



White Rose

CENTRE OF EXPERTISE

ITEC LEVEL 2 DIPLOMA IN COMPLEMENTARY THERAPIES

OVERVIEW

- Fully Funded
- Age group - 19+
- Location - online with flexible access.

COURSE UNITS

- Basic Massage
- Pre Blended Aromatherapy
- Zone Therapy Reflexology
- Meditation
- EFT Tapping Techniques
- Yoga
- Crystal healing
- Healthy eating



QUALIFICATION AIM

This is a wonderful course that focuses on the holistic approach to health and wellbeing. This taster qualification is the perfect introduction to Complementary Therapies, designed to teach you the basic underpinning knowledge and practical techniques to promote wellbeing.

You will learn to perform basic routines for body massage, aromatherapy and reflexology, as well as simple meditation techniques to help cope with the demand of day-to-day life.

Explore the fascinating functions of the human body, crystal healing, yoga and much more!

CONTENT

Basic massage techniques - learning classical movements and routines and selecting a suitable massage medium.

Basic aromatherapy techniques - learning about the beneficial properties and use of essential oils, using pre-blended mixtures and adapting treatments to suit specific needs.

Basic reflexology techniques - to include basic treatment techniques such as thumb walking, finger walking, relaxation & breathing and adapting the treatment to suit specific needs.

You will also develop knowledge about other holistic health and wellbeing techniques, such as mediation, yoga, EFT Tapping, crystal healing and much more!



BENEFITS IN THE WORKPLACE:

- The effects of stress in the workplace can cause tiredness, reduced physical performance, lowered immune system, reduced creativity and productivity.
- By introducing alternative therapies in the workplace, it gives staff an opportunity to experience a holistic therapy which may reduce stress, boost effectiveness and improve general wellbeing.

Also known as 'holistic' and 'alternative' therapies, Complementary Therapies have been practiced all over the globe for thousands of years and work harmoniously alongside conventional methods of treatment for mental and physical health.

They have proven to be significantly effective on an emotional, physical and psychological level, reducing anxiety, stress and tension, as well as promoting calmness, relaxation and relief from pain and stiffness.

Throughout the course, you will gain an insight into how these therapies can be implemented in everyday life.

HOW TO APPLY:

To enrol onto one of our bespoke programmes, please contact
01484 510625
or megan.crossley@whiterosebeautycolleges.co.uk

On successful completion of your portfolio, you will gain:

Level 2 Diploma in Complementary Therapies qualification.

From here you can progress onto a Level 3 qualification in Complementary Therapies, Massage Therapies or Beauty Therapy (massage route).

