

Holistic and Wellness Therapies (Level 6)

Ayrshire College

Venues

Kilwinning Campus

Content

This course offers a great introduction helping you to develop a toolkit to promote health and wellbeing. With the emphasis on practical skills, you'll spend a lot of time training in our own commercial salons, providing treatments to external clients. You'll also cover several theory aspects, to give you essential knowledge and understanding.

Due to Wellness therapies being such a fast-changing industry our aim is always to ensure that your course develops the current skills and knowledge required for positive progression, therefore some of what you study on the course may change.

Content may include:

healthy balanced diet and lifestyle; individualised massage on body, face, scalp, neck and shoulders; traditional head and scalp massage; facial massage; and, cause and effects of stress and management strategies.

You'll be encouraged to gain work experience through helping with community and college events.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

18 weeks

Department

Hair, Beauty, Complementary Therapies and Make-Up Artistry

Entry Requirements

Relevant national qualifications at SCQF Level 5.

SCQF Level

6

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Dam Park
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Website

www1.ayrshire.ac.uk