

Cosmetic Consultants

Established 1980

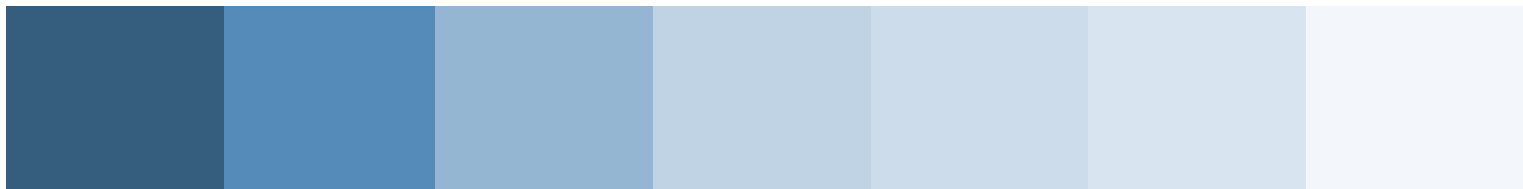
Accredited Training Centre

Beauty Therapy and Holistic Training Courses

TRAINING COURSES PROSPECTUS 2018

Beginner and Advanced Courses in Beauty

Internationally recognised and accredited qualification



Nail and Beauty Training Centre established 1980.

Course Information:

With over 30 years of experience, the Cosmetic Consultants Beauty School offers a wide range of beauty therapy training courses taught in a professional and friendly environment. Situated in West Bridgford we are just 2 miles from Nottingham city centre and train station. East Midlands airport is just over 12 miles away.

Courses are aimed at both beginners and qualified therapists wishing to extend their range of skills with new innovative treatments. All courses are nationally recognised and accredited for insurance purposes and government licensing where necessary. Choose from a wide range of intensive part time courses tailored to your individual training needs and delivered by highly qualified and experienced staff. Courses are available six days a week and some can be booked on days of your choice to fit in with your busy schedule.

Our intensive courses are flexibly structured to ensure a fast completion of individual modules enabling you to both train and meet your work commitments. On completion you will be able to offer profitable beauty treatments using the skills you have acquired.

Here at Cosmetic Consultants you can be assured that you will be working in a completely professional environment and, with our highly qualified experienced teachers, you really are learning from the best. You will be provided with the appropriate equipment needed to undertake your course and all training manuals are included to optimise your learning. When you have successfully completed the course you will receive an internationally recognised Diploma in your chosen subject. With these short and intensive courses learning a new skill has never been easier. All models are provided for practical work where possible to allow you to spend all of your time focussed on completing your course and covering the required syllabus.

Having completed your choice of course you will be able to work professionally on your clients with confidence and skill in the knowledge that you are able to be fully insured and we are always here to back you up with help and advice in the future.

Course Benefits:

Our training courses feature the latest innovations in the field of beauty care and all include guidance on the current range of available products and their suitability for differing client needs. Course benefits are:

- ✓ The nationally recognised Independent Beauty Specialist Diploma (IBSD)
- ✓ Small group and individual tuition in a friendly and professional environment
- ✓ Available six days a week
- ✓ Proven training methods that maximise the learning process
- ✓ Emphasis on successful practical work
- ✓ Instruction in the highest standards of hygiene and sterilisation
- ✓ Flexible tuition to fit with your busy schedule
- ✓ Practically based modular courses including relevant theory
- ✓ Professional instruction manuals provided for each subject
- ✓ Backup, help and advice always available.

We will advise you on how to price, market and allocate time for each treatment so you can use your new knowledge effectively and profitably. We place the highest priority on hygiene and safety procedures including all aspects of sterilisation in accordance with current legislation.

Our Beauty Specialist courses are recognised by leading insurance providers and beauty therapy societies, such as BABTAC and the Guild of Professional Beauty Therapists. Courses can be booked on group days allocated or individual one-to-one courses on days of your choice. Our team of experienced and qualified teachers, therapists and technicians will ensure the successful completion of your course and, with over 30 years of experience, our professional training methods and back-up are your guarantee of success.

