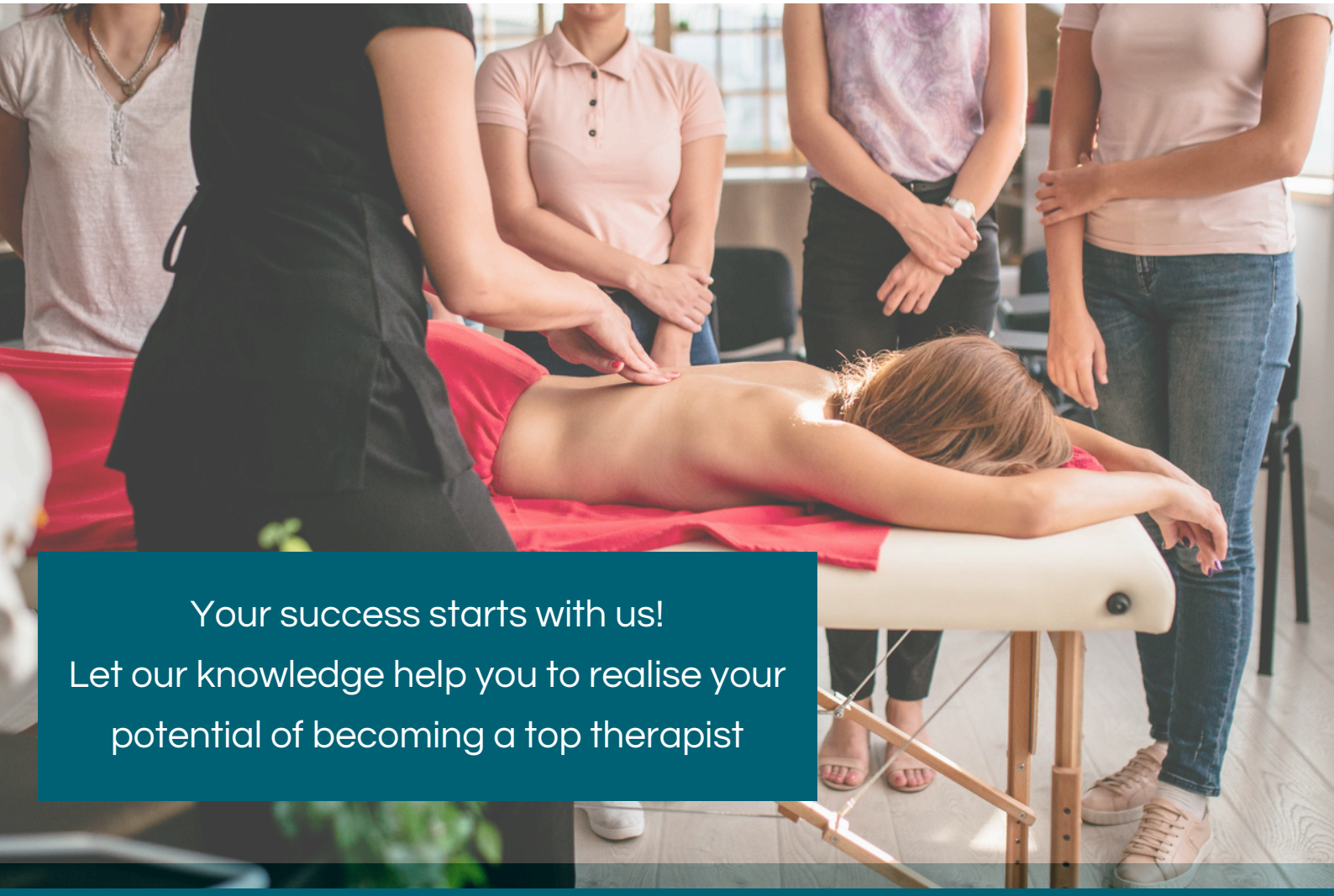
Holistic Zone training academy™

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

For over 19 years, Julie has been a dedicated therapist within the industry, founding Holistic Zone in 2007 and later launching the multi-award-winning Holistic Zone Training Academy in 2018. Since then, she has supported and inspired learners across the UK. With our head office in Poole, Dorset, we now proudly operate 21 training centres nationwide, from Scotland to Cornwall and Northern Ireland.

We deliver fully accredited, high-quality training in massage, beauty, and holistic therapies, offering personalised learning experiences for complete beginners through to experienced therapists wishing to expand their skills.

