



# Course Prospectus Level 3 Beauty Therapy + Level 3 Complementary Therapy

## Also available

- Level 2 Beauty Therapy Prospectus
- Enter the Workplace Modules Prospectus
- CPD Courses (updating skills) Prospectus

see relevant prospectuses

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## Level 3 Qualifications

Can be taken after progression in Level 2 or may be available as your first Qualification please ask for advice and details

### LEVEL 3 Beauty Therapy & Complementary Therapy (Holistic) Qualifications

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## Introducing Acacia Beauty Academy

- Internationally Accredited Qualifications
- Fun and easy to learn courses
- No previous experience unless stated
- Pre attendance study packs
- Fast track training
- Flexible training
- Small classes
- Refresher & CPD classes available
- Individual attention from your tutor
- Sole tuition on request
- Peaceful location
- Free parking

**Acacia Beauty Academy** opened July 2009. Acacia runs friendly effective training courses and is an aid to anyone interested or working in the beauty and wellbeing industry.

**Location** In a peaceful and rural location on the outskirts of Lymington town between Bournemouth and Southampton cities. The training rooms are within a fully working salon. Ample and Free parking

**Acacia Beauty Academy** was established to satisfy a clearly identified need, after more than 25 years producing interesting and factual information for the established more traditional education sector and for individual clients who simply wished to take care of themselves.

**Acacia Beauty Academy** programmes were originally developed to support “traditional” college students on a group or one to one basis. The innovative Acacia Beauty Academy concept has been developed to use internet technology and combine ‘Smart Solutions’ to complement and enhance the more traditional and classic theory and practical teaching methods. Acacia provide the most comprehensive resource of knowledge and education to support clients, students, existing therapists and even professional therapy teachers, whether looking for a new career in the beauty industry, continuing their training for advancement in the industry or simply to care for themselves. All programmes start with theory packs which are completed before attending the practical classes via internet resources: This allows the ability to enjoy a fast track learning experience.



**Acacia Beauty Academy** work with their clients to develop the essential skills needed to help promote and maximise the safe and effective use of products and therapies to help make people feel great!

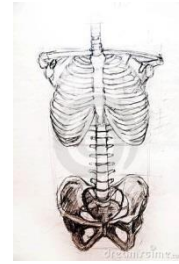
- Courses suitable for clients, students, therapist and teachers.
- A large variety of courses: newly developed with recognised certificates.
- Flexible training and fast tract qualifications to suit all personal schedules.
- Accredited **VTCT** centre ([www.vtct.org.uk](http://www.vtct.org.uk)) meaning your certificates are recognised throughout the industry and insurance easier to obtain.
- Excellent rates on **1:1 training**. An ideal way to fit training into a busy schedule or for salons needing to train staff quickly and professionally. Never more than six students on training attendance days
- Provide '**Smart tutoring**', On-line training, **video, DVD & Podcast** to learn from directly or support each course or seminar.
- Refresher workshops for anyone wishing to renew their skills.
- Website with current timetable, course information, workshops and industry links. Some Treatment videos are also available to download to assist training.
- Free quarterly E-newsletter – latest industry news, course and workshop offers.
- Loyalty bonuses and discounts.
- ON booking you start your theory immediately, allowing valuable class time to be devoted to the practical. By previously achieving underpinning of knowledge therapy, the practical classes are successful.
- Instalment plans available if required on request.
- Excellent industry contacts providing advice on hygiene, overalls and equipment.
- Excellent high quality product kits
- Opportunity to work in the salon free of charge enhancing your industrial competence.
- You will be required to complete case studies for each unit on friends and family, and student insurance is required.



## Anatomy & Physiology with Pathologies UV31299 AC30407 Level 3 unit

### **Level 3 Certificate in Anatomy, Physiology and Pathology for Complementary Therapies:**

Is knowledge based qualification which will provide you with a sound foundation to pursue a career as a complementary therapist. Links to practical therapies will be understood and an awareness of what happens when systems do not function efficiently, self-assessment forms the major part of this course and regular contact with your tutor assists learning



This qualification will develop your knowledge and understanding of the organisation of the body, and the structure and pathologies of the skin hair and nails. You will also learn about the structure, function and pathologies of the human body systems including the skeletal, muscular, nervous, endocrine, respiratory, cardiovascular, digestive, olfactory, urinary and reproductive system

Suitable for Complementary Therapist, Massage Therapist, Yoga or Pilates instructors. Ideally learn at this level as soon as you embark on a therapy career.

