support throughout the course. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

We recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Anatomy & Physiology Accredited Diploma

Option 2:

VTCT Level 3 Diploma in Anatomy, Physiology & Pathology (QCF)

Cost:

£295

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to enrolling on this course.

Course format:

Practical attendance & assessment: No practical attendance required.

1 Induction / Portfolio session by telephone or in person.

Coursework: Home study and portfolio of evidence containing questions and assignment work

Written Exam: There are 2 exam papers to sit for this unit

Training material is emailed to you.

Course content:

Unit UV31299 Knowledge of anatomy, physiology and pathology for complementary therapies:

Understand the organisation of the body; skin, hair & nails; Skeletal system, Muscular, Cardiovascular, Lymphatic, Respiratory, Nervous, Endocrine, Reproductive, Digestive, Urinary systems.

Start time:

This is self-paced and can be started at anytime

Attendance:

You are required to attend an induction either by telephone or in person. You are also required to sit 2 exam papers.

Duration: Self-paced home study can be started at anytime and covers GLH (Guided Learning Hours): 96. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Model Required?:

Not applicable

Case studies:

No, there are no case studies required for this course.

Exam board:

The VTCT (Vocational Training & Charitable Trust)

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Beauty Therapy
- Reflexology
- Aromatherapy
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

This is a good foundation to go onto becoming a self-Employed complementary / beauty therapist working from home, own salon, mobile.

Whats included in the course fee:

Training manual (PDF format) and question paper (word format) per module emailed to you. A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification posted to you on successful completion of the

Additional Costs: We recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

VTCT Level 3 Certificate in Anatomy, Physiology and Pathology for Complementary Therapies (QCF)

ANGEL THERAPY

Description:

Learn the art of Angel therapy by learning to communicate with angels to assist with healing. Angels can guide the client in the right direction for healing and their life path. They help them to bring the love and joy back into their lives.

Qualification options:

Angel Therapy Accredited Diploma

Cost: £120

Pre-requisites (entry level): None.

Course format: Home study course consisting of 6 modules emailed to you individually, includes course notes and question paper for each module.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems, chakras and the aura.

Module 4: Angel therapy: Protection, History, the angels – guardian, archangels and angels, benefits, contra-indications, contra-actions.

Module 5: Treatment suggestions: incl connecting with the angels, meditation, altars, crystals, routine plan.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Start time:

This can be started at anytime

Attendance:

No attendance required, this is a distant learning course.

Duration:

Self-paced home study can be started at anytime and covers approx. 40 hours of study.

Model Required?:

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments.

Accreditation / Exam board:

The Complementary Medical Association, Professional Beauty, Associated beauty therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage

Beauty Therapy

- Reflexology
- Aromatherapy
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy



Career Opportunities:

This is a good foundation to go onto becoming a self-Employed complementary / beauty therapist working from home, own salon, mobile.

CPD:

9 Points awarded

What's included in the course fee:

Training manual (PDF format) and question paper (word format) per module emailed to you. A coursework tutor is assigned to you for full support throughout the course. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

We recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Angel Therapy Accredited Diploma

AROMATHERAPY

Description:

This qualification will develop your knowledge and understanding of anatomy & physiology, and aromatherapy services incl, massage and the blending of essential oils and carrier oils. You will receive details of 42 essential oils & 19 carrier oils in which to study and incorporate into your treatments. You may also choose to complete an additional unit which will develop your knowledge and understanding of healthy eating and wellbeing for the complementary therapy client (VTCT Course only).

Qualification options:

There are 4 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options.

Option 1: Aromatherapy blending of essential oils Accredited Diploma –

(HOME STUDY – DISTANT LEARNING COURSE)

For the therapists who are already trained in massage and wish to learn how to select and blend essential oils specifically for their client's needs, then this is the training course for you.

Cost:

£120

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to enrolling on this course, however, you will need to hold a qualification in the therapy you wish to incorporate the use of essential oils with, i.e., massage, reiki.

Course format:

Home study course: 6 modules emailed to you individually consisting of training module and question paper.

All training material is emailed to you.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems, chakras and the aura.

Module 4: About aromatherapy (incl., objectives, contra-actions, contra-indications, extraction methods, chemical constituents, dilution methods, the benefits and uses) benefits, contra-indications, contra-actions.

Module 5: Treatment suggestions: directory of essential oils, directory of carrier oils and the treatment uses.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Start time:

This can be started at anytime

Attendance:

No attendance required, this is a distant learning course.

Duration:

Self-paced home study can be started at anytime and covers approx. 40 hours of study.

Model Required?:

Yes, you will be required to work on models to carry out your case studies at home.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation / Exam board:

The Complementary Medical Association, Professional Beauty, Associated beauty therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT

qualification in:

- Complementary Therapies
- Massage
- Reflexology

- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist or aromatherapist working from home, salon, mobile.

CPD:

9 Points awarded

What's included in the course fee:

Training manual (PDF format) and question paper (word format) per module emailed to you. A coursework tutor is assigned to you for full support throughout the course. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and oils in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Aromatherapy Blending of Essential Oils Practitioner Diploma

Option 2: Aromatherapy Massage Accredited Diploma

Cost:

£210

Pre-requisites (entry level):

We recommend you hold a massage qualification OR, an anatomy & physiology qualification, the anatomy and physiology accredited course can be studied alongside this course at a discounted price of £75

Course format:

Practical attendance 1 day practical + home study + case studies. Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, aromatherapy massage, essential oils, carrier oils.

Duration:

The home study can be started at anytime, please ask for available course dates.

Attendance:

1 practical attendance session.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation body:

The Complementary Medical Association, Professional Beauty, Associated beauty therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage

- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist or Aromatherapist working from home, salon, mobile.

What's included in the course fee:

Training manual and question paper. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and oils in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Aromatherapy Massage Practitioner Diploma

Option 3: (L3) VTCT Provide Aromatherapy (QCF)

Cost:

£301.50 (£16 VTCT lifetime membership may apply)

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

Practical attendance & assessment: 2 sessions + 1 Induction / Portfolio session

Coursework: Home study and portfolio of evidence containing questions and assignment work.

Written Exam: There is no written exam for this unit

Training material is emailed to you.

Course content:

Unit UV31301 – Provide aromatherapy for complementary therapies

Optional Unit: Unit V31303 – Healthy eating and wellbeing for the complementary therapy client (additional fee applies)

Start time:

This course can be started at anytime, please check for available practical training dates.

Attendance:

2 sessions + 1 Induction / Portfolio session

Duration:

GLH (Guided Learning Hours): 112. (GLH incl's. practical, coursework, case studies, assessments, written exams where applicable)

Home study (Coursework): This can be started at anytime,

Practical Training: Please check out our current course dates on our website for the practical training element, additional dates can be supplied.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to bring a model along to assessments to practice your routine on.

Case studies:

You must carry out and document evidence for **60 treatments** consisting of the following:

- a) Aromatherapy massage (minimum of 36 treatments) - six clients must receive a minimum of six treatments
- b) Other methods of application (minimum of nine treatments) - compresses, inhalations, blending of creams/lotions etc.

Exam board:

The VTCT (Vocational Training & Charitable Trust)

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Beauty Therapy
- Reflexology
- Aromatherapy
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy



Career Opportunities:

Self-Employment or Employment as a Complementary Therapist or Aromatherapist .

What's included in the course fee:

Training pack (PDF format and word format) emailed to you. Personalised study plan tailored to the individual students requirements. A coursework tutor is assigned to you for full support throughout the course. A VRQ qualification posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and oils in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification: **VTCT (Level 3) Provide Aromatherapy for Complementary Therapies (QCF)**

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 4: VTCT Level 3 Diploma in Aromatherapy (QCF)

Cost:

£562.00 (£16 VTCT lifetime membership may apply)

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

Practical attendance & assessment: 3 sessions + 1 Induction / Portfolio session

Coursework: Home study and portfolio of evidence containing questions and assignment work.

Written Exam: You will be required to site 2 exam papers to complete your course.

Training pack is emailed to you.

Course content:

Unit UV31268 – Principles & Practices of complementary therapy

Unit UV31267 – Business practice for complementary therapy

Unit UV31299 – Knowledge of anatomy, physiology and pathology for complementary therapies

Unit UV31301 – Provide aromatherapy for complementary therapies

Optional Unit: Unit V31303 – Healthy eating and wellbeing for the complementary therapy client (additional fee applies)

Start time:

This course can be started at anytime, please check for available practical training dates.

Attendance:

3 sessions + 1 Induction / Portfolio session

Duration:

GLH (Guided Learning Hours): 266 – 296. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Home study (Coursework): This can be started at anytime,

Practical Training: Please check out our current course dates on our website for the practical training element, additional dates can be supplied.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to bring a model along to assessments to practice your routine on.

Case studies:

You must carry out and document evidence for **60 treatments** consisting of the following:

a) Aromatherapy massage (minimum of 36 treatments) - six clients must receive a minimum of six treatments

b) Other methods of application (minimum of nine treatments) - compresses, inhalations, blending of creams/lotions etc.

Exam board:

The VTCT (Vocational Training & Charitable Trust)

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage

Beauty Therapy

- Reflexology
- Aromatherapy
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy



Career Opportunities:

Self-Employment or Employment as a Complementary Therapist or Aromatherapist .

What's included in the course fee:

Training pack (PDF format and word format) emailed to you.

A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements.

A VRQ qualification posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and oils in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

For Further details on how we run our courses, how to book, etc., - [Course Format](#)

BABY MASSAGE INSTRUCTOR

** See infant and child massage **

BABY REFLEXOLOGY

Description:

Baby Reflexology is a gentle bonding experience that parents can pass onto their infant. This course will show you how to instruct parents to safely apply a gentle reflexology treatment on their infant to aid common ailments and promote calm, relaxation as well as improving sleep patterns.

Qualification options:

There are 2 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options:

Option 1: Baby Reflexology Accredited Diploma (HOME STUDY ONLY)

Cost:

£120

Entry Level:

A reflexology qualification

Course format :

Self-paced. There are 6 modules to study at home + case studies.
Training material is emailed to you.

Attendance:

No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems, reflexology and the effect on each body system.

Module 4: Baby Reflexology: objectives, History, About reflexology, benefits, contra-indications, contra-actions, after care advice, treatment planning.

Module 5: Treatment suggestions: Consultation, preparing for treatment, tips for running a clinic, techniques, skin types and conditions, emotions and reflexology, suggested routines (incl common ailments.)

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy
- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie massage couch) and massage oils in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Certificate:

Baby Reflexology Practitioner Diploma

Option 2: Baby reflexology Accredited Diploma

Cost:

£175

Pre-requisites (entry level):

A reflexology qualification

Course format:

1 day practical + home study + case studies. Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, About baby reflexology and treatments.

Start time:

The home study can be started at anytime, but please check out our current course dates on our website for the practical training element.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation / Exam board:

The Complementary Medical Association, Professional Beauty, Associated beauty therapists, Westminster Indemnity & Towergate

Course Progression: On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed baby reflexologist working from home, salon, Mobile and running parent / baby classes.

CPD:

9 Points awarded

Whats included in the course fee:

Training manual (PDF format) and question paper (word format) per module emailed to you. A coursework tutor is assigned to you for full support throughout the course. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and oils in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Baby Reflexology Practitioner Diploma

BEAUTY THERAPY

Description:

This Level 2 course in Beauty Therapy is a qualification that has been specifically designed to develop your practical skills by covering the following subjects: facial skincare, waxing, eyelash and eyebrow treatments, manicure, pedicure, make up, reception duties client care and health and safety.

The purpose of this qualification is to develop your skills in beauty therapy to a high level of occupational ability, to enable you to perform your own salon services.

Qualification options:

VTCT Level 2 Diploma in Beauty Therapy Studies (QCF)

Cost:

£1112

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

5 individual practical sessions+ home study + portfolio coursework + case studies + induction / portfolio session + final assessment + written exams. Training material is emailed to you.

Course content:

Unit UV20483 – Follow health & safety practice in the salon, Unit UV20453 – Client care and communication in beauty-related industries,

Unit UV20398 – Provide facial skin care,

Unit UV20418 – Remove hair using waxing techniques,

Unit UV20419 – Provide eyelash & brow treatments,

Unit UV20470 Provide manicure treatments,

Unit UV 20471 – Provide pedicure treatments,

Unit UV20437 – apply make-up,

Unit UV20489 – Salon reception duties,

Start time:

The home study can be started at anytime, but please check out our current course dates on our website for the practical training element.

