

LONDON *Therapists*

Holistic Massage and Holistic Therapy Diploma Courses

England and Wales Prospectus



www.london-therapists.com | 020 8123 7527 | massagecourses@gmail.com



A career in holistic massage therapy is one of the most flexible you can choose, and booking onto one of our holistic massage diploma courses is a great way to start.

Massage therapists may offer many different styles of treatment, from traditional Swedish massage to Reiki and hot stone therapy. They may work from home, in a spa or on a cruise ship, may practice massage occasionally or six days a week. The variety is endless. Massage and holistic therapists unlock the potential of their own hands and bodies to encourage health and healing in others. Across age, gender, economic and ethnic boundaries, people are recognising the profound power of this healing touch. As a graduate of a London Therapists massage course you'll have a great deal of freedom to build a practice that works for your lifestyle and personality.

We update courses and availability on a regular basis. For a complete list of current courses, fees, dates and venues please visit our website at www.london-therapists.com



1-Day Indian Head Massage Practitioner Diploma Course ~ £125

Our 1-day Indian Head Massage Diploma course will teach you how to safely and effectively give a stress-busting massage to the neck, shoulders, scalp and face. Indian Head Massage is an extremely effective therapy that has evolved from traditional techniques practised in India as part of family rituals for over a thousand years. The technique taught by us is true to the original massage brought over to the UK from India.

The treatment involves massage through the clothes to the upper back, shoulders, upper arms, neck, face and scalp, with the client remaining seated in an upright position. This massage works on particular areas of the body, especially the neck and the shoulders where stress affects major muscle groups, and it often brings immediate relief. Tensions are eased and fibrous knots and nodules melt away. The efficiency of the circulatory and lymphatic systems improves, toxins are dispersed from tense muscles and flexibility and fluidity of movement is restored.

An Indian Head Massage is done with the client sitting in a comfortable chair for the duration of the massage, ideally wearing a camisole or vest top with thin straps. Treatment normally begins with a massage of the neck and shoulders, some work to the arms follows and then the scalp is massaged and the hair briskly tussled and gently combed. The massage finishes with some techniques to the face and ears. Although it is easy to learn the basics this form of massage should not be taken lightly. It is both subtle and deep, leaving the client feeling deeply relaxed and rejuvenated. An Indian Head Massage lasts about 30 minutes.

Indian Head Massage Diploma Course Benefits:

- Easy and fun to learn.
- We provide the chairs, couches, towels and oils required.
- This course awarded 15 CPD (Continuous Professional Development) points.
- A qualification in anatomy and physiology is not required.
- Price includes your Diploma, comprehensive course notes, insurance details and tea, coffee and biscuits during the break.
- Small, friendly and informal.
- Never more than six people on this course.
- Individual attention from your tutor throughout the class.

*"I found Sarah very friendly and professional and the standard of her teaching and the Indian Head Massage course material was excellent. The environment was very relaxed and friendly and not at all intimidating as some courses can be. A very good, competitive price - I would definitely recommend you to friends and colleagues. I look forward to attending another class soon." - **Clare Redman***

Duration: One Day

Entry Requirements: None

Accreditation: BABTAC, Beauty Guild, Holistic Guild, IPTI



Exclusive! 1-Day Eastern Facial Massage Practitioner Diploma Course ~ £140

Actually a massage incorporating the neck, face and scalp, our 1-day Eastern Facial Massage Diploma course is exclusive to London Therapists. It uses complementary techniques drawn from both Indian Face Massage and Japanese Face Massage and when properly administered it improves one's beauty, removes toxins from the face and balances ki, or life force to improve overall health.

The purpose of Eastern Facial Massage is to work specifically and precisely with the facial meridians and tsubo (acupuncture points) to achieve a balance in the entire facial skin, muscles and internal organs. An Eastern Facial Massage is easily incorporated into your massage therapy routine. It gently stimulates the nervous system to increase blood and lymph circulation, reduce and prevent wrinkles, repair and balance the condition of the skin, minimize the ageing process, and leave your clients faces looking healthy and feeling great.

This unique massage routine will add an Eastern philosophical and technical approach to your facials, and will increase your repertoire of techniques to enable you to effectively treat various facial conditions. Unlike facial surgery, Eastern Facial Massage has no side effects. Anyone from infants to the elderly adult can benefit from it as a very effective method of facial care. An Eastern Facial Massage lasts about 30 minutes.

