



**Vitality Holistic
Massage and
Beauty Training**

Vitality Affiliate Programme

Prospectus
March 2021



APTL Endorsed, VHMBT Accredited WellBeing Insurance Compliant

WELCOME!

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I hope that this prospectus will give you a comprehensive guide to the VHMBT Affiliate Programme. Please do not hesitate to contact me if you have any questions.

Email Susan Davis at

vitalityholistics@gmail.com

Vitality Holistic Massage and Beauty Training

*Delivering Quality Training
since 2006*

The Vitality story begins in 2003. Picking up our local College Prospectus off the doormat, I made myself a coffee and had a leisurely flick through the pages. My son was 6 and was happily settled at school and I was unhappily unsettled as a Team Leader in Financial Services.

I needed a change!

One course jumped out at me. A 2 Year VTCT course in Holistic Therapies. I was 47 years old, drinking coffee and contemplating a completely new career path!

In September 2003, I started my first year as a mature student. Qualifying in 2004, I set up my own Holistic Therapy business and never looked back. It was challenging attracting clients and learning how to run a small business but when you are passionate about what you do, then it doesn't feel like work.

Changing careers was the very best thing I ever did. My work fitted in with my family commitments and I loved every aspect of being a therapist. My thirst for learning was ever present and one day it occurred to me that I could take my career one stage further and teach Holistic Therapies.

I did what was necessary to qualify as a tutor, wrote my first training manuals and opened my training school in 2006. The first course I wrote was Indian Head Massage which is still a big favourite with students and clients. Since those early days, Vitality grew, taking on board Tutors and offering more and more holistic and beauty courses. There are now over 20 Holistic and Beauty Courses, all meeting the strict criteria required by many of the leading insurance providers.

All 20 courses are Accredited by VHMBT, WellBeing Insurance Compliant and Endorsed by The APTL (The Association of Professional Therapists and Lecturers) with more to come in the future.

I take enormous pride in delivering first class courses and appreciate that not everyone is academic so the Vitality courses concentrate on the practical. My aim has always been to put my students needs first and so I never have more than 6 students at any given time and very often teach on a "one to one" which ensures my students receive the attention to detail they deserve. The exception to this rule is my Aromatherapy Blending course where I may have up to 8 students, but it is such a fun and social course that it works and students love the interaction.

In 2020 I launched the Vitality Affiliation Programme where I made all my courses available to other trainers, tutors and lecturers. The same quality course material, but unbranded for use in their own training schools. I currently have 4 Vitality Affiliated Schools. Each one building their own brand but with the help and guidance of Vitality. It is exciting to see their training schools flourish and to have played a small part in their success.

At the same time I launched The Association of Professional Therapist and Lecturers. The APTL provides a platform for students to advertise their business as well as providing support and guidance to students if and when they require it. Our current Affiliates form part of the advisory panel and have a wealth of knowledge they are happy to share. It is a very valuable resource and Affiliates are offered the opportunity to join the team of lecturers.

It is a VERY exciting time for those wishing to expand their business and for those wishing to open their very own training schools with the support of Vitality and the APTL

We have done the hard work, so you don't have to.



TESTIMONIAL FROM our AFFILIATE
SAM LACEY OF AURORASTAR HOLISTIC THERAPIES
AND TRAINING

Some years ago now I trained with [Vitality Holistic Massage and Beauty Training](#) in the Om Shanti shed, her courses were so comprehensive, and Susan was so caring and knowledgeable I did pretty much all my courses with her.

It was with her encouragement and guidance that I became one of her tutors, and then when she decided to give the school a refresh and new direction by selling her courses it was with her continued support that I was able to set up my own training school!

If you are a therapist with a dream to run your own school, I encourage you to plant that seed and go for it with Vitality! You could not be in better hands!

With kind permission of Sam from her Facebook Page on 5th May 2020

<https://www.facebook.com/aurorastarholistic/>

What if you haven't trained with Vitality but still want to start your own school using the Vitality Material? It's fine...YOU CAN!

If you are qualified in a modality already all you need to do is learn the Vitality Routines. We can offer one to one training to teach you the practical routine that accompanies the manual. It may only be just a slightly different routine to the one you are accustomed to and can be learnt in just a short space of time either face to face or via video link.

If you wish to train in a modality that you are not yet qualified in, that can be arranged too. We offer a discounted rate for Affiliated Tutors.