### **ENTRY REQUIREMENTS**

No previous knowledge required although any beauty/holistic/sports qualification will help with understanding. Please be advised that this is largely a home study/self-assessment course.

DURATION- depending on you choice seen below

You have an option of one of the three choices seen below :-

- 1) Preparatory theory work packs – home study
- 2) Preparatory theory work packs – home study with 6 x ½ days Attendance
- 3) 12 Days attendance direct tuition



## Aromatherapy Level 3 Unit UV31301

This advanced holistic diploma can build your professional development and increase your client base. You will learn the properties of essential oils plus their benefits both physically and psychologically. Preparation of aromatherapy oil blends and associated products. Clinical aromatherapies massage routines using various techniques such as Neuromuscular, Swedish & Shiatsu, and pressure points. A fascinating subject:-.

### COURSE CONTENT

- Health, safety and hygiene, related to treatment
- Related anatomy & physiology
- Consultation, record keeping and medical referral
- Contra-indications & contra-actions
- Preparation for clients, equipment and room
- Benefits & effects
- Essential oil properties and uses
- Aromatherapy Massage
- Other Massage techniques'
- Aftercare advice
- Case Studies (60)

### ENTRY REQUIREMENTS

Level 3 Swedish Body Massage or Level 3 Holistic Therapies.

Level 3 Anatomy and Physiology with pathologies would be of benefit.  
*Upgrade of Anatomy & Physiology Level 2 to Anatomy, physiology and pathologies Level 3 available – ask for details*

You may take your Massage Unit alongside this Aromatherpay Unit

### DURATION

Preparatory theory work packs – home study

Unit only

Up to 14 days attendance for Practical tuition include exam papers

Approx. 3 half days attendance for assessments

You have an option to spend time working in the salon or at a "Pamper Day to gain valuable experience



## **Provide Massage using Pre blended Aromatherapy Oils UV 30425 Level 3**

Aromatherapy massage using pre-blended oils is a specialist vocational qualification that has been specifically designed to develop your practical skills in; how to provide massage using pre blended aromatherapy oils with a range of clients and conditions

You will learn underpinning knowledge and understanding of the practical skills learned throughout this qualification. Underpinning this qualification you will develop a sound knowledge of how to monitor and maintain health and safety practices in a salon environment and how to promote client care and communications in beauty related industries.

The purpose of this qualification is to develop your skill in beauty therapy to a high level of occupational ability to enable you to perform your own salon services

### **ENTRY REQUIREMENTS**

Level 3 Swedish Body Massage or Level 3 Holistic Therapies.

Level 3 Anatomy and Physiology would be of benefit. Upgrade of Anatomy & physiology available - see relevant pages.

You may take your Body Massage unit alongside this Qualification

### **DURATION**

Preparatory theory work packs – home study

Up to 6 days attendance for Practical tuition include exam papers

Attendance 2 days for assessments

You have an option to spend time working in the salon or at a “Pamper Day to gain valuable experience.



## Diploma in Beauty Therapy Level 3

This qualification provides advanced therapy for the face and body. It is a natural progression from level 2 and you would be an extremely well qualified therapist highly sought after in employment. You will acquire an excellent expertise in advanced body and facial therapies.

If you are already qualified in any units within the last two years, these can be accredited to the diploma although you may be required to show your proficiency. We run a course over a very short time-scale and 100% commitment and attendance is required.

The course contains 9 units and as case studies will be required for most of the units you must be prepared to allot reasonable time to developing and practising these new skills.

Acacia Beauty Academy has a salon and we can book clients for you to work on.

This must be arranged by you through the administrator.

### **COURSE CONTENT**

- Swedish Body Massage
- Consultations, record keeping and medical referral.
- Contra-indications - contra-actions.
- Case study development.
- Galvanic therapy to the face & body
- Infra-red treatments
- High frequency current to the face & body
- Vacuum suction to the face & body
- Non surgical faces lift to the face
- Mechanical massage to the body
- Body wrapping and body masks
- Advice on dietary control (Home study)
- Provides basic individual exercise for a client (Home study)

You have a choice of 2 other units relating to working with colleagues and clients, which will be linked to your practical work.

