

OASIS ~ TIME

Beauty & Holistic Academy

COURSE PROSPECTUS

Massage, Beauty &
Holistic Training



theguild
of Holistic Therapists

theguild
of Beauty Therapists

OASIS-TIME Massage, Beauty & Holistic Training

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Courses offered by OASIS-TIME ...

(one day courses unless stated otherwise)

Massage Diploma courses

Holistic Pro course – combination of four most popular Massage Courses – marked *

Indian Head Massage Course*

Thai Foot Massage Course *

Eastern Facial Massage Course*

Japanese Hand Massage Course*

Introduction to Holistic Massage Certificate Course

Auricular Massage Course - exclusive to OASIS-TIME!

Hot Stones Massage Course - NEW!

Beauty Diploma courses

Beauty Pro course – combination of 8 of our most popular Beauty Courses – marked *

Facial Courses

Facials Treatments Course*

Make-up for Day & Special Occasions* – NEW!

Galvanic Spa II Anti-Ageing Facial Treatments Course - EXCLUSIVE!

Waxing Courses

Waxing Treatments Course*

Brazilian Waxing Course* - half day

Eye Treatment Courses

Eyelash & Eyebrow Tinting and Shaping Course* - half day

Eyelash Perming Course* - half day

Semi Permanent Eyelash Extensions Course*

Nail Technician Courses

Nail Pro course – combination of 4 of our Nail Technician Courses – marked ^

Manicure and Pedicure Course*^

Acrylic and Gel Nail Extensions Course^

Fibreglass and Sculptured Nail Extensions Course^

Nail Art Course^

Nail Extension Combi-Course (Acrylic, Gel, Fibreglass and Sculptured Nail Extensions Courses)

Holistic Diploma courses

Thermo-auricular Therapy – The Professional use of Ear Candles

Auricular Massage – specifically for use after ear candling

Reiki Attunements – Level 1 to Masters – 1-2 days depending on level

COMING SOON!

Business Development Diploma courses

Marketing your Therapy Business

Correspondence Diploma courses

Variety of distance learning courses

Reiki Massage, Crystal Massage, Crystal Healing, Chakrah Balancing

Emotional Freedom Technique

Massage and Beauty Kits now available!

About OASIS-TIME Training Courses ...

Are you looking for excellent and affordable massage, beauty and holistic training courses?

- Perhaps you want to increase the therapies you offer?
- Maybe you would like to increase your earnings?
- Are you dreaming of a complete career change?

An answer to all your needs lies with OASIS-TIME TRAINING who run massage, beauty and holistic training courses at their head office in Hertfordshire and in various other locations in the South of England.

OASIS-TIME offers high quality tuition, in a fun and friendly environment in a delightful house near St Albans in Hertfordshire.

Class sizes are small to ensure personal attention, and the comprehensive course manuals provide a wealth of useful information.

Courses are suitable for complete beginners looking for a new, rewarding career, or experienced therapists who wish to add to their skills and earn CPD points.

Course dates and times are flexible, and mobile and private tuition are available at an additional charge. All courses are insurable and accredited by leading industry organizations.

Kits are also available for your courses so you are able to practice as soon as you arrive home without worrying about how to find all the right equipment.

The benefits of learning with OASIS-TIME are:-

- Easy and fun to learn, with on-going support
- Fully accredited Diploma level, enabling you to practice professionally
- A qualification in Anatomy & Physiology is not required
- Price includes your Diploma, comprehensive notes and refreshments (not lunch)
- Small, friendly and informal classes
- Kits available to purchase in advance with a discount
- Individual attention from your tutor, who is a practicing therapist

Contact OASIS-TIME today for more information on dates and course contents.

How to book and how to pay

We aim to make booking your course a very straight-forward experience – it's as easy as 1-2-3!

1. Browse through the Training Course Prospectus and select your chosen course/s.
2. Select the kit to compliment your course/s.
3. Contact OASIS-TIME to confirm availability for your chosen course and date, and confirm the price and whether any supplements or discounts apply.
4. Your place will then be provisionally reserved and you will be sent a Registration Form by email or post.
5. Complete the Registration Form, select the kit of your choice, and send the Registration Form to OASIS-TIME with your cheque payment - address details are on the Form. (Please note it is important to read the Terms & Conditions as they will apply to your course booking. They are also available at the end of this Prospectus.)
6. On receipt of your Registration Form and payment, you will be sent detailed course joining instructions. Please read these carefully to ensure that you are fully prepared for your course.

That's it!

Payment

We are pleased to accept payment by the following means:-

- By cheque
- Interbank transfer – please ask for details
- By credit card – from May 2009 – please ask for details
- In certain circumstances, cash can be accepted on the day – please obtain agreement from the Principal in advance that this is permitted.

Massage and Beauty Kits

Kits are available containing all you need to start practicing your new skills straight way! When you complete your Registration Form, please state which kits you require and include the cost in your course payment – you will also receive a discount too!