Attendance:

5 practical sessions + Induction + assessment

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed beauty therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ - VTCT Level 2 Diploma in Beauty Therapy Studies (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

BODY MASSAGE (SWEDISH)

Description:

This Level 3 course in Swedish massage will develop your practical skills in how to provide the relaxing and stress relieving treatment of body massage. You will learn about health and safety, client care and communications as well as anatomy and physiology.

Qualification options:

There are 3 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options:

Option 1: Swedish Body Massage Accredited Diploma

Cost:

£210

Pre-requisites (entry level):

We recommend you hold an anatomy & physiology qualification, this can be studied alongside this course at a discounted price of £75.

Course format:

1 day practical + home study + case studies.
Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Swedish massage.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation body:

The Complementary Medical Association, Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage

- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed massage therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Swedish Body Massage Practitioner Diploma

Option 2: VTCT (L3) Provide Body Massage (QCF)

Cost:

£385

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV30424 – Provide Body Massage

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

Self-paced home study can be started at anytime and covers GLH (Guided Learning Hours): 96. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed / employed massage therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is

posted to you on successful completion of the

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification:

A VRQ - VTCT Level 3 Provide Body Massage (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3: VTCT L3 Certificate in Swedish Massage (QCF)

Cost:

£525

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

3 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV30491 – Monitor & maintain health & safety practice in the salon
Unit UV30468 – Client care and communication I beauty-related industries
Unit UV30424 – Provide Body Massage

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

3 practical / assessment sessions + Induction

Duration:

Self-paced home study can be started at anytime and covers
GLH (Guided Learning Hours): 141. (GLH incl's. practical,

coursework, case studies, assessments, written exams)

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed / employed massage therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a

recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ - VTCT Level 3 Certificate in Swedish Massage (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

BODY WRAP

Description:

You will be taught how to exfoliate, dry skin brush, apply the body wrap products, wrap and measure the client.

Qualification options:

There are 2 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options

Option 1: Body Wrap Accredited Diploma

Cost:

£150

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol

Course format:

1 day practical + home study + case studies.
Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Body Wrap.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 3 treatments as case studies.

Accreditation body:

Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Waxing
- Manicure / Pedicure
- Eye Treatments
- Indian Head Massage
- facials
- Beauty Therapy

Career Opportunities:

Self-Employed therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the

Additional Costs:

You will need to purchase your own body wrap products and equipment in order to carry out your case studies and practice your skills.

We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

Qualification gained:

Body Wrap Practitioner Diploma

Option 2: VTCT (Level 3) Provide spa treatments

Cost:

£260

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV3048 – Provide spa treatments

Attendance:

2 practical sessions / assessment + induction

Duration:

Self-paced home study can be started at anytime and covers

Guided Learning Hours(GLH) = 48.

(GLH incl's. practical, coursework, case studies, assessments, written exams)

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam Board:

The VTCT (Vocational training & charitable trust)

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies

- Massage

Beauty Therapy

- Anatomy, Physiology and Pathology for Complementary Therapies

- Reiki

- Stone Therapy Massage

- Indian Head Massage

- Infant and Child Massage

- Flower Essences

- Colour Therapy

- Crystal Therapy

Beauty Therapy

Career Opportunities:

Self-Employed / Employed therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. A VTCT qualification is posted to you on successful completion of the

Additional Costs:

You will need to purchase your own body wrap products and equipment in order to carry out your case studies and practice your skills.

We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification: A VRQ - VTCT (Level 3) Provide spa treatments (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Description

This course will help you learn strategies for developing your business acumen and also your client base. Leading you through the potential danger zones of business and giving the advice you need in order to avoid the common pitfalls and ensure SUCCESS. You will learn the important techniques needed to develop and keep your business running successfully. Few businesses make it past the second year mark – no matter how experienced you are in your field of work if you do not have business and marketing skills. Subjects included in the Course: Mission Statement, Running your business, Analysis of the market place, Forecasting - Record Keeping, Effective time management, Accounts Newsletters, Client databases, Advertising, Ethics and behaviour, Code of practice, health & safety, hygiene in the workplace, client care and communications.

This course is carried out as a home study course and can be started at anytime.

Qualification option:

Business & Marketing for Therapists Accredited Diploma (HOME STUDY ONLY)

Cost:

£120

Pre-requisites / Entry Level:

None.

Course format :

Home study self-paced. There are 6 modules to study at home + case studies.
Training material is emailed to you.

Course content:

Module 1: Health, safety and hygiene within the treatment room, including professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Business Management: Legal requirements, naming your business, who to tell, where to work, insurance, banking, opportunities, setting up, tips.

Module 4: Business Marketing: Material, word of mouth, networking, testimonials, web promotion, free advertising, emailing, marketing tips.

Module 5: Cash flow & Accounting: Spreadsheets, software, profit and loss, balance sheets, forecasting.

Module 6: Business plan. You will be required to produce a business plan as part of your coursework.

Start Time:

This course can be started at anytime.

Attendance:

No attendance, this is a distant learning course.

Duration:

This course is self-paced and carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model Required?:

Not applicable

Case studies:

Not applicable

Accreditation:

Professional Beauty, ABT Insurance, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy
- Complementary Therapies
 - Aromatherapy
 - Reflexology
 - Anatomy, Physiology and Pathology for Complementary Therapies
 - Reiki
 - Stone Therapy Massage
 - Indian Head Massage

- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

We recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

Business & Marketing for Therapists Diploma



CHINESE BODY MASSAGE

Description:

Learn the art of Chinese massage. This wonderful treatment uses a combination of acupuncture, massage and working with the meridians to assist in stimulating and unblocking the 'life force energies' to restore good health and harmony in the body. You will learn about health and safety, client care and communications as well as anatomy and physiology. Beginners Level.

Cost:

£150

Pre-requisites (entry level):

A massage qualification.

Course format:

1 day practical + home study + case studies.
Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Chinese body massage.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 3 treatments as case studies.

Accreditation body:

The Complementary Medical Association, Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed massage therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and

practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our

Qualification gained:

Chinese Body Massage Practitioner Diploma

COGNITIVE BEHAVIOUR THERAPY

Description

Cognitive Behavioural Therapy (CBT) is a form of psychotherapy which focuses on establishing the way in which a person thinks, behaves, perceives, acts and reacts. This establishment will then assist the client in dealing with their behavioural, emotional and social challenges to bring about positive changes in their lives. It focuses on presenting issues and how to provide a more positive, balanced and focused way of handling issues & fears. Subjects included in the Course: Balancing Statements, CBT techniques, worksheets, diary keeping, Distraction Methods, Behavioural & Physical Techniques, Assumptions and Beliefs, *open questioning*, Rapport, CBT for - Anxiety, Anger, Depression, Stress, Self Esteem, Addiction, Eating Disorders, client care, consultation, health & safety, hygiene, business practices.

This course is carried out as a home study course and can be started at anytime.

Qualification option:

Cognitive Behaviour Therapy Accredited Diploma

Cost:

£120

Pre-requisites (entry level):

None

Course format :

Self-paced. There are 6 modules to study at home + case studies.

Training material is emailed to you.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Business Practices: Business Planning, legal requirements, employment opportunities, marketing, business types.

Module 4: CBT: What is CBT, History, Methods and techniques used in CBT (incl ABC method, goal setting, conditions and how CBT can help, Socratic method, SMART method), Conditions which benefit from CBT.

Module 5: Treatment suggestions: Treatment plans, Consultation sheets, Session worksheets and notes.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 6 treatments to carry out and document for case studies.

Attendance:

No attendance, this is a distant learning course.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Life Coaching
- Stress Management
- Beauty Therapy
- Complementary Therapies
 - Aromatherapy
 - Anatomy, Physiology and Pathology for Complementary Therapies
 - Reiki
 - Stone Therapy Massage
 - Indian Head Massage
 - Infant and Child Massage
 - Flower Essences
 - Colour Therapy
 - Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist or talking therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie massage couch) and massage oils in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

Cognitive Behaviour Therapy Practitioner Diploma

COLOUR THERAPY

Description:

This course in Holistic Colour Therapy is a course that will enable you to gain the skills and knowledge required to become a professional Colour Therapist.

You will learn about the visual light spectrum, the healing power of colour, the influence of colour on mood and emotions.

You will also learn about the use of colour in food, clothing and environment, as well as auras, chakra balancing, visualisation, breathing and meditation.

Holistic Colour Therapy can be used as treatment by itself or it can be integrated into other wellbeing and holistic treatments.

Although Colour Therapy lacks scientific validation, you will learn how to provide a safe and professional service for clients.

Qualification options:

Option 1: Colour Therapy Accredited Diploma (HOME STUDY / DISTANCE LEARNING COURSE)

Cost:

£120

Pre-requisites (entry level): There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

Home study course: 6 modules emailed to you individually consisting of training module and question paper. All training material is emailed to you.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems, chakras and the aura.

Module 4: About colour therapy (Incl Chakras, Auras, Electromagnetic, Colour energies, colour in everyday life,) benefits, contra-indications, contra-actions.

Module 5: Treatment suggestions: Using colour therapy, colour therapy treatment, Treatment plans, Consultation sheets, Session worksheets and notes.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Attendance:

No attendance required, this is a distant learning course.

Duration:

Self-paced home study can be started at anytime and covers approx. 40 hours of study.

Model Required?: Yes, you will be required to work on models to carry out your case studies at home.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation body:

The Complementary Medical Association, Professional Beauty, Associated beauty therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- VTCT Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed colour / holistic therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a

recommended reading list is available on our website in our shop

Qualification gained:

Colour Therapy Practitioner Diploma

Option 2

VTCT Level 3 Assess the client and apply holistic colour therapy

Cost:

£295

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit VR106 Assess the client and apply holistic colour therapy
VR52 Use interpersonal skills with therapy clients

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 60. (GLH incl's. practical, coursework, case studies, assessments)
Self-paced home study can be started at anytime

Model Required?:

Group training = No, students will work on each other.
One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.
Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Crystal Therapy

Career Opportunities:

Self-Employed / employed colour / holistic therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ - VTCT Level 3 Diploma in holistic colour therapy.

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

COMPLEMENTARY THERAPIES LEVEL 3 (BODY MASSAGE, REFLEXOLOGY & AROMATHERAPY)

Description

This qualification will develop your knowledge and practical skills to provide body massage, aromatherapy and reflexology.

Reflexology - Modern reflexology provides deep relaxation, revitalised energy, stress relief, preventative healthcare and balance to the systems of the body. You will learn to activate the healing powers of the body using energy zones that run throughout the body and reflex areas in the feet that correspond to all the major

organs, glands and body parts.

Body Massage - This course will help you to discover the benefits both physically and emotionally from massage. You'll be taught how to provide a skilful full body massage to ease those tired, aching muscles and to de-stress your client.

Aromatherapy - This course will help you to discover the benefits both physically and emotionally from massage with essential oils. You'll be taught to select, blend and safely use essential oils to suit your client's needs and how to provide a skilful full body aromatherapy massage. You will also develop your understanding and practical skills to competently provide aromatherapy services. You may also choose to complete an additional unit which will develop your knowledge and understanding of healthy eating and wellbeing for the complementary therapy client.

VTCT Level 3 Diploma in Complementary Therapies (QCF)

Cost:

£1195 (£16 VTCT lifetime membership may apply)

Entry level:

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

Practical attendance & assessment: 6 practical sessions / assessments + 1 Induction / Portfolio session

Coursework: Home study and portfolio of evidence containing questions and assignment work

Written Exam: 2 papers

Training material is emailed to you.

Course content:

Unit UC31268 – Principles & Practice for complementary therapies.

Unit UC31267 – Business Practice for Complementary Therapies.

Unit UC31299 - Knowledge of anatomy, physiology and pathology for complementary therapies.

Unit UC31300 - Provide body massage for complementary therapies

Unit UC31301 - Provide aromatherapy for complementary therapies

Unit UC31302 - Provide reflexology for complementary therapies

Optional Unit UC31303 – Healthy eating and well-being for the complementary therapy client (Additional fee applies.)

Duration:

GLH (Guided Learning Hours): 520 - 550. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Home study (Coursework): This can be started at anytime,

Attendance:

6 practical sessions / assessments + induction

Model required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to bring a model along to assessments to practice your routine on.