About Us

All our tutors are fully qualified teachers with many years' experience in intensive teaching methods. They have their own speciality subjects which they not only teach but also practice in the beauty or complementary therapy field.

Who we are:

Merriel J Tiffen - I.H.B.C, I.B.S.D, City & Guilds A.E. Teach Cert. (Dist), M.G.B.T - PRINCIPAL TUTOR

Lauren Askham - I.B.S.D, Cert Ed, ITEC, M.G.B.T

Sonia Waterfall – I.B.S.D, I.T.E.C, B.S.C.T, M.G.B.T, Cert Ed

Kate Smith - I.B.S.D, V.T.C.T., P.T.L.L.S., A.E. Teach Cert.

Selina Hubbard – I.B.S.D, City & Guilds, P.T.L.L.S., A.E. Teach Cert.

Jean Pollard - I.B.S.D, I.T.E.C, C.I.B.T.A.C, City & Guilds, Cert Ed, M.I.H.P, M.G.B.T

Rachel Coates - I.B.S.D, BTEC, M.G.B.T - Manager & Training Co-Ordinator

Independent Beauty Specialist Diploma – Modular Courses:

The I.B.S. Diploma modules are an excellent way to become a professional Beauty Specialist in your chosen subject area. You can qualify as a Beauty Therapist, Nail Technician or Complementary Therapist – or you can take a course simply because you want to increase your current skills.

The I.B.S. Diploma is a national qualification recognised by leading insurance companies and beauty therapy societies including BABTAC and The Guild of Beauty Therapists and government licensing where required.

Each subject/ module is covered separately so you can successfully complete and qualify in one subject at a time. Courses are held in small groups with a maximum of 2 – 7 students, depending on the subject, so you can get the most out of the learning process with sufficient individual attention to make sure that you complete the course successfully.

Qualification in all subjects is by continuous assessment, practical or written test. The I.B.S. Diploma is awarded on successful completion of each subject.

What next?

There are details of all our courses in the following pages. You will find full course descriptions to help you select the course that best fits your requirements. If you would like further details about any of the courses in the brochure, or if there is anything else that you would like to discuss, please call us and one of our experienced team will be happy to give you all the information that you need.

At the back of this brochure you will find general information about booking and preparing for your training course together with a course price list. We look forward to hearing from you and welcoming you onto one of our courses that will provide you with the skills that will develop your career and your business.

Insurance:

After successful completion of any module of the Independent Beauty Specialist Diploma we will be pleased to advise you on society memberships and insurance.

NAILS: HANDS & FEET

Manicure and UV Gel Polish	1 day	£199.00
Manicure - Advanced	½ day	£135.00
Pedicure	1 day	£199.00
Pedicure - Advanced	½ day	£135.00
Nail Art	½ day	£85.00
UV Gel Polish	½ day	£75.00
Combined Nail Course		
- UV Gel & Acrylic	2 day	£299.00
UV Gel or Acrylic	<i>each</i> 1 day	£160.00
Combined Nail Course <i>hands & nails</i>	3 day	£435.00
Combined Nail Course <i>hands, feet & nails</i>	4 day	£575.00

EYES: LASH & BROW

Lash Extensions :-

Semi-permanent Individual	1 day	£235.00
Flare / Cluster	½ day	£140.00
Lash Specialist	1 day	£225.00
3D / Russian	2 day	£299.00
Lash / Root Lifting & Lash Tinting	1 day	£225.00
& Semi-perm Mascara	1 day	£225.00
Lash & Brow Tinting OR S-p Mascara	½ day	£140.00
Root / Lash Lift	1 day	£199.00
with Tint & Mascara	1 day	£299.00
Brow Enhancement & Threading	1 day	£225.00
Brow Enhancement	½ day	£140.00
Threading	½ day	£135.00