HOLISTIC MASSAGE
AND
BEAUTY TRAINING

Do you share our ethos?

Could this be YOUR Mission Statement and
Philosophy?

VITALITY MISSION STATEMENT

- To provide students with the necessary knowledge and skills to perform therapeutic massage modalities competently and safely.
- To promote the benefits of massage and represent the massage profession in a positive light.
- To guide, encourage and support students by sharing our knowledge and experience openly in order that they have the confidence and skills to build a firm foundation on which to build their business.

VITALITY PHILOSOPHY

- At Vitality Holistic Massage and Beauty Training our philosophy begins with the knowledge that learning is a lifelong endeavour.
- We are all teachers and we are all students. We are all interconnected. We strive to learn from one another at every opportunity.
- We promote professionalism and kindness at every opportunity
- We believe that there is no substitute for human touch.
- With proper training, nurturing, and guidance, we believe we can make a difference to our students lives, our own lives and collectively, the lives of our clients.



Become a Vitality Holistic Massage and Beauty Training Affiliate

Have you been a therapist for a while and felt the desire to teach; to pass your knowledge and experience on to others? **Finding out how to go about this can be daunting.**

- ◆ What qualification do you need to become a Tutor?
- ◆ Where can you study?
- ◆ Do you have to go back to college?

And what about writing courses?

- ◆ What do you need to include?
- ◆ Will the course meet the strict criteria demanded by insurance companies?
- ◆ How will you write the syllabus?
- ◆ How much does it cost to register a course with an awarding body?

Here at Vitality we have been teaching Holistic Massage and Beauty courses since 2006.

- ◆ We have 20+ Holistic Courses and 6+ Beauty Courses written, approved and ready for re-branding with your Company Name. **Purchase as many as you need to get you started and add to your portfolio whenever you are ready.**
- ◆ We have a range of Validated, Accredited and Endorsed Holistic and Beauty Courses which have been awarded CPD Points and are Insurable.
- ◆ We have Affiliates who offer Teacher Training, Validation, Anatomy and Physiology, Accreditation and Teaching Insurance.
- ◆ If you want to train in a modality you are not yet qualified in, we can help you achieve that too by offering you training at a discounted price. Once qualified, you can then purchase the course and teach it.
- ◆ If you are qualified in a modality but need help with the VHMB routine, we can teach you the routine in person or over video link.
- ◆ We are here for you every step of the way.

WE HAVE THE WHOLE PACKAGE!

We have done the **hard work**, so you don't have to!

VHMBT Affiliation

Every course we offer is Accredited by VHMBT, WellBeing Insurance Compliant and Endorsed by the APTL

This means that the course material has been written to meet industry standards and meets the strict criteria set out by the awarding bodies.

Structure for Course Manuals

- ◆ Front Cover
- ◆ Contents page
- ◆ Company information
- ◆ History of modality
- ◆ Benefits of treatment
- ◆ Relevant anatomy & physiology
- ◆ Full list of contraindication, contractions and aftercare
- ◆ The importance of consultation
- ◆ Health and safety
- ◆ Hygiene
- ◆ Equipment list
- ◆ Preparation of the room
- ◆ Step by step procedure of treatment
- ◆ Underpinning knowledge test

What you will receive when joining the Affiliate Programme

- ◆ Unbranded Course Manuals
- ◆ The routine
- ◆ The PowerPoint Presentation for teaching the theory element
- ◆ The Test Paper
- ◆ VHMB , APTL and WellBeing Logo
- ◆ Free Membership to the APTL including a listing in the Lecturers Directory
- ◆ Free listing on the Vitality Affiliate Page on the VHMB website

PLUS

- ◆ Booking Form Template
- ◆ Confirmation Form Template
- ◆ Consultation Form Template
- ◆ Miscellaneous supporting documents that you might find useful
- ◆ APTL membership documents for students
- ◆ Ongoing mentoring from VHMBT
- ◆ Want to share your knowledge? Join the APTL as one of our advisors.

Additional Service

For an additional fee of £45 per manual, we can rebrand the course material for you, using your Training School Name and Logo, so you are ready to go.

Need a Teaching Qualification?



Vitality Holistic Massage and Beauty Training are pleased to work with **CTC Training and Development** to provide The Level 3 Award in Education and Training (RQF) qualification.

This qualification is for anybody who delivers training in the workplace or wishes to teach in the further Education & Skills Sector and forms a foundation for those with little or no previous experience of teaching or training.