Case Studies:

You must carry out and document evidence for at least:

Body Massage – 30 treatments

Aromatherapy – 60 treatments

Reflexology - 100 treatments

(Case studies can be combined to cover 2 or more therapies)

Exam board:

The VTCT (Vocational Training & Charitable Trust)

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include:

- VTCT Level 2 Diploma in Beauty Therapy (QCF)
- VTCT Level 3 Diploma in Infant & Child Massage (QCF)
- VTCT Level 3 Certificate in Anatomy, Physiology and Pathology for Complementary Therapies (QCF)
- VTCT Level 3 Diploma in Reiki (QCF)
- VTCT Level 3 Certificate in Stone Therapy Massage (QCF)
- VTCT Level 3 Diploma in Indian Head Massage (QCF)
- VTCT Level 3 Diploma in Flower Essences
- VTCT Level 3 Diploma in Holistic Colour Therapy
- VTCT Level 3 Diploma in Holistic Crystal Therapy

Career Opportunities:

Self-Employment or Employment as a Complementary Therapist, massage therapist, aromatherapist or reflexologist .

What's included:

Training material emailed to you. A hard copy of your VTCT assessment booklet is provided. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. A VTCT qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products (essential oils, massage medium), equipment (e.g. massage couch / chair) and massage oils in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

A VRQ – VTCT Level 3 Diploma in Complementary Therapies (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

CRYSTAL THERAPY

Description:

This is a course that has been specifically designed to allow therapists interested in the theory and practice of crystal therapy, to explore these concepts.

You will learn about cleansing, energising and resting crystals, crystal placement and dowsing. You will also learn about auras, chakra balancing, visualisation, breathing and meditation.

Although Crystal Therapy lacks scientific validation, you will learn how to provide a safe and professional service for clients.

Qualification options:

There are 3 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options:

Option 1: Crystal Therapy Accredited Diploma (Home study ONLY),

Cost:

£120

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to enrolling on this course

Course format:

Home study course: 6 modules emailed to you individually consisting of training module and question paper. All training material is emailed to you.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems, chakras and the aura.

Module 4: Crystal therapy: Protection, History, choosing crystals, cleansing, types of crystals, benefits, contra-indications, contra-actions.

Module 5: Treatment suggestions: Using crystals, chakra balancing treatment, crystal healing grids, the properties and benefits of crystals.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Attendance:

No attendance required, this is a distant learning course.

Duration:

Self-paced home study can be started at anytime and covers approx. 40 hours of study.

Model Required?:Yes, you will be required to work on models to carry out your case studies at home.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation body:

The Complementary Medical Association, Professional Beauty, Associated beauty therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Colour Therapy
- Stone Therapy Massage
- Indian Head Massage
- Beauty Therapy

Career Opportunities:

Self-Employed crystal / holistic therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Crystal Therapy Practitioner Diploma

Option 2: VTCT Level 3 Diploma in Holistic Crystal Therapy

Cost:

£295

Pre-requisites (entry level):

None

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

VR104 Assess the client and implement holistic crystal therapy

VR52 Use interpersonal skills with therapy clients

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 60. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to provide a model for the practical assessment

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust)

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage
- Nail Treatments

- Beauty Therapy

Career Opportunities:

Self-Employed / employed crystal / holistic therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

VTCT Level 3 Diploma in Holistic Crystal Therapy

**** Ear Candling – See Thermal Auricular Therapy**



EYE TREATMENTS

Description:

Eyelash and Eyebrow Treatments is a course that has been specifically designed to develop your practical skills in shaping (tweezers) and colouring (tinting eyelashes and eyebrows). You will learn how to maintain the original eyebrow shape or to change the shape of the eyebrow if desired. You will also learn about different colour characteristics and the chemical process of tinting.

The purpose of this qualification is to develop your practical skills to a high level of occupational ability to enable you to provide shaping and colouring treatments for the eyelashes and eyebrows.

Qualification options:

There are 2 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options

Option 1: Eye Treatments Accredited Diploma

Cost:

£150

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this

Course format:

1 day practical + home study + case studies.
Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications,
anatomy & physiology, Eye treatments.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation body:

Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Facial
- Massage
- Anatomy, Physiology and Pathology
- Pedicure
- Stone Therapy Massage
- Indian Head Massage
- Waxing
- Beauty Therapy

Career Opportunities:

Self-Employed therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended

reading list is available on our website in our shop

Qualification gained:

Eye Treatments Practitioner Diploma

Option 2: VTCT Level 2 Provide Eye Treatments (QCF)

Cost:

£255

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV20419 – Provide eyelash & brow treatments

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 36.

(GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to provide a model for the practical assessment

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage
- Nail Enhancements
- Beauty Therapy

Career Opportunities:

Self-Employed / employed beauty therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop. If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification: A VRQ - VTCT Level 2 Provide eyelash & brow Treatments (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

FACIAL MASSAGE AND SKINCARE

Description:

This course in Facial Massage and Skin Care is a qualification that has been specifically designed to develop your practical skills in; how to provide facial skin care.

Underpinning this qualification you will develop a sound knowledge of health and safety practices in a salon environment and how to promote client care and communications in beauty related industries. You will also develop an underpinning knowledge and understanding of the practical skills learned throughout this qualification.

The purpose of this qualification is to develop your skills in beauty therapy to a high level of occupational ability, to enable you to perform your own salon services.

Qualification options

There are 3 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options

Option 1: Facial Accredited Diploma

Cost:

£150

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this

Course format:

1 day practical + home study + case studies.

Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Facial massage & skincare.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 3 treatments as case studies.

Accreditation body:

Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Manicure
- Massage
- Anatomy, Physiology and Pathology

- Pedicure
- Eye Treatments
- Indian Head Massage
- Nail Enhancements
- Beauty Therapy

Career Opportunities:

Self-Employed beauty therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Facial Massage & Skincare Practitioner Diploma

Option 2: VTCT (L2) Provide Facial Massage & Skincare Treatments (QCF)

Cost:

£255

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV20398 – Provide Facial skincare

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 56.

(GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to provide a model for the practical assessment

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Waxing
- Massage
- Anatomy, Physiology and Pathology
- Pedicure
- Manicure
- Indian Head Massage
- Nail Enhancements
- Beauty Therapy



Career Opportunities:

Self-Employed / employed beauty therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification: A VRQ - VTCT Level 2 Provide Facial skincare (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This

qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3: VTCT L2 Award in Facial Massage & Skincare (QCF)

Cost:

£365

Pre-requisites (entry level): There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV20483 – Follow health and safety practice in the salon

Unit UV20453 – Client care and communication in beauty related Industries

Unit UV20398 – Provide Facial skincare

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 98.

(GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to provide a model for the practical assessment

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Waxing

- Massage
- Anatomy, Physiology and Pathology
- Pedicure
- Manicure
- Indian Head Massage
- Nail Enhancements
- Beauty Therapy

Career Opportunities:

Self-Employed / employed beauty therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ – VTCT Level 2 Award in Facial Massage & Skincare (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Feng Shui Therapy

Description

Learn the art of Feng Shui and how you can help your clients to alter their surroundings to enhance and bring about positive changes in their lives.

Qualification Option:

Feng Shui Therapy Accredited Diploma (HOME STUDY COURSE ONLY)

Cost:
£120

Entry Level:

None.

Course format :

Self-paced. There are 6 modules to study at home + case studies.

Training material is emailed to you.

Attendance:

No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Business Practices: Business Planning, legal requirements, employment opportunities, marketing, business types.

Module 4: About Feng Shui therapy (incl, Bagua, sectors, What to add / remove from a room / area to promote positive changes, symbols, cycles)

Module 5: Consultation suggestions: Consultation plans & questionnaires,

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 6 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy
- Complementary Therapies
- Aromatherapy
 - Reflexology
 - Anatomy, Physiology and Pathology for Complementary Therapies
 - Reiki
 - Stone Therapy Massage
 - Indian Head Massage
 - Infant and Child Massage

- Flower Essences
- Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

We recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Certificate:

Feng Shui Therapy Practitioner Diploma

Flower Essences

Description

Flower remedies come from wild flowers, plants and trees, and provide holistic treatment for the mind and body. This course includes: Flower Remedies & how they Work, Finding the Right Remedy, client care, consultation, health & safety, hygiene, anatomy & physiology, treatment suggestions

This course is carried out as a home study course and can be started at anytime.

Qualification option:

Flower Essences Accredited Diploma

Cost:

£120

Pre-requisite / Entry Level:

None.

Course format :

Self-paced. There are 6 modules to study at home + case studies.

Training material is emailed to you.

Attendance:

No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems, chakras and the aura.

Module 4: Flower Remedies & how they Work, Finding the Right Remedy, benefits, contra-indications, contra-actions.

Module 5: Treatment suggestions: directory of flower remedies, and the treatment uses.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy
- Complementary Therapies
- Aromatherapy
 - Reflexology
 - Anatomy, Physiology and Pathology for Complementary Therapies
 - Reiki
 - Stone Therapy Massage
 - Indian Head Massage
 - Infant and Child Massage
 - Flower Essences
 - Colour Therapy

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, (ie flower essences) in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Certificate:

Flower Essences Practitioner Diploma

GEL NAIL ENHANCEMENTS

Description:

This course is about providing nail treatments (with the option to include manicure & pedicure services to clients in option only.) You will learn about consulting with the client, recognising any contra-indications, preparing for the service and producing a treatment plan, applying, maintaining and removing nail enhancements, using UV gel.

Qualification options:

There are 3 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options

Option 1: Gel Nail Enhancement Accredited Diploma

Cost:

£200

Pre-requisites (entry level):

A manicure qualification

Course format:

1 day practical + home study + case studies.

Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Gel Nail enhancements.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation body:

Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage
- Beauty Therapy

Career Opportunities:

Self-Employed nail technician working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Gel Nail Enhancement Practitioner Diploma

Option 2: VTCT (L2) Provide & Maintain Nail Enhancement (QCF)

Cost:

£325

Pre-requisites (entry level):

A manicure qualification.

Course format:

3 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV20470 – Provide and maintain nail enhancement

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

3 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 46.

(GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to provide a model for the practical assessment

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage

- Nail Treatments
- Beauty Therapy

Career Opportunities:

Self-Employed / employed nail technician working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification: A VRQ - VTCT Level 2 provide and maintain nail enhancement (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3: VTCT L2 Certificate in Nail Treatments (QCF) (With Gel Nail Enhancement option)

Cost:

£755

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

5 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV20483 – Follow health and safety practice in the salon

Unit UV20453 – Client care and communication in beauty related Industries

Unit UV20470 – Provide Manicure treatments

Unit UV20471 – Provide Pedicure treatments

Unit UV20399 – Provide and maintain nail enhancements

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

5 practical / assessment sessions + Induction

Duration: GLH (Guided Learning Hours): 184. (GLH incl's. practical, coursework, case studies, assessments, written exams) Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to provide a model for the practical assessment

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage
- Nail Enhancements
- Beauty Therapy

Career Opportunities:

Self-Employed / employed nail technician working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ – VTCT Level 2 Certificate in Nail Treatments (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Hand Reflexology

Description

Hand Reflexology is a wonderfully relaxing experience. The hands have Reflex points which map and reflect the entire body. When these points are massaged, using specific techniques, they release blocked energy and bring the body to good health. Hand Reflexology harmonises all the body's functions, helping to improve blood and nerve supply and release toxins.

Stress and tension are relieved and the mind and emotions are calmed. Hand Reflexology is ideal for preventing dis-ease and maintaining and extending optimum health. It can be used for self-treatment, or where foot Reflexology is not appropriate.

Qualification options:

Hand Reflexology Accredited Diploma (HOME STUDY COURSE ONLY)

Cost:
£120

Prerequisite / Entry Level:

A reflexology qualification.

Course format:

Self-paced. There are 6 modules to study at home + case studies.

Training material is emailed to you.

Attendance:

No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems, reflexology and the effect on each body system.

Module 4: Hand Reflexology: objectives, influencing factors, History, About reflexology, benefits, contra-indications, contra-actions, after care advice, treatment planning.

Module 5: Treatment suggestions: Consultation, preparing for treatment, assessing the hands, emotions and

reflexology, suggested routines.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Case Studies:

You are required to complete 6 treatments as case studies.