<p>Body massage kit - £11 in advance, or £12 on the day Two pots of Tui Body Massage Wax 10 spatulas</p>	<p>Foot massage kit - £14 in advance, or £15 on the day One pot of Tui Body Massage Wax One pot of Tui Foot wax 10 spatulas Anti-bacterial gel/wipes</p>
<p>Eyelash Perming Kit - introductory price £25.50 in advance, or £27 on the day Three bottles of perming solution Three bottles of neutralising solution Three bottles of conditioning solution Glue and three bottles of glue remover/detergent Three packets of small, medium and large rollers</p>	<p>Eyelash & Eyebrow Tinting Kit - introductory price £18.50 in advance, or £20 on the day Black and brown dye Developing solution Glass pipette Glass mixing dish Applicator brush and Mascara wand Under eye protector pads Tin of petroleum jelly 10 cotton buds and 10 cotton wool disks</p>
<p>Semi-permanent Eyelash Extension Kit - introductory price £27.50 or £30 on the day Silver carrying case 3 pots black eyelashes - 8mm, 10mm, 12mm 3 pots - one each of blue, brown and purple eyelashes - 10mm Glass mixing plate Glue and glue remover Puffer to dry glue Under eye paper pads Pack of cotton buds Eyelash brush/comb Eyelash comb/tweezer 2 tweezers Pair of scissors Mirror</p>	<p>Manicure & Pedicure Kit – introductory price £65 in advance, – pre-order only Emery boards 10 orange wood sticks 10 cotton buds 10 cotton wool disks Cuticle knife Cuticle nippers Cuticle remover Cuticle cream or oil Nail enamel remover Base and top coat enamel 3 way Buffer Foot soak bowl Foot rasp Massage wax Pair of disposable latex gloves Sanitiser/anti-bacterial gel or wipes</p>
<p>Thermo-auricular Therapy – £95 Otoscope – £60 optional - various colours Peanut neck pillow – various colours Biosun candles, pack of 10 Face protectors and safety lighter Ear wax dispersal drops Massage cream or wax</p>	<p>Galvanic Spa – kit and course – special offer - £250, RRP £325 Galvanic Spa Training Course and Galvanic Spa unit, including 4 conductor heads and a matching carrying case Facial Starter Kit - £69, RRP £85 - includes two boxes of Facial Gels and Tru Face Line Corrector Body Starter Kit - £54, RRP £68 - includes Body Gel and Dermatic Effects Cream for cellulite and sagging skin</p>
<p>Waxing Kit - Roller ball warm wax - price on application Roller ball heater Six cartridges of warm wax 6 large rollers, 2 medium rollers, 1 small roller Packet of muslin strips Pre-wax lotion Post-wax lotion Wax equipment cleaner Packet of spatulas Pair of disposable latex gloves</p>	<p>Waxing and Brazilian Waxing Kit - Spatula Wax - price on application Hot wax heater Three tins of wax - hot, warm and paraffin Packet of muslin strips Pre-wax lotion Post-wax lotion Wax equipment cleaner Packet of spatulas Pair of disposable latex gloves</p>

**Holistic Pro Diploma – 4 in 1
 Including Eastern Facial Massage, Thai
 Foot Massage, Japanese Hand Massage
 and Indian Head Massage**

**Four massage courses –
 All inclusive £435
 Kits available to purchase**

About the course:

Our Holistic Pro package includes four massage diploma training courses, worth a combined cost of £435. This course will enable you to fast-track your way into a lucrative new career as a massage therapist and save £45 on individual course fees.

The course includes four massages as follows:

The Eastern Facial Massage covers the theory of acupressure points and how to locate and work the points. The massage routine is in several parts and incorporates various movements designed to give your client a complete holistic experience.

Japanese Hand Massage is a massage of the arms and hands and is a unique blend of shiatsu and reflexology. The course covers the techniques of applying pressure in the correct points on the hands and arms to restore the flow of energy, leaving the client refreshed and renewed.

The Indian Head massage course covers the relevant anatomy, but the majority of time will be spent on the routine itself. The massage involves various strokes and techniques which are traditionally accepted. The routine also includes some more modern movements specifically designed for computer stress.

The Thai Foot Massage course incorporates a combination of acupressure, energy meridian work, plus elements of shiatsu and reflexology. This massage is a perfect addition to a regular massage routine and is also ideal as part of a luxury pedicure treatment. Reflexologists also find that it is a perfect extension to their existing skill sets, thus adding another offering to their current clients.

These massages are ideal for Beauty therapists to give an additional dimension to their usual treatments on the face, hands and feet. They are also a perfect addition to general massage repertoire – either for the experienced therapist or complete beginners.

Course content:

- Eastern Facial Massage Diploma course
- Thai Foot Massage Diploma course
- Japanese Hand Massage Diploma course
- Indian Head Massage Diploma course
- Individual course manuals for each Diploma

The Holistic Pro Package is arranged personally with your tutor for dates and times convenient for you both - please call or email to discuss in more detail.

Duration:

Three to four days – by agreement

Entry requirements:

Interest in body therapy

Diploma Accreditation:

Accredited by BABTAC, CMA, IPTI, GHT, GPBT

Continuous Professional Development:

This course has been awarded 52 CPD points

Further study –

See also the Thermo-Auricular Therapy Diploma Course which compliments this treatment!

**Indian Head Massage
 Diploma Course - Best Seller!**

One day course £95.00

About the course:

Indian Head Massage evolved in the homes and barbers shops of India over many thousands of years. It is part of the Ayurvedic tradition and is widely practiced today.

This massage is usually received clothed, although the shoulders can be bare. It treats not only the head but also the upper back, shoulders, arms, face and head. Indian Head massage is received seated on a comfortable chair.

This course covers the history of Indian Head massage which has only been practiced in the western world for about 30 years. You will learn about the benefits of the massage so that you can market your treatment effectively.

The Indian Head massage course covers the relevant anatomy, but the majority of time will be spent on the routine itself. The massage involves various strokes and techniques which are traditionally accepted. The routine also includes some more modern movements specifically designed for computer stress.

At the end of the day you will know how to adapt the massage routine to enable you to personalize it for your client's requirements or to the time you have available – this massage is idea for Pamper parties.

Course content:

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

Duration:
 One Day

Entry requirements:
 Interest in therapy

Diploma Accreditation:
 Accredited by BABTAC, CMA, IPTI, GHT, GPBT

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

Further study –
See also the Eastern Facial Massage Diploma Course which compliments this treatment!