SKIN: FACIAL & MAKEUP

Complete Skincare and		
Facial Treatments – Stages 1 & 2	2 day	£399.00

Skincare & Facial Treatments – Stage 1	1 day	£225.00
Skincare & Facial Treatments – Stage 2	1 day	£225.00
Professional Make-up Stages 1 & 2	2 day	£399.00
Professional Make-up Stage 1	1 day	£225.00
Professional Make-up Stage 2	1 day	£225.00

FACIAL ELECTRIC. EQUIPMENT

Microdermabrasion	½ day	£190.00
Micro-current treatments	½ day	£190.00
Facial High Frequency	½ day	£190.00
Facial Galvanic	½ day	£190.00

BODY TREATMENTS

Swedish Body Massage	4 week	£399.00
Hot Stone Therapy Massage	1 day	£199.00
Bamboo No Hands Massage	1 day	£199.00
Hawaiian LomiLomi Massage	1 day	£199.00
Body Wrapping	½ day	£140.00
G5 Vibro-Massage	½ day	£190.00

COMPLIMENTARY

Indian Head Massage	1 day	£199.00
Hopi Ear Candles	½ day	£99.00
Reflexology	3 day	£599.00

WAXING & OTHER COURSES

Warm Waxing	1 day	£199.00
Advanced Intimate Hot Waxing	½ day	£140.00
Spray Tanning (additional students £65pp)	½ day	£130.00
Ear Piercing	½ day	£49.50

ADVANCED COSMETICS

Advanced Electrolysis	1 day	£485.00
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As at March 2018

v3.2

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Manicure UV Gel Polish

A popular introduction to manicure treatments. You will be trained in the correct procedure for manicure to give attractive and healthy nails, skin and hands. Nails will be shaped and varnished and a relaxing massage performed. An advanced manicure option is also available to progress your knowledge to a specialist level on completion. This course is also ideal for nail technicians performing nail extension treatments and is also part of our 3 or 4 day Nail Technicians Diploma course.

- Content:**
- ✓ Anatomy of the hands, skin and nails
 - ✓ Nail disorders, diseases and contra-indications
 - ✓ Correct filing and shaping techniques
 - ✓ Corrective cuticle work
 - ✓ Hand and wrist massage
 - ✓ Nail buffing
 - ✓ Varnish and colour application with UV Gel
 - ✓ Hygiene, sterilisation and aftercare
 - ✓ Product knowledge, costings and marketing advice

Duration: 1 Day £199

Requirements: This is a foundation beginner’s course therefore no prior experience is required.

An **Advanced Manicure** course is also available on completion.

Practical Work: All products, comprehensive course notes and models for practice will be provided for you throughout.

Manicure Advanced

When you have completed a stage one or beginners manicure course you may wish to enhance your hand and nail skills to offer a luxury manicure. This intensive course will enable you to offer heat treatments, scrubs and paraffin waxing. You will also perform a more beneficial massage and gain more varnishing skills.

- Content:**
- ✓ Relevant anatomy and physiology
 - ✓ Hard skin treatments
 - ✓ Heat treatment
 - ✓ Paraffin skin softening
 - ✓ Product knowledge for corrective treatments
 - ✓ French polish application
 - ✓ Furthering hand and massage skills
 - ✓ Hygiene and sterilisation

Duration: ½ Day £135

Requirements: You will need to be qualified in basic manicure – ask when booking.

Practical Work: All products, comprehensive course notes and models for practice will be provided for you throughout.

A **1 Day Manicure for Beginners** course is also available.

Pedicure

A popular introduction to pedicure treatments. You will be trained in the correct procedure for pedicure to give attractive and healthy nails, skin and feet. Feet will be cleaned, sanitised and softened, nails are shaped to a smooth finish and cuticles are clipped and removed. Hard skin will be buffed away then a relaxing foot and lower leg massage is performed. An advanced pedicure option encompassing blade work and specialist electrical tools is also available to progress your knowledge on completion.

Content:

- ✓ Anatomy of the feet, skin and nails
- ✓ Nail disorders, diseases and contra-indications
- ✓ Corrective filing and shaping techniques
- ✓ Cuticle clipping and removal
- ✓ Foot and lower leg massage
- ✓ Hard skin removal
- ✓ Nail varnish application
- ✓ Hygiene, sterilisation and aftercare
- ✓ Product knowledge, costings and marketing advice

Duration: 1 Day £199

Requirements: This is a foundation beginner’s course therefore no prior experience is required.

Practical Work: All products, comprehensive course notes and models for practice will be provided for you throughout.

If you would like to specialise in pedicure an **Advanced Pedicure course** is available.

Pedicure Advanced

On completion of the Pedicure module, or equivalent qualification, we offer a more advanced course to further your skills in performing a luxury corrective pedicure. This course will enable you to remove and soften hard skin using specialist products, electrical equipment and credo blade work.

Content:

- ✓ Relevant anatomy and physiology
- ✓ Hard skin removal
- ✓ Use of electrical sanding tools
- ✓ Paraffin wax treatments
- ✓ Enhanced massage skills
- ✓ French polish application
- ✓ Introduction to blade work
- ✓ Hygiene and sterilisation

Duration: ½ Day £135

Requirements: You will need to be qualified in basic pedicure – ask when booking.

Practical Work: All products, comprehensive course notes and models for practice will be provided for you throughout. **A 1 Day Pedicure for Beginners course** is also available.

Nail Extensions –UV Gel and Acrylic

2 day Nail Technicians Course

1 day UV Gel - 1 day Acrylic

This is a comprehensive two day course covering all aspects of extension nail application. You will apply natural looking tips and learn how to blend them into the natural nail to create a party tip extension. This is overlaid for strength with a hard gel and dried under UV or LED lamps. You will also apply white french tips with acrylic to strengthen.

This course will qualify you as a nail technician working with both gel and acrylic extension methods and will give a solid background in all nail application methods.

Content:1 Day – UV Gel Nails

- ✓ Structure and function of nails
- ✓ Natural and party tip application
- ✓ Tip selection and blending
- ✓ Overlaying with UV Hard Gel
- ✓ Contra-indications and hygiene
- ✓ Critical aspects of nail extensions
- ✓ Filing, shaping and finishing nails
- ✓ Client aftercare
- ✓ Infill methods and advice

Content:1 Day – Acrylic Nails

- ✓ Structure and function of nails
- ✓ White tip – French nail application
- ✓ Tip selection and blending
- ✓ Acrylic blending and application
- ✓ Knowledge of sculpturing nails
- ✓ Knowledge of fibre glass and silk method
- ✓ Maintenance of acrylic nails
- ✓ Filing, shaping and finishing nails
- ✓ Aftercare and repairs
- ✓ Infill methods with acrylic

Duration: 2 Day – All systems £299
 1 Day - Choose 1 system UV Gel or Acrylic £160

Kits available: Professional Nail Technician from £185 + VAT Student Acrylic Kits from £18 + VAT

UV Gel Kits from £95 + VAT - ask at time of booking

Requirements: No previous knowledge required but knowledge of manicure is advantageous.

Practical Work: All products, comprehensive course notes and models for practice will be provided for you throughout.

Each of these modules can be taken separately. The one day UV Gel nail course is for complete beginners and can be undertaken by students with or without manicure experience, although this would be an advantage. The one day Acrylic nail course can be undertaken by those with some nail background – either in manicure or gel nails – please ask at time of booking.

We recommend that technicians wishing to offer Acrylic type nail will benefit from the two day Technicians course.

Nail Art – Gel and Varnish

An easy and enjoyable way to learn about the application of gel polish and nail varnish to perform all types of nail art designs. We use gel polish and top coats to secure a large range of designs onto nails – holding them in place for up to three weeks.

You will work in small groups and apply designs to nail tips. Our comprehensive back-up training notes and your applied designs will give you lots of ideas for nail art. Learn to marble colours and drag colours together to create fabulous designs. There will be glitter work, trinket and transfer applications, tie-dye and sponging effects and many, more ideas. Most importantly you will know about all the application methods and associated implements to recreate any new design you see.