Eastern Facial Massage Diploma Course Benefits:

- Easy and fun to learn.
- We provide the chairs, couches, towels and oils required.
- This course awarded 15 CPD (Continuous Professional Development) points.
- A qualification in anatomy and physiology is not required
- Price includes your Diploma, comprehensive course notes, insurance details and tea, coffee and biscuits during the break.
- Small, friendly and informal.
- Never more than six people on this course.
- Individual attention from your tutor throughout the class.

“Our private Eastern Facial Massage course was easy to learn and very clearly explained in small bites. Our tutor was very professional and knowledgeable, explaining everything clearly and making it as simple as possible to learn. Good value for money - thanks for giving us such an enjoyable and interesting day.” – Susan Leverick

Duration: One day

Entry Requirements: None

Accreditation: BABTAC, Beauty Guild, Holistic Guild, IPTI



Exclusive! 1-Day Japanese Hand Massage Practitioner Diploma Course ~ £125

Actually a massage of the arms and hands, Japanese Hand Massage is a unique blend of shiatsu and reflexology. Our 1-day Japanese Hand Massage Diploma course is exclusive to London Therapists, and we aim to reintroduce the lost art of hand massage to the therapist's repertoire!

Shiatsu (Japanese from shi, meaning finger, and atsu, meaning pressure) is a traditional Japanese healing art. It has its roots in ancient Oriental medicine and has evolved from traditional Chinese medicine and Anma, a traditional Japanese form of massage. The philosophy underlying Shiatsu is that vital energy (Qi in Chinese, Ki in Japanese) flows throughout the body in a series of channels called meridians. For many different reasons Ki can stop flowing freely and this then produces a symptom. Shiatsu can be beneficial for a wide range of conditions, from specific injuries to more general symptoms of poor health. Shiatsu for the hands uses touch to affect the flow of Ki in the meridians and techniques include gentle holding and pressing with palms, thumbs and fingers on the meridians. As the quality of the Ki changes, the symptoms associated with an imbalance in the movement of Ki will gradually improve. Shiatsu is a therapy that works on the individual as a complete being - the physical body and also on an emotional and/or mental level. Anyone who has ever experienced a good hand massage will sigh with pleasure at the recollection. Our hands are one of the most overused parts of our body and work very hard, but in general they are sadly neglected. Even if we visit a salon for a treatment we will often only leave with beautiful nails and will probably have missed one of the greatest little physical luxuries one can experience - a hand massage. A good hand massage will help tremendously to de-stress your client, open energy channels and create a feeling of well being. A Japanese Hand Massage lasts about 30 minutes.

Japanese Hand Massage Diploma Course Benefits:

- Easy and fun to learn.
- We provide the chairs, couches, towels and oils required.
- This course awarded 15 CPD (Continuous Professional Development) points.
- A qualification in anatomy and physiology is not required.
- Price includes your Diploma, comprehensive course notes, insurance details and tea, coffee and biscuits during the break.
- Small, friendly and informal.
- Never more than six people on this course.
- Individual attention from your tutor throughout the class.

*“It was great having a one-to-one Japanese Hand Massage session and the course notes are very detailed. There was a relaxed atmosphere and the tutor was amazing, very helpful and patient through the day. I’ve already passed your information onto friends.” - **Rod Andrews***

Duration: One day

Entry Requirements: None

Accreditation: BABTAC, Beauty Guild, Holistic Guild, IPTI



1-Day Thai Foot Massage Practitioner Diploma Course ~ £125

Our 1-day Thai Foot Massage Diploma course will teach you wonderfully relaxing and healing massage techniques to the legs, feet and hands. Knowledge of massage in Thailand has been handed down by word of mouth across the generations, from father to son, from mother to daughter and from teacher to pupil. It is still taught by Buddhist monks in the temples of Thailand.

All parts of the lower legs, feet and hands are included and it involves hands-on stretching, massage, stimulating reflex points and follows the Thai energy lines (Sen). It has elements of Shiatsu, Reflexology, Chinese massage and Yoga incorporated into the massage itself and is said to stimulate the activity of internal organs. Thai foot massage is thus hugely beneficial for optimum internal health, and this type of drugless therapy creates a physiological change in the body by naturally restoring homeostasis.

