



Brighton Holistics

Beauty - Complementary - First Aid - Holistic - Online - Reiki - Sports

Models Information Manual

Please pass this manual onto your model in good time before your course starts.

PLEASE READ THIS DOCUMENT.



www.BrightonHolistics.co.uk

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Contact Details

Brighton Holistics

The Conifers

206 Warren Road

Brighton

BN2 6DD

01273 672 690

Email: info@BrightonHolistics.co.uk

Web: www.BrightonHolistics.co.uk

F A Q's for Brighton Holistics

How do I get in at Brighton Holistics?

On arrival press the intercom and I will buzz you into the building.

When should I turn up for the training?

Models are required for the practical sessions starting at **1.15** till about **16.30**, please arrive no earlier than five minutes before your training start time.

Where can I park?

If you are going to be driving to Brighton Holistics to attend a training course, may we ask that you park in the car park at the top of the hill on Warren Road. The car park is situated on the bend in the road on your left if you are coming from Falmer Road up the hill or on your right if you are coming from Brighton down the hill. The car park is safe, large and free to use.

Can I sit in on the morning training session?

No, this is not permitted.

What do I need to wear?

Please make sure that you are wearing underwear, failure to do so will result in you not being able to model.

General Contraindications (these apply to all courses)

Brighton Holistics reserves the right to withhold training if any of the following health and safety contraindications are present in any student or model who attends a training course. It is the responsibility of the student to check the contraindications listed below before booking a course. All the general contraindications apply to all students and models unless agreed with Brighton Holistics prior to the training date.

- Fungal conditions (on the hands or feet), verrucae on the feet and/or warts on the hand.
- Pregnancy (all stages). If attending a pregnancy Massage course you must be past the first trimester.
- Any physical disability or restriction of any kind, in any part of the body, which prevents free movement for delivering (and receiving of) the techniques of each training course.
- ALL infectious diseases and ANY infectious condition such as Viruses, colds, cold sores, warts as well as bacterial infections such as impetigo, boils, conjunctivitis, sties, ringworm etc.
- Under the influence of alcohol or drugs.
- Extensive wounds, cuts, bruises or abrasions to hands and/or feet, or in any area of the body where the treatment will be performed.
- Extensive (or recent/severe) inflammation anywhere in the body (including severe, localised sunburn).

- Central nervous disorders, cerebral palsy, multiple sclerosis and Parkinson's Disease, trapped, pinched or inflamed nerve.
- Bulging or herniated disc.
- Numbness, tingling or reduced sensitivity in the extremities or in any treatment area.
- Thrombosis/embolism or phlebitis, recent stroke, haemorrhage or blood clots.
- Excessively high or low blood pressure, dizziness and/or nausea.
- Serious heart conditions/circulatory disorders/severe varicose veins.
- Paranoia, psychosis or schizophrenia.
- Osteoporosis, spondylitis, severe rheumatoid or osteoarthritis.
- Any undiagnosed condition or illness.
- Head lice or nits.
- Recent head injury or neck injury (including whiplash).
- Recent operations/surgery: anywhere in the body.
- Diarrhoea and/or vomiting.

Please make sure that you have read and fully understand the Brighton Holistics Health and Hygiene Policy in relation to COVID-19.

<https://www.brightonholistics.co.uk/brighton-holistics-hygiene-policy/>

Security

Brighton Holistics has been a victim of crime in the past.

Anyone caught damaging or stealing property from these premises will have criminal proceedings brought against them.

CCTV operates within the building and grounds of Brighton Holistics.

Please note that mobile phones are to be on silent when in the training room.

Please not models must be over the age of 16.

Threatening and Intimidating Behaviour

Please be aware that any form of threatening behaviour, including verbal or physical abuse will not be tolerated at Brighton Holistics. If the tutor believes that they or another student feels threatened or intimidated, you will be asked to leave the premises. If you refuse to leave, the police will be called and the incident will be reported to your professional body. Your course will not be rearranged and no refund will be offered under any circumstance.

Direction to Brighton Holistics, Brighton

By Road

From M23/A23:

- ◇ On entering Brighton on the A23, turn left at the Brighton roundabout following sign for Worthing, Lewis and Newhaven.
- ◇ Remaining in the middle lane and proceed straight over the first roundabout, and then turn right at the 2nd roundabout, following signs for the A27 East, Lewis and Newhaven.
- ◇ On joining the A27 East, still following signs for Lewis, Newhaven and Universities, continue past the Hollingbury turn off. Take the next exit signposted Falmer, Rottingdean and Sussex University after having past the Sussex University on your left, entering the B2123.
- ◇ At the roundabout turn right to drive over the A27 and proceed over the next roundabout following signs for Woodingdean and Rottingdean, taking you onto the Falmer Road.
- ◇ Continue along the Falmer road to the intersection with the Downs Hotel on your right. At the intersection, turn right and continue past the Esso garage on your right, the Nuffield Hospital on your left and Brighton Holistics is located approximately 200 meters past The Harris Garage on your right.

From A27 Lewis:

- ◇ Continue Westbound on the A27 towards Brighton. Take exit, signposted Brighton Universities, Brighton Marina, Brighton Racecourse, Rottingdean (B2123). At roundabout turn left onto Falmer Road.
- ◇ Continue along the Falmer road to the intersection with the Downs Hotel on your right. At the intersection, turn right and continue past the Esso garage on your right, the Nuffield Hospital on your left and Brighton Holistics is located approximately 200m past The Harris Garage on your right.

By Taxi

Please telephone 01273 202020 or 01273 747474 to book a taxi.

By Train

The local train station is Brighton or Falmer. Please note that both stations have taxi ranks.

By The Bus

The Number 2, 2A and 22 go right past Brighton Holistics, please ask the Bus driver to stop at “**Downland Road**” Bus Stop) The bus time table and a map of the bus routes can be found at www.buses.co.uk



Parking

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Free parking is also available in Hillview Road, Holtview Road, Warren Rise and Downland Road; these roads are behind Warren Road and only a short walk to Brighton Holistics. You are strongly advised not to park on Warren Road due to potential heavy traffic.

Sat Nav

If you will be using your Sat Nav to find your way here, the post code is BN2 6DD. Please note that Sat Nav's only take you to the start of the postcode, unless you insert the house number. If you arrive at Harris Garage, you need to walk up the hill, with the sea on your left.

If you have any problems please do not hesitate to call !!

01273 672 690

Look for the Flag Pole in the front garden

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Note: If you are studying a Brighton Holistics college accredited courses, this will not be accredited by the FHT or VTCT