

INTRODUCTION TO HOLISTIC THERAPIES: REFLEXOLOGY & HEAD MASSAGE

Subject Area
Student Type
Study Mode

Hairdressing, Holistics
& Wellbeing
Adults
Part Time

What is the course about?

The Introduction to Holistic Therapies course will provide you with the basic knowledge and hands-on experience required to provide a range of holistic therapies for safe use at home with friends and family. This will include fully clothed seated Indian head and shoulders massage, hand massage with essential oils, foot massage with and without oils, reflexology, and aromatherapy. You will explore necessary precautions throughout and may learn additional treatments to meet the needs of the class.

Why should I choose the course?

If you have an interest in holistic therapies and would like to gain the skills needed to perform a range of treatments, this course is ideal for you. This course will allow you to perform and receive therapies with professional guidance and gain experience before completing a full qualification. The course is also suitable if you have some experience in holistic therapies and are looking to broaden the range of holistic treatments you provide. The course is also applicable if you want help with relieving and dealing with stress, if you are interested in preventative healthcare, or if you want to add to your health and social skills. Giving a holistic treatment meets all five NHS criteria for mental wellbeing. The course may also be useful as evidence of practice in social care for relevant courses and careers.

What will I learn?

On this course you will practice and understand aromatherapy, reflexology, Indian head massage, massage techniques, process and principles, and the key necessary precautions.

You will be informally assessed by the tutor, and you will have the opportunity to self-assess your weekly progress using an individual learning plan. You will also complete a mini portfolio of assessments, handouts, and exercises. You will be observed and coached throughout the course.

What will the course lead on to?

We offer a huge variety of part-time adult courses to help you upskill, secure a promotion, get to university, or even just meet new friends. From higher education and professional courses to leisure courses, we will have something right for you. For further information contact our Learner Services Team.

Are there any links with industry and university?



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

You will gain employability skills, personal wellbeing, and stress coping strategies. You will also learn vital skills such as supporting and building positive networks in the community, helping you to go on to become a competent holistic therapist, beauty therapist, massage therapist, or physiotherapist.

What support is available?

We have a team of staff dedicated to providing learning support if required, as well as a Welfare Team that is on hand to offer guidance, support and help when needed. Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college.

Click here for learning support: <https://wvr.ac.uk/college-life/>

Click here for finance support: <https://wvr.ac.uk/college-life/>

Why should I choose to study the course at Warrington & Vale Royal College?

Here at Warrington & Vale Royal College we have a team of dedicated, experienced staff who can share their extensive knowledge and skills with you. Learning in a friendly and inclusive environment, you will be fully supported to achieve your goals.

What are the entry requirements?

This course is suitable for adults aged 19 and over. No previous qualifications are needed to enrol on to this course.

Where required, you will need a patch test on the first week of the course before undertaking any treatments.

What are my funding options?

For further information on funding please contact Learner Services on 01925 494400 or email learner.services@wvr.ac.uk

Are there any additional costs associated with the course?

There are no additional costs associated with this course



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