Our expert tutors bring years of professional experience and a genuine passion for teaching. We believe in developing both practical ability and strong theoretical understanding, ensuring students gain confidence, competence, and a deep appreciation of their chosen therapy.

We specialise in small group and one-to-one training, allowing us to tailor our teaching to each learner's needs. Our supportive, friendly, and inclusive environment ensures every student feels valued and empowered throughout their journey.

Your learning doesn't end when your course does, we provide ongoing support, so you always have guidance available as you grow in your career.

Our mission is simple: To deliver passionate, knowledgeable teaching and high-quality, in-depth training that helps every student reach their full potential and enjoy a positive, enriching learner experience.

If you're ready to begin an exciting new career or add a new therapy to your existing practice, we're here to help you take the next step.

Venues

Head Office - Poole (Hamworthy), Dorset
Banbury, Oxfordshire
Calne, Wiltshire
Christchurch, Dorset
Coulsdon, London
Dorchester, Dorset
Dungannon, Northern Ireland
Dunswell, Hull
Enfield, London
Everingham, East Yorkshire
Falmouth, Cornwall
Hemel Hempstead , Hertfordshire
Huddersfield, West Yorkshire
Leeds, Yorkshire
Martock, Somerset
Middlesborough, Cleveland
Montrose, Scotland
Point Clear, Essex
Poole (Canford Cliffs), Dorset
Potton, Bedfordshire
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 - 1 day
- Aromatherapy Balance and Restore Ritual - 1 day
- Aromatherapy Massage - (fast track for qualified therapists) - 3 days
- Brazilian MLD/Sculpting Techniques & Wood Maderotherapy - (fast track for qualified therapists) - 1 day
- Brazilian MLD/Sculpting Techniques & Wood Maderotherapy - (fast track for qualified therapists) - 2 days
- Body Massage - (fast track for qualified therapists) - 2 days
- Facial Rejuvenation Massage - 1 day
- Indian Head Massage - 1 or 2 days
- 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)
- Manual Lymphatic Drainage Massage - 1.5 days
- 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
- Advanced Initimate (Female) Waxing - 1 day

Please check our website for current course prices



Energy Healing 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
- Wellbeing Courses - Online
- Refresher Training - In person
- Workshops - In person



Our Tutors



Lenka Freharova
Banbury



Lisa Joyce
Calne



Rebecca Trim
Christchurch

Jenny Rennie
Coulsdon



Lyndsey James
Dorchester



Christina Blair
Dungannon



Sophie Hutson
Dunswell



Carol Steel
Enfield



Carole Dalton
Everington



Lucy Sage
Falmouth



Joanna Eldred
Hemel Hempstead



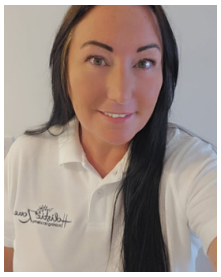
Janine Brown
Huddersfield



Fiona Campbell
Leeds



Sue Tutton
Martock



Bernice Wood
Middlesborough



Lynne Collie
Montrose



Terri Boyce
Point Clear



Michelle Dougan
Poole - Canford Cliffs



Julie Miller
Poole - Hamworthy



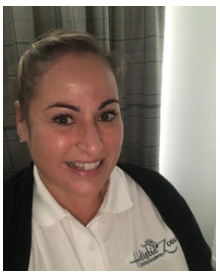
Paula Neish
Potton



Lynne Buller
Taunton



April Broadman
Tenbury Wells



Katie Ryan
Weymouth

Accreditions

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.

PREMIER TRAINING PROVIDER
INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS

PROFESSIONAL beautydirect

INTERNATIONAL INSTITUTE OF HOLISTIC THERAPIES
IIOHT
TRAINING PROVIDER

IGCT
APPROVED TRAINING PROVIDER

ABT Accredited

ABT Accredited ONLINE

AFFILIATED WITH WESTMINSTER INSURANCE
PURCHASE INSURANCE HERE!

WellBeing INSURANCE

towergate insurance

INSYNC INSURANCE

Recommended Insurer
BGi.UK
Insurance | Risk Management

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

07872 633903
info@holisticzonetraining.co.uk
www.holisticzonetraining.co.uk



UKRLP UK Register of Learning Providers

UKRLP: 10083306