Thai Foot Massage Diploma Course

One day course £95.00

About the course:

Thai Massage is based on Ayurvedic medicine and yoga and has been handed down through the centuries. It is thought that it may have arrived in Thailand at the same time as Buddhism. Thai massage is becoming increasingly popular in the west.

The massage is very beneficial for improving circulation, flexibility, and muscle tone. It can perform a role in repairing damaged tissue, stiffness and soreness and from other disorders, such as arthritis which affect mobility. It also encourages lymphatic drainage, detoxification of the body, boosting the immune system and helps prevent injury by ensuring that the joints and ligaments are flexible and supple.

The Thai Foot Massage course incorporates a combination of acupressure, energy meridian work, plus elements of shiatsu and reflexology. You will learn the relevant anatomy and also the theory behind the movements.

This massage is a perfect addition to a regular massage routine and is also ideal as part of a luxury pedicure treatment. Reflexologists also find that it is a perfect extension to their existing skill sets, thus adding another offering to their current clients.

At the end of the day you will be able to perform one of the greatest luxuries of all – a wonderful relaxing and invigorating foot massage!

Course content:

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

Duration:

One Day

Entry requirements:

Interest in therapy

Diploma Accreditation:

Accredited by BABTAC, CMA, IPTI, GHT, GPBT

Continuous Professional Development:

This course has been awarded 11 CPD points

Further study –

See also the Manicure & Pedicure Diploma Course which compliments this treatment!

Eastern Facial Massage Diploma Course

One day course £140.00

About the course:

This massage incorporates the shoulders, neck and scalp as well as the face. The aim of the massage is not only relaxation but also to remove toxins from the face and balances ki, or life force to improve overall health.

The purpose of Eastern Facial Massage is to work the facial meridians and tsubos (acupuncture points). This gentle stimulation of the nervous system has many positive effects for your clients - increasing blood and lymph circulation, reducing wrinkles, repairing and balancing the condition of the skin.

The Eastern Facial Massage has the overall effect of minimize the ageing process, and leaves your client's face looking healthy and feeling great.

This fascinating course covers the theory of acupressure points, and how to locate and work the points. The massage routine is in several parts and incorporates various movements designed to give your client a complete holistic experience.

The massage is ideal for Beauty therapists to give an additional dimension to their usual Facials. It is also a perfect addition to general massage repertoire.

Course content:

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

Duration:

One Day

Entry requirements:

Interest in body therapy

Diploma Accreditation:

Accredited by BABTAC, CMA, IPTI, GHT, GPBT

Continuous Professional Development:

This course has been awarded 13 CPD points

Further study –

See also the Galvanic Spa II Facials Treatment Diploma Course and the Facials Diploma Course which compliment this treatment!

Japanese Hand Massage Diploma Course

One day course £105.00

About the course:

Japanese Hand Massage is a massage of the arms and hands and is a unique blend of shiatsu and reflexology. It has its roots in ancient Oriental medicine. The philosophy underlying the massage is that vital energy (Qi in Chinese, Ki in Japanese) flows throughout the body in a series of channels called meridians. If the energy stops flowing then this can product symptoms of illness or discomfort.

This course will teach you the techniques to remove the energy blockages include gentle holding and pressing with palms, thumbs and fingers on the meridians.

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. A good hand massage will help tremendously to de-stress your client, open energy channels and create a feeling of well being.

The course covers the techniques of applying pressure in the correct points on the hands and arms to restore the flow of energy, leaving the client refreshed and renewed.

Japanese Hand Massage will prove to be a very popular addition to your massage treatments – it also works very well combined with a Manicure treatment.

Course content:

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

Duration:

One Day

Entry requirements:

Interest in body therapy

Diploma Accreditation:

Accredited by BABTAC, CMA, IPTI, GHT, GPBT

Continuous Professional Development:

This course has been awarded 13 CPD points

Further study –

See also the Manicure & Pedicure Diploma Course which compliment this treatment!

Introduction to Holistic Massage Certificate

One day course £120.00

About the course:

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.

This course is a Holistic Massage taster, and is designed for anyone from complete novices to professional therapists.

It is perfect for those who want to learn about the therapy and how to perform the basic movements and sequence without having to commit to a fully accredited qualification.

This 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.

PLEASE NOTE - this is an introductory course only. If you wish to practice full body massage commercially you will need a qualification in Anatomy & Physiology (A&P) in order to be insured. However, our other massage courses are fully insurable without A&P.

Course content:

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

Duration:

One Day

Entry requirements:

Interest in body therapy

Diploma Accreditation:

Certificate of Attendance

Continuous Professional Development:

Not applicable

Further study –

See also the other Massage Diploma Courses which compliment this treatment!

Auricular Massage

Diploma Course – exclusive!

One day course £95.00
Half day £75.00*

About the course:

Auricular Massage stimulates 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.

This course gives an excellent additional skill for Ear candling Therapists who 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.

The massage includes information about reflexology and the body meridian theory. You will also learn about the facial acupressure points which are used to drain mucus and lymph, thus reducing puffiness and discomfort for your client.

The course covers a detailed massage of the neck, scalp, ears and face which helps to soothe the facial contours and promote feelings of well being.

At the end of the day you will be able to promote a new and popular treatment for your clients.

Course content:

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

Duration:

One Day or Half Day

Entry requirements:

Interest in therapy or Ear Candling
 Diploma for half day course.

Diploma Accreditation:

Accredited by The Beauty Guild and The Holistic Guild

Continuous Professional Development:

This course has been awarded
 10 CPD points

Further study –

See also the Thermo-Auricular Therapy Diploma Course which compliments this treatment!

