



## Course details

### Course title

Healthy Living: Introduction to Holistic Therapies

### Course code

Q00014986

### Course date

Start: 22/04/25

End: 22/07/25

### Number of classes

14 sessions

### Timetable

Tue 22nd Apr, 12:30 to 14:30

Tue 29th Apr, 12:30 to 14:30

Tue 6th May, 12:30 to 14:30

Tue 13th May, 12:30 to 14:30

Tue 20th May, 12:30 to 14:30

Tue 27th May, 12:30 to 14:30

Tue 3rd Jun, 12:30 to 14:30

Tue 10th Jun, 12:30 to 14:30

Tue 17th Jun, 12:30 to 14:30

Tue 24th Jun, 12:30 to 14:30

Tue 1st Jul, 12:30 to 14:30

Tue 8th Jul, 12:30 to 14:30

Tue 15th Jul, 12:30 to 14:30

Tue 22nd Jul, 12:30 to 14:30

### Tutor

Rachel Ward

### Fee range

Free to £103.60

## How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

## Venue

Online

## Qualification name & awarding organisation

Healthy Living: Introduction to Holistic Therapies ()

## Level of study

Entry Level

## Course overview

This is a beginners course to learn some practical skills in hand and skin care, beauty techniques - basic make up application , providing a basic manicure or pedicure treatment, learn how to follow health and safety and working with others effectively in the beauty sector. The purpose of this course is to provide learners with a sound basic knowledge and understanding of the practical skills outlined & to enable them to Develop their skills through being introduced to the beauty Industry and learn about how you should present a professional image in the salon. It will provide learners with a foundation for further learning.

## Course description

Learning Outcome 1. Be able to list the different personal hygiene standards required for working in a salon.

learning Outcome 2. be able to list some of the ways you would behave professionally in a salon environment - follow health and safety procedure, salon conduct, using professional communication- verbal, non-verbal & written/visual aids

Learning outcomes for basic manicure & pedicure x 2 may include:

1. Identify how to remove hard skin as well as how to file, clip and polish nails.
2. become comfortable handling the tools required for manicures and pedicures
3. Develop knowledge of contra - indications and contra-actions. Give correct aftercare advice and further treatment recommendations
4. learn the correct massage techniques necessary to leave the customer / recipient feeling calm and relaxed.

Learning outcomes 1 or 2 for Mini facial may include:

1. develop knowledge of the facial structure & muscles
2. learn correct order of application of facial treatments & creams & which suit certain skin types
3. perform correct massage movements during the different types of facial treatment
4. develop knowledge of contra - indications & contra-actions, know when it is safe / unsafe to perform different treatments.
5. Give correct aftercare advice & recommend products

The tutor will explain to everyone at the pre course enrolment session what items you might need to bring on a weekly basis.

This beginners course will provide learners with a basic foundation - i

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/22-april-healthy-living-introduction-holistic-therapies>