This award is also required for anybody teaching a range of regulated qualifications and awards provided by awarding organisations such as Vitality Holistic Massage and Beauty Training, and the APTL

This is a Distance Learning Course that can be studied in your own time.

Students are supported in their learning by qualified and dedicated mentors.

Normally £225, the course is available through Vitality at the Discounted Price of £195

If you would like to book on the course please complete the Enquiry Form that can be found on the Vitality Holistic Massage and Beauty Training website:
<http://www.vitalityholistictherapy.co.uk/teacher-training.php>

To visit the CTC Training and Development Website please follow the link

<https://ctccourses.org/product/level-3-award-in-education-and-training-rqf/>

Wellbeing Complaint and Guidelines for Insurance and Membership



When you become a Vitality Affiliate you are buying courses that have been written to meet strict insurance criteria.

We see the word “ACCREDITED” a lot in the industry, but it is an ambiguous word. If a course is “Accredited” then the awarding body is usually required to issue the Diploma or Certificate. .

VHMBT Accredited the courses we supply, because we know they meet insurance standards. We ask our Affiliates to issue the qualification to their students on completion of a course, and recommend that they carry the VHMBT , APTL and WellBeing Logo to show that they meet insurance standards.

WellBeing Insurance

WellBeing insurance can accommodate a wide variety of complementary therapy types. These would generally sit within the broad classifications shown under: Alternative Medical Systems, often founded from ancient practices and historical cultures and including activities such as Ayurveda, Homeopathy, Naturopathy and Traditional Chinese Medicine.

Mind-Body relation therapies that rely on the mind’s ability to facilitate and influence physical change. Activities would include Hypnosis, Meditation, Mental & Absent Healing, Art, Drama and Music Therapy etc.

Therapies reliant on dietary regulation and/or the ingestion of supplementary preparations, including Herbalism, Dietary Supplementation and Nutritional Therapy and Advice Bodyworks and Manipulation including Aromatherapy, many Massage types, Reflexology etc.

Energy based therapies that use energy fields and which include many types of Energy Healing and such activities as Reiki, Qi Gong, Therapeutic Touch etc.

Beauty Therapists offering various treatments and Hairdressers can also be accommodated under the scheme.

A WellBeing policy can also include extended Professional Indemnity cover for the teaching/ training of other therapists and Public Liability Premises risk (when working from your own home).

Treatment Rooms, Centres and Clinics can all be insured under the scheme too.

enquiries@wellbeinginsurance.co.uk

<https://wellbeinginsurance.co.uk/>

(01252) 735806

All therapists are required to have full membership insurance to practice professionally.

APTL - The Association of Professional Therapists and Lecturers

"Unity is strength...
when there is
teamwork and collaboration,
wonderful things
can be achieved."
- Mattie J.T. Stepanek

The APTL is an organisation created for all Vitality Affiliate students and graduates to offer support via our FB page and FB Group. We invite all students and graduates to join us and be a part of this growing organisation dedicated to providing advice and guidance to all who choose to train with our Affiliate schools.

There is a joining fee of £18.00 plus an annual subscription of £8. This entitles members to have a listing in the various Directories on the APTL website.

All VHMBT courses are endorsed by the APTL too and members can use the logo in their marketing and use "APTL Reg" including membership number, after their names.

As a Vitality Affiliate you will also be invited to join our panel of advisors. Everyone has something to bring to the table and if you are a Vitality Affiliate you automatically qualify to be a member of the

APTL Lecturers TEAM



Email: aptlregister@gmail.com

Website: www.theassociationofprofessionaltherapistsandlectors.co.uk

Facebook: <https://www.facebook.com/TheAPTL/>



HOLISTIC MASSAGE
AND
BEAUTY TRAINING

RE-BRANDING

All the VHMBT courses are written using Microsoft Publisher, a program that is part of the Microsoft 365 suite, which makes them easy to navigate, edit, update and add your own branding. The courses are sold in this format, and the courses are supplied as a separate Manual and Routine for ease of printing. If you wish to make changes to the Publisher Manual, you can do so easily.

If you do not use Publisher, we can re-brand your courses for you and supply them in PDF format. They are then ready for you to print for your students or to send out before training. Sending your students PDF copies saves on printing costs as well as making your courses eco friendly. The main body of the course is separate from the routine. We would not recommend you sending your students the course material in Publisher.