Hot Stones Massage Diploma Course

One day course £180.00

About the course:

Hot Stones Massage is the new “must-have” treatment. It is extremely popular with clients and it is usually priced 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. The warmth also encourages very deep relaxation, and has a calming effect on the client's body and mind.

This course covers lots of interesting theory about Yin and Yang, Chakras, the Five Elements and Kneipp Theory. This will give you a brief grounding in the way that stone therapy works on the energy systems of the whole body. The course also looks at the body meridian systems and how the massage assists with total health and well being.

The massage routine has also been especially developed by the Principal who was dismayed at the number of stones that some routines demanded. She developed this routine using the minimum number of stones for the maximum effect. This means that your investment in purchasing stones is less and the amount of cleansing and weight to carry around is less! The effect of the massage and the client experience is still top quality.

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
- Chakras and Crystal healing
- The Five Elements
- Kneipp Theory
- Meridian Energy
- Client aftercare

Duration:

One Day

Entry requirements:

Anatomy & Physiology qualification

Diploma Accreditation:

Accredited by The Beauty Guild and The Holistic Guild

Continuous Professional Development:

This course has been awarded 10 CPD points

Further study –

See also the other Massage Diploma Courses which compliments this treatment!

**Beauty Pro Diploma – 8 in 1
 Including 2 Facial, 2 Waxing, 3 Eyes, and
 1 Nail Diploma Course**

**Eight beauty courses –
 All inclusive £1,360
 Kits available to purchase**

About the course:

Our Beauty Pro Package includes 8 of our must-have beauty training courses, worth a combined cost of £1,590. Fast-track your way into a lucrative new career as a beauty therapist and save £230 on individual course fees.

The vital skill of performing an expert Facial is covered in detail on our Facial Treatments course. You learn to recognise skin types and choose products. How to cleanse, tone, moisturize, exfoliate, steam, extract and apply masks is also included. Plus you will be taught a wonderful facial massage routine.

The Make-up course will equip you with product knowledge, analysing a client's face shape, corrective techniques, and how to apply a day time and special occasion make up.

The Eye Trio – Tinting, Shaping and Perming are covered in detail so that you feel confident in working in this delicate area and can enhance your client's natural look.

Hair removal is also a vital skill and our Waxing and Brazilian Waxing courses will teach you to do so from different body parts. This is a very popular treatment and this course will give you the techniques and confidence required, including the skill to work on the sensitive bikini-line area.

The Manicure & Pedicure tuition will also equip you with another must-have qualification – which also provides a good foundation to move into the more complex area of nail extensions and nail art.

Finally, the Semi-Permanent Eyelash Extensions is a treatment that clients are crying out for at present. It is a new skill which will prove a very lucrative addition to your practice.

This Beauty Pro course is an ideal way to start a new, rewarding career as a professional therapist.

Course content:

Eight of our most popular Beauty Diploma courses

- Facial Treatments Diploma
- Make-up Diploma
- Waxing Diploma
- Brazilian Waxing Diploma
- Eyelash & Eyebrow Tinting & Shaping Diploma
- Eyelash Perming Diploma
- Semi-Permanent Eyelash Extensions Diploma
- Manicure & Pedicure Diploma

The Beauty Pro Package is arranged personally with your tutor for dates and times convenient for you both - please call or email to discuss in more detail.

Duration:
 Four to five days

Entry requirements:
 Interest in beauty therapy

Diploma Accreditation:
 Accredited by The Guild of Beauty Therapists and The Guild of Holistic Therapists

Continuous Professional Development:
 This course has been awarded CPD points

Further study –
See also the Massage and Holistic Diploma Courses which compliment these treatments!

Facial Treatments Diploma Course

One day course £325.00
Kits available to purchase

About the course:

This is an excellent foundation for our other beauty courses. The facial is the foundation of most basic beauty routines and one of the most popular with clients. Even though there are a large number of products available for home use, clients are often confused about what to use on their own skin, or prefer the pampering of visiting a professional beauty therapist.

You will learn how to provide expert facials and diagnose and treat different skin types and conditions. You will also be taught how to give an effective face, neck and shoulder massage. Exfoliation, deep cleaning the skin with steam and extracting comedones, plus applying face masks for different skin types is also covered.

Facials are an essential skill for any beauty therapist, and are not only very relaxing but also extremely beneficial in maintaining the health and appearance of the skin.

Most skincare suppliers will require a diploma in facial treatments before they will supply you with their products.

This course covers the client consultation process, aftercare and product selection, plus information on Insurance, Data Protection and the relevant anatomy. The facial treatment is covered in detail, together with a full massage sequence. The analysis of skin types is also an important element.

The facial treatment can be varied according to the client's needs and can also be combined with other therapies, such as Galvanic Spa Anti-Ageing facial treatments.

Course content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Detailed product information
- Cleansing, toning and moisturizing
- Exfoliation and face masks
- Face, neck and shoulder massage technique
- Client aftercare

Duration:

One Day

Entry requirements:

Interest in facial and beauty therapy

Diploma Accreditation:

Accredited by The Beauty Guild, The Holistic Guild

Continuous Professional Development:

This course has been awarded 10 CPD points

Further study –

See also the Galvanic Anti-ageing Facial Treatments Diploma Course, and the Eastern Facial Massage Diploma Course which compliment this treatment!

Makeup for Day and Special Occasions Diploma Course

One day course £195.00

About the course:

This course is ideal, not only for therapists who wish to add this important skill to their repertoire, but also for individuals who would like to know what products to use and how to apply them for maximum effect.

The course starts with advice on cleansing, toning and moisturising so you are confident in the basics, and then looks in more detail at products and their application.

