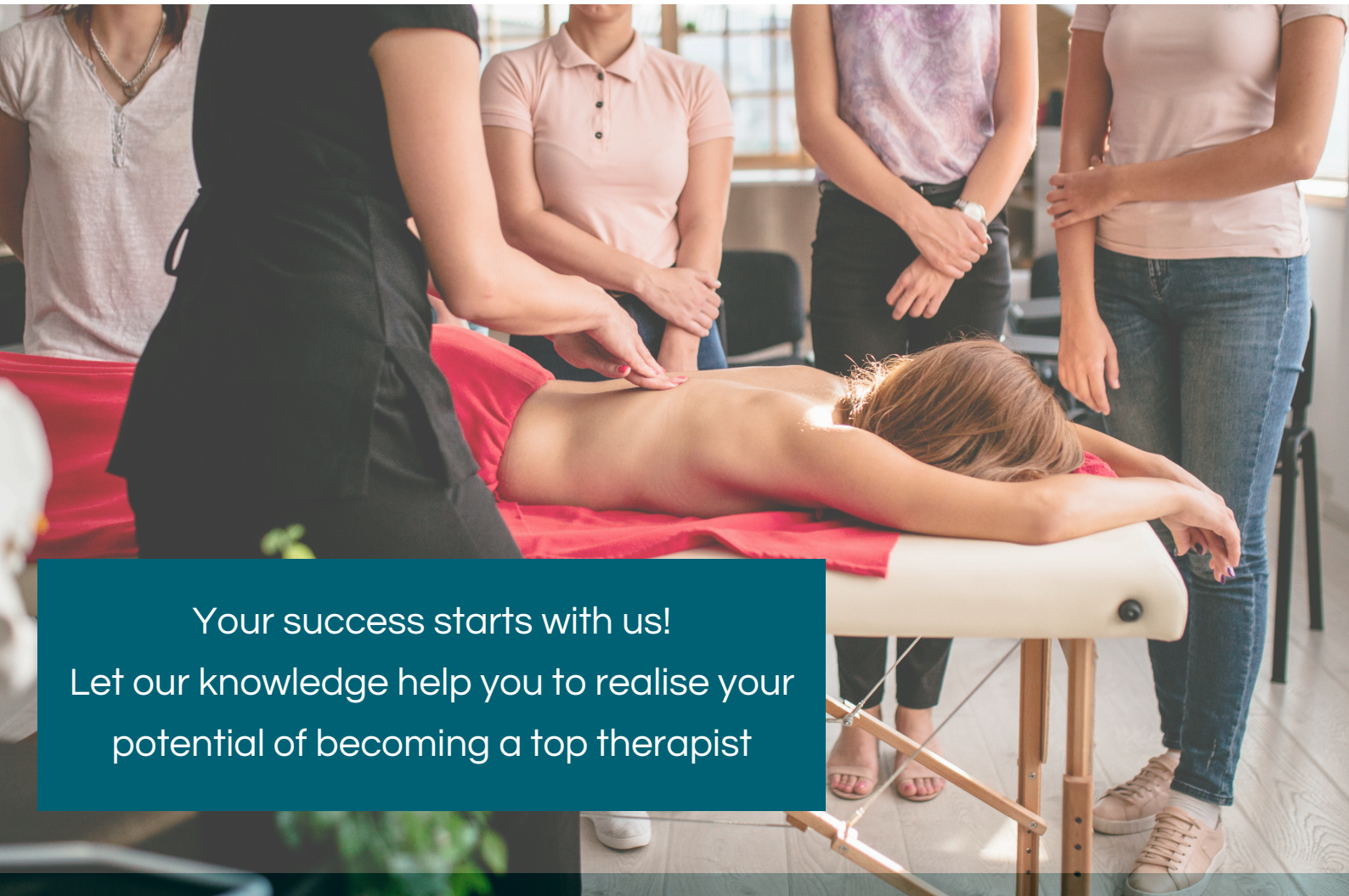




# Holistic Zone<sup>TM</sup>

training academy

passion | excellence | success



Your success starts with us!  
Let our knowledge help you to realise your  
potential of becoming a top therapist

## Course Prospectus

[www.holisticzonetraining.co.uk](http://www.holisticzonetraining.co.uk)

01202 923202 97872 633903

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# About Us



Julie has been in the industry as a therapist for over 17 years, establishing Holistic Zone in 2007, and then opening the multi-award-winning Training Academy side of the business in 2018. Since then, it has empowered learners across the UK. With the head office in Poole, Dorset, there are now 17 training centres nationwide, from Scotland to Cornwall and Northern Ireland. We provide high quality, personalised learning experiences on the fully accredited training courses in massage, beauty and holistic therapies.

The team of expert tutors have years of experience in their respective fields and are committed to delivering the highest standard of training. We believe in not just teaching the practical skills, but also providing a strong theoretical foundation so that our students truly understand the underlying principles behind their chosen therapy.

Our courses are suitable for everyone, whether you are a complete beginner looking to start a new career, or an experienced therapist wanting to expand your skills and knowledge.

At Holistic Zone Training Academy, we pride ourselves on our friendly and inclusive learning environment. We understand that everyone learns differently, so we tailor our teaching methods to suit each individual student. We specialise in small group and one-to-one training, allowing our tutors to give each student the personal attention they need, to learn new skills.

We also provide ongoing support after you have completed your course, so you can always feel confident in your abilities and have access to further guidance if needed.

Our mission is to provide passionate and highly knowledgeable tutors, professional high-quality training, with in-depth courses, ensuring our students reach their full potential, whilst receiving a positive learner experience.

A mission that drives our passion for excellence and success.

If you are ready to embark on an exciting new career in this industry or want to add a new therapy or treatment, get in touch with us today to find out more.

## Venues

Head Office - Poole Dorset  
Banbury, Oxfordshire  
Calne, Wiltshire  
Darlington, Co Durham  
Dungannon, Northern Ireland  
Everingham, York  
Falmouth, Cornwall

Hemel Hempstead,  
Hertfordshire  
Leeds, Yorkshire  
Montrose, Scotland  
Taunton, Somerset  
Weymouth, Dorset  
Wimborne, Dorset



# Massage Courses

We offer a variety of professional diploma courses and online courses all of which are accredited and insurable.

Our courses are suitable for complete beginners through to fully qualified therapists.

We offer fast track, one and two day courses, through to Level 3, which are a four day intensive course, ideal for complete beginners.

- Advanced & Deep Tissue Massage Techniques - 1 day
- Aromatherapy Balance and Restore Ritual - 1 day
- Aromatherapy Massage - 2 days
- Aromatherapy Massage - 4 days
- Body Massage - 2 days
- Facial Rejuvenation Massage - 1 day
- Indian Head Massage - 1 day
- Hopi Ear Candling - 1 day
- Level 3 Diploma in Massage - 4 days
- Level 3 Diploma in Reflexology - 4 or 5 days
- Pregnancy Massage - 1 day
- Seated Acupressure Massage - 1 day
- Stone Therapy Massage - 1 day
- Coming soon - Facial Reflexology - 1 day

Please check our website for current course prices





# Beauty Courses

Fast track fully accredited beauty courses. Fully insurable with leading insurance companies. Work in a salon or spa, freelance or from home.

- Holistic Facial - 1 day or 2 day
- Lash Lifting - 1 day
- Manicure & Pedicure - 1 day
- Waxing - 1 day

Please check our website for current course prices



# Spiritual Courses

- Reiki & Seichem Level 1 - 1 day
- Reiki Level 1 - 1 day
- Reiki & Seichem Level 2 - Practitioner - 1 day
- Reiki & Seichem Level 1 & 2 - Practitioner - 1 day
- Reiki Level 2 - Practitioner - 1 day
- Reiki & Seichem Level 3 - Master/Teacher - 1 day
- Reiki Level 3 - Master/Teacher - 1 day



Reiki (pronounced ray-key) a Japanese word meaning Universal Life Energy. Reiki has no association with religion, faith or belief systems, and can be received by anyone who is willing to be healed.

When energy flows uninterrupted there is balance and harmony within and around us and we experience a sense of well being. Reiki works at bringing us into balance and reinforces the body's natural ability to heal itself at all levels.