Please note that if we supply your manual as a PDF, any amendments will have to be submitted to us to enable us to update the manuals and resubmit them to you, as you cannot edit a PDF. There will be a small fee for this service.

Every course is sold with a PowerPoint Presentation which is useful when teaching the course theory. It will be unbranded, but again, we can brand this for you.

A test paper for each modality also forms part of the sale. The paper is in Word and is easily updated with your training school details.

We also supply incidental paperwork templates such as booking forms, confirmation letters, Student GDPR forms etc, which are generic but can be re-branded with your training school details. These are provided in Word.

Diploma Design - we will supply a Diploma Template which you can re-brand or we can re-brand it for you.

RE-BRANDING SERVICE

If you would like us to Re-brand your courses with your Logo and Brand Name, we are happy to do this. The cost per course is £45. We will require your original artwork and logos to offer this service. The cost will include the branding of all course material.

Once supplied, if at a later date you have any updates or amendments for inclusion we can amend and update your PDF Manual. Each update will be subject to a fee of £10 per manual.

PLEASE NOTE: The manuals are insurance compliant. Any changes made to the original work, other than rebranding, must be submitted to Vitality for checking. Failure to do so could invalidate insurability.



HOLISTIC MASSAGE
AND
BEAUTY TRAINING

COURSE MANUALS

Half Day Abdominal Massage Training (No Prerequisites)

Symptoms such as abdominal pain, bloating, cramps, wind, IBS and infrequent or difficult bowel movements can be the result of a sluggish digestive system. This course will teach you how to carry out a gentle abdominal massage which may (with regular application) help with all the conditions above.

Treatment time is approximately 30 minutes

Purchase £110 Rebranding Service £45 RRP £100*

1 Day An introduction to Aromatherapy and Blending (No Prerequisites) (Including hand/foot massage)

This one day intensive course will teach your student everything they need to know about the history of Aromatherapy, benefits, contra-indications, contra-actions, study and an introduction to a full range of 20 essential oils for blending, as well as hand and foot massage techniques and basic essential anatomy. This course is an introduction to the art of aromatherapy for beginners and experienced therapists alike.

The 20 essential oils studied on this course are Bergamot, Black Pepper, Clary Sage, Eucalyptus, Frankincense, Geranium, Ginger, Grapefruit, Juniper, Lavender, Lemongrass, Lime, Marjoram, Orange, Roman Chamomile, Rose, Rosemary, Sandalwood, Tea Tree and Ylang Ylang. Students will be qualified to use upon passing the practical assessment)

If the student is a qualified massage therapist they will be able to blend for their client and use the studied essential oils in their body massage - however, they should check that their insurance company will accept this course before booking.

Purchase £210 Rebranding Service £45 RRP £190*



*This is the recommended price for marketing. It is a guide only, but you may wish to sell at a higher or lower price.

Aromatherapy Blending and Massage Diploma 3 DAY COURSE (Prerequisites Anatomy and Physiology)

Aromatherapy massage is a slow, deep and totally relaxing, therapeutic treatment using essential oils to encourage the body's own innate healing. With their varying properties, essential oils can help ease physical and psychological conditions by uplifting, relaxing, energizing, invigorating, calming and stimulating mind and body.

This is an intensive 3 day course which is broken down into bite sized pieces so that over the course of three days students will learn everything they need to know about Aromatherapy Massage from the history, to the benefits, contra-indications, contra-actions, client consultation and practical application of techniques.

Essential oils, carrier oils etc will be provided for use by students on the course.

This is an all-inclusive course where students will study 42 essential oils. Basil, Benzoin, Bergamot, Black Pepper, Carrot Seed, Cedarwood, Citronella, Clary Sage, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Jasmine, Juniper, Lavender, Lemon, Lemongrass, Lime, Mandarin, Marjoram, Melissa, Myrrh, Neroli, Niaouli, Orange, Palmarosa, Patchouli, Peppermint, Petitgrain, Roman Chamomile, Rose, Rosemary, Rosewood, Sage, Sandalwood, Spearmint, Tangerine, Tea Tree, Vetiver and Ylang Ylang.

Case Studies are required before the qualification will be awarded.

Treatment time is approximately 75—90 minutes

Purchase £430 Rebranding Service £45 RRP £495*

1 Day Thermal Auricular Therapy (Ear Candling) (No prerequisites)

This one day intensive course will teach you everything you need to know about the history of Ear Candling, the techniques, benefits, contra-indications, contra-actions, basic anatomy of the head, skin and anatomy and physiology of the outer and inner ear.

Thermal Auricular Therapy is easy to learn and can benefit children as well as adults who have ear, nose and throat problems. As well as instruction of the safe use of the candles, students will learn a basic facial massage designed to stimulate the lymphatic system as well as bringing about deep relaxation.

Treatment time is approximately 45—60 minutes

Purchase £210 Rebranding Service £45 RRP £175*

1 Day Hand and Arm Massage Fusion (No prerequisites)

Never underestimate the power of Hand and Arm Massage. A mix of Swedish Massage, Thai Massage, Hand Reflexology and Acupressure to create a fusion massage that is easy to learn and deliver. Suitable for all levels and perfect for people working as carers, and for qualified therapists too.

Treatment time is approximately 45 minutes

Purchase £210 Rebranding Service £45 RRP £160*



*This is the recommended price for marketing. It is a guide only, but you may wish to sell at a higher or lower price.

1 Day Hands Free Massage Training (No Prerequisites)

This massage is deep and very relaxing. Some elbow work but the onus is on helping the therapist remain injury free by using the forearms rather than the wrist and the hands.

Treatment time is approximately 45 - 60 minutes

Purchase £210 Rebranding Service £45 RRP £160*

1 Day Holistic Facial Massage Training (No prerequisites)

1 day course. Students will learn how to use products to cleanse, tone and moisturize the skin, and carry out a holistic facial massage which combines relaxing and calming techniques with acupressure massage which works the meridian system thus creating calm and balance through the whole body.

Treatment time is approximately 45 minutes

Purchase £210 Rebranding Service £45 RRP £175*

1 Day Hot Stones Massage Training (Prerequisite Body Massage and A and P qualification)

Hot Stones Massage is gentle and slow and is an ideal therapy as the stones do the majority of the work. There is no real pressure required which means that the therapist benefits too - less strain on the wrists and fingers. It is said that one stroke of a hot stone is equivalent to 3 without.

Treatment time is approximately 60 minutes

Purchase £210 Rebranding Service £45 RRP £190*

1 Day Indian Head Massage Training (No prerequisites)

With easy to learn techniques, Indian Head Massage is the perfect therapy for beginners and experienced therapists alike. Following traditional techniques, IHM is relaxing, and balancing; working on the Chakra System, it is a very spiritual treatment too. IHM is a "Must Have" for all Therapists.

Treatment time is approximately 30 - 45 minutes

Purchase £210 Rebranding Service £45 RRP £160*

Please note that The FHT will not offer insurance for one day Indian Head



*This is the recommended price for marketing. It is a guide only, but you may wish to sell at a higher or lower price.

1 Day Lomi Lomi Hawaiian Style Massage Training (Prerequisite Body Massage and Anatomy and Physiology qualification)

This totally relaxing and healing massage comes from Hawaii and is carried out using the hands and the forearms. Unlike western style massage, the client is uncovered (modesty is always maintained) and using hot oils, the body is massaged from the tips of the toes to the top of the head in long, sweeping and seamless movements, stretching the limbs and relaxing both the body and the mind. It is a very spiritual and deeply healing massage.

Treatment time is approximately 60 minutes

Purchase £210 Rebranding Service £45 RRP £185*

1 Day Natural Face Lift Massage (No prerequisites)

No products are used in this treatment. Using special techniques to lift and condition the muscles, along with acupressure to help stimulate energy flow, this treatment naturally refreshes and revitalises the face giving it the temporary appearance of being “lifted”, revived and refreshed.

Treatment time is approximately 45 minutes

Purchase £210 Rebranding Service £45 RRP £160*

1 Day Pregnancy Massage Training (Prerequisite Body Massage and Anatomy and Physiology qualification)

Carried out with the client in a side-lying position, Pregnancy Massage helps to prepare the body for the changes that occur during this special time and will help to promote relaxation and ease muscle tension which can aid and support the Mum-to-be and help her enjoy a healthy, happy pregnancy.

Treatment time is approximately 60 minutes

Purchase £210 Rebranding Service £45 RRP £195*

1 Day Reflex Zone Therapy Training (No prerequisites)

Students will learn to appreciate how the feet mirror the body and how, by working the Zones, they can stimulate the systems of the body and bring about pain relief, balance and harmony. Zone Therapy is the foundation on which all versions of Reflexology were built and is a wonderful stand alone treatment.