- Content:**
- ✓ Application methods with gel and varnish
 - ✓ Diamante, beads and trinkets
 - ✓ Tie-dye, sponging and hombré
 - ✓ Animal prints: leopard, tiger, zebra etc.
 - ✓ Daisy, flower and dotting tool work
 - ✓ Hearts, paw prints and bows
 - ✓ Marketing ideas and aftercare

Duration: ½ Day £85

Requirements: No previous experience required but knowledge of gel polish application is an advantage.

Practical Work: All products and equipment are provided for you – no models are required as all practical work is completed on plastic nail tips that can be taken home with you to help build your portfolio.

UV Gel Polish

The perfect way to apply a silky smooth and long lasting UV Gel polish to nails. Gel polish is the ideal salon treatment it takes only 25 minutes to apply and gives a gloss lacquer finish which lasts up to three weeks. We have a wide range of colours to work with in the excellent Gelux and UV range but your knowledge and qualification will transfer to all available makes of three week varnishes.

- Content:**
- ✓ Benefits of gel polishes
 - ✓ Preparation of the nail
 - ✓ Contraindications and hygiene
 - ✓ Implements for use
 - ✓ Product knowledge
 - ✓ Application methods and tips
- Duration:**
- ✓ Removal and aftercare

½ Day £75.00

Kits from £68.50 + VAT - ask at time of booking

Requirements: No previous experience required but knowledge of manicure would be an advantage.

Practical Work: All products and equipment are provided for you – models will be arranged for you.

Combined Nail Course – Hands, Feet & Nails

We have combined our most popular nails courses of Manicure, Pedicure, UV Gel nails and Acrylic Nail Extensions and UV Gel Polish to offer a comprehensive and fully inclusive course. This is a comprehensive four day course to ensure you are knowledgeable in all types of nail technician treatments for the hands and feet. A 3 day course is also available which includes the 2 day Nail Technician programme together with Manicure and UV Gel Polish.

- Content:**
- ✓ 1 Day Manicure and UV Gel Polish
 - ✓ 2 Day Nail Technician – UV Gel and Acrylic
 - ✓ 1 Day Pedicure
 - ✓ Anatomy of the foot, ankle, hand and wrist
 - ✓ Structure and function of the nail
 - ✓ Implement and product knowledge
 - ✓ Hand and foot massage
 - ✓ Disorders and diseases
 - ✓ Hygiene and sterilisation
 - ✓ Costings and timings
 - ✓ Aftercare and Contra-indications to treatment

Duration: 4 Days £575

Requirements: No previous experience or knowledge required.

Practical Work: All products and equipment are provided throughout and practical models are also supplied for both Manicure and Pedicure. You will be required to bring along your own models for the 2 Day Nail Technician module.

Combined Nail Course – Hands & Nails

We are pleased to offer a complete 3 day course for nail technology. This will include the Manicure module and UV Gel Polish courses together with UV Gel and Acrylic Nail extensions. This course is ideal if you wish to specialise in hand and nail treatments and extension nails. A 4 day course is also available which includes the two day Nail Technician programme together with Pedicure, Manicure and UV Gel Polish.

- Content:**
- ✓ 1 Day Manicure and UV Gel Polish
 - ✓ 2 Day Nail Technician – UV Gel and Acrylic
 - ✓ Anatomy of the hand and wrist
 - ✓ Structure and function of the nail
 - ✓ Implement and product knowledge
 - ✓ Hand massage
 - ✓ Disorders and diseases, hygiene and sterilisation
 - ✓ Costings and timings
 - ✓ Aftercare and Contra-indications to treatment

Duration: 3 Days £435

Requirements: No previous experience or knowledge required.

Practical Work: All products and equipment are provided throughout and practical models are also supplied. You will be required to bring along your own models for the 2 Day Nail Technician module.

