Wellbeing and Holistic Therapist – Level 3

LEARNER JOURNEY - August 2025



Month 01

This month focuses on:

- Introductions
- The skeletal system
- Developing Skills and behaviours

Month 03

This month focuses on:

- Skin, hair and nails
- Developing Skills and behaviours

Month 05

This month focuses on:

- The Lymphatic System
- Aromatherapy
- Developing Skills and behaviours

Month 07

This month focuses on:

- Body Massage
- The Endocrine System
- Developing Skills and behaviours

Month 09

This month focuses on:

- The Respiratory System
- Developing Skills and : behaviours

Month II

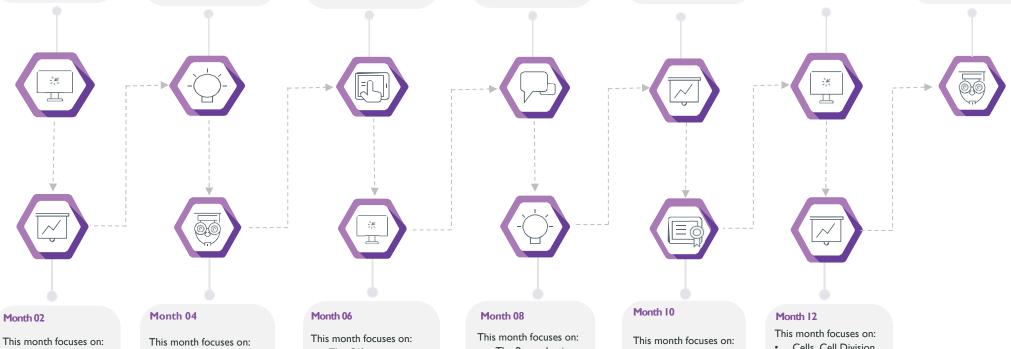
This month focuses on:

- The Nervous System
- Development of Skills and Behaviours.

Months 13 to 18

These months focus on:

- · Developing Skills and behaviours
- **EPA Preparation**



Month 02

- The muscular system
- Indian head massage
- Developing Skills and behaviours
- Alternative Medicine
- The Cardiovascular
- Developing Skills and behaviours
- The Olfactory System
- Developing Skills and behaviours
- The Reproductive System
- Developing Skills and behaviours
- Stone Therapy
- · The Digestive System
- Developing Skills and behaviours
- · Cells, Cell Division and Tissue Types
- SPA VLE Work
- Developing Skills and behaviours