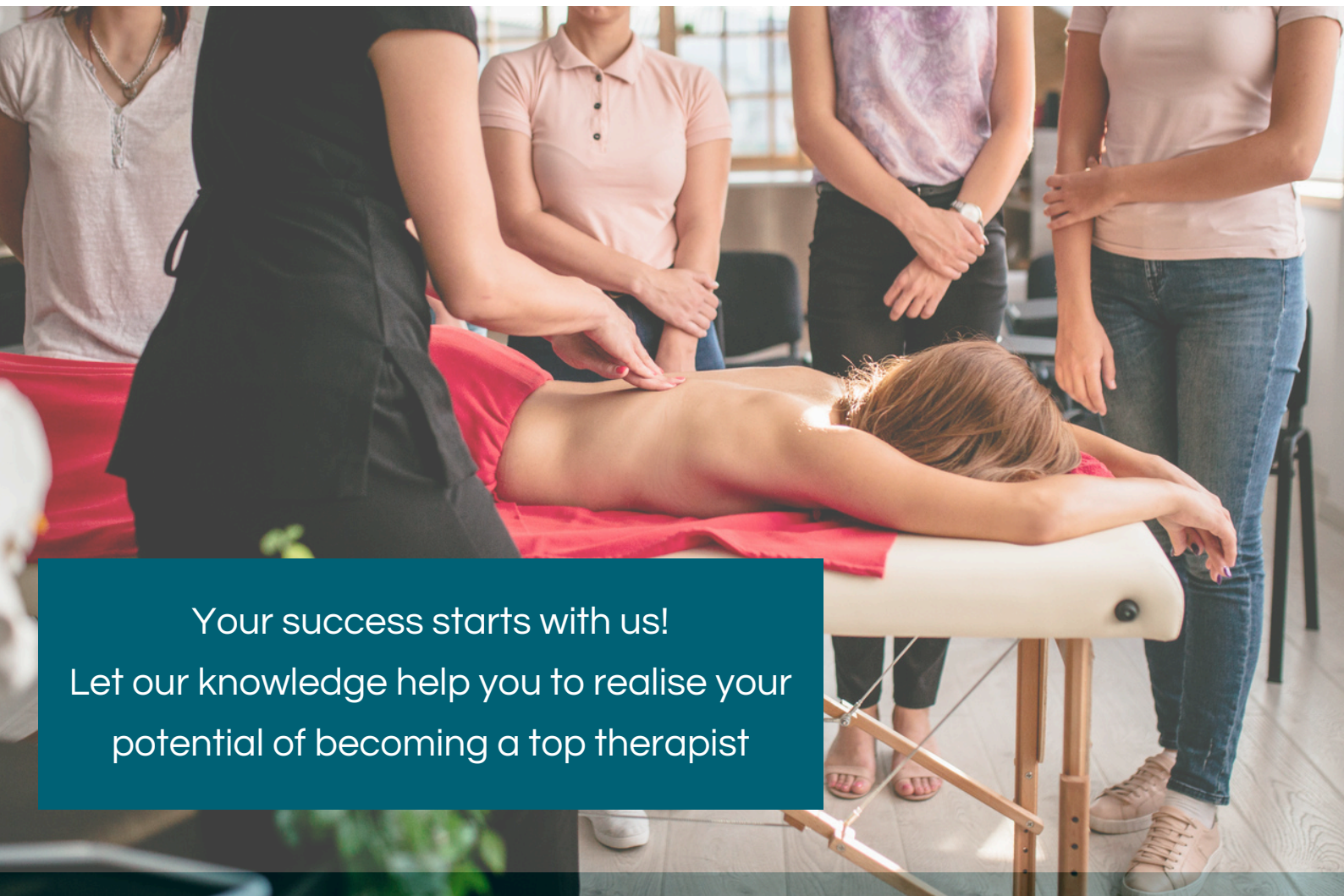




Holistic ZoneTM

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
01202 923202 | 07872 633903

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About Us

Julie has been in the industry as a therapist for over 19 years, establishing Holistic Zone in 2007, and then opening the multi-award-winning Training Academy side of the business in 2018. Since then, she has empowered learners across the UK. With the head office in Poole, Dorset, there are now 19 training centres nationwide, from Scotland to Cornwall and Northern Ireland. We provide high quality, personalised learning experiences on our 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
Christchurch, Dorset
Cupar, Fife
Dorchester, Dorset
Dungannon, Northern Ireland
Everingham, East Yorkshire
Falmouth, Cornwall
Hemel Hempstead, Hertfordshire

Huddersfield, West Yorkshire
Leeds, Yorkshire
Martock, Somerset
Middlesbrough, Cleveland
Montrose, Scotland
Poole (Canford Cliffs), Dorset
Taunton, Somerset
Tenbury Wells, Worcestershire
Weymouth, Dorset



Massage Courses

We provide a curated selection of accredited and insurable diploma and online courses, crafted to support both new learners and experienced therapists seeking to elevate their practice.

