

Holistic Therapy *Career Guide*



*Escape The Hustle of 9-5 or unsocial
shift patterns.*

*Start Your Holistic Therapy
Practice in Days!*

MEET THE FOUNDER

ANGELA WOOD



Founded in 2009 by Angela Wood, the Scottish Therapy Academy was created with a clear purpose: to offer high-quality, practical training that genuinely prepares people for real work in the beauty and holistic industry.

With over two decades of experience in beauty, holistic, wellbeing and education, Angela has supported hundreds of women (and men) to train, in Beauty and Holistic Therapies to start and grow their therapy practice.

Over the years, the Academy has grown into a multi award-winning training provider, recognised for its standards, supportive learning environment, and commitment to students both during and after their training.

As the industry shifts, the Academy continues to evolve with a stronger focus on holistic and wellbeing therapies. By combining traditional techniques with modern approaches, students are equipped with the skills and confidence to meet the growing demand for more mindful, client-centred treatments.



WELCOME!

Hi, I'm Angela, founder of The Scottish Therapy Academy, therapist and educator of 20+ years, and coach to hundreds of students who've made the switch into holistics.

If you're here, you're likely feeling what so many of our students once felt: you're craving meaningful work, flexible hours, and the satisfaction of helping people feel better in their mind, body and soul... without spending years retraining or guessing your way through it.

This guide is designed to help you make a confident decision quickly and see a realistic first step.

Here at The Scottish Therapy Academy we offer fast-track, accredited training in a variety of holistic therapies and facial treatments. From focused one-day courses, to more in depth packages.

But what truly sets the Academy apart is how we support you beyond the certificate. Alongside your expert hands-on practical skills training, we help build confidence and self belief.

Because... Skills matter. But so does your Mindset.

By the end of this guide, you'll know whether a holistic therapy career is a fit for you right now, which starting pathway suits your goals, and how to go from practice models to first paying clients FASTER than you think!

Once you complete this guide and if it feels right for you, your next step will be simple: choose your pathway, your preferred course/s and book your in-person training.

Angela x

Are You Ready for a Holistic Therapy Career?

(Take this 30-second quiz)

1

I'm tired of my 9-5 or shift pattern draining my soul?

Yes/No

2

I love helping women feel radiant + balanced?

Yes/No

3

I'm excited to master hands-on skills FAST?

Yes/No

4

I'm ready to earn an income doing work that lights me up?

Yes/No

5

I want flexible hours and a path I can start alongside my current commitments - with the option to transition into a full-time holistic therapy career when I'm ready.

Yes/No

Count your 'YES' answers:

4-5 YES = Therapy career is calling you! → **Turn to page 5**

3 YES = You're close - let's bridge the gap → **Page 5**

Under 3 = Perfect starting point → **Keep reading!**



Choose Your Pathway

Your pathway simply sets the pace you want to build your skillset and begin working with clients.

- Start alongside your current job or map a confident transition to a full time therapy practice.
- If you want a focused start, choose a one-day training to learn a single, in-demand treatment you can begin offering right away. Ideal for building confidence, practising with real clients, and seeing early results.
- If you're ready for momentum, choose a structured package pathway to build a fuller service menu fast and create a clear route into either part-time alongside your current role or a confident transition to a full-time career.

After your in-person training, you won't be left to figure it out alone. For the next three months, you'll have a skills-reinforcement pathway: if you want more hands-on practice, you're invited back at no extra charge to refine techniques and build confidence.

You'll also receive practical aftercare guidance so you know exactly what to do next. If, later on, you decide you want deeper one-to-one guidance, there's an optional coaching pathway you can choose if and when it serves you.

The first step is easy – choose your first course and book your in-person training.

Roadmap to Your Therapy Career

Decide your pathway:

Choose to start alongside your current job or map your transition to full-time.

Pick a focused one or two days training course or packages to suit your circumstances

*Also included: (Free)
Confidence Reset Guide
Client Attraction Guide*

Learn hands-on and leave with a plan. Train in small groups, practise techniques, and get clear aftercare so you know exactly what to do when you complete your training.

*Start serving real clients
Begin with a short list of practice clients. Get social proof (testimonials) to build trust and momentum.*

*Step into the role as a Professional Holistic Therapist.
Start building your dream practice, welcoming real clients and creating a life and career that is in true alignment with you.*



Here's What You'll Learn, Do and Leave With (when you train with us)

Relevant Theory

To build your knowledge and understanding

Practical Training :

Hands on learning with expert guidance so you feel confident from the very first client.

Professional Training Manual :

Step-by-step reference and training guide to support your learning and keep for future use.

Accredited Diploma:

Recognised qualification so you can obtain professional insurance and a boost to your credibility.

Additional Support Materials:

To help boost your confidence so you feel ready from the very first client. (Confidence Reset & Client Attraction Guides)

Ongoing Tutor Support:

Access to your tutor for questions and guidance after the course.

