



Course Prospectus

Your success starts with us!
Let our experience help you
to realise your potential

www.holisticzonetraining.co.uk
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About Us

Holistic Zone is a multi award-winning training academy that was established in 2007. Our courses are both nationally and internationally recognised. The head office is based in Poole, Dorset and we have training centres across the UK.

Have you ever imagined what your life would be like if you could make a real difference to people's lives in a career that you love? At Holistic Zone you will receive all the training and support that you need to be a top therapist.

Our mission is to provide professional, high quality training, with in-depth courses, ensuring our students reach their full potential, that they achieve their qualifications, and also receive a positive learner experience.

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.

A mission that drives our passion for excellence.

Julie Miller MIGCT, IIHHT, MABT
Owner, Founder and Principal Tutor



Venues

Head Office - Poole Dorset
Penryn, Cornwall
Bournemouth, Dorset
Wimborne, Dorset
Weymouth, Dorset
Bury, Greater Manchester
Hemel Hempstead, Hertfordshire
Taunton, Somerset
Marlborough, Wiltshire
Drumkeen, Ireland

More coming soon!



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 and 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 those looking to work in a spa or salon.

- Advanced & Deep Tissue Massage Techniques
- Aromatherapy Technique
- Aromatherapy Massage
- Body Massage
- Facial Rejuvenation Massage
- Indian Head Massage
- Hopi Ear Candling
- Level 3 Diploma in Massage
- Level 3 Diploma in Reflexology - coming soon
- Seated Acupressure Massage





Beauty Courses

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

- Advanced (Intimate) Female Waxing
- Holistic Facial
- Lash Lifting
- Manicure & Pedicure
- Waxing



Spiritual Courses

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



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.

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!

- Distance Learning
- Online Courses
- Refresher Training
- Wellbeing Courses
- Workshops



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 and Westminster Insurance.



**APPROVED
TRAINING PROVIDER**
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS



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!



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**UK Register
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Providers**