

Holistic Health & Beauty Specialist

Diploma

This unique ITEC approved and fully accredited course trains you to combine holistic health and beauty treatments. Throughout the course, you develop and practise a wide range of massage skills, including specialised training in skin and eye care treatments, Indian head massage and oriental-holistic massage. All this combines well with the range of beauty treatments covered in this comprehensive course.

Syllabus

Core Modules

[Anatomy & Physiology](#)

[Swedish Body Massage](#)

[Practice Management](#)

[Chinese Medicine](#)

[Nutrition Workshop](#)

Subject Specific Modules

Oriental Holistic Massage and Chinese Medicine

Indian Head Massage

This popular therapy is used to alleviate stress and tension in the head, neck, face and shoulders and it is an ideal introduction for clients who do not want or cannot receive body massage. The skills learned in this module can be used or with other massage treatments.

Facial Massage, Skin and Eye Care Treatments

Skin types, cleansing and toning; facial massage; heat and masks; eyelash and eyebrow treatments, contraindications and patch testing.

Manicure and Pedicure and Makeup

Nails, growth, disease and problems; tools, materials and ingredients; buffing and varnishing; client care; hand and arm massage; pedicure and specialised treatments; repairs and artificial nails; makeup for different skin types, tones and shapes; special occasion makeup.

Waxing

Type of wax; suitability; equipment, tools and materials; treatable areas, client care, treatment plans, contraindications and hygiene; ingrowing hairs and hair growth patterns; tanning; sugaring; case studies.

On-Site Massage

Pressure point techniques

Massage in offices, exhibitions and restricted spaces

Combining classical movements with Shiatsu

Study Days

75 days studied three days a week for three terms.

Qualifications

Raworth Diplomas in Holistic Health and Beauty, Anatomy, Physiology and Swedish Massage, Indian Head Massage, On-Site Massage

ITEC Beauty Specialists Diploma and Diplomas in Holistic Massage and Indian Head Massage.

FEES:

Holistic Health and Beauty Specialist Diploma: Modules in beauty (Manicure/Pedicure, Makeup, Waxing, Skin & Eye Care), A&P, Swedish massage, Oriental Holistic massage, Indian Head massage, Nutrition workshop, On-Site massage, and Practice Management. Price includes costs of full beauty kit & exam fees.

For all of the above, £4,633.00 excluding VAT

Please note that these fees quoted are **INCLUSIVE OF USUAL EXAM FEES & RELEVANT KITS**

Prices subject to increase from 1st September 2009

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