



Diploma in Aesthetics, Health and Holistic Wellness

Program Description

The Certificate in Aesthetics, Health, and Holistic Wellness is an 8-week immersive experience designed to promote holistic personal development and wellness literacy through physical, emotional, and spiritual dimensions. Based on integrative health principles, lifestyle medicine, and beauty-centered wellness practices, this program empowers participants to cultivate resilience, balance, and vitality in their daily lives and professional practice. Students acquire knowledge and skills that enable them to integrate healthy habits, emotional regulation techniques, and self-care practices that strengthen their overall well-being.

Program Objective

Designed to provide participants with a holistic foundation in personal well-being, professional self-care, and evidence-based practices that promote physical, emotional, and spiritual vitality, this 8-week program equips students with integrative tools from aesthetics, nutrition, somatic awareness, stress management, and lifestyle coaching to foster total well-being in both personal and professional settings.

Curriculum

Code	Course
AHW 101	Foundations of Holistic Wellbeing and Self-Care
AHW 102	Somatic Awareness and Mind-Body Integration
AHW 103	Nutrition, Hydration, and Holistic Energy Balance
AHW 104	Restorative Aesthetics and Beauty-Based Wellbeing
AHW 105	Emotional Regulation and Resilience to Stress
AHW 106	Movement, Breath, and Embodied Spirituality
AHW 107	Cultural Sensitivity and Inclusive Wellbeing Practices
AHW 108	Final Project: Personal Wellbeing and Lifestyle Integration Plan

Credential Awarded:
College Credit Certificate

48 hours
Format: Online

Estimated Duration:
6 weeks

Program Costs

Registration	\$500
Fees	\$100
Books & Supplies	\$150
Any other costs	N/A
Total program cost	\$750