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy
- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist or reflexologist working from home, salon, Mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie massage couch) in order to carry out your case studies. We also recommend you purchase a text book to

support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:
Hand Reflexology Practitioner Diploma

HEALTHY EATING

Description

The VTCT Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapy Client (QCF) is knowledge-based qualification aimed at complementary therapists. This qualification will develop your knowledge and understanding of the role and sources of nutrients required for a balanced diet to maintain good health. Furthermore, you will learn how to provide general information on healthy eating. This qualification will provide you with the skills to promote healthy eating in your everyday practice as a complementary therapist. This is a home learning course, and no practical / classroom attendance is required.

Qualification Option:

VTCT Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapy Client (QCF)

Cost:

£180 (£16 VTCT lifetime membership may apply)

Prerequisite / Entry level:

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

Coursework based: Home study and portfolio of evidence containing questions and assignment work. Training material is emailed to you.

Course content:

Unit UV31303 - Healthy eating and wellbeing for the complementary therapy client

Start time:

This is self-paced and can be started at anytime.

Attendance:

No attendance required, this is a distant learning course

Duration:

GLH (Guided Learning Hours): 30. (GLH incl's. coursework, portfolio work)

Home study (Coursework): This can be started at anytime,

Model required?:

No

Case Studies:

There are no case studies required to complete this qualification

Written Exam:

There are no written exams required to complete this qualification

Exam board:

The VTCT – Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include:

- VTCT Level 2 Diploma in Beauty Therapy (QCF)
- VTCT Level 3 Diploma in Complementary Therapies (QCF)
- VTCT Level 3 Diploma in Aromatherapy (QCF)
- VTCT Level 3 Diploma in Infant & Child Massage (QCF)
- VTCT Level 3 Certificate in Anatomy, Physiology and Pathology for Complementary Therapies (QCF)
- VTCT Level 3 Diploma in Reiki (QCF)
- VTCT Level 3 Certificate in Stone Therapy Massage (QCF)
- VTCT Level 3 Certificate in Swedish Massage (QCF) • VTCT Level 3 Diploma in Indian Head Massage (QCF)
- VTCT Level 3 Diploma in Flower Essences
- VTCT Level 3 Diploma in Holistic Colour Therapy
- VTCT Level 3 Diploma in Holistic Crystal Therapy

Career Opportunities:

Self-Employment or Employment as a Complementary Therapist or reflexologist .

What's included:

Training material emailed to you. A hard copy of your VTCT assessment booklet. A coursework tutor is assigned to you for full support throughout the course. A VTCT qualification is posted to you on successful completion of the course.

Additional Costs:

We recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack. A £16 VTCT lifetime membership may apply.

Qualification gained:

A VRQ - VTCT Level 3 Award in Healthy Eating and Wellbeing for the Complementary Therapy Client (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

HOLISTIC AROMATHERAPY FACIAL

Description

This is a course designed for qualified Aromatherapists, Beauty Therapists and Massage Therapists who wish to enhance their existing skills and add to the range of treatments offered to clients. On completion of this course you will be able to offer clients a relaxing and energising facial treatment as well as learning to blend and use natural products and essential oils.

This course is carried out as a home study course and can be started at anytime.

Qualification Option:

Holistic Aromatherapy Facials Therapy Accredited Diploma (HOME STUDY ONLY)

Cost:

£120

Entry Level:

It is recommended that you hold a massage or Facial qualification.

Course format :

Self-paced. There are 6 modules to study at home + case studies.

Training material is emailed to you.

Attendance:

No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems.

Module 4: About facials, about aromatherapy (incl., blending of essential oils in facial products, contra-indications, about aromatherapy and its history, extraction of oils, chemical constituents, skin types & essential / carrier oils suitable for each type, products.

Module 5: Treatment suggestions: The routine, essential oils chart, carrier oils chart.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy

Complementary Therapies

- Aromatherapy
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie massage couch) in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

Holistic Aromatherapy Facial Practitioner Diploma

Holistic Nutritional Therapy

Description

This course covers the Holistic and scientific approach to nutrition and provides a good base to enhance other Holistic Therapies and promote good health and well-being of the client.

Qualification Option:

Holistic Nutritional Therapy Accredited Diploma (HOME STUDY ONLY)

Cost:
£120

Prerequisite / Entry Level:
None.

Course format :
Self-paced. There are 6 modules to study at home + case studies.
Training material is emailed to you.

Attendance:
No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems.

Module 4: Holistic Nutritional Therapy: We are what we eat, holistic healing, vitamins, minerals and trace elements, Carbohydrates, Proteins, Fats, Fibre, Fruit & Veg, Water, Toxic overload, Immune system, ageing, dietary suggestions.

Module 5: Treatment suggestions: Suggested plans.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy
- Complementary Therapies
- Aromatherapy
 - Reflexology
 - Anatomy, Physiology and Pathology for Complementary Therapies
 - Reiki
 - Stone Therapy Massage
 - Indian Head Massage
 - Infant and Child Massage
 - Flower Essences
 - Crystal Therapy
- Weight Loss Therapy
Cognitive Behavioural Therapy
Life Coaching for therapists
Stress Management

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie table and chairs for consultation) in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

Holistic Nutritional Therapy Practitioner Diploma

INDIAN HEAD MASSAGE

Description:

This Level 3 course in Indian head massage will develop your practical skills in how to provide the relaxing and stress relieving treatment. You will learn about health and safety, client care and communications as well as anatomy and physiology.

Qualification options:

Option 1: Indian Head Massage Accredited Diploma

Cost:

£150

Pre-requisites (entry level):

None.

Course format:

1 day practical + home study + case studies.

Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Indian head massage.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation body:

The Complementary Medical Association, Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage

- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed massage therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Indian Head Massage Practitioner Diploma

Option 2: VTCT (L3) Provide Indian Head Massage (QCF)

Cost:

£260

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV30574 – Provide Indian Head Massage

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 49. (GLH incl's. practical, coursework, case studies, assessments, written exams) Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Swedish Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed / employed massage therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification: A VRQ - VTCT Level 3 Provide Indian Head Massage (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3: VTCT L3 Certificate in Indian Head Massage (QCF)

Cost:

£365

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

3 individual practical / assessment / induction / portfolio sessions+ home study + portfolio coursework + case studies + written exams. Training material is emailed to you.

Course content:

Unit UV30491 – Monitor & maintain health & safety practice in the salon
Unit UV30468 – Client care and communication I beauty-related industries
Unit UV30574 – Provide Indian Head Massage

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

3 practical / assessment / Induction sessions

Duration:

GLH (Guided Learning Hours): 106. (GLH incl's. practical, coursework, case studies, assessments, written exams) Self-paced home study can be started at anytime

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust)

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you

could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed / employed massage therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ - VTCT Level 3 Certificate in Indian Head Massage (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

INFANT & CHILD MASSAGE (BABY MASSAGE INSTRUCTOR)

Description:

This Level 3 course in Infant and child massage will provide you with the knowledge required to teach infant and child massage to parents and guardians for use on their own children using a demonstration doll. An important part of this service is to facilitate and encourage bonding between the child and parent / guardian. Massage also has a soothing and reassuring effect on babies and young children. You will also gain knowledge of anatomy, physiology and pathologies, business practice & health & safety.

Qualification options:

There are 3 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options

Option 1: Infant & Child Massage Accredited Diploma

Cost:

£150

Pre-requisites (entry level):

None.

Course format:

1 day practical + home study + case studies.

Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Infant & Child Massage.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group Training = You are required to bring a baby massage doll along to the training

One to one training = You are required to bring a baby massage doll along to the training

Case studies = Yes, you are required to instruct, using a baby massage doll, to a parent / carer whilst they are carrying out the routine on their baby / infant for each case study.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation body:

The Complementary Medical Association, Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy

- Crystal Therapy

Career Opportunities:

Self-Employed infant massage instructor working from home, salon, Spa or Mobile on a one to one basis or for group infant massage clinics.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Infant & Child Massage Practitioner Diploma

Option 2: VTCT (L3) Provide Infant & Child Massage (QCF)

Cost:

£270

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV30812 – Provide Infant & Child Massage for Complementary Therapies

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 100. (GLH incl's. practical, coursework, case studies, assessments, written exams) Self-paced home study can be started at anytime.

Model Required?:

Group Training = You are required to bring a baby massage doll along to the training

One to one training = You are required to bring a baby massage doll along to the training

Case studies = Yes, you are required to instruct, using a baby massage doll, to a parent / carer whilst they are carrying out the routine on their baby / infant for each case study.

Case studies:

You are required to complete a minimum of 5 treatments and enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust)

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Swedish Massage
- Indian Head Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed / employed infant massage instructor working from home, salon, Spa or Mobile and running infant massage clinics.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification: A VRQ - VTCT Level 3 Provide Infant & Child Massage for Complementary Therapies (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3: VTCT L3 Diploma in Infant & Child Massage (QCF)

Cost:

£480

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

3 individual practical / assessment / induction / portfolio sessions+ home study + portfolio coursework + case studies + written exams. Training material is emailed to you.

Course content:

Unit UC30322 – Health, safety and hygiene for complementary therapies

Unit UC30321 – Business practice for complementary therapies

Unit UC30320 – Principles & practices of complementary therapies

Unit UC30323 – Knowledge of anatomy, physiology and pathology for complementary therapies

Unit UC30324 – Knowledge of less common pathology for complementary therapies

Unit UC30812 – Provide infant and child massage for complementary therapies

Unit UC30813 – Reflective practice for infant and child massage

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

3 practical / assessment / Induction sessions

Duration:

GLH (Guided Learning Hours): 360 - 390. (GLH incl's. practical, coursework, case studies, assessments, written exams)Self-paced home study can be started at anytime

Model Required?:

Group Training = You are required to bring a baby massage doll along to the training

One to one training = You are required to bring a baby massage doll along to the training

Case studies = Yes, you are required to instruct, using a baby massage doll, to a parent / carer whilst they are carrying out the routine on their baby / infant for each case study.

Case studies:

You are required to complete a minimum of 5 treatments and enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Swedish Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed / employed infant massage instructor working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ - VTCT Level 3 Diploma in Infant & Child Massage (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

KINESIOLOGY

Description

Kinesiology combines the techniques of simple muscle testing and energy balancing together with the principles of Chinese Medicine to access body function and inner energy. Kinesiology uses gentle, yet powerful, healing techniques to assist in improving health and increasing vitality. It is particularly helpful in assisting to overcome conditions such as allergies, anxiety, backache, depression, insomnia as well as skin problems.

Subjects included in the Course include: Muscle Testing & performance, Emotional Factors, Treatment Sources, Stress Release Points, Balance & Imbalance, Massage for Muscles, Acupressure, Nutritional Balancing, Psychological Reversal, Allergy Balancing, Subtle Body Energy, health & safety, hygiene in the workplace, client care and communications, anatomy & physiology. This is an introductory course. This course is carried out as a home study course and can be started at anytime.

Qualification Option:

Kinesiology Accredited Diploma

Cost:
£120

Entry Level:

None.

Course format:

Self-paced. There are 6 modules to study at home + case studies.
Training material is emailed to you.

Attendance:

No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Anatomy & Physiology: The 12 body systems.

Module 4: Kinesiology: What is Kinesiology, History, Muscle Testing & performance, Emotional Factors, Treatment Sources, Stress Release Points, Balance & Imbalance, Massage for Muscles, Acupressure, Nutritional Balancing, Psychological Reversal, Allergy Balancing, Subtle Body Energy,

Module 5: Treatment suggestions: Treatment plans, Consultation sheets, Session worksheets and notes.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 6 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Case Studies:

You are required to complete 6 treatments as case studies

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy
- Complementary Therapies
 - Aromatherapy
 - Reflexology
 - Anatomy, Physiology and Pathology for Complementary Therapies
 - Reiki
 - Stone Therapy Massage
 - Indian Head Massage
 - Infant and Child Massage
 - Flower Essences
 - Crystal Therapy

Weight Loss Therapy

Cognitive Behavioural Therapy

Life Coaching for therapists

Stress Management

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie massage couch) in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

Kinesiology Practitioner Diploma

LIFE COACHING FOR THERAPISTS

Description

This course will teach you to create an on-going partnership between your clients & yourself to produce positive results & changes in their lives. You will work with them to overcome obstacles and setbacks which have prevented them from reaching their full potential and achieving their goals in the past. You will learn how to encourage the clients willingness to work through their issues to improve their self-confidence and work towards a happier, more productive life.