### **ENTRY REQUIREMENTS**

Level 2-beauty therapy is a benefit although not compulsory. Certificate in Level 3 Anatomy and Physiology with Pathologies (Arrangements can be made to take this prior to the course with Acacia). Level 3 Diploma in health, safety and hygiene can be simultaneously if not held

### **DURATION**

#### **Theory Work pack completion home study**

Up to 20 days attendance for practical's including body massage

*14 days excluding body massage*

*9 days assessments* to be spent working in the salon and taking assessments





## **Epilation Treatments      Level 3 Unit UV30474**

This advanced course provides you with the skills to perform electrolysis on clients wishing to permanently remove unwanted hair. Clients require several treatments making this an excellent skill to increase your revenue and gain new clients.

### **COURSE CONTENT**

- Health, safety and hygiene, related to treatment
- Related legislation
- Anatomy & physiology, related to treatment
- Consultations, record keeping & medical referral
- Preparation for clients, equipment and room
- Contra-indications & contra-actions
- Aftercare advice
- Epilation machines and equipment
- Diathermy & blend methods
- Practical techniques
- Case studies

### **ENTRY REQUIREMENTS**

Level 2 beauty or equivalent

Level 3 Anatomy and Physiology

### **ENTRY REQUIREMENTS**

No previous knowledge required.

Work packs completed before practical tuition attendance

### **DURATION**

Preparatory theory work packs – home study

Up to 10 day attendance for Practical tuition include exam papers

Upto 3 days attendance for assessments

You have an option to spend time working in the salon or at a “Pamper Day” to gain valuable experience



## **Provide Facial Electrotherapy Treatments Level 3 UV30403**



These Level 3 advanced courses provides you with the skills to offer facial electrical and mechanical treatments to clients: Highly profitable skills that increases your range of facial techniques and that employer's value. Case studies are required and therefore you will need access to machines before final certification can be obtained. You can complete your case studies in the salon if preferred. There is a small charge.

### **COURSE CONTENT**

- Health, safety and hygiene, related to treatment
- Related legislation
- Anatomy & physiology, related to treatment
- Contra-indications and contra-actions
- Consultations, record keeping and medical referral
- Preparation of room, equipment and client
- Galvanic and iontophoresis techniques
- Faradic and high frequency
- Audio sonic and vacuum
- Micro-current
- Aftercare and treatment planning
- Case studies

### **ENTRY REQUIREMENTS**

Level 2 facial massage and skincare..

Work packs completed before practical tuition attendance

Certificate in Level 3 Anatomy and Physiology with Pathologies (Arrangements can be made to take this prior to the course with Acacia).

### **DURATION**

Preparatory theory work packs – home study

Tuition 7 days Provide Facial Electrotherapy treatments

Up to 3 day attendance for assessments

You have an option to spend time working in the salon or at a “Pamper Day” to gain valuable experience



## **Hot & Cold Stone Massage UV30475 Level 3 Unit**

A certified training course, deep tissue techniques which covers the full body and face. Our Hot and Cold Stone Massage Course offers massage techniques that go back many thousands of years.

This therapy has become one of the most popular over the last ten years. Working in harmony with massage, this hot and cold stone massage technique places the stones on the client's body and also in the therapists hands.

If you are worried about having to have a hot stone heater with you and you are a mobile therapist, this is no longer an issue anymore as there are portable bag heaters now which do not use water to heat the stones and the tutor will cover this on the day of your training.

### **ENTRY REQUIREMENTS**

A body massage qualification

Some Work packs need to be completed before practical tuition attendance to allow fast track learning

### **DURATION**

Preparatory theory work packs – home study

4 days Practical attendance to include exam papers

2 days attendance for assessments

You have an option to spend time working in the salon or at a “Pamper Day” to gain valuable experience



## To Provide Indian Head Massage Level 3 Unit Award UV30574



The Level 3 Award in Indian Head Massage (QCF) is a Qualification that has been specifically designed to develop your practical skills in how to provide the relaxing and stress relieving treatment of Indian Head massage.

Underpinning this qualification you will develop a sound knowledge of health and safety, and client care and Communication. You will also develop a knowledge and understanding of the practical skills learned throughout this qualification, such as anatomy and physiology.

The purpose of this qualification is to develop your skills in providing Indian head massage treatments to a high level of occupational ability, to enable you to provide your own services for clients.

### **ENTRY REQUIREMENTS**

Anatomy and physiology underpinning will be required in the accredited course or can be completed alongside.

Work packs completed before practical tuition attendance

### **DURATION**

Preparatory theory work packs – home study

Up to 3 day Practical attendance to include exam papers

1.5 day attendance for assessments (3 assessments)

You have an option to spend time working in the salon or at a “Pamper Day” to gain valuable experience



## Thermal Auricular Therapy Level 2 unit award AB20129



This popular treatment involves the use of ear candles which can help with symptoms of sinusitis, tinnitus, ringing in the ears, congestion, and many other conditions affecting the ear, nose and throat. The client often experiences a deep feeling of relaxation. An excellent addition to your therapy qualifications.

### **COURSE CONTENT**

- Related anatomy & physiology, related to treatment
- History of candles
- Benefits & effects
- Contra-indications and contra-actions
- Consultations, record keeping and medical referral
- Preparation for clients, equipment and room
- Healthy, safety & hygiene, related to treatment
- Practical technique including ear and facial massage
- Aftercare advice
- Case Studies

### **ENTRY REQUIREMENTS**

No previous knowledge required.

Work packs completed before practical tuition attendance

### **DURATION**

Preparatory theory work packs – home study

2 day Practical attendance to include exam papers

1 day attendance for assessments

You have an option to spend time working in the salon or at a “Pamper Day”



## Reflexology Diploma Course AC30405 Level 3



Reflexology is a holistic treatment that has become recognised and is one of the most holistic therapies available. You will learn about the bodies' energy flows and how massage to the feet and hands can benefit a client suffering from range of problems. This is exceptional complementary therapy.

### COURSE CONTENT

- Health, safety and hygiene, related to treatment
- Related anatomy & physiology within the practical
- History of reflexology and other complementary therapies
- Preparation for clients, equipment and room
- Consultations
- Contra-indications & contra-actions
- Zone Therapy
- Provide reflexology as a complementary therapy, practical techniques
- Benefits, treatment planning and aftercare
- Principles and practice of complementary therapies
- Business practice of complementary therapies
- Reflective practice

### ENTRY REQUIREMENTS

Level 3 Anatomy and Physiology with Pathologies must be taken prior or alongside this course: If you have not previously completed this unit, and will be completing alongside reflexology units a discount can be applied, please ask for details

### DURATION

Preparatory theory work packs – home study

Therapy Unit Attendance up to 9 days

Full Diploma with 3 additional units up to 14 days

Up to 3 half days attendance for assessments

Reflexology units 100 case studies, therefore NO Theory exam is required

You have an option to spend time working in the salon or at a "Pamper Day" to gain valuable experience



## **Swedish Body Massage AM30136 Full Diploma or Unit UV30424**

A full body treatment of massage techniques to relax, stimulate, ease stresses, pain and muscular tension. This course will enable you to contribute to your client's physical and mental well-being. It is possible to link this qualification to a Level 3 Diploma in Anatomy and Physiology.

### **COURSE CONTENT**

- Related anatomy & physiology
- Consultations, record keeping and medical referral
- History of massage
- Benefits & effects
- Contra-indications - contra-actions
- Preparation of room, equipment and client
- Related health, safety and hygiene
- Case studies
- Practical techniques
- Aftercare advice

### **ENTRY REQUIREMENTS**

No previous knowledge required, although generally learners study and complete a Level 3 Anatomy, Physiology & Pathology qualification by correspondence or part supported learning prior to this course. Some body systems will be required within the unit and this requires commitment to home study. Case studies will be required to meet the full qualification criteria.

### **DURATION**

Preparatory Reading and theory work packs – home study

Up to 15 short days, attendance for practical tuition include exam papers:  
extra day for full diploma

Up to 3 days attendance for assessments

You have an option to spend time working in the salon or at a "Pamper Day"