



Course details

Course title

Personal Development: Hot Stone Therapy Treatments

Course code

Q00021841

Course date

Start: 11/06/25

End: 09/07/25

Number of classes

5 sessions

Timetable

Wed 11th Jun, 9:30 to 12:30

Wed 18th Jun, 9:30 to 12:30

Wed 25th Jun, 9:30 to 12:30

Wed 2nd Jul, 9:30 to 12:30

Wed 9th Jul, 9:30 to 12:30

Tutor

Lesley McDonald

Fee range

Free to £63.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Face of Beauty Training
66 Westoe Road
South Shields
NE33 4LU

Level of study

Pre-Entry

Course overview

This course provides an introduction to the principles and practice of hot stone therapy, a holistic treatment that uses heated stones to promote relaxation, reduce stress, and improve circulation. Learners will learn how to safely heat and use stones, understand placement techniques, and integrate stone therapy into massage routines. This course is ideal for those interested in holistic therapies, massage techniques, or relaxation practices.

Course description

This course provides an introduction to the principles and practice of hot stone therapy, a holistic treatment that uses heated stones to promote relaxation, reduce stress, and improve circulation. Learners will learn the history and benefits of hot stone therapy and learn how to safely heat and use stones, understand placement techniques, and integrate stone therapy into massage routines. You will explore various massage techniques incorporating the use of hot stones and understand the effect these will have on the mind and body. This course is ideal for those interested in holistic therapies, massage techniques, or relaxation practices which can aid good health and well-being. Progression can lead to accredited courses which would help gain employment in salons, or self-employment.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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