Our make-up course teaches you about the products, identifying face shapes and how to camouflage any problem areas and highlight others. How to apply the products using brushes, finger tips and sponges is also covered.

Discover the fabulous art of make-up for special occasions. Our make-up course teaches you techniques for commercial application within the beauty industry as well as for personal use.

The course includes day, evening and special occasion make-up. This is the ideal service to offer for bridal packages and can also be very useful for the client who needs an image make-over, or has no idea what suits her and is tired of making expensive mistakes!

Course content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Day and evening makeup including corrective techniques.
- Cleansing, toning and moisturizing
- Client aftercare

Duration:

One Day

Entry requirements:

Interest in make up and facial and beauty therapy

Diploma Accreditation:

Accredited by The Beauty Guild, The Holistic Guild

Continuous Professional Development:

This course has been awarded 11 CPD points

Further study –

See also the Facial Treatments Diploma Course which compliments this treatment!

**Galvanic Spa II
 Anti-Ageing Facial
 Diploma Course**

Half day course £95.00

About the course:

This course is exclusive to OASIS-TIME and has been especially written and developed to give therapists the best possible knowledge of this exciting and innovative addition to the beauty world.

The Galvanic Spa II is the latest anti-ageing technology to come from the USA. The Galvanic Spa stimulates, tightens and tones the skin using a low level galvanic current which facilitates the transport of key ingredients into the skin and improving its cleansing, hydration, circulation and radiance immediately.

A Galvanic Spa treatment is becoming the must-have among clients who wish to dramatically improve their appearance. It can be used on the face and also on the arms, stomach and thighs to combat the effect of cellulite. It can also be used on the hair to assist in its condition and some research has shown its use to reverse hair loss in some cases.

A Galvanic Spa treatment is a wonderful treatment to incorporate into a therapists' array of treatments. It is particularly effective when used 24 hours before other rejuvenating treatments such as facial massage and CACI treatments. It has been clinically proven that the efficacy of any skin treatment is improved by 70% in the 24 hours following a Galvanic Spa treatment.

Course content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Detailed product information
- Anti-ageing technology and the effects on the skin
- Cellulite and hair rejuvenation
- Cleansing, toning and moisturizing
- Client aftercare

Duration:

One Half Day

Entry requirements:

Interest in facial and beauty therapy

Diploma Accreditation:

Accredited by The Beauty Guild, The Holistic Guild

Continuous Professional Development:

This course has been awarded 5 CPD points

Further study –

See also the Facial Treatments Diploma Course, and the Eastern Facial Massage Diploma Course which compliment this treatment!

Waxing Treatments Diploma Course

**One day course £245.00
 Kits available to purchase by
 pre-order only**

About the course:

A quick and expert waxing therapist will always be highly in demand. Depilation waxing is one of the most popular and lucrative salon treatments, with clients returning every four to six weeks.

Our syllabus covers all areas of face and body waxing, including leg waxing, bikini waxing, underarms, facial hair, and eyebrows. Removing hair from as many body areas as possible will be covered on the day.

You will learn how to apply the wax in the correct direction and to the correct thickness. At the end of the course you will be able to remove hair with the maximum effect and minimum amount of discomfort to your client.

You will be taught using warm wax and will be shown how to apply it both by spatula technique, and by the newer and popular, roller ball method. The removal is by muslin or paper strips and again, you will be taught important techniques.

Students undertaking this course will be able to progress to the Brazilian Waxing course which uses spatulas and Hot/Film Wax without strips.

Course content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Use of warm wax, with spatula and roller ball plus strips
- Waxing of legs, standard biking line, underarms, eyebrows and face
- Client aftercare

Duration:

One Day

Entry requirements:

Interest in beauty therapy

Diploma Accreditation:

Accredited by The Beauty Guild, The Holistic Guild, and IPTI

Continuous Professional Development:

This course has been awarded 10 CPD points

Further study –

See also the Brazilian Waxing Diploma Course which compliments this treatment!

Brazilian Waxing Diploma Course

**One day course £95.00
 Kits available to purchase by
 pre-order only**

About the course:

This advanced waxing course will give you the confidence to provide this sought-after professional treatment to your clients.

It uses hot wax (which does not need muslin strips) to give the best possible result with the maximum comfort factor.

The application of the hot wax will be covered in detail and spatula technique will be improved upon until you are confident in working in this area.

Trimming hair to the correct length is crucial to the comfort and results achieved and this will also be covered.

The different styles and names of designer bikini waxing will be discussed. Hints and tips will be given on how to achieve the best result and how to work confidently and professionally in such an intimate area.

Bikini waxing is a very popular treatment with clients all year around and a good hair removal specialist will always be much in demand.

Course content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Use of hot wax with spatula application
- Different styles of bikini waxing
- Client aftercare

Duration:

One Day

Entry requirements:

Holders of Waxing Diploma or other waxing qualification. Interest in beauty therapy

Diploma Accreditation:

Accredited by The Beauty Guild, The Holistic Guild

Continuous Professional Development:

This course has been awarded 5 CPD points

Further study –

See also the Waxing Diploma Course which compliments this treatment!

**Eyelash & Eyebrow
 Tinting & Shaping
 Diploma Course – Eye Duo**

**Half day course £125.00
 Kits available to purchase**

About the course:

Learn the techniques required to offer safe eyelash and eyebrow tints and eyebrow shaping treatments.

The course will teach you how the client’s face shape should determine the shape of the eyebrow. We will also show you the “Perfect Brow” and how to achieve it using a simple measuring technique.

Advice and guidance is also given on performing a brow shape with the minimum amount of pain and discomfort to the client.

The course covers the theory behind tinting, plus the skill and technique of colouring brows and lashes correctly. The technique also covers ways of ensuring that the client’s skin is also not tinted!

This treatment can also easily be incorporated into other treatments, for example, lashes can be tinted during a manicure or nail treatment, or eyebrows shaped as part of a Facial.

This treatment can be offered in your therapy practice as an Eye Duo – Tinting & Shaping, or as an Eye Trio when included with Eyelash Perming.

Course content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Tinting of brows and lashes
- Identifying face shapes
- How to achieve the “Perfect Brow”
- Client aftercare

Duration:

One Day

Entry requirements:

Interest in beauty therapy

Diploma Accreditation:

Accredited by The Beauty Guild, The Holistic Guild

Continuous Professional Development:

This course has been awarded 5 CPD points

Further study –

See also the Eyelash Perming Diploma Course and Semi-Permanent Eyelash Extensions Diploma Course which compliment this treatment!

Eyelash Perming Diploma Course

**Half day course £125.00
 Kits available to purchase**

About the course:

Add this popular, safe and insurable treatment to your repertoire. The eyelashes are gently stuck to a mini roller. A mild perming product is used to curl them. This process opens up the eye and makes the lashes look longer.

Clients with straight eyelashes can benefit from a semi-permanent lift that lasts for up to 4-6 weeks. This treatment gives the same effect as eyelash curlers, but without the risk of pulling out the lashes. This service can also be offered 24 hours before an eyelash tint.

The course will teach you the technique of protecting the eye area, and how to fix the perming rods correctly to obtain the perfect curl. The theory behind perming is also covered, which will give you confidence in working with chemicals around the delicate eye area.

This treatment can also easily be incorporated into other treatments, for example, lashes can be permed during a manicure or nail treatment.

Take this course together with Eyelash & Eyebrow Tinting and Shaping, for a complete Eye Trio offering for your clients!

Course content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Science involved in perming
- Perming the eyelashes
- Client aftercare

Duration:

One Day

Entry requirements:

Interest in beauty therapy

Diploma Accreditation:

Accredited by The Beauty Guild, The Holistic Guild

Continuous Professional Development:

This course has been awarded 5 CPD points

Further study –

See also the Eyelash & Eyebrow Tinting & Shaping Diploma Course and Semi-Permanent Eyelash Extensions Diploma Course which compliment this treatment!

**Semi-Permanent
 Eyelash Extensions
 Diploma Course**

**One day course £235.00
 Half day Master Class
 Workshop £60
 Kits available to purchase**

About the course:

Eyelash extensions are a new treatment to the UK and have received rave reviews from within the beauty industry and the press. Eyelash extensions are perfect for holidays, weddings and special occasions - and clients love them!

At the end of the course you will be able to enhance your client's lashes for any occasion and keep them coming back for regular infill sessions. Different lengths and colours of lash can be combined to give a totally customized look for your client.

The benefits of eyelash extensions:-

- Last from 2-4 weeks depending on aftercare
- Lashes look long and thick but 100% natural
- Comfortable and light weight
- Add volume and length to lashes
- Great for everyday wear and whilst exercising
- Waterproof and weatherproof
- Eliminates the need for eyelash curlers
- No mascara or lash tinting needed
- Can look natural, enhanced or dramatic

STOP PRESS – Master Class Extension Workshops have been introduced – a full three hours of additional practice to trouble-shoot any problems, receive additional hints and tips and to ask questions and hone your skills – see website for dates.

Course content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- The technique of applying and removing the eyelashes
- Client aftercare

Duration:

One Day – half day Master Class
 Workshops available

Entry requirements:

Interest in beauty therapy

Diploma Accreditation:

Accredited by The Beauty Guild, The Holistic Guild

Continuous Professional Development:

This course has been awarded 6 CPD points

Further study –

See also the Eyelash & Eyebrow Tinting & Shaping Diploma Course and Eyelash Perming Diploma Course which compliment this treatment!

Manicure and Pedicure Diploma Course

**One day course £245.00
 Kits available to purchase by
 pre-order only**

About the course:

Being able to perform a good manicure and pedicure is vital for every therapist. It is also a useful skill for anyone interested in maintaining their hands and feet in optimum condition.

This course will teach you to learn the art of manicure and pedicure, and how to recognise disorders of the nails, hands and feet. Our comprehensive course will also teach you how to give a wonderfully relaxing hand, arm, foot and leg massage, and how to provide an expert manicure.

The course also covers cuticle work and will teach you the skill of working with cuticle nippers and a cuticle knife. Techniques to ensure the perfect application of varnish will be covered. You will also be taught how to buff the nails for clients who prefer a natural look.

The marketing and pricing of the treatment will also be discussed.

A first class manicure or pedicure with proper cuticle work, relaxing massage and expert polishing will have your clients returning again and again.

This course is an essential requirement for therapists wishing to further their skills and work with nail extensions or nail art in the future.

**SEE THE NAIL THE NAIL TECHNICIAN PRO
 COURSE PACKAGE – 4 courses in one!**

Course content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Diseases and disorders of the nails
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Manicure treatment including hand massage
- Pedicure treatment including foot massage
- Buffing and varnishing
- Client aftercare

Duration:

One Day

Entry requirements:

Interest in beauty therapy

Diploma Accreditation:

Accredited by The Beauty Guild, The Holistic Guild

Continuous Professional

Development:

This course has been awarded 10 CPD points

Further study –

See also the Japanese Hand Massage Diploma Course and Thai Food Massage Diploma Course which compliment this treatment!

See the other Nail Technician courses for Acrylics & Gel Nail Extension Course, Fibreglass and Sculptured Nail Extension Course, and Nail Art Extension Course..

**Nail Pro Diploma Course – 4 in 1
 Including Manicure & Pedicure, 3 systems
 of Extensions (Acrylics, Gels & Fibreglass/
 Sculptured) and Nail Art**

**Four Nail Technician courses
 All inclusive £699.00
 Kits available to purchase by
 pre-order only**

About the course:

Our Nail Pro Package includes 4 of our must-have Nail Technician beauty training courses, worth a combined cost of £854. Fast-track your way into a lucrative new career as a Nail Technician and save over £150 on individual course fees.

This course is an essential requirement for therapists wishing to set up in business as a professional Nail Technician.

Course being introduced soon!

Contact OASIS-TIME to be informed as soon as this course is available.

Course content:

Four of our must-have Nail Technician Diploma courses

- Manicure & Pedicure Diploma
- Acrylic and Gel Nail Extensions Diploma
- Fibreglass and Sculptured Nail Extensions Diploma
- Nail Art Diploma

The Nail Pro Package is arranged personally with your tutor for dates and times convenient for you both - please call or email to discuss in more detail.

Duration:

Three and a Half Days

Entry requirements:

Manicure & Pedicure Diploma

Diploma Accreditation:

Awaited

Continuous Professional Development:

Awaited

Further study –

See the Japaneses Hand Massage Diploma Course and Thai Foot Massage Diploma Course which compliment this course.

Acrylic & Gel Nail Extensions Diploma Course

One day course £255.00
Kits available to purchase by pre-order only

About the course:

This course can be done in combination with Fibreglass and Sculptured Nail Extensions Diploma Course.

This course is an essential requirement for therapists wishing to set up in business as a professional Nail Technician.

Course being introduced soon!

Contact OASIS-TIME to be informed as soon as this course is available.

Course content:

- Hygiene, health and safety
- Relevant anatomy and physiology
- Diseases and disorders of the nails
- Products and equipment required
- Consultation procedures
- Contra-indications to treatment
- Manicure treatment including hand massage
- Pedicure treatment including foot massage
- Buffing and varnishing
- Client aftercare

Duration:

One Day

Entry requirements:

Manicure & Pedicure Diploma

Diploma Accreditation:

Awaited

Continuous Professional Development:

Awaited

Further study –

See the other Nail Technician courses for Fibreglass and Sculptured Nail Extensions Diploma Course, and Nail Art Diploma Course.

<h2 style="margin: 0;">Fibreglass and Sculptured Nail Extensions Diploma Course</h2>	<p>One day course £255.00 Kits available to purchase by pre-order only</p>
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<p>About the course:</p> <p>This course can be done in combination with the Acrylic and Gel Nail Extensions Course.</p> <p>This course is an essential requirement for therapists wishing to set up in business as a professional Nail Technician.</p> <p>Course being introduced soon!</p> <p>Contact OASIS-TIME to be informed as soon as this course is available.</p>	<p>Course content:</p> <ul style="list-style-type: none"> ○ Hygiene, health and safety ○ Relevant anatomy and physiology ○ Diseases and disorders of the nails ○ Products and equipment required ○ Consultation procedures ○ Contra-indications to treatment ○ Manicure treatment including hand massage ○ Pedicure treatment including foot massage ○ Buffing and varnishing ○ Client aftercare
	<p>Duration: One Day</p> <p>Entry requirements: Manicure & Pedicure Diploma</p> <p>Diploma Accreditation: Awaited</p> <p>Continuous Professional Development: Awaited</p>
	<p>Further study – <i>See the other Nail Technician courses for Acrylics & Gels Nail Extensions Diploma Course, and Nail Art Diploma Course.</i></p>

<h2>Nail Art Diploma Course</h2>	<p>Half day course £99.00 Kits available to purchase by pre-order only</p>
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<p>About the course:</p> <p>This course can be done in combination with other Nail Technician Courses.</p> <p>This course is an essential requirement for therapists wishing to set up in business as a professional Nail Technician.</p> <p>Course being introduced soon!</p> <p>Contact OASIS-TIME to be informed as soon as this course is available.</p>	<p>Course content:</p> <ul style="list-style-type: none"> ○ Hygiene, health and safety ○ Relevant anatomy and physiology ○ Diseases and disorders of the nails ○ Products and equipment required ○ Consultation procedures ○ Contra-indications to treatment ○ Manicure treatment including hand massage ○ Pedicure treatment including foot massage ○ Buffing and varnishing ○ Client aftercare
	<p>Duration: Half Day</p> <p>Entry requirements: Manicure & Pedicure Diploma</p> <p>Diploma Accreditation: Awaited</p> <p>Continuous Professional Development: Awaited</p>
	<p>Further study – <i>See the other Nail Technician courses for Acrylics & Gels Nail Extensions Diploma Course and Fibreglass and Sculptured Nail Extensions Diploma Course..</i></p>

<p>Nail Extensions Combi-Diploma Course (Acrylic and Gel Nail Extensions Diploma Course, plus Fibreglass and Sculptured Nail Extensions Diploma Course)</p>	<p>Two Nail Technician courses All inclusive £399.00 Kits available to purchase by pre-order only</p>
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<p>About the course:</p> <p>Our Nail Extensions Combi-Diploma Course includes 2 of our must-have Nail Technician beauty training courses, worth a combined cost of £510. Fast-track your way into a lucrative new career as a Nail Technician and save over £100 on individual course fees.</p> <p>This course is an essential requirement for therapists wishing to set up in business as a professional Nail Technician.</p> <p>Course being introduced soon!</p> <p>Contact OASIS-TIME to be informed as soon as this course is available.</p>	<p>Course content:</p> <p>Two of our must-have Nail Technician Diploma Courses -</p> <ul style="list-style-type: none"> ○ Acrylic and Gel Nail Extensions Diploma ○ Fibreglass and Sculptured Nail Extensions Diploma <p>See the individual course information for details on course content.</p> <p>The Nail Extensions Combi-Diploma Course is arranged personally with your tutor - please call or email to discuss in more detail.</p> <hr/> <p>Duration: Two Day</p> <p>Entry requirements: Manicure & Pedicure Diploma</p> <p>Diploma Accreditation: Awaited</p> <p>Continuous Professional Development: Awaited</p> <hr/> <p>Further study - <i>See the Nail Art Diploma Course to further your skills.</i></p>
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HOLISTIC DIPLOMA COURSES