To best receive Thai Foot Massage your client will be on a massage couch. It’s easy and fun to learn, a great add-on your existing practice, and produces a deep and unique feeling of balance, relaxation and well-being. A Thai Foot Massage lasts about 40 minutes.

Thai Foot Massage Diploma Course Benefits:

- Easy and fun to learn.
- We provide the chairs, couches, towels and oils required.
- This course awarded 15 CPD (Continuous Professional Development) points.
- A qualification in anatomy and physiology is not required.
- Price includes your Diploma, comprehensive course notes, insurance details and tea, coffee and biscuits during the break.
- Small, friendly and informal.
- Never more than six people on this course.
- Individual attention from your tutor throughout the class.

*“The website was extremely easy to use and navigate and was really informative regarding the company and the courses! Angela was really approachable and enthusiastic about the Thai Foot Massage course content and the benefits of the treatment. The course itself was really informative and easy to follow, and I would definitely recommend London Therapists to a friend.” - **Amanda Crooks***

Duration: One Day

Entry Requirements: None

Accreditation: BABTAC, Beauty Guild, Holistic Guild, IPTI



Holistic Pro 4-Day Massage Course Package ~ Four Practitioner Diploma Courses for only £450

Our Holistic Pro 4-Day Massage Diploma Course package includes all our massage diploma training courses, worth a combined cost of £435. Fast-track your way into a lucrative new career as a massage therapist and save £65 on individual course fees!

What's included:

- [Indian Head Massage Course](#)
- [Thai Foot Massage Course](#)
- [Eastern Facial Massage Course](#)
- [Japanese Hand Massage Course](#)

Holistic Pro Massage Diploma Training Course Benefits:

- Easy and fun to learn.
- We provide the chairs, couches, towels and oils required.
- A qualification in anatomy and physiology is not required.
- Price includes your Diplomas, comprehensive course notes, insurance details and tea, coffee and biscuits during the courses.
- Small, friendly and informal.
- Never more than six people on this course
- Individual attention from your tutor throughout the class.

Duration: Four days

Entry Requirements: None

Accreditation: BABTAC, Beauty Guild, Holistic Guild, IPTI



1-Day Introduction to Holistic (Swedish) Massage Course ~ Certificate of Attendance £140

Our 1-day Introduction to Holistic (Swedish) Massage Course is a holistic massage taster for beginners, and is designed for anyone from complete novices to professional therapists who need a refresher massage course. It's perfect for those who want to learn about body massage and how to perform the basic movements and sequence without having to commit to a fully accredited qualification.

This one-day massage course is the ideal springboard should you wish to go on to study Swedish or Holistic full body massage. By the end of this fun and informal day you will be able to perform a confident and effective basic massage routine on your partner, family and friends, and you will be awarded a London Therapists Certificate of Attendance.

Holistic (also known as Swedish) Massage involves the manipulation of the body's soft tissue (i.e. the skin, muscles, tendons and ligaments) using the hands in a gentle, flowing massage technique that uses varying degrees of pressure and stretching movements. It is most commonly used for relaxation, improving well-being and lymphatic drainage.

Introduction to Holistic (Swedish) Massage Course Benefits:

- Easy and fun to learn
- We provide the chairs, couches, towels and oils required
- This course awarded 11 CPD (Continuous Professional Development) points.
- A qualification in anatomy and physiology is not required.
- Price includes your certificate of attendance, comprehensive course notes, insurance details and tea, coffee and biscuits during the break.
- Small, friendly and informal.
- Never more than six people on this course.
- Individual attention from your tutor throughout the class.

"I just had a excited phone call from Di and Chris detailing their wonderful massage lesson with you. I just wanted to say thank you and how nice it is when a random inquiry on the internet can result in a positive experience all round! Perhaps it shows that when good intentions prevail, the universe responds. Again, thanks for your part in their Christmas gift, a gift they can enjoy for a long time." - Margaret Black

Duration: One day
Entry Requirements: None
Certificate of Attendance



1-Day Hot Stone Massage Practitioner Diploma Course ~ £150

Our 1-day Hot Stone Massage Diploma course will teach you the ancient healing art of stone therapy using various massage techniques and warm stones, relaxes the body at its deepest level and is effective in creating harmony and balance in the body and mind.

