

VTCT Diploma in Complementary Therapies Level 3



In a nutshell

You will study a variety of techniques on this course in the practices of Massage, Reflexology and Aromatherapy.

This course is for you if...

- ... You love all things holistic
- ... You have a special interest in complementary and holistic therapies
- ... You are hardworking with excellent communication skills

What will I be doing?

This course will cover topics such as:

Massage is the manipulation of the soft tissues to produce an effect on the systems of the



COURSE INFORMATION LEAFLET

body. There are a variety of techniques and this course delivers the holistic approach to massage therapy.

Reflexology works on keys reflexes identified on the feet to balance the body 's energy flow to create equilibrium in each of the systems. This course delivers treatment to the feet and hands.

Aromatherapy is the blending of essential and carrier oils to a bespoke blend to harmonise mind and body. This course delivers blending techniques, aromatherapy massage and the use of oils.

Anatomy, Physiology and Pathologies will also be studied to underpin the practical therapies. In addition, you'll learn how to set-up or run a new business in complementary therapies.

Some practitioners work in spas, beauty salons, chiropractic clinics, physiotherapy practices, hospices and the care sector. Many work privately in their own businesses.

You'll provide clinic sessions and work on clients every week. The clinic enables you to practise with a supervisor in a commercial environment.

This course is delivered through:

- Theory sessions
- Practical learning sessions
- Clinic sessions
- Group work
- Enrichment activities (including visiting speakers and trips)
- Research
- Case studies

You'll be assessed via practical observations, written assignments, two multiple-choice exams, case studies and minimum work-log hours. Upon completion, you'll achieve:

VTCT Level 3 Diploma in Complementary Therapies

Appropriate supporting qualifications to broaden your skill set and meet the needs of industry

[Skills Activities](#)

[Maths and English](#)

What is expected of me?

Apply online at www.colegwent.ac.uk

studentrecruitment@colegwent.ac.uk | 01495 333777 (Croesawn alwadau yn Gymraeg)





COURSE INFORMATION LEAFLET

To enrol on this course, you'll need a good level of literacy and numeracy and a minimum of 4 GCSE grades at D and above.

You'll need to be self-motivated and driven, friendly with good interpersonal skills, demonstrate critical thinking skills, a good time manager and able to demonstrate excellent attendance and punctuality.

What comes next?

You can progress onto the HNC/D in Complementary Therapies (Healthcare Practice).

Additional information

This course is available to learners aged 16+.

A course uniform will be required (Approx £50*)

Black, flat, comfortable shoes or black, clean trainers

Hair must be secured off the face during all clinic sessions

No jewellery and no piercings (except a wedding band)

No nail extensions or nail varnish permitted. Clean, short and filed nails

Aromatherapy kit (Approx. £155*)

FHT student insurance (Approx. £25*)

You'll be expected to practise off site and it is recommended that you purchase a portable, height adjustable massage couch with a face hole

You will also need a current DBS check which will cost you £50.00. This is organised for you through the college.

*All costs are under review and are subject to change.