Semi-permanent Individual Lash Extensions

Eyelash extensions transform the eye by making the lashes appear longer and thicker. Individual lashes are available in different lengths and widths to give the perfect look to your client's eyes. The longer lash will last for up to 8 – 12 weeks with regular top up and repair treatments – returning time and again to your salon to ensure their luscious lashes are maintained. For a complete look the natural lash can be tinted to blend. This is a very popular and profitable treatment. We will ensure you know both professional methods of application in the one course. The Party Express method takes approximately 45 minutes and the Lash-on—Lash system is completed in about 2 hours.

- Content:**
- ✓ Relevant anatomy and physiology
 - ✓ Contra-indications to lash treatments
 - ✓ Compare both application methods
 - ✓ Product knowledge
 - ✓ Use & purpose of implements
 - ✓ Initial mannequin head work
 - ✓ Full set application to client
 - ✓ Lash removal techniques
 - ✓ Lash infill and repairs
 - ✓ Aftercare, hygiene and sterilisation

Duration: 1 Day £235

Kits from £26 + VAT - ask at time of booking

Requirements: No previous experience required.

Practical Work: All products, equipment and practical models are provided throughout.

Lash Extensions – Flare / Cluster

The popularity of extending eyelashes for extra lash and volume is easily achieved with small clusters of lashes. These are applied close together allowing approximately 150 lashes to be placed on each eye regardless of the clients own lash count. Ideal on clients with very short or sparse lashes, volume and length is added in only 45 minutes and looks amazing. This treatment will last approximately 8 - 10 weeks with regular maintenance treatments. This is a very effective and profitable addition to the lash lengthening treatments you can offer.

- Content:**
- ✓ Relevant anatomy and physiology
 - ✓ Contra-indications to lash treatments
 - ✓ Product knowledge and selection
 - ✓ 2 full sets of lashes performed on client
 - ✓ Hygiene, sterilisation and aftercare
 - ✓ Lash Infill and repair treatments
 - ✓ Removal techniques

Duration: ½ Day £140

Requirements: No previous experience required but individual lash application knowledge is an advantage.

Practical Work: All products, equipment and practical models are provided throughout.

Lash Specialist

A course encompassing the application of flare lashes with tinting and strip lashes with tinting. This fast-track course will help lash professionals ensure they are offering the best available finished look and treatment to their client's eyes. Tinting: to give a darker lash to work on and an overall volumised look. Flare extensions: when client's lashes are quite sparse. Strip lashes: when a temporary boost of lashes is needed for a special occasion.

- Content:**
- ✓ Recap on eye and lash anatomy and physiology
 - ✓ Knowledge of tinting products
 - ✓ Application of tint
 - ✓ Comparison of tint and stain treatments
 - ✓ Comparison of lashes
 - ✓ Professional treatment with Flare lashes
 - ✓ Sizing and applying a Strip lash
 - ✓ Contra-indications, precautions and marketing
 - ✓ Hygiene, aftercare and maintenance
 - ✓ Removal of lash systems

Duration: 1 Day £225

Requirements: You must be qualified in at least one other type of lash treatment (eg. Individual Lash Extensions, Perming, Lash / Root Lifting or Semi-permanent mascara) to complete this course.

Practical Work: All products, equipment and practical models are provided throughout.

3D / Russian Lash

A course for qualified and experienced lash technicians. The new Russian Lash extension - also known as 3D Lash - will give a new, softer length and volume to your client's lashes. Three or more lashes now replace each single lash extension giving a lighter and more effective lash lengthening treatment.

- Content:**
- ✓ Recap of lash extension technique
 - ✓ Product knowledge
 - ✓ Products and implements used
 - ✓ Separation and application techniques
 - ✓ Practical application of lashes
 - ✓ Removal and repair techniques
 - ✓ Hygiene and safety
 - ✓ Aftercare and maintenance advice

Duration: 2 days £299

Requirements: Prior knowledge of individual lash application and proficiency is essential and your Diploma / qualification must be shown at time of booking.