This course will provide you with an invaluable tool when working with clients whether in reflexology, massage or beauty related treatments. Subjects included in the Course: What is Life Coaching, Basic Coaching Principles, The GROW model & other systems of Life coaching, Relationships, Time Management, Stress Management, Contra-indications, SWOT Analysis, Mission Statements, client care, consultation, health & safety, hygiene, business practices. This course is carried out as a home study course and can be started at anytime. Beginners Level

Qualification Option:

Life Coaching Accredited Diploma

Cost:
£120

Entry Level:
None.

Course format :
Self-paced. There are 6 modules to study at home + case studies.
Training material is emailed to you.

Attendance:
No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Business Practices: Business Planning, legal requirements, employment opportunities, marketing, business types.

Module 4: Life Coaching: What is Life Coaching, Basic Coaching Principles, The GROW model & other systems of Life coaching, Relationships, Time Management, Stress Management, Contra-indications, SWOT Analysis, Mission Statements,

Module 5: Treatment suggestions: Treatment plans, Consultation sheets, Session worksheets and notes.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 6 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy

Complementary Therapies

- Aromatherapy
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Crystal Therapy

Weight Loss Therapy

Cognitive Behavioural Therapy

Stress Management

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie table and chairs for

consultation) in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:
Life Coaching Practitioner Diploma

MANICURE

Description:

This course is about providing manicure services to clients. You will learn about consulting with the client, recognising any contra-indications, preparing for the service and producing a treatment plan. You will also learn about filing and buffing the nails, using skin and cuticle treatments, massaging the hand and lower arm and using a suitable nail finish.

Qualification options:

There are 3 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options

Option 1: Manicure Accredited Diploma

Cost:
£150

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

1 day practical + home study + case studies.
Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Manicure.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 3 treatments as case studies.

Accreditation body:

Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage
- Nail Enhancements
- Beauty Therapy

Career Opportunities:

Self-Employed nail technician working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Manicure Practitioner Diploma

Option 2: VTCT (L2) Provide Manicure Treatments (QCF)

Cost:

£260

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV20470 – Provide Manicure treatments

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 48.

(GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to provide a model for the practical assessment

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage

- Nail Enhancements
- Beauty Therapy

Career Opportunities:

Self-Employed / employed nail technician working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification: A VRQ - VTCT Level 2 Provide Manicure Treatments (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3: VTCT L2 Certificate in Nail Treatments (QCF)

Cost: £416

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV20483 – Follow health and safety practice in the salon

Unit UV20453 – Client care and communication in beauty related Industries

Unit UV20470 – Provide Manicure treatments

Unit UV20471 – Provide Pedicure treatments

Unit UV20490 - Display stock to promote sales in a salon

Unit 10478 - Working with others in the hair and beauty Sector

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 183.

(GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to provide a model for the practical assessment

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage
- Nail Enhancements
- Beauty Therapy

Career Opportunities:

Self-Employed / employed nail technician working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ – VTCT Level 2 Certificate in Nail Treatments (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

NLP (Neuro Linguistic Programming)

Description

For the Beauty /Holistic Therapist wishing to add NLP skills.

NLP (Neuro Linguistic Programming) is a therapy that helps you address and change your general outlook on life. It changes your perception based on influences, actions and learned behaviours.

This course is carried out as a home study course and can be started at anytime.

This course will include NLP techniques such as, Outcomes, States of mind, models of change, boundaries, goals, building blocks

This course is carried out as a home study course and can be started at anytime.

Qualification option:

NLP Accredited Diploma

Cost:

£120

Entry Level:

None.

Course format :

Self-paced. There are 6 modules to study at home + case studies.

Training material is emailed to you.

Attendance:

No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Business Practices: Business Planning, legal requirements, employment opportunities, marketing, business types.

Module 4: NLP: What is NLP, History, Outcomes, States of mind, models of change, boundaries, goals, building blocks.

Module 5: Treatment suggestions: Treatment plans, Consultation sheets, Session worksheets and notes.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 6 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy
- Complementary Therapies
- Aromatherapy
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Crystal Therapy
- Weight Loss Therapy
- Cognitive Behavioural Therapy
- Stress Management

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie table and chairs for consultation) in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

NLP Practitioner Diploma

ORIENTAL FACE MASSAGE

Description

Oriental face massage is a deeply relaxing treatment, helping to reduce stress and rejuvenate the skin. The treatment is a combination natural facelift massage, Indian face massage, Japanese face massage and Tibetan face massage all mixed into one highly relaxing face massage treatment.

The blend of these massage techniques, tones the facial muscles, eases tension, smoothes away fine lines, increases elasticity and releases toxins.

Cost

£150

Course duration

1 day + home study + case studies

Pre-requisite / Entry level

None. However, you will require a massage or other relevant qualification to use essential oils on clients during treatment.

Course Format:

1 practical session + home study + case studies.

Training material is emailed to you.

Course Content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Oriental Face Massage

Attendance:

1 Practical session

Duration:

The home study can be started at anytime, but please check out our current course dates on our website for the practical training element.

Model required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to bring a model along to assessments to practice your routine on.

Case studies:

You are required to complete 3 treatments as case studies.

Accreditation

Associated Beauty Therapists, The Complementary Medical Association, Professional Beauty, Westminster Indemnity, Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Beauty Therapy
- Reflexology
- Aromatherapy
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed complementary / massage therapist working from home, own salon, mobile.

CPD:

9 Points awarded

What's included in the course fee:

Training manual (PDF format) and question paper (word format) emailed to you. A coursework tutor is assigned to you for full support throughout the course. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

We recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Oriental Face Massage Accredited Diploma

ORIENTAL HAND MASSAGE

Description

The Oriental Hand Massage Diploma is a massage of the hand, arms & shoulders using oriental massage techniques. It combines Eastern Hand Massage techniques, reflexology as well as acupressure. The hand contains many thousand sensory nerve endings which makes them one of the most sensitive areas of the body. A great course to learn as a treatment on its own or to incorporate new techniques into a manicure or body massage.

Cost

£150

Course duration

1 day + home study + case studies

Pre-requisite / Entry level

None. However, you will require a massage or other relevant qualification to use essential oils on clients during treatment.

Course Format:

1 practical session + home study + case studies.

Training material is emailed to you.

Course Content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Oriental Hand Massage

Attendance:

1 Practical session

Duration:

The home study can be started at anytime, but please check out our current course dates on our website for the practical training element.

Model required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to bring a model along

to assessments to practice your routine on.

Case studies:

You are required to complete 3 treatments as case studies.

Accreditation

Associated Beauty Therapists, The Complementary Medical Association, Professional Beauty, Westminster Indemnity, Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage

Beauty Therapy

- Reflexology
- Aromatherapy
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy
- Oriental Face Massage



Career Opportunities:

Self-Employed complementary / massage therapist working from home, own salon, mobile.

CPD:

9 Points awarded

What's included in the course fee:

Training manual (PDF format) and question paper (word format) emailed to you. A coursework tutor is assigned to you for full support throughout the course. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

We recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Oriental Hand Massage Accredited Diploma

PALM READING

Description

Learn the art of Palm Reading and how you can help your clients by providing them with a palm reading to show a map of their life, past and future. You can tell a lot about a person and their personality by reading their hands.

Qualification Option:

Palm Reading Accredited Diploma

Cost:
£120

Entry Level:
None.

Course format :
Self-paced. There are 6 modules to study at home + case studies.
Training material is emailed to you.

Attendance:
No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, including professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Business Practices: Business Planning, legal requirements, employment opportunities, marketing, business types.

Module 4: About Palm Reading: Reading the hands, fingers, thumbs and nails.

Module 5: Descriptions of the meanings of the mounts, the lines and shapes on the hands. Treatment suggestions: How to put together a palm reading.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 6 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation:

Professional Beauty, Westminster Indemnity & Townergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

Complementary Therapies

- Aromatherapy
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Crystal Therapy

Weight Loss Therapy

Cognitive Behavioural Therapy

Stress Management

Tarot Reading

Angel Therapy

Hand Reflexology

Oriental Hand Massage



Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie table and chairs for consultation) in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:
Palm Reading Practitioner Diploma

PEDICURE

Description:

This course is about providing pedicure services to clients. You will learn about consulting with the client, recognising any contra-indications, preparing for the service and producing a treatment plan. You will also learn about filing and buffing the nails, using skin and cuticle treatments, massaging the foot and lower leg and using a suitable nail finish.

Qualification options:

Option 1: Pedicure Accredited Diploma

Cost:

£150

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

1 day practical + home study + case studies.

Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Pedicure.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation body:

Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage
- Nail Enhancements
- Beauty Therapy

Career Opportunities:

Self-Employed nail technician working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Pedicure Practitioner Diploma

Option 2: VTCT (L2) Provide Pedicure Treatments (QCF)

Cost:

£260

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV20471 – Provide Pedicure treatments

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 48.

(GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to provide a model for the practical assessment

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage
- Nail Enhancements
- Beauty Therapy

Career Opportunities:

Self-Employed / employed nail technician working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification: A VRQ - VTCT Level 2 Provide Pedicure Treatments (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3: VTCT L2 Certificate in Nail Treatments (QCF)

Cost:

£416

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

- Unit UV20483 – Follow health and safety practice in the salon
- Unit UV20453 – Client care and communication in beauty related Industries
- Unit UV20470 – Provide Manicure treatments
- Unit UV20471 – Provide Pedicure treatments
- Unit UV20490 - Display stock to promote sales in a salon
- Unit 10478 - Working with others in the hair and beauty Sector

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 183.

(GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to provide a model for the practical assessment

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Pedicure
- Stone Therapy Massage
- Indian Head Massage
- Nail Enhancements
- Beauty Therapy

Career Opportunities:

Self-Employed / employed nail technician working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ – VTCT Level 2 Certificate in Nail Treatments (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

PREGNANCY MASSAGE

Description

During this training you will learn how to safely and correctly carry out a pregnancy massage to enhance health, development and well-being of the expectant mum.

Pregnancy massage benefits both mother and unborn baby.

It can help with back pain, fatigue and other pregnancy related common ailments, such as morning sickness, constipation, headaches, indigestion, and heartburn.

Pregnancy is a period of time, more than any other, to consider health and happiness a priority. It is becoming common that pregnant ladies now want to take an active role in their pregnancy and their health during this special time.

After the birth, massage can help with the muscles to regain their natural tautness and can also help to prevent stretch marks.

Qualification Option:

Pregnancy Massage Accredited Diploma

Cost:
£150

Prerequisite / Entry Level:
A massage qualification

Course format :
1 practical session + home study + case studies.
Training material is emailed to you.

Attendance:
1 practical attendance session.

Course content:
Health, safety & hygiene, client care & communications,
anatomy & physiology, Pregnancy massage,

Duration:
The home study can be started at anytime, but please check out our current course dates on our website for the practical training element.

Model required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 3 treatments as case studies.

Accreditation:

The Complementary Medical Association, Associated Beauty Therapists, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Beauty Therapy

Complementary Therapies

- Aromatherapy
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Swedish Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points awarded

What's included:

Training manual and question paper. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie Treatment Couch) and massage mediums in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:
Pregnancy Massage Practitioner Diploma

REFLEXOLOGY

Description

Modern reflexology provides deep relaxation, revitalised energy, stress relief, preventative healthcare and balance to the systems of the body. You will learn to activate the healing powers of the body using energy zones that run throughout the body and reflex areas in the feet that correspond to all the major organs, glands and body parts.

Qualification options, there are 3 options of qualifications:

Option 1: Reflexology Accredited Diploma

Cost:
£250

Entry Level:
A massage qualification is recommended OR, Anatomy & Physiology

Course format :
2 practical sessions + home study + case studies.
Training material is emailed to you.

Attendance:
2 practical attendance session.

Course content:
Health, safety & hygiene, client care & communications, anatomy & physiology, Reflexology,

Duration:
The home study can be started at anytime, but please check out our current course dates on our website for the practical training element.

Model required?:
Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to bring a model along to assessments to practice your routine on.

Accreditation:

The Complementary Medical Association, Associated Beauty Therapists, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Beauty Therapy

Complementary Therapies

- Aromatherapy
- Baby Massage Instructor
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Swedish Massage
- Indian Head Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist or baby massage instructor working from home, salon, mobile, children centres or nurseries.

CPD points:

18 Points

What's included:

Training manual and question paper. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie massage couch) and massage mediums in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

Reflexology Practitioner Diploma

Option 2:

VTCT Level 3 Diploma in Reflexology (QCF)

Cost:

£355 (£16 VTCT lifetime membership may apply)

Entry level:

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. However, we do recommend you have undergone healthy & safety and A&P training.

Course format:

Practical attendance & assessment: 3 practical sessions / assessments + 1 Induction / Portfolio session

Coursework: Home study and portfolio of evidence containing questions and assignment work

Written Exam: 2 papers

Training material is emailed to you.

Course content:

Unit UC31302 - Provide reflexology for complementary therapies

Optional Unit UC31303 – Healthy eating and well-being for the complementary therapy client (additional costs apply).

Duration:

GLH (Guided Learning Hours): 112. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Home study (Coursework): This can be started at anytime,

Practical Training: Please check out our current course dates on our website for the practical training element, additional dates can be supplied.

Model required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to bring a model along to assessments to practice your routine on.

Case Studies:

You must carry out and document evidence for at least 100 treatments.

Exam Board:

VTCT – Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include:

• VTCT Level 2 Diploma in Beauty Therapy (QCF)

VTCT Level 3 Diploma in Complementary Therapies (QCF)

- VTCT Level 3 Diploma in Aromatherapy (QCF)
- VTCT Level 3 Diploma in Infant & Child Massage (QCF)
- VTCT Level 3 Certificate in Anatomy, Physiology and Pathology for Complementary Therapies (QCF)
- VTCT Level 3 Diploma in Reiki (QCF)
- VTCT Level 3 Certificate in Stone Therapy Massage (QCF)
- VTCT Level 3 Certificate in Swedish Massage (QCF)
- VTCT Level 3 Diploma in Indian Head Massage (QCF)
- VTCT Level 3 Diploma in Flower Essences
- VTCT Level 3 Diploma in Holistic Colour Therapy
- VTCT Level 3 Diploma in Holistic Crystal Therapy

Career Opportunities:

Self-Employment or Employment as a Complementary Therapist or reflexologist .

What's included:

Training material emailed to you. A hard copy of your VTCT assessment booklet. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. A VTCT qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (e.g. massage couch / chair) and massage oils in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

A Single Unit VRQ - VTCT Level 3 Provide Reflexology for complementary therapies(QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3:

VTCT Level 3 Diploma in Reflexology (QCF)

Cost:

£550 (£16 VTCT lifetime membership may apply)

Entry level:

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

Practical attendance & assessment: 3 practical sessions / assessments + 1 Induction / Portfolio session

Coursework: Home study and portfolio of evidence containing questions and assignment work

Written Exam: 2 papers

Training material is emailed to you.

Course content:

Unit UC31268 – Principles & Practice for complementary therapies.

Unit UC31267 – Business Practice for Complementary Therapies.

Unit UC31299 - Knowledge of anatomy, physiology and pathology for complementary therapies.

Unit UC31302 - Provide reflexology for complementary therapies

Optional Unit UC31303 – Healthy eating and well-being for the complementary therapy client (additional costs apply).

Duration:

GLH (Guided Learning Hours): 266 - 296. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Home study (Coursework): This can be started at anytime,

Practical Training: Please check out our current course dates on our website for the practical training element, additional dates can be supplied.

Model required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Assessments = Yes, you will be required to bring a model along to assessments to practice your routine on.

Case Studies:

You must carry out and document evidence for at least 100 treatments.

Exam Board:

VTCT – Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include:

- VTCT Level 2 Diploma in Beauty Therapy (QCF)
- VTCT Level 3 Diploma in Complementary Therapies (QCF)
- VTCT Level 3 Diploma in Aromatherapy (QCF)
- VTCT Level 3 Diploma in Infant & Child Massage (QCF)
- VTCT Level 3 Certificate in Anatomy, Physiology and Pathology for Complementary Therapies (QCF)
- VTCT Level 3 Diploma in Reiki (QCF)
- VTCT Level 3 Certificate in Stone Therapy Massage (QCF)
- VTCT Level 3 Certificate in Swedish Massage (QCF)
- VTCT Level 3 Diploma in Indian Head Massage (QCF)
- VTCT Level 3 Diploma in Flower Essences
- VTCT Level 3 Diploma in Holistic Colour Therapy
- VTCT Level 3 Diploma in Holistic Crystal Therapy

Career Opportunities:

Self-Employment or Employment as a Complementary Therapist or reflexologist .

What's included:

Training material emailed to you. A hard copy of your VTCT assessment booklet. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. A VTCT qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (e.g. massage couch / chair) and massage oils in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

A VRQ - VTCT Level 3 diploma in Reflexology (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

STONE THERAPY MASSAGE

Brief Description

Stone Therapy Massage is a course that has been specifically designed to develop your practical skills in; how to provide the relaxing and stress relieving treatment of massage using hot and cold stones.

Underpinning this qualification you will develop a sound knowledge of health and safety, client care and communication. You will also develop a knowledge and understanding of the practical skills learned throughout this qualification, such

as anatomy and physiology. The purpose of this qualification is to develop your skills in providing stone therapy massage treatments to a high level of occupational ability, to enable you to provide your own services for clients.

Qualification options:

There are 3 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options:

Option 1: Stone Therapy Massage Accredited Diploma

Cost:

£150

Pre-requisites (entry level):

A massage qualification

Course format:

1 day practical + home study + case studies. Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Stone therapy massage.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 3 treatments as case studies.

Accreditation body:

The Complementary Medical Association, Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Swedish Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed massage therapist working from home, salon, Spa or Mobile.

What's included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on

successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Stone Therapy Massage Practitioner Diploma

Option 2: VTCT (L3) Apply Stone Therapy Massage (QCF)

Cost:

£260

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV30475 – Apply Stone Therapy Massage

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

Self-paced home study can be started at anytime and covers
GLH (Guided Learning Hours): 75. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust)

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Swedish Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed / employed massage therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification:

A VRQ - VTCT Level 3 Apply stone therapy Massage (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3: VTCT L3 Certificate in Swedish Massage (QCF)

Cost:

£425

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

3 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV30491 – Monitor & maintain health & safety practice in the salon

Unit UV30468 – Client care and communication I beauty-related industries

Unit UV30475 – Apply stone therapy massage

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

3 practical / assessment sessions + Induction

Duration:

Self-paced home study can be started at anytime and covers

GLH (Guided Learning Hours): 132. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies

- Reiki
- Swedish Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed / employed massage therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ - VTCT Level 3 Certificate in Stone Therapy Massage (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

STRESS MANAGEMENT

Description

Stress is becoming more and more recognised as a major, factor in many physical and mental problems. This course covers a range of "stress related problems" and their treatments as well as investigation into the "root causes" of these problems using a methodical approach. Subjects included in the Course: business practices, Psychotherapy, Systems of the Body, Methods of Treatment, Subconscious Mind Activity, Relaxing & Breathing Techniques, Symptoms of Stress, Psychology, health and safety, hygiene in the workplace, client care and communications.

This course is carried out as a home study course and can be started at anytime.

Qualification option:

Stress Management Accredited Diploma

Cost:
£120

Entry Level:

None.

Course format :

Self-paced. There are 6 modules to study at home + case studies.

Training material is emailed to you.

Attendance:

No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Business Practices: Business Planning, legal requirements, employment opportunities, marketing, business types.

Module 4: Stress Management: Psychotherapy, Systems of the Body, Methods of Treatment, Subconscious Mind Activity, Relaxing & Breathing Techniques, Symptoms of Stress, Psychology.

Module 5: Treatment suggestions: Treatment plans, Consultation sheets, Session worksheets and notes.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 5 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma

or a VTCT qualification in:

- Beauty Therapy

Complementary Therapies

- Aromatherapy
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Crystal Therapy

Weight Loss Therapy

Cognitive Behavioural Therapy

Life Coaching

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie table and chairs for consultation) in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

Stress Management Practitioner Diploma

TAROT READING

Description

Learn the art of Tarot and how you can help your clients by providing them with a tarot reading to enhance and bring about positive changes in their lives. This course is carried out as a home study course and can be started at anytime.

Qualification Option:

Tarot Reading Accredited Diploma

Cost:

£120

Entry Level:

None.

Course format :

Self-paced. There are 6 modules to study at home + case studies.

Training material is emailed to you.

Attendance:

No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, including professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: The Major Arcana, symbolisms of the cards.

Module 4: The minor arcana, the court cards.

Module 5: The spreads, How to put together a Tarot reading.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 6 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation:

Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

Complementary Therapies

- Aromatherapy
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Crystal Therapy

Weight Loss Therapy

Cognitive Behavioural Therapy

Stress Management

Palm Reading

Angel Therapy

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie table and chairs for consultation) in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

Tarot Reading Practitioner Diploma

THAI FOOT MASSAGE

Description

Thai Foot Massage is a traditional technique and is a unique massage of the lower legs and feet. It originated in Thailand over 2000 years ago. It produces a deep and unique feeling of balance, relaxation and well being & involves hands on stretching, massage, use of a stick to stimulate reflex points and follows the Thai energy lines (SEN).

Qualification option:

Thai Foot Massage Accredited Diploma

Cost:

£150

Prerequisite / Entry Level:

None

Course format :

1 practical session + home study + case studies.

Training material is emailed to you.

Attendance:

1 practical attendance session.

Course content:

Health, safety & hygiene, client care & communications,
anatomy & physiology, Thai Foot massage,

Duration:

The home study can be started at anytime, but please check out our current course dates on our website for the practical training element.

Model required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Accreditation:

The Complementary Medical Association, Associated Beauty Therapists, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Beauty Therapy
- Complementary Therapies
- Aromatherapy
 - Reflexology
 - Anatomy, Physiology and Pathology for Complementary Therapies
 - Reiki
 - Stone Therapy Massage
 - Swedish Massage
 - Infant and Child Massage
 - Flower Essences
 - Colour Therapy
 - Crystal Therapy

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points awarded

What's included:

Training manual and question paper. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie Treatment Couch) and massage mediums in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:

Thai Foot Massage Practitioner Diploma

THERMAL AURICULAR THERAPY (EAR CANDLING)

Description:

This course is designed to help develop your basic knowledge, practical skills and competencies in; how to provide ear candling treatments on clients.

Underpinning this qualification you will develop your interest and aspiration to work in the beauty or complementary therapy industry. You will also develop an underpinning knowledge and understanding of the practical skills learned throughout this qualification. You will learn about health and safety, client care and communications as well as anatomy and physiology and the correct use of thermal auricular therapy (includes a facial sinus massage routine.)

Qualification options:

Option 1: Thermal Auricular Therapy Accredited Diploma

Cost:

£130

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

1 day practical + home study + case studies.

Training material is emailed to you.

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, Thermal Auricular Therapy.

Attendance:

1 practical session

Duration:

The home study can be started at anytime, please ask for available course dates.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation body:

The Complementary Medical Association, Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences

- Colour Therapy
 - Crystal Therapy
- Beauty Therapy

Career Opportunities:

Self-Employed therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. An accredited certificate is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop

Qualification gained:

Thermal Auricular Therapy Practitioner Diploma

Option 2: VTCT (L3) Provide Thermal Auricular Therapy (QCF)

Cost:

£255

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. We do recommend you hold a Health & Safety & Anatomy & Physiology qualification, but this is not essential to enrol on the course.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV20443 – Provide thermal auricular therapy

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 20.

(GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy
- Beauty Therapy



Career Opportunities:

Self-Employed / employed therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

Single unit qualification: A VRQ - VTCT Level 2 Provide Thermal Auricular Therapy (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3: VTCT L2 Award in Thermal Auricular Therapy (QCF)

Cost:

£365

Pre-requisites (entry level):

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

Course format:

2 individual practical / assessment sessions+ home study + portfolio coursework + case studies + induction / portfolio session + written exams. Training material is emailed to you.

Course content:

Unit UV20483 – Follow health and safety practice in the salon

Unit UV20453 – Client care and communication in beauty related Industries

Unit UV20443 – Provide thermal auricular therapy

Start time:

The home study can be started at anytime, but please ask for course dates practical training element.

Attendance:

2 practical / assessment sessions + Induction

Duration:

GLH (Guided Learning Hours): 62. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Self-paced home study can be started at anytime.

Model Required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete enough treatments to cover the range requirements.

Exam board:

The VTCT (Vocational Training & Charitable Trust

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Aromatherapy
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Colour Therapy
- Crystal Therapy

Career Opportunities:

Self-Employed / employed therapist working from home, salon, Spa or Mobile.

