

# VTCT Level 3 Diploma Reflexology



## A THEORETICAL AND PRACTICAL INTENSIVE COURSE THAT EDUCATES AND INCREASES JOB OPPORTUNITIES

This VTCT Level 3 Diploma in Reflexology is based on the premise that there are reflex areas in the feet which relate to all the body parts and that therefore the whole body can be treated through the feet. This qualification is endorsed by the Federation of Holistic Therapists.

Study elements for students will include:

- Health
- Safety
- Hygiene
- Security with regard to the complementary therapy industry.

- Principles and practice of the complementary therapy industry. Knowledge and understanding of anatomy, physiology, how to deliver an effective reflexology treatment and adapt to client requirements.
- Contra-indications and contra-actions, advice to be given to the client, record-keeping, evaluation of treatment and reflection on professional practice.

This qualification can lead into more advanced advanced courses on reflexology techniques, other complementary therapies, other learning, and foundation or full degrees in complementary therapies.



## Bridge of HOPE

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Bridge of Hope  
A department of  
Ashton Community Trust

[www.thebridgeofhope.org](http://www.thebridgeofhope.org)