The subtle energies of stones introduced into a treatment calm the senses, relax muscle tension and promote a meditational state. The heat from the stones penetrates to a deeper level, bringing about physiological changes as well as influencing the body's internal energy flow (Chi), therefore bringing a balance to both body and mind. Massage is a perfect way to nurture our bodies and ourselves. Incorporating stones and crystals into a treatment can enhance the power of this contact. The massage technique taught in our hot stone massage course originates from ancient times. However, the use of hot stones for massage became popular after Mary Nelson, a massage therapist, introduced a massage technique in 1993 called La Stone Therapy using hot stones. The heat from the stones relaxes muscles and increases the blood flow to the area being worked on, which further accelerates the healing process. This increase in circulation and the relaxation of the muscles also aids in mental relaxation.

Hot Stone Massage Diploma Course Content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Energising and care of stones
- Massage sequence and use of stones
- Client aftercare

Duration: One Day.
Entry requirements: Anatomy & Physiology qualification
Accreditation: Accredited by the Beauty Guild and the Holistic Guild.
Venue: This course runs in Catford, south-east London.



1-Day Enhanced Hot Stone Massage Practitioner Diploma Course ~ £180

Our 1-day Enhanced Hot Stone Massage Diploma course differs from the basic hot stone massage course in that it also incorporates Yin & Yang theory, The Five Elements Theory, Kneipp Theory and Meridian Energy Theory, and requires three case studies.

Hot Stone Massage is the new “must-have” treatment. It is extremely popular with clients and can be costed at a significantly higher level than massage alone, making it a very lucrative treatment to offer. Stone therapy, as with all massage, has physiological effects on the mind, body and spirit as the state of deep relaxation encourages rejuvenation of the whole being.

Hot stone massage increases blood circulation, which brings oxygen and nutrients to the cells more rapidly, it also increases lymphatic drainage which removes toxins more rapidly and so strengthens the immune system. Muscles relax with the heat and so reduce pain and tension. The warmth also encourages very deep relaxation, and has a calming effect on the client's body and mind.

Enhanced Hot Stone Massage Diploma Course Content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Energising and care of stones
- Massage sequence using minimum number of stones
- Yin & Yang theory
- The Five Elements Theory

- Kneipp Theory
- Meridian Energy Theory
- Client aftercare

Duration: One day and three case studies.

Entry requirements: Anatomy & Physiology qualification

Accreditation: Beauty Guild and Holistic Guild.

Venue: St. Albans, Hertfordshire



1-Day Auricular (Ear) Massage Practitioner Diploma Course ~ £125 Specifically for use after Ear Candling

Our 1-day Auricular (Ear) Massage Diploma course will teach you how to stimulate the acupressure points of the body to expel toxins, and to assist in the drainage of mucus and lymph from the facial cavities.

Auricular Massage can be incorporated into any massage routine and is a very popular stand-alone treatment. It is also an excellent additional skill for Ear candling Therapists would like to perfect, improve and extend their post-treatment massage. A qualification in Auricular Massage extends the scope and quality of the ear candling treatment by adding value for the client. This can give the therapist a unique marketing point and an opportunity to extend the treatment time and increase the quality and cost of the treatment offered.

Auricular (Ear) Massage Diploma Course Content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Ear reflexology
- Meridian theory
- Facial acupressure points
- Draining mucus and lymph
- Smoothing contours of face and neck
- Client aftercare

*If you're booking the half-day course we will refund you £20 after you've paid for the one-day course.

Duration: One Day

Accreditation: Beauty Guild, Holistic Guild

Entry requirements: Interest in therapy

Continuous Professional Development: This course has been awarded 10 CPD points.

Holistic Therapy Diploma Courses



1-Day Hopi Ear Candling (Thermo-Auricular Therapy) Practitioner Diploma Course ~ £125 | Kits available to purchase

This therapy uses heat from organic herbal candles produced by Boisun, which gently massages the eardrums to provide a holistic and drug-free solution to ear, nose and throat problems.

Ear candling therapy is perfect for clients suffering from a variety of conditions such as, sinusitis, hayfever, catarrh, migraine, blocked or itchy ears, glue ear, impacted ear wax, Menieres, Labrynthitus and Tinnitus.