Whether you are taking your very first step or advancing your professional qualifications, we offer flexible pathways: fast-track options for qualified therapists, Level 3 programmes, immersive 5-day intensives, and our signature 12-day, six-month courses for complete beginners.

Every course concludes with a practical assessment, supported by guided coursework and case studies, ensuring each student graduates with confidence, clarity, and the highest professional standards.

- Advanced & Deep Tissue Massage Techniques - 1 day
- Aromatherapy Balance and Restore Ritual - 1 day
- Body Massage - (fast track for qualified therapists) - 2 days
- Facial Rejuvenation Massage - 1 day
- Indian Head Massage - 1 day
- Hopi Ear Candling - 1 day
- Level 3 Diploma in Aromatherapy Massage - 5 days
- Level 3 Diploma in Body Massage - 5 days
- Level 3 Diploma in Reflexology - 5 days
- Level 3 Diploma in Complementary Therapies - 12 days (over 6 months)
- Pregnancy Massage - 1 day
- Seated Acupressure Massage - 1 day
- Stone Therapy Massage - 1 day

Please check our website for current course prices





Beauty Courses

Our fast-track, fully accredited beauty courses are recognised and insurable by major insurance companies, giving you the freedom to build your career in a salon, spa, freelance setting, or from the comfort of your own home. Each course concludes with a practical assessment, supporting you to graduate with confidence, skill, and professional credibility.

- Facial & Skincare (fast track for qualified therapists) - 1 day
- Facial & Skincare (beginners) - 2 days
- 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

*Must hold a level 1 certificate in any other form of reiki
Level 2 courses include a practical assessment after your training 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 an experienced therapist wishing to expand your treatment menu or update your knowledge, a complete beginner choosing your first qualification, or someone who simply loves learning new skills to use with family and friends, we have a course to suit every stage and aspiration.

- Level 3 Certificate in Anatomy, Physiology & Pathology for Complementary Therapists Accredited Course - Online
- Aromatherapy Blending Accredited Course - Online
- Aromatherapy for Reflexology Accredited Course - Online
- Aromatherapy for Pregnancy Massage - Online
- Stress Management Accredited Diploma - Online
- Emergency First Aid - Online
- Other Online Courses in Beauty & Nails - Online
- Online Wellbeing Courses - Online
- Refresher Training - In person
- Workshops - In person



Our Tutors



Lenka Freharova
Banbury



Susie Knowles
Cupar



Lisa Joyce
Calne



Lyndsey James
Dorchester



Christina Blair
Dungannon



Carole Dalton
Everington



Lucy Sage
Falmouth



Joanna Eldred
Hemel Hempstead,



Janine Brown
Huddersfield



Fiona Campbell
Leeds



Sue Tutton
Martock



Bernice Wood
Middlesborough



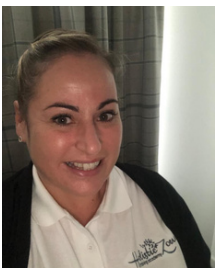
Lynne Collie
Montrose



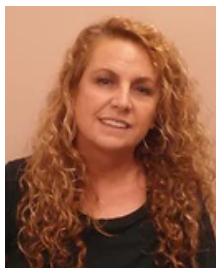
Lynne Buller
Taunton



April Broadman
Tenbury Wells



Katie Ryan
Weymouth



Jane Fitzgibbon
Wimborne

Accreditations

All of our professional courses carry full accreditation through Associated Beauty Therapists, Professional Beauty Direct, the International Guild of Complementary Therapists, International Institute of Holistic Therapists and the International Institute for Complementary Therapists.

They are widely recognised by major insurance companies such as Towergate, InSync, WellBeing, BGi.uk, and Westminster Insurance, giving you complete confidence in your training and future practice.



Contact Us

If you are not certain which course suits your needs, we are here to help. Contact us and we'll guide you through your options to find the most suitable pathway.



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

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UKRLP

**UK Register
of Learning
Providers**

UKPRN: 10083306