Practical Work: All products and equipment are provided throughout. Practical work will be performed on mannequin heads and models.

Lash & Brow Tinting

Semi-permanent tinting of lashes and brows has always been a popular salon treatment. You will learn to use all the available colours in tint combined with new brow stains for a defined brow appearance.

This is an ideal treatment offering a long lasting and low maintenance darkening of the natural lashes and brows. It is particularly good for very light hair, those who cannot wear makeup, for holidays or time away and before other lash enhancement treatments. The lashes will look longer with more volume whilst the brows are darkened and will look more defined.

- Content:**
- ✓ Relevant anatomy and physiology
 - ✓ Hair and lash growth patterns
 - ✓ Tint product knowledge and skin testing
 - ✓ Professional tinting techniques
 - ✓ Colour selection and mixing
 - ✓ Hygiene, safety and aftercare procedures.
 - ✓ Costings and marketing

Duration: ½ Day £140

Kits from £17 + VAT - ask at time of booking

Requirements: No previous experience required.

Practical Work: All products, equipment and practical models are provided throughout.

Lash / Root Lifting and Semi-Permanent Mascara or Tinting

Lash / Root Lifting

Semi-permanent lifting of the eyelashes is the latest and best method of perming. It allows the lashes to be raised and straightened to give a lift at the hair root. As a result the lashes look much longer and open out the eyes significantly. This system involves silicone shields instead of rollers, in three different volume sizes, to give the best lift and effect. It can be followed by tinting or semi-permanent mascara. The results will last 6 – 8 weeks.

Semi –Permanent Mascara

A new and innovative way to define lashes. A fabulous look can be achieved when combined with lash / root lifting. One or two coats of mascara will give your client a day or evening look to their lashes – longer and thicker without extension lashes or the need for repairs. Thicker looking than tinting and even darker, this mascara product is easy to apply and looks amazing for up to three weeks with no maintenance required. You will be shown both lower and top lash coating to give a fully professional finish which lasts and lasts.

Lash Lifting with Tinting

If your client prefers first to darken the lashes after the lift then a lash tint will help them look longer and volumised. A lash lift and tint is a low maintenance treatment and the tinting can be reapplied every three to four weeks to keep the lashes looking their best.

Content:	<ul style="list-style-type: none"> ✓ Relevant anatomy and physiology ✓ Preparation of the eye area ✓ Precautions and contra-indications ✓ Product knowledge and patch testing ✓ Application techniques for lash / root lifting ✓ 2 treatments of lifting with mascara or lash tint application ✓ Application of mascara or lash tint to upper and lower lashes ✓ Client aftercare and maintenance ✓ Costing and marketing suggestions
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Duration:	Lash / Root Lift	1 Day £199
	Lash / Root Lift & Semi-permanent Mascara	1 Day £225
	Lash / Root Lift & Lash Tinting	1 Day £225
	Lash / Root Lift with Tint & Mascara	1 Day £299

Kits from £45 + VAT - ask at time of booking

Requirements: No previous experience required.

Practical Work: All products, equipment and practical models are provided throughout.

Brow Enhancement with Threading

This one day course gives instruction in Threading (a ½ day module) and progresses to Brow Enhancement and shaping (a ½ day module) to give brows definition, colour and depth. Using tints, stains, tweezing, trimming and various powders and crayons to give your client the perfect brows for their face.

Threading

Learn the art of threading to remove hairs from the face, brows and body using small twists of cotton thread. We will show you the three most popular methods available. Once you have learnt the correct methods of threading you will remove hairs from various areas to perfect your technique.

Brow Enhancement

Brows define a face and the correct shaping methods and tools will help you achieve perfect brow enhancement. There are many steps to arrive at the right shape and colour and we will give you the knowledge to perform the best shaping and maintenance treatments.

Content:	<ul style="list-style-type: none"> ✓ History of threading ✓ Hair removal and comparisons ✓ Threading using various methods ✓ Perfecting the threading technