

# NEXT STEPS IN HOLISTIC THERAPIES

Subject Area

Student Type

Study Mode

Hairdressing, Holistics  
& Wellbeing

Adults

Part Time

## What is the course about?

If you are looking to broaden the range of holistic therapies you offer or are interested in this field and want to get more experience, this course is perfect for you. Throughout this course you will be able to experience providing and receiving therapies with professional guidance.

## 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?

This hands-on class explores holistic therapies through easy practical steps. On this course, you will:

- Gain knowledge through massage techniques for the use of massage to help the digestive system and the endocrine system through back passage
- Practice and perform precautions and giving luxury treatment to one person following guidelines for the digestive system
- Practice and perform up to three crystal therapies on supporting the digestive system
- Perform and practice two simple foot massages using reflexology in conjunction with the digestive system
- Practice and perform two simple aromatherapy treatments and make one product to use in massage and for personal use.

If you would like more information on the learning outcomes, please email [ACLenquiries@wvr.ac.uk](mailto:ACLenquiries@wvr.ac.uk)

## 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.



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

 [wvr.ac.uk](http://wvr.ac.uk)

 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk)

## Are there any links with industry and university?

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.

## 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](mailto:learner.services@wvr.ac.uk)

## Are there any additional costs associated with the course?

There are no additional costs associated with this course.



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

 [wvr.ac.uk](http://wvr.ac.uk)

 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk)