



## **HOLISTIC FACIAL COURSE**

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Coming this summer!

Learn online at your leisure or we also offer workshops in Kelowna B.C.

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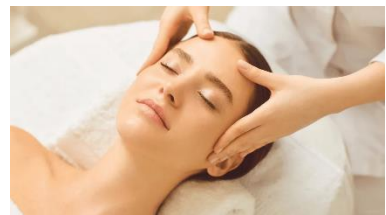
Holistic Facial Therapy: Integrative Skin, Soul & Wellness Practices

A **holistic facial** is a type of facial treatment that focuses not just on improving the skin's appearance, but also on promoting overall well-being by treating the mind, body, and soul.

A holistic facial

- **Uses natural or organic products** (like essential oils, plant extracts, botanicals)
- **Incorporates massage techniques** to improve circulation, encourage relaxation, and balance the body's energy.
- **Addresses emotional and energetic aspects** — for example, by including breathing exercises, aromatherapy, sound therapy, or energy healing.
- **Customizes treatment** based on the client's lifestyle, stress levels, diet, and emotional health, not just their skin type.

The goal is to **restore balance** inside and out — so their skin looks radiant. Holistic facials are often deeply relaxing and can have longer-term benefits for both skin health and stress management.



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### **Part One**

Skin Biology and Skin Fundamentals online in slide show format and PDFs to download. Done at your leisure.

### **Part Two**

Learn how to mix and blend botanicals for different skin issues and skin types. (lab botanicals kit included to practice on models).

### **Part Three**

Holistic Facial videos on how to cleanse, exfoliate, hot towels, pressure points facial massage. Application and massage with creams and oils, clay blend masks, serums, Gua Sha for lymphatic drainage and improve circulation, ice globes, jade roller and more.

## **Part Four**

Hands on training workshop Kelowna B.C.

or online virtual training.

### **Holistic Facial Course Outline**

#### **Online training (theory approx. 8 hours)**

- Skin layers & functions
- Skincare fundamentals
- DERMATOLOGY
- How stress, diet, and emotions affect skin
- Natural skincare ingredients
- Incorporating botanicals and aromatherapy
  
- Breathwork and grounding techniques for holistic facialists (video)
- Facial oils
- Gua Sha
- Herbal compresses & botanical infusions

#### **Signature Holistic Facial Techniques (videos)**

- Cleansing
- Exfoliating
- Lymphatic drainage and pressure point massage
- Personalized masks
- Mixing and blending natural herbs, clays, minerals and botanicals to personal your facial to your clients needs.
- Skincare ingredients using natural products to cleanse, exfoliate and massage oils and creams.
- Mixing and blending customize exfoliants, masks and serums.
- Hot towels

#### **Creating the Experience**

- Space design and ambience
- Sound, scent, and lighting for relaxation.
- Crafting a facial journey
- Understanding skin from within

**HOLISTIC FACIALIST CERTIFICATION \$895** (includes admin fees)

Early bird special \$695 + GST

NOTE: This course is designed for students that offer holistic treatments, massage, skin treatments, facials, esthetics, medical aesthetics, clinical skincare, spa treatments, nurse or energy work. It is not a course for job placement.

Course comes with a lab botanicals starter kit:

Learn how to mix, blend and customise your skin treatments using natural botanicals.

- milk and gel cleanse and exfoliate activators
- delicate exfoliating rice polish
- gentle facial sugar polish
- botanical clay masks
- floral water spray (nerolis and rose, lavender and orange flower)
- shea butter facial cream with hyaluronic
- pure hyaluronic acid serum
- facial essential oil blends for skin conditions and relaxation.

Upon certification you will have access to wholesale pricing.



**NICOLA FINCH**  
laserspa academy