

The background features abstract, overlapping green geometric shapes in various shades of green, creating a modern and dynamic look. The shapes are primarily triangular and polygonal, with some areas appearing more translucent than others.

Individual presentation

Academic and Employability Skills - BMSW4001

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Introduction

Holistic facial therapy is one form of healing which is used to achieve the optimal health and wellness which includes various parts of the person such as mind, body, spirit and emotions.

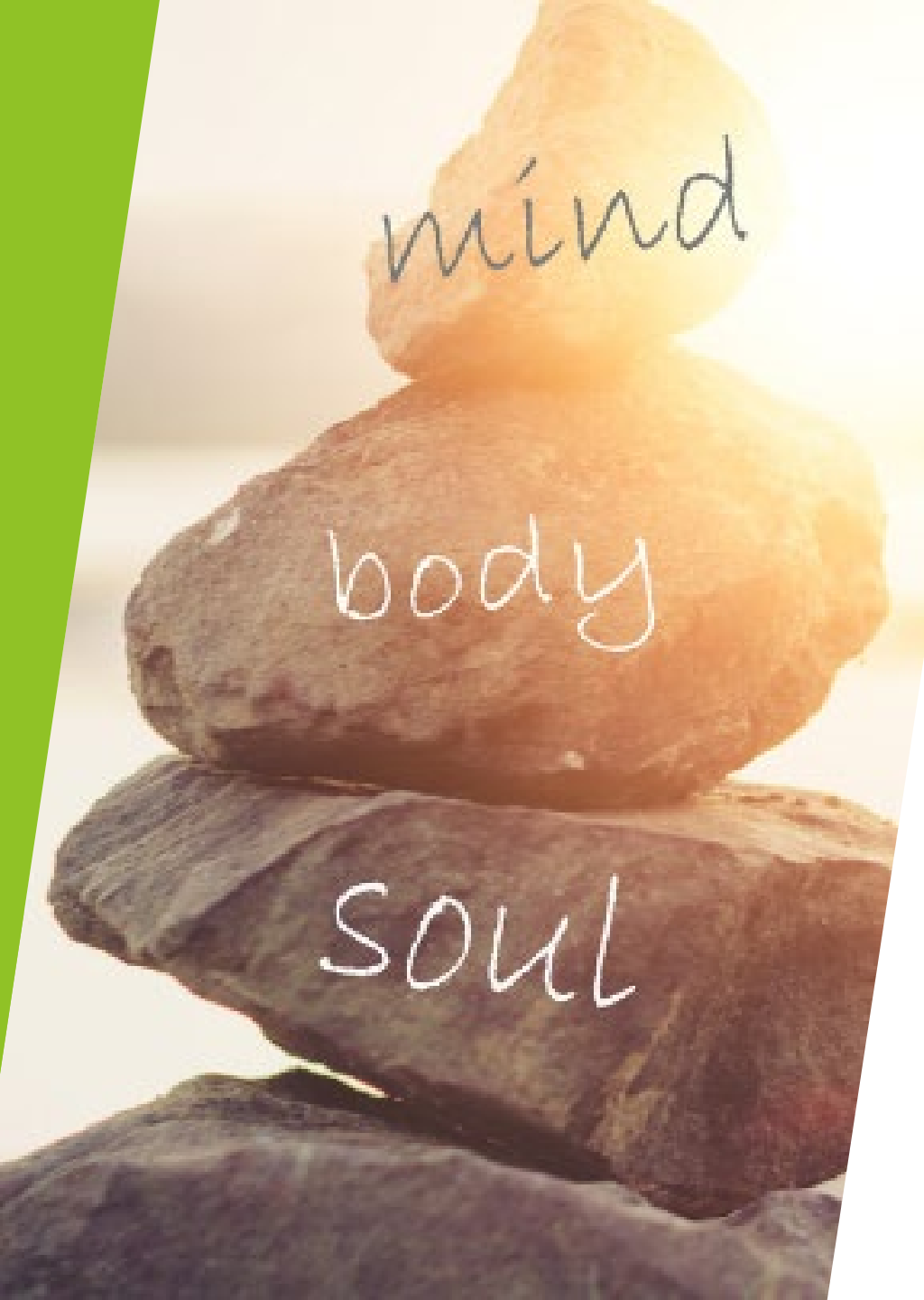
There are different holistic therapy that is been performed by the holistic therapist. The individual body is been treated as whole and with utmost care that rejuvenated one's soul.

Holistic facials pertains some simple principles of regular facials which contributes towards face lifting , toning, cleansing, etc

Why holistic facial therapy

- ▶ Holistic is the lifestyle that typically changes the living structure and provides natural methods to lift the facial features and also this helps in active massage therapies that improves blood flow.
- ▶ The organic ingredients and the massage for the facial therapy is one of the best natural way to nourish and rejuvenate the skin and it contributes towards improvement of the facial health.
- ▶ Improved mood and reduced stress.





mind

body

soul

SWOT Analysis

- ▶ Strengths: growing market demand for holistic natural facial therapy
- ▶ Weaknesses: change in trends, expectations of people and skills of the individual performing the task
- ▶ Opportunities: business growth, positivity promotion
- ▶ Threats: competition, lack of knowledge

Personal Development Plan



- ▶ Helps an individual to enhance their massaging skills
- ▶ Based on different therapies training and development programs can be provided

Time Management Tool



- ▶ Motion of massage and facial treatment requires time management
- ▶ A Holistic therapist understands and respects the time needed for a holistic session (consultation, facial treatment, massage).

Methods used



- Holistic facial therapy is the broad term which comprises of various different methods that can be used by the professional to deliver best services to their clients.

Conclusion

- ▶ This presentation is based on the holistic facial therapy along with the uses of the therapy and the business aspects which would help an individual to grow their business by understanding various requirements of their audience. Furthermore there are three models used for the understanding of the method followed by the natural facial therapy that is been discussed in detail.

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