Whats included in the course fee:

Training pack (PDF format & word format) A coursework tutor is assigned to you for full support throughout the course. Personalised study plan tailored to the individual students requirements. A VRQ qualification is posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies and practice your skills. We also recommend you purchase a text book to support your learning, a recommended reading list is available on our website in our shop.

If you have not studied a VTCT qualification before there is a one off £16 lifetime membership fee to pay in addition to the course fee.

Qualification gained:

A VRQ - VTCT Level 2 Award in Thermal Auricular Therapy (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

WAXING

Description

This training will teach you how to conduct warm waxing covering all areas of face and body waxing (including leg waxing, bikini waxing, underarms, facial hair, and eyebrow wax)

Qualification options:

There are 3 qualification choices for you to choose from here to cater for all student requirements. Please see below for details of these options

Option 1:

Waxing Accredited Diploma

Cost:

£160

Entry Level:

None

Course Format:

1 practical session + home study + case studies.

Training material is emailed to you.

Attendance:

1 Practical session

Course content:

Health, safety & hygiene, client care & communications, anatomy & physiology, waxing, case study guidance.

Duration:

The home study can be started at anytime, but please check out our current course dates on our website for the practical training element.

Model required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies

Accreditation:

Professional Beauty, Associated Beauty Therapists, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Beauty Therapy
- Stone Therapy Massage
- Indian Head Massage
- Body Wrap
- Eyelash Extensions
- Tanning (Spray &/or cream)
- Nail Enhancements

Career Opportunities:

Self-Employed beauty therapist working from home, salon, mobile.

What's included:

Training manual and question paper per subject emailed to you. A coursework tutor is assigned to you for full support throughout the course. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification:

Waxing Practitioner Diploma

Option 2:

VTCT Level 2 Remove hair using waxing techniques (QCF)

Cost:

£260 (+£16 VTCT membership may apply.)

Entry Level:

None

Course format :

2 practical sessions+ home study + portfolio coursework + case studies + induction / portfolio session + final assessment + written exams.

Training material is emailed to you.

Attendance:

2 practical / assessment / induction attendance sessions.

Course content:

Unit UV20418 – Remove hair using waxing techniques,

Duration:

GLH (Guided Learning Hours): 57. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Home study (Coursework): This can be started at anytime,

Practical Training: Please check out our current course dates on our website for the practical training element, additional dates can be supplied.

Model required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Exam Board:

VTCT (Vocational Training & Charitable Trust)

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Beauty Therapy
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Eyelash Extensions
- Nail Enhancements
- Tanning

Career Opportunities:

Self-Employed beauty therapist working from home, salon, mobile.

What's included:

Training manual and question paper. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Certificate:

A VRQ Single unit - VTCT Level 2 Award in Wax Depilation (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

Option 3:

VTCT Level 2 Award in Wax Depilation (QCF)

Cost:

£375 (+£16 VTCT membership may apply.)

Entry Level:

None

Course format :

3 practical sessions+ home study + portfolio coursework + case studies + induction / portfolio session + final assessment + written exams.

Training material is emailed to you.

Attendance:

3 practical / assessment / induction attendance sessions.

Course content:

Unit UV20418 – Remove hair using waxing techniques

Unit UV20483 – Follow health and safety practice in the salon

Unit UV20453 – Client care and communication in beauty related Industries

Duration:

GLH (Guided Learning Hours): 99. (GLH incl's. practical, coursework, case studies, assessments, written exams)

Home study (Coursework): This can be started at anytime,

Practical Training: Please check out our current course dates on our website for the practical training element, additional dates can be supplied.

Model required?:

Group training = No, students will work on each other.

One to one training = Yes, you will be required to bring a model along to the practical training to practice your routine on.

Case studies = Yes, you will be required to work on models for your case studies.

Exam Board:

VTCT (Vocational Training & Charitable Trust)

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include an accredited diploma or a VTCT qualification in:

- Complementary Therapies
- Massage
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Beauty Therapy
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Eyelash Extensions
- Nail Enhancements
- Tanning

Career Opportunities:

Self-Employed beauty therapist working from home, salon, mobile.

What's included:

Training manual and question paper. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products and equipment in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Certificate:

A VRQ - VTCT Level 2 Award in Wax Depilation (QCF)

This qualification is mapped to the relevant NOS (National Occupational Standards), where applicable. This qualification is accredited on the qualifications and credit framework (QCF). This qualification is a VRQ (Vocationally Related Qualification.)

WEIGHT LOSS THERAPY

Description

This course will teach you techniques to assist your clients with their core issues that are preventing them from losing weight in the past. It uses a combination of EFT (Emotional Freedom Technique) and Cognitive Behavioural Therapy to eliminate emotional issues. EFT, also known as 'The Tapping Therapy' works by tapping on meridians to remove blockages and promote the flow of energy running through the body; this can help with both emotional and physical blockages and ailments. Cognitive Behavioural Therapy assesses the way that your client thinks, behaves, perceives, acts and reacts. It then work to unlock and release the potential within the client, to bring about 'major positive improvements' and changes by focusing upon issues and offering more balanced and focused ways of looking at, addressing and handling such matters, to assist in weight loss.

There are 6 modules within this course followed by a question paper for each module, to include health & safety, hygiene, client care, communications, anatomy & physiology, benefits, about the therapy, treatment plans & case studies.

Qualification Option:

Weight Loss Therapy Accredited Diploma

Cost:
£120

Entry Level:

None.

Course format :

Self-paced. There are 6 modules to study at home + case studies.

Training material is emailed to you.

Attendance:

No attendance, this is a distant learning course.

Course content:

Module 1: Health, safety and hygiene within the treatment room, incl professional ethics, insurance, health and safety acts, risk assessments, how to work hygienically, personal presentation.

Module 2: Client care and communications: How to communicate with your client, dealing with client questions, complaints etc. Consultation techniques.

Module 3: Emotional Freedom Technique for weight loss.

Module 4: Cognitive behavioural therapy for weight loss

Module 5: Treatment suggestions: Treatment plans, Consultation sheets, Session worksheets and notes.

Module 6: Case Studies: Contains the documents required to complete the case studies. There are 6 treatments to carry out and document for case studies.

Duration:

This course is carried out as a home study course and can be started at anytime. This

course is approx. 40 hours study (this does vary from student to student.)

Model required?:

Case studies = Yes, you will be required to work on models for your case studies.

Case studies:

You are required to complete 6 treatments as case studies.

Accreditation:

The Complementary Medical Association, Professional Beauty, Westminster Indemnity & Towergate

Course Progression:

On completion of this qualification you may choose to undertake further study; qualifications you could progress to include a home study course, accredited diploma or a VTCT qualification in:

- Beauty Therapy

Complementary Therapies

- Aromatherapy
- Reflexology
- Anatomy, Physiology and Pathology for Complementary Therapies
- Reiki
- Stone Therapy Massage
- Indian Head Massage
- Infant and Child Massage
- Flower Essences
- Crystal Therapy

Cognitive Behavioural Therapy

Stress Management

Career Opportunities:

Self-Employed complementary therapist or massage therapist working from home, salon, mobile.

CPD points:

9 Points

What's included:

Training manual and question paper for each module. A coursework tutor is assigned to you for full support throughout the course. Fully qualified tutor for the practical training. An accredited certificate posted to you on successful completion of the course.

Additional Costs:

You will need to purchase your own products, equipment (ie table and chairs for consultation) in order to carry out your case studies. We also recommend you purchase a text book to support your learning, a recommended reading list is supplied with your training pack.

Qualification gained:
Weight Loss Therapy Practitioner Diploma

Need a kit to get you started?

Please ask for further details as we may be able to offer student kits and a range of beauty products at additional costs.

Course Format

To keep things simple, all our courses are arranged around the same format & procedure:

- * **Select the course(s)** you would like to study.
- * Decide whether you would like to study towards a **home study course, accredited course or VRQ (VTCT)** qualification.
 - * Complete an **enrolment form** (available to download here - [Enrolment Form](#))
- * **Pay for the course** - 50% deposit required at time of booking, final 50% due no later than 14 days before the training date commences (full payment is required for all correspondence courses & also for special offers.) We accept payments by cash, cheque, postal order, debit/credit card & Paypal.
- * Once your deposit payment/full payment has been received (cleared funds) our **training pack will be emailed** to you - this will include a training manual, question paper, directions to the training venue, as well as further info relevant to your course.

THEN: If studying a correspondence course

- You will receive one **module and a question paper** VIA EMAIL at a time for you to study and complete the questions.
 - **Submit your question paper** for marking.
- Once you have successfully completed the question paper, you will be **emailed your next module**.
- On successful completion of all modules, you will be awarded your **qualification**, which will be sent to you in the post.

OR, If studying towards Accredited Diploma

- * Study the training manual at home.

- * Complete the **question paper** and submit to us for marking via email or post.(ideally this should be done before attending the practical training, so we know you have an underpinning theory knowledge of the therapy, if this is not possible, you may submit the paper after your practical training, but we do recommend you have at least read through your pack and have an understanding of the theoretical aspect of the subject before attending your practical training.)
- * Carry out **further reading** on the subject using text books from our recommended reading lists as well as researching on the internet (this should be an ongoing process for you throughout the whole training process as well as after you have qualified - you can never have enough information, and it is always important to keep up to date with the latest in the industry :-))
- *The **final balance** of the course is payable no later than 14 days prior to the practical training day, so payment would need to be made if not already paid in advance.
- * Attend the **practical training** day(s). There are usually 1 or 2 practical training days (as well as interim and formal assessment days if you are studying towards a VRQ).
- * Carry out your **Case studies** and submit them for marking. The number of case studies varies per course, and you will be given a full case study pack and all the details with your training material.
- * Once you have successfully completed the practical training, question paper and case studies you will then be **qualified** and will be sent your accredited certificate. You will be able to obtain insurance and work professionally using your new skills.

OR, If studying towards a VTCT (VRQ) Qualification

These are the steps you will need to achieve before successful completion of the course:

- Complete your **PORTFOLIO / INDUCTION** session, so we can instruct you how to put together your portfolio & answer any questions you may have, this can be carried out over the telephone or in person.
- Build a **portfolio** - This will contain evidence of your knowledge in the subject and you will have tasks to complete to demonstrate your knowledge. You will be given an assessment booklet from the VTCT which you will use to build your portfolio. Your portfolio will need to include, your knowledge question paper, case studies, supporting documents, copies of previous relevant qualifications, your VTCT assessment booklet, the results of your written exam paper & a signed declaration that your work is your own.
 - Attend the required **practical sessions** for the chosen course
 - Complete your knowledge question paper to provide evidence to put into your portfolio.

- Carry out your **case studies** - The required number of case studies are outlined in your assessment booklet and you will need to cover a range of criteria in order to complete the required number of case studies.
 - Attend your final assessment & sit your written exam paper (s) where applicable.
 - Submit your portfolio (incl case studies) for marking by our assessors and verifiers.
 - On successful completion, you will be awarded a **VRQ qualification** by the VTCT.

Click here for full terms & conditions

Additional Information

Payment Terms

50% non-refundable deposit is payable to secure your booking. Final 50% is due no later than 14 days prior to the start date of the practical training.

Full payment is required at time of booking for all home / distant learning courses, or for special offers.

Payment Methods

Cash, Cheque, Bankers Draft, Postal Order, direct bank transfer or payment by credit or debit card, or Paypal.

Please make cheques payable to : Holistic Therapies Training

Please send paypal payments to: pisces1971@hotmail.co.uk

If you wish to pay by direct bank transfer, or card payment please ask for details.

Enrolment

We will require you to complete and return our enrolment form along with your payment. Once this has been received we will process your booking and practical dates (where applicable) will be confirmed and your training pack will be emailed to you. To download a copy of our enrolment form, please click here –

[Enrolment Form](#)

Contact Details:

Holistic Therapies Training

Phone (01237) 423006

(Please do leave a message on our answer phone, in times when we are teaching, in meetings or out of the office.)

Email: holistictherapietraining@hotmail.co.uk

N.B. FOR ALL COURSES:

We aim to mark all your course work quickly, but we do experience high volumes of coursework being submitted at times, so please allow up to 7 days to receive our feedback on your work.

It is the student's responsibility to check with their insurance company that they will endorse their qualifications BEFORE they enrol on the course & to decide whether to take the accredited diploma or the VRQ option. Some insurer's / employers / membership organisations may insist on a VRQ qualification.

