

# ITEC Level 2 Diploma in Complementary Therapies



## Course Structure:

- Basic Body Massage techniques
- Basic Reflexology Massage techniques
- Basic Aromatherapy Massage using pre-blended oils
- Anatomy and Physiology and Pathology
- Introduction to Principles and Practice of Complementary Therapies
- Introduction to Healthy Eating & Wellbeing
- Meditation Techniques

## What does this course entail?

This taster qualification is the perfect introduction to Complementary Therapies. Designed to teach you the basic underpinning skills and knowledge of wellbeing. You will learn to perform basic routines for Body Massage, Aromatherapy and Reflexology. Including simple meditation techniques, that help with the demand of day to day life. Explore the fascinating functions of the human body, as well as the history and practical application of holistic therapies. You will also learn how health & wellbeing play a vital role in our daily lives.

**Course duration: 15 weeks**



## Benefits in the workplace:

The effects of stress in the work place can cause tiredness, reduced physical performance, lowered immune system, reduced creativity and productivity.

By introducing alternative therapies into the workplace, it gives staff an opportunity to experience a holistic therapy which may reduce stress, boost effectiveness and improve general wellbeing.



## Complementary Therapies and Wellbeing

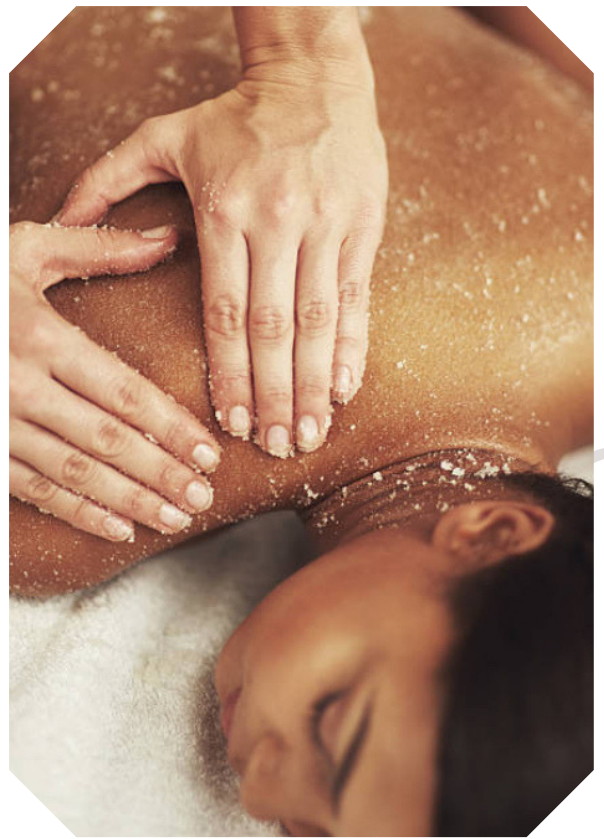
Also known as Holistic and Alternative Therapies, Complementary Therapies has been practiced all over the globe for thousands of years and works harmoniously alongside conventional methods of treatment for mental and physical health.

It has 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 affect the body physically and mentally.



On successful completion of your portfolio, you will gain: **National Vocational Qualification (NVQ) in Level 2 Complementary Therapies.**



During the Body Massage unit, you will learn how to identify areas of stress and tension, relating to knowledge of the anatomy & physiology of the muscles, bones and circulation.

During Reflexology you will learn how to locate the body's systems on the feet, such as the digestive and respiratory system and feel for imbalances in the body. This fascinating and effective treatment is widely recognised within the medical profession.

Through Aromatherapy you will experience the benefits of essential oils and learn to create and tailor blends to suit a variety of needs. This aromatic and therapeutic method of therapy also teaches you how to make a range of specialised homecare products.