Treatment time is approximately 45 - 60 minutes

Purchase £210 Rebranding Service £45 RRP £175*



*This is the recommended price for marketing. It is a guide only, but you may wish to sell at a higher or lower price.

3 Day Reflexology Training (Prerequisite Anatomy and Physiology qualification)

3 DAY COURSE This is an intensive 3 day course which is broken down into bite sized pieces so that over the course of three days students will learn everything they need to know about Reflexology. Recognised to stimulate the whole body by working on the soles of the feet to bring about homeostasis. Case Studies are required before the qualification will be awarded.

Treatment time is approximately 60 minutes

Purchase £430 Rebranding Service £45 RRP £495*

1 Day Swedish Back Massage (No prerequisites)

This is a one day "stand alone" course for those interested in massage and is an introduction to Swedish Massage.

An Anatomy and Physiology qualification is NOT a requirement for this course which makes it perfect for therapists who do not currently have an A and P qualification and for people interested in massage for family and friends.

Students will learn a routine to enable them to undertake a relaxing back massage using Swedish Massage techniques.

This course is the perfect therapy for beginners and experienced therapists alike and if the student wishes, can lead to our 2 day intensive Swedish Full Body Massage course.

Treatment time is approximately 30 minutes

Purchase £210 Rebranding Service £45 RRP £160*

2 Day Swedish Body Massage (Prerequisite Anatomy and Physiology qualification)

Students will learn everything they need to know about Swedish Body Massage from the history of massage, to the benefits, contra-indications, contra-actions, client consultation and practical techniques. Please note Swedish Massage is a relaxing massage, not a Sports or Remedial Massage.

Case Studies are required before the qualification will be awarded.

Treatment time is approximately 60 minutes

Purchase £320 Rebranding Service £45 RRP £375*



*This is the recommended price for marketing. It is a guide only, but you may wish to sell at a higher or lower price.

1 Day Thai Compress Massage Training (Prerequisite Body Massage and Anatomy and Physiology qualification)

Traditional Thai Massage works on the SEN (energy) lines of the body. The use of hot oils, hot compressed and deep tissue work makes this a superb massage for relaxation as well as fantastic for relieving muscle tension. Thai Compress is a fragrant, uplifting massage. A real Spa experience.

Treatment time is approximately 60 minutes

Purchase £210 Rebranding Service £45 RRP £200*

1 Day Thai Foot Massage Training (No Prerequisites)

This massage combines Yoga Breathing, Shiatsu, Reflexology and also includes work on the hands. Instruction on working the SEN lines using a Thai Massage Stick is just a small part of the traditional Thai Foot Massage. Stretching and Rocking as well as massage makes this a truly relaxing experience. The client is clothed during this treatment.

Treatment time is approximately 45 minutes

Purchase £210 Rebranding Service £45 RRP £175*

1 Day Thai Back Massage Training (No prerequisites)

Often referred to as "On-Site Massage" this is a portable and easy to learn massage technique. It is both relaxing and stimulating as the deep tissue work relieves aching muscles and the gentle rocking motion of the massage brings about deep relaxation. Carried out over clothes.

Treatment time is approximately 30 minutes

Purchase £210 Rebranding Service £45 RRP £160*

1 Day Body Brushing and Skin Conditioning (No prerequisites)

This one day course covers body brushing, exfoliating and cleansing mud mask. The skin is the largest organ of the body and also the BIGGEST eliminator of waste! This treatment aids lymphatic drainage and may help cellulite. Exfoliation sloughs off dead skin cells that make the skin look dull and lifeless and prepares the skin for moisturising. Moisturising helps the skin to remain supple, supports its lipid structure and provides protection.

Treatment time is approximately 45 - 60 minutes

Purchase £210 Rebranding Service £45 RRP £180*



*This is the recommended price for marketing. It is a guide only, but you may wish to sell at a higher or lower price.

1 Day Combined Holistic and Beauty Facial (No prerequisites)

Covering Holistic and Beauty Facials for those who wish to use pre-mixed masks or who like to be creative! This course combines beauty and holistic so that once qualified, students can offer bespoke facials for their clients.