**Full terms & conditions are available on our website
www.holistictherapietraining.co.uk**

Notes:

All training involves hands on learning. You must be prepared to give and receive the treatment during practical training and/or you may be required to bring a model along to train on.

Our Professional Diplomas are accredited by: The CMA (The Complementary Medical Association), Professional Beauty, Associated Beauty Therapists & Westminster Indemnity.

Our VRQ Qualifications are awarded by the VTCT (Vocational Training & Charitable Trust).

Holistic Therapies Training is an approved and accredited training provider. The courses provided enable therapists to practice their skill professionally and obtain insurance.

Accredited Diploma

If you select the fast track accredited diploma option for training, the courses are accredited and approved through the following organisations, enabling you to obtain insurance and practice professionally. If you already have therapist insurance, you can inform them who the qualification is accredited by.

Complementary Medical Association

www.the-cma.org.uk



The CMA was established in early 1995, in response to the overriding lack of public and medical knowledge about the complementary medical profession.

The Complementary Medical Association (CMA) aim is to promote ethical, responsible, professional complementary medicine to the public and the medical profession.

The CMA represents the interests of just over 15,000 practitioners in various categories - including students and 100 college members with additional organisations approaching us regularly. The CMA is great news for professional practitioners, ethical colleges and patients who demand and expect excellence in every aspect of treatment.

N.B. This accreditation body covers Holsitic and massage qualifications, but not Beauty.

Associated Beauty Therapists

www.abtinsurance.co.uk



Associated Beauty Therapists combines over thirty years' of internal experience with one of the largest insurance company's in the UK (AXA Insurance UK plc), the premier show organiser and publisher and a team of well respected industry professionals. Associated Beauty Therapists is a UK-based company offering both membership and insurance solutions; it is designed by therapists, for therapists and all therapies are covered by the insurance at a fraction of the cost you may be used to.

Professional Beauty

www.professionalbeauty.com



Professional Beauty is a portal to the UK beauty industry. On a monthly basis the magazine features news, trends, treatments, products, data and insightful viewpoints. Professional Beauty finds out what's going on in the business and how it affects yours with the finest collection of news, views and interviews. Professional Beauty also offers insurance.



With over 250 practices covered, Westminster offers an insurance service to suit most therapists and the treatments that they offer. With up to £5M cover for UK customers.

Insurance

We recommend for insurance:

- The CMA www.the-cma.org.uk
- Professional Beauty www.professionalbeauty.com
- Associated Beauty Therapists www.abtinsurance.co.uk
- Westminster Indemnity www.westminster-indemnity.net/wi/index.php
- Towergate www.towergateinsurance.co.uk

It is the students responsibility to check with their existing insurance company *before* enrolling on our courses to ensure that they will cover the qualification.

VRQ

A VRQ (vocationally related qualification) is nationally and internationally recognised. The examining body is called The VTCT (Vocational Training & Charitable Trust).

The VTCT

www.vtct.org.uk



VTCT
WORLD CLASS
QUALIFICATIONS

VTCT is a Government approved Awarding Body offering National Vocational Qualifications (NVQs), Scottish Vocational Qualifications (SVQs) and other vocationally related qualifications (VRQs). VTCT has been in existence for over forty years and has been at the forefront of developing the vocational system of qualifications in the United Kingdom.

VRQ

A work related / hands on qualification that focuses on employment skills for you. They have been developed by the industry for the industry and is a collection of units which gives you the full skills required to work within the industry.

TRAINING VENUES

Holistic Therapies Training run courses at the following venues, please visit our website for further details and pictures of the venues:

BIDEFORD, DEVON

HUNGERFORD, BERKSHIRE

SWINDON, WILTSHIRE

GLOUCESTER

CALNE, WILTSHIRE

BRISTOL

DAMERHAM, NR FORDINGBRIDGE, HANTS

ON SITE – WE COME TO YOU (SOUTH WEST ONLY)

TERMS

Payment

- A 50% Deposit is required to secure your place on the course. This deposit is non-refundable. Payment is to be made immediately on booking on the course.
- Final 50% is payable no later than 14 days prior to the start of the practical training day. If the booking is made within the 14 days, the full payment for the course is payable immediately. This must be 'cleared' funds.
- 50% is of the course fee payable by the student, to include any special offers or discounts that may have been issued. It is the students responsibility to check the fee that is payable for their booking.
- It is the students responsibility to seek which method of payment they will use. A payment methods options sheet is available on request.
- Course fees include: Pre-course training manual & question paper, practical training, case study marking and issuance of a certificate. Course materials are supplied, unless otherwise stated
- For all special offers & discounts, we require full payment in order to enrol on the course. We cannot accept 50% deposits.
Only 1 special offer or discount price can be used per booking and cannot be combined with any other offer currently running.
- Payment methods:
 1. Cash
 2. Cheque / Postal Order
Please make cheques payable to: Holistic Therapies Training
and post to: Holistic Therapies Training HO, 36 Fulford Close, Bideford, Devon, EX39 4DX
 3. Direct Bank Transfer
Bank Name: Santander
A/C Name: Holistic Therapies Training
A/C No: 89897988
Sort Code: 09-01-27
 4. Debit / Credit Card
Option 1: Debit / Credit card payments via paybylink: We email you a payment request, and you simply follow the link in the email to take you to a secure site to enter your card details for an online payment.
Option 2: We can take card payments over the telephone.

Insurance

- It is the students responsibility to check that cover is honoured with their insurance company prior to attending a course at Holistic Therapies Training Ltd
- Please check with your insurance company prior to booking.
- If you do not have insurance, we can recommend some insurance companies. However, it is the students responsibility to seek a suitable insurance company for themselves.

Cancellations

- The deposit of 50% is non-refundable in the event of a student cancelling their booking.
- If the student cancels within 7 days of the practical training day, the full 100% fee is non-refundable. A student may be able to move their booking to an alternative date, at the discretion of the company director.
- If the students request to change their practical training date, an admin fee of £15 maybe applicable.
- Holistic Therapies Training Ltd reserves the right to change any course dates, including if there is insufficient students attending, or a model cannot be found, or in unforeseen circumstances. If the course is cancelled due to unforeseen circumstances, and the student does not wish to re-schedule, then a full refund of fees already paid by the student, will be issued.
- If a student cancels within 14 days prior to the practical training date, a proof of reason may be requested.
- A minimum of 2 students is required to run the course, unless a one to one booking has been confirmed between student and tutor. The student will then be required to provide a model. Unless an agreement for a model to be provided by the tutor has been agreed between student and tutor.
- No refunds are honoured other than the terms listed here.

Practical Training Day

- Holistic Therapies Training Ltd offers intense practical training courses. It is the students responsibility to ensure that this level of training is suitable for their individual needs.
- It is recommended that the pre course training manual is fully studied and the question paper completed and returned to the tutor prior to the practical training date.
- It is also the students responsibility to further research the course that they are studying in addition to the pre course training manual provided. A recommended reading list is available from the tutor on request.
- You will be required to give and receive a treatment of the chosen therapy that you are studying on the practical training day. Unless you have booked a one to one training day, in which you may work only on a model.

- It is the students responsibility to inform the tutor of any medical conditions that they may have, especially if this contra-indicates them to receiving a treatment on the practical training day. A full list of the contra-indications relevant to the therapy is listed in the pre-course training manual and is also available, on request, from the tutor.
- It is advisable for the student to not consume alcohol within 24 hours of attending a practical training day, due to dehydration.
- A certificate will only be issued to the student once they have demonstrated that they understand the therapy and can conduct a treatment in a safe and professional manner. The tutor reserves the right to refuse to issue the certificate or request that the student attends for a further assessment. (Further fees may be payable, if a re-assessment is required.)
- Holistic Therapies Training Ltd reserves the right to change a course date at any time. It is the students responsibility to contact us regarding course dates. If a course date changes and a student has already booked on the course, then the student will be contacted immediately to offer alternative dates or refund, at the discretion of the tutor only!

Student

- It is the sole responsibility of the student to fully research the course prior to booking. This includes course content, eligibility for insurance, level of qualification and any other course suitability for the student in all its aspects. Once a booking has been made, a refund is not payable. Holistic Therapies Training Ltd accepts no responsibility in the event that the content of the course does not meet the students requirements. Once a booking has been confirmed, including attendance of the practical training day, the student will be required to abide and comply with all the terms of Holistic Therapies Training Ltd set out herein.
- Students must be of a minimum age of 16 to attend a course.
- No previous experience is required for a student to attend a course, however, some courses do have pre-requisites! It is the students responsibility to enquire about pre-requisites, and to provide a suitable copy of a previous qualification if required. Please refer to each individual course for pre-requisites and requirements.
- A good standard of English, to include verbal, written & reading, is required in order to attend a course with Holistic Therapies Training Ltd.
- An enrolment form is required to be completed by each student attending a course with us.
- If any correspondence or communication has been sent to us by the student, whether via email, letter, text, answer phone message or any other method; it is the students sole responsibility to follow up, check or ensure that Holistic Therapies Training Ltd has received the communication.
- All students must comply with all policies of Holistic Therapies Training Ltd including Code of Ethics, Health & Safety, Security & any other policies required by Holistic Therapies Training Ltd.

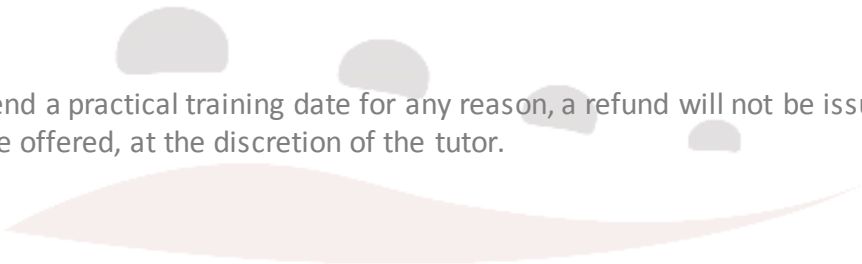
Student dress code

Holistic Therapies Training expects any learner working in a realistic working environment to wear the appropriate clothing. Clothing must be comfortable and always look clean and neat.

Appearance and uniform requirements must also conform to the accepted standard of the industry for which the learner is training.

We expect the learner to think of their uniform as a representation of themselves and promote an acceptable professional image, but also as protective wear. This can be adapted to the environment and the service being offered and to the potential client. Clients expect a certain appearance and behaviour from those working in a professional capacity. If they are satisfied, they will return and also recommend the business to others. Health, safety and hygiene must also be considered, e.g., hair, jewellery and clothing should never come into contact with a client. It spoils the treatment/service and is distracting. The products being used may soil the clothing and jewellery and provide a potential contamination risk. It must also be considered that touching hair or jewellery during a treatment/service and then touching the client is unhygienic. The effect of wearing facial and other jewellery should be considered, as what is acceptable in some instances may be less acceptable in others. This may make clients feel uncomfortable and discourage them from returning. Jewellery should be kept to a minimum for most treatments. For learners attending VTCT courses will not pass their assessments if they arrive in unsuitable attire. Further details in acceptable clothing and personal presentation are included in our training packs.

Attendance

- If a student fails to attend a practical training date for any reason, a refund will not be issued. An alternative date may be offered, at the discretion of the tutor.
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Rights

- Holistic Therapies Training Ltd reserves the right to decline a student's application to attend a training course.
- Holistic Therapies Training Ltd reserves the right to alter a course date or venue at any time.
- All queries must be reported and logged within 7 days of the practical training date.
- All course material provided by Holistic Therapies Training Ltd are copyright and remain the sole right of Holistic Therapies Training Ltd. No copies, extracts or references can be made to the course material without prior permission and must be agreed in writing.

Resources

- All course materials will be provided on the practical training day unless otherwise specified.
- The student will be encouraged to purchase further text books for the therapy that they are studying.
- The student will be required to purchase all required equipment and products in order to practice their case studies to complete their studies.

Accreditation

- Courses run by Holistic Therapies Training Ltd have been approved, verified & accredited and are suitable to run as a viable professional training course as well as eligible for professional insurance. It is the students responsibility to enquire about which bodies the courses are accredited through, whether their insurance company will cover the certificate and whether the level of qualification for the course is suitable for their individual needs.

Contact

Head office

Holistic Therapies Training
36 Fulford Close
Bideford
EX39 4DX

(01237) 423006

holistictherapiestraining@hotmail.co.uk

www.holistictherapiestraining.co.uk