Seichem (pronounced say-keem) works in the same way as Reiki, with hands placed on the body, but in addition hands may be working in the aura which surrounds the body. It is reputedly one of the healing arts practised in ancient Egypt. Reiki is one of the four elemental rays which make up Seichem - earth (Reiki), water, air and fire.

Please check our website for current course prices

# Other Courses

Whether you are a qualified therapist looking to add a new treatment to your services or wanting refresher training. If you are just starting out as a therapist and looking for your first course. Or, you would just like to learn something new to share with family or friends. There will be a course for you!

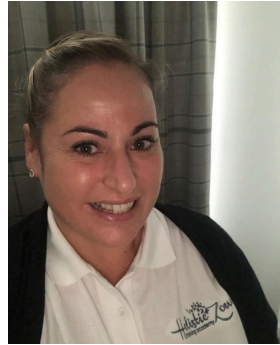
- Level 3 Anatomy, Physiology & Pathology for Complementary Therapists Accredited Diploma
- Aromatherapy Blending Online Accredited Course
- Stress Management Online Accredited Course
- Other Online Courses in Beauty & Nails
- Online Wellbeing Courses
- Refresher Training
- Workshops



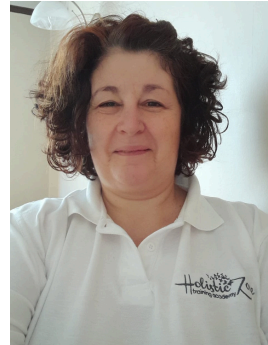
# Our Tutors



Lisa Joyce  
Swindon & Calne



Katie Ryan  
Weymouth



Lynne Buller  
Taunton



Carole Dalton  
Everington



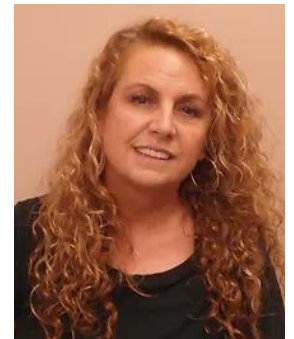
Lucy Sage  
Falmouth



Christina Blair  
Dungannon



Joanna Eldred  
Hemel Hempstead,



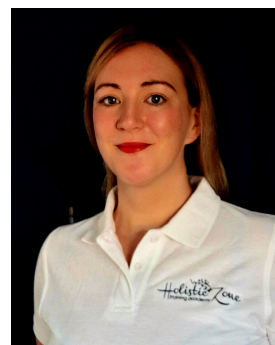
Jane Fitzgibbon  
Wimborne



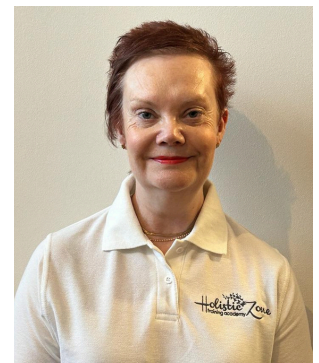
Lenka Freharova  
Banbury



Lynne Pedelty  
Darlington



Fiona Campbell  
Leeds & Harrogate,



Lynne Collie  
Montrose

# Accreditations

Our professional courses are accredited by Associated Beauty Therapists, Professional Beauty Direct, International Guild of Complementary Therapists, International Institute for Complementary Therapists and recognised by Towergate Insurance, InSync Insurance, WellBeing Insurance, BGi.uk Insurance and Westminster Insurance.



**APPROVED  
TRAINING PROVIDER**

INTERNATIONAL INSTITUTE FOR  
COMPLEMENTARY THERAPISTS

**INSYNC**  
INSURANCE





# Contact Us

If you are unsure which is the most suitable course for you, please give us a call and we can discuss your options to find the right course for you!



Julie Miller, Owner, Founder  
& Principal Tutor  
Poole, Dorset

01202 923292

07872 633903

[info@holisticzonetraining.co.uk](mailto:info@holisticzonetraining.co.uk)

[www.holisticzonetraining.co.uk](http://www.holisticzonetraining.co.uk)



**UKRLP**

**UK Register  
of Learning  
Providers**

**UKPRN: 10083306**