This is a one day intensive course which combines the techniques of both the Holistic Facial and the Beauty Facial. Students will learn about the anatomy of the face and neck, the structure of the skin, how to analyse skin type, the benefits of both Holistic and Beauty Facials, contra-indications, contra-actions, the techniques required to cleanse, tone, exfoliate, and moisturize the skin as well as the application of face masks.

Students will learn everything they need to know about Beauty Facial Routines, Holistic Facials, Acupressure, Massage Techniques and what products to use.

Treatment time is approximately 60 minutes

Purchase £210 Rebranding Service £45 RRP £190*

1 Day Gel Nails (No prerequisites)

This course takes the student through the process of preparing the nails for the application of the Gel, painting and curing the nails for beautiful polished results that can last for up to a month if the client follows the therapists guidelines.

Students who have studied traditional manicures may train in Gel Nails as an additional treatment and can be offered a reduced rate as they will not require the same level of training as those with no experience. This course does not cover extensions or enhancements.

Treatment time is approximately 45 minutes

Purchase £210 Rebranding Service £45 RRP £160*

1 Day Manicure (No prerequisites)

Hands are often neglected and yet every day we put them through rigorous challenges and expect them to deliver! A Manicure not only makes nails look tidy and cared for but combined with a hand treatment such as a hand mask and hot wax treatment, hands can look years younger too. A manicure is not just about pretty nail polish, it is SO MUCH MORE!

Hot wax is also an excellent treatment for anyone suffering from arthritis as the warmth of the wax penetrated deep into the skin layers and through to the bones bringing relief from aching muscles and joints. Hot Wax can be offered as a stand alone treatment

This one day intensive course will teach you everything you need to know about manicure techniques such as safe filing, cuticle work, exfoliation, masks, massage, the use of paraffin wax, as well as the application of nail varnish. We look at the benefits of manicures, contra-indications, contra-actions, use of products and tools as well as the basic anatomy of the hands.

Treatment time is approximately 60 minutes

Purchase £210 Rebranding Service £45 RRP £160*

*This is the recommended price for marketing. It is a guide only, but you may wish to sell at a higher

1 Day Pedicure (No prerequisites)

Feet are often neglected and yet every day we put them through rigorous challenges and expect them to deliver! A Pedicure not only makes nails look tidy and cared for but combined with foot treatments such as a foot soak, exfoliate, mask and hot wax treatment, feet can look and feel amazing.

Hot wax is an excellent treatment for anyone suffering from arthritis as the warmth of the wax penetrates deep into the skin layers and through to the bones bringing relief from aching muscles and joints.

This one day intensive course will teach you everything you need to know about pedicure techniques such as safe filing, cuticle work, exfoliation, masks, massage, the use of paraffin wax, as well as the application of nail varnish. We look at the benefits of pedicure, contra-indications, contra-actions, use of products and tools as well as the basic anatomy of the feet.

Treatment time is approximately 60 minutes

Purchase £210 Rebranding Service £45 RRP £160*

1 Day Make-up for Daytime and Evening Level 1 (No prerequisites)

This course teaches students how to identify skin type, face shape and skin tone. Students will learn how to apply makeup for daytime and how to adapt the look for the evening.

Case Studies are required to complete the course.

Purchase £210 Rebranding Service £45 RRP £160*

1 Day Warm Waxing (No prerequisites)

This one day course will equip you with the knowledge required to understand and be able to apply hygiene practices in line with the professional code of practice. Students should supply their own models who have a good hair growth for waxing.

You will be able to carry out waxing on the:

- Legs
- Bikini line
- Underarms
- Lip
- Chin

Purchase £210 Rebranding Service £45 RRP £160*



*This is the recommended price for marketing. It is a guide only, but you may wish to sell at a higher or lower price.

Vitality Affiliate Purchase Prices March 2021

HOLISTIC Courses and Manuals

	Purchase	RRP
Abdominal Massage	£110	£100
Aroma Blending	£210	£190
Aroma Massage (3 day course)	£430	£495
Ear Candling	£210	£175
Hand and Arm Massage	£210	£160
Hands Free	£210	£160
Holistic Facial	£210	£175
Hot Stones	£210	£190
IHM	£210	£160
Lomi Lomi	£210	£185
Natural FL Massage	£210	£160
Pregnancy	£210	£195
Reflex zone	£210	£175
Reflexology (3 day course)	£430	£495
Swedish Back	£210	£160
Swedish Massage (2 day course)	£320	£375
Seated Thai Back	£210	£160
Thai Compress	£210	£200
Thai Foot	£210	£175