Thermo-auricular Therapy Diploma Course

One day course £95.00
One day plus introduction to Auricular Massage £130
Kits available to purchase

About the course:

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.

Thermo-auricular 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, Thermo-auricular Therapy is safe and is suitable for all ages from 3 years old.

Unlike some other Ear Candling courses, this course will teach you how to examine the ears with an otoscope to check the condition of the inside of the 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 is the only course written and approved by the Thermo-Auricular Therapy Association. This Association pioneered the introduction and acceptance of this therapy by insurance companies and is the most prestigious qualification you can obtain in this therapy.

Course content:

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

Duration:

One Day, 3 case studies and dissertation

Entry requirements:

Holders of an Anatomy & Physiology qualification

Diploma Accreditation:

Accredited by The Thermo-Auricular Therapy Association

Continuous Professional Development:

Not applicable.

ON QUALIFYING YOU CAN BECOME A MEMBER OF THE ASSOCIATION AND USE LETTERS AFTER YOUR NAME - ThAT. Badges are also available.

Further study –

See also the Auricular Massage Diploma Course which compliments this treatment!

**Auricular Massage Diploma –
 exclusive!
 Specifically for use after Ear Candling**

**One day course £95.00
 Half day £75.00***

About the course:

Auricular Massage stimulates 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.

This course gives an excellent additional skill for Ear candling Therapists who 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.

The massage includes information about reflexology and the body meridian theory. You will also learn about the facial acupressure points which are used to drain mucus and lymph, thus reducing puffiness and discomfort for your client.

The course covers a detailed massage of the neck, scalp, ears and face which helps to soothe the facial contours and promote feelings of well being.

At the end of the day you will be able to promote a new and popular treatment for your clients.

Course content:

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

Duration:

One Day or Half Day

Entry requirements:

Interest in therapy or Ear Candling Diploma for half day course.

Diploma Accreditation:

Accredited by The Beauty Guild and The Holistic Guild

Continuous Professional Development:

This course has been awarded 10 CPD points

Further study –

See also the Thermo-Auricular Therapy Diploma Course which compliments this treatment!

Reiki Attunements – by a Reiki Master with respected lineage to Usui

Level 1 - £130
Level 2 - £150
Level 3 - £250
Masters - £350

About the courses:

Reiki is a natural system of energy healing. It is done by placing the hands on or near the self or others. This energy is the life force that permeates the universe. Healers can also work remotely. This process of doing Reiki also has elements based on Eastern Medicine and martial arts. Reiki is not generated by the healer but flows through the healer. The simplest definition of Reiki is Universal Life Force.

Reiki can help to alleviate suffering whether it is of a physical, emotional or spiritual nature. It gives a wonderful quality of life through stress reduction and relaxation, plus supporting treatment of illness and injury.

Reiki is a path where we travel our own journey and learn wonderful lessons along the way. Giving and receiving Reiki stimulates a process that brings a clearer sense of self, a deepening of self-love and a growing awareness of the true self.

You may know very little about Reiki and wish to start you're your journey at Level 1. Or you may be further along the way and wish to further your knowledge by progressing to the higher levels.

There are many ways to become a Reiki healer and we offer the traditional route with time to learn and grow. Our courses offer you a wealth of information, both oral and written in order to help and guide you on your path.

The Principal of OASIS-TIME is a Reiki Master/Teacher and, together with her Reiki Master, is pleased to offer Reiki Attunements. An attunement is the process by which the Master passes on the ability to channel the Reiki energy.

The Reiki Attunements are given at various levels – starting at Level 1 and working through as you and your Master feel ready:-

Level 1 - one day course – basic techniques for hands on treatment for self and others.

Level 2 - one/two day course - techniques for remote healing and attunement for mental and emotional healing.

Level 3 – part 1 Masters – two day course – adds a spiritual or intuitive healing energy function

Level 3 – part 2 Master/Teachers – two day course - the ability to attune others.

The Attunement dates are arranged personally between students and Master for dates and time convenient to both. Your Master will wish to ascertain your Reiki background and to talk in more detail about the attunements. In the first instance, please contact OASIS-TIME for more information.

Reiki Lineage 3,000 years

Your Reiki Master has a lineage directly traceable back up to Usui as follows:

Rediscovered by Usui

V

Dr Hayashi

V

Mrs Takata

V

Beth Gray

V

Carrlyn Clay

V

Kim Hastie

V

Lynn Georgiou

V

Jane Catherine Easterby (Rowan)

V

Sarah Sanders

Duration:

Level 1 – one day, Level 2 – two days

Level 3 – two days, Masters – two days

Entry requirements:

By discussion with the Reiki Master

Diploma Accreditation:

Reiki Master has a respected lineage directly to Usui. Certificates of achievement are awarded

Continuous Professional Development:

Not applicable

Further study –

Discuss with your Master the means of continuing your Reiki journey.

MORE TRAINING COURSES COMING SOON!

Check the website for more information.