The therapy is also extremely enjoyable and relaxing, In trained hands, ear candling is safe and is suitable for all ages from 3 years old.

This course has the unusual benefit of teaching you how to examine the ears with an otoscope. This is so you can check the condition of the inside of the client's ear and the eardrum. This is a vital skill, as if we do not know what going on inside the ear, we cannot treat the client effectively!

This course will be a very valuable addition to your therapy practice and very enjoyable for both the therapist and client. This treatment can be turned into a more luxurious experience by adding an [Auricular Massage](#) for your client. The extended massage increases the beneficial effects of drainage and relaxation and also enables an additional charge to be made.

Course Content

- o Hygiene, health and safety
- o Relevant anatomy and physiology
- o Products and equipment required
- o Consultation procedures
- o Contra-indications to treatment
- o History, benefits and action
- o Use of an otoscope
- o Therapeutic effects of candles content
- o Client aftercare

Duration: One Day

Entry requirements: Interest in Ear Candling

Accreditation: The Guild of Professional Beauty Therapists and The Guild of Holistic Therapists - awaited

Continuous Professional Development: This course has been awarded 11 CPD points

Venue: This course runs in St Albans, Hertfordshire



1-Day Introduction to Aromatherapy Course ~ Certificate of Attendance £95

The focus of our popular Introduction to Aromatherapy course is to provide an introduction to the use of carrier and essential oils in massage for relaxation, stress relief and to achieve optimum health.

The course will encourage students to go on and learn more about the oils for themselves, and to learn how to choose high quality oils and associated products. This is an introductory course and is not accredited. A Certificate of Attendance will be awarded on completion.

Course Content

- Introduce the difference between carrier and essential oils
 - o Discuss different methods of oil production, and how to select quality oils
 - o Experience the different oils by smell, touch and their energies
 - o Introduce and practise the mixing of carrier oils for massage and healing
 - o Demonstrate and practise adding essential oils to carrier oils or carrier oil mixes to produce unique massage/bath/burner blends
 - o Demonstrate and practise adding essential oils to base products – creams, cleansers, toners and shampoos to use at home
 - o Demonstrate burners and diffuser and practise adding blends to them
 - o Benefits and contraindications of aromatherapy.
 - o

A Starter Kit will be available to buy on the day for around £30. Students will be given lists of suppliers of essential and carrier oils as well as quality base products, and will be allowed to take home a blend they have made and a small amount of product they have customised.

Duration: One Day

Entry Requirements: None

Venue: Haslemere, Surrey or Mobile Tuition in your home

Certificate of Attendance

Holistic Massage Practitioner Diploma Course with Anatomy & Physiology - £520
Two-day course and on-line home study - save £35 on individual fees!



Holistic (or Swedish) Massage involves the manipulation of the body's soft tissue (the skin, muscles, tendons and ligaments) using the hands in a gentle, flowing massage technique that uses varying degrees of pressure and stretching movements. It is most commonly used for relaxation, improving well-being and lymphatic drainage. , This course is a Full Body Holistic Massage Practitioner's Diploma Course, and is designed for those who wish to become professional massage therapists. After being awarded this Diploma, students will be able to obtain insurance to practice full body Holistic/Swedish Massage professionally.

The course will include all the relevant Anatomy & Physiology, and the course notes will be forwarded to you before the attending the course so that you can study and complete the required test before you attend on the course dates.

The two day course will include the theory required to become a professional massage therapist, including consultation, contra-indications, aftercare and the history and benefits of massage. The full body massage routine will also be learned and a practical assessment and short test will be held at the end of the course.

Course content:

- o Hygiene, health and safety
- o Relevant anatomy and physiology
- o Products and equipment required
- o Consultation procedures
- o Contra-indications to treatment
- o Benefits of massage
- o History of massage
- o Massage sequence
- o Client aftercare
- o Test of knowledge
- o Practical assessment

PLEASE NOTE – students must have passed the on-line Anatomy & Physiology course before attending the 2 day practical part of the course.

Duration: Two days and home study

Entry requirements: Interest in full body therapy

Accreditation: The Guild of Professional Beauty Therapists and The Guild of Holistic Therapists

Continuous Professional Development: This course has been awarded 23 CPD points