BEAUTY Courses and Manuals

Body Brushing and Conditioning	£210	£180
Combined Holistic and Beauty Facial	£210	£190
Warm Waxing	£210	£160
Gel Nails (not extensions or enhancements)	£210	£160
Manicure	£210	£160
Pedicure	£210	£160
Make-up Level 1	£210	£160

RE-BRANDING SERVICE

If you would like us to rebrand your courses with your logo and brand name, we are happy to do this. The cost per course is £45. We will require copies of your original artwork and logos in order to offer this service. Additional “routine” training is offered at £40 an hour either one to one or via video link.

Terms and Conditions relating to the sale of Vitality Holistic Massage and Beauty Training Courses

1. The phrase "buyer" will refer to the person or persons purchasing the unbranded course or courses. The phrase "seller" refers to Susan Davis of Vitality Holistic Massage and Beauty Training. Vitality Holistic Massage and Beauty Training may be abbreviated to VHMBT
2. The course material will consist of:

The unbranded course without the routine
The routine¹
The PowerPoint
The Test Paper
3. The original VHMBT branded courses and the subsequent unbranded courses will remain the property of Susan Davis until such a time as they are paid for and become the property of the buyer. Once purchased and rebranded the course material will no longer be the intellectual property of Susan Davis. She will relinquish any rights to the content, delivery, and use, nor will she be recognised as the sole author.
5. The courses have been written in unprotected Publisher to facilitate the process of rebranding. It is the purchaser's responsibility to protect the document against theft. The courses can be rebranded and supplied in PDF format. A fee will be charged for this service²
6. All the Vitality courses are Accredited by VHMBT (Vitality Holistic Massage and Beauty Training), are approved from medical malpractice insurance with WellBeing Insurance and Endorsed by the APTL (Association of Professional Therapists and Lecturers). Logo's for VHMBT, WellBeing, and the APTL plus the appropriate wording, will not be deleted on the unbranded course material but can be removed should they not be required.
7. Susan Davis reserves the right to sell the unbranded courses at her discretion to:
 - (a) Independent Therapy Schools' offering Holistic, Beauty and Complementary Therapy training.
 - (b) Independent Tutors who hold a valid teaching qualification in the modalities offered and hold adequate insurance to teach. **Documented proof will be required and will be a pre-requisite to the sale.**
8. Susan Davis does not accept responsibility should any changes made to the original work not meet insurance criteria, nor will she engage in correspondence or mediate if the buyers insurers do not accept changes to the original approved manuals.
9. The buyer may submit the unbranded courses to any organisation offering accreditation*; however, VHMBT and Susan Davis, do not accept responsibility for the content of the course should it fail to meet the criteria.

VHMBT and the APTL are NOT insurance providers and accredit* and endorse the courses as being of an acceptable standard and are approved for medical malpractice insurance with Wellbeing Insurance.

10. The seller will remove from the course material all references to Vitality Holistic Massage and Beauty Training before the sale. Current recommendations to insurance companies, products, and affiliates where they appear in the manuals will not be deleted but may be removed by the purchaser when rebranding.
11. The unbranded courses, once rebranded, will become the property of the buyer who will work independently of VHMBT. If the buyer is issuing and signing the qualification on behalf of their independent training school, they will become the awarding body.
12. VHMBT, and the APTL will not issue Certificates or Diploma's on behalf of the buyer. All courses have been checked and in association with Vitality Holistic Therapy are approved for medical malpractice insurance with Wellbeing Insurance.
13. It is the buyer's responsibility to keep up to date on industry regulations and best practice and make the necessary adjustments to the manuals. These changes should be submitted to the buyers awarding body for insurance compliance.
14. VHMBT will not accept responsibility should WellBeing insurance cease trading, nor will they offer alternative arrangements or act on behalf of the buyer to seek alternative arrangements for accreditation or insurance approval of the courses.

¹ While the sale includes the modality routine, all routines vary in style and techniques. Should the buyer wish to re-write the routine, it is permissible but subject to approval by the buyers awarding body. VHMBT will not be held responsible for any changes made to routines.

² Courses can be rebranded by the seller on payment of an agreed fee.

* The definition of the word accreditation, accredited and accredit : *officially recognised or approved and formally accepted as being of an acceptable standard.* Cambridge English Dictionary.