




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 97872 633903

About Us

Established in 2017, Holistic Zone Training Academy is multi award-winning with courses that are both nationally and internationally recognised. Our head office is based in Poole, Dorset and we currently have 18 training centres across the UK.

Our 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
Falmouth, Cornwall
Harrogate, Yorkshire
Hemel Hempstead, Hertfordshire
Isle of Wight, Hampshire

Leeds, Yorkshire
Montrose, Scotland
Rhyl, North Wales
Swindon, Wiltshire
Taunton, Somerset
Tenbury Wells, Worcestershire
Wakefield, Yorkshire
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 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 - 1 day
- Aromatherapy Technique - 1 day
- Aromatherapy Massage - 2 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 days
- Pregnancy Massage - 1 day
- Seated Acupressure Massage - 1 day
- Stone Therapy Massage - 1 day
- Coming soon - Facial Reflexology - 4 days





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
- Lash Lifting - 1 day
- Manicure & Pedicure - 1 day
- Waxing - 1 day



Spiritual Courses

- Reiki & Seichem Level 1 - 1 day
- Reiki Level 1 - 1 day
- Reiki & Seichem Level 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.

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!

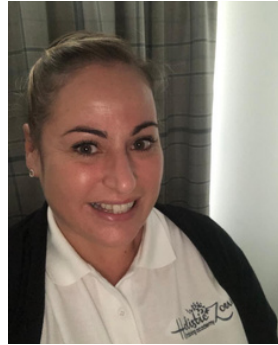
- Aromatherapy Blending Online Accredited Course
- Stress Management Online Accredited Course
- Other Online Courses in Massage, Beauty and A&P
- Online Wellbeing Courses
- Refresher Training
- Workshops



Our Tutors



Lisa Joyce
Swindon & Calne



Katie Ryan
Weymouth



April Boardman
Tenbury Wells



Lynne Buller
Taunton



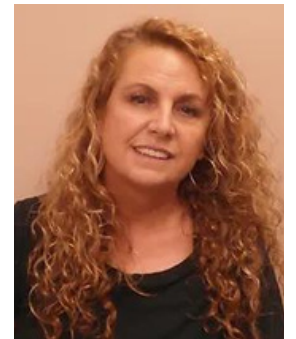
Lucy Sage
Penryn



Christina Blair
Dungannon



Joanna Eldred
Hemel Hempstead,
Isle of Wight



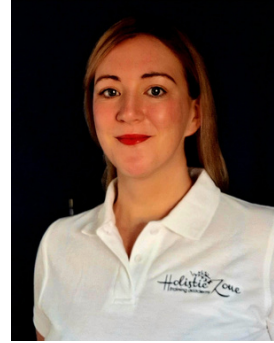
Jane Fitzgibbon
Wimborne



Lenka Freharova
Banbury



Lynne Pedelty
Darlington



Fiona Campbell
Leeds, Harrogate,
Wakefield



Lynne Collie
Montrose



Kerry Guest
Rhyl

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 and Westminster 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

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01202 923292

07872 633903

info@holisticzonetraining.co.uk

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UKRLP UK Register
of Learning
Providers

UKPRN: 10083306