Free Refresher Training

Option to return (within 3 months) if you feel you need that bit of extra practical skills training.



Real People, Real Testimonials

Real stories from people who started where you are.
People from a range of backgrounds including hospitality,
nurses, carers, office workers, lawyers and more...

Career-switchers who wanted meaningful work that fits
their life, are now confidently offering treatments,
building soulful businesses and careers.

Their words say it best...



*Here's what our students
say about us...*



Carmen

Hi Angela, I'll be setting up from home soon in the next few weeks and already have 3 clients. I'm buzzing! Thanks so much for bringing my confidence up. Really was a good thing that happened to me



Pamela

Hi was lovely to meet you all. I couldn't have had a better group of women to welcome me into this industry. Great day.



Lesley

Thank you Angela it was a lovely day and learned so much! I have 2 facials booked in for Thursday!

*Here's what our students
say about us...*



Georgia

Angela is very kind and helps you learn and understand clearly. Very kind and experienced. Would highly recommend.



Yvonne

Angela is an attentive and effective tutor. I felt comfortable and well informed throughout



Isabel

Angela was brilliant, very genuine, knowledgeable and down to earth. It was a really fun day and didn't feel intimidating at all (as a beginner)

*Here's what our students
say about us...*



Aimee

I have really enjoyed my training. It was well presented and very informative. Would highly recommend for anyone looking to learn new holistic skills. Thank you.



Louise

Angela is super knowledgeable, both her verbal and practical demonstrations are easy to understand. She is also just a lovely warm person, she is a pleasure to be around. Highly recommend the training centre.



Lynn

Perfectly paced course. I felt so comfortable and at ease. It felt almost like 1-1 training. Small intimate training groups.



Step Into Your Freedom Rhythm

*Now imagine yourself as the
Professional Holistic Therapist:*

- Your diary set to hours that suit your life
- A calm space you're proud of, where you are actually doing something you love – your dream job
- Bookings that fit your energy
- Clients leave lighter, stress free and grateful
- An income that you decide – yes really!
- Your routine is simple: prepare your space, welcome your client, deliver a focused treatment, note results, and close your day feeling grounded, happy, and in control of your life and career.

*This is a career where your care becomes your craft,
your calendar reflects your priorities, and your
income grows at a pace that protects your
wellbeing.*

Imagine this...

*Your Potential Working Day as a
Part Time Holistic Therapist...*

(work part time - days/evenings to suit you)

(Example: 2 days per week)

1

Prep your treatment space + first client arrives

2

9AM-1PM 4 booked sessions (your choice of service)

3

1PM: Lunch

4

2-5PM: 3 more clients

5

EVENING

Your schedule: you choose when you work

EXAMPLE:

7 CLIENTS PER DAY @ £60 PER CLIENT = £420 PER DAY
2 DAYS PER WEEK = £840 PER WEEK

*Results vary based on effort + circumstances. Earnings illustrative, not guaranteed.
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Imagine this...

*Your Potential Working Day as a
Full Time Holistic Therapist...*

(work full time)

(Example: 5 days per week)

1

Prep your treatment space + first client arrives

2

9AM-1PM 4 booked sessions (your choice of service)

3

1PM: Lunch

4

2-5PM: 3 more clients

5

EVENING

Yours: Family time + flexible schedule you control

EXAMPLE:

7 CLIENTS PER DAY @ £60 PER CLIENT = £420 PER DAY
5 DAYS PER WEEK = £2,100 PER WEEK

*Results vary based on effort + circumstances. Earnings illustrative, not guaranteed.
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Holistic Therapy Career

FAQ

Q How fast can I qualify?

A Most of our courses are only 1-2 Days. (up to 4 days packages)

Q Do you need any prior experience?

A Most of our courses are suitable for beginners without prior knowledge or experience. *

Q Am I too old to start?

A Never too old - we have trained hundreds of students of all ages

Q Will I actually be able to do to this?

A Yes - 100% beginner-friendly. Step-by-step guides, supportive practical training with small class sizes ensures you get the quality training you need

Q Is there aftercare support?

A Absolutely! DM, email or phone us anytime with any questions . We're always here happy to help.

- Anatomy & Physiology required for body massage. More advanced massage courses require A & P and body massage. (A & P online course available.) If in doubt about pre-requisites, please get in touch.

If you have any other questions, please get in touch

Next Steps

You've reached the end of this guide, but this is just the beginning of something meaningful. If you're ready to start your career as a holistic therapist, helping others, working hours that fit your life, I'd love to hear from you.

- *Send a DM via instagram or*
- *email : info@scottishtherapyacademy.co.uk*
- *If you're ready to book then visit our website [here](#) or*
- *Phone us on 0141 221 9253 if you would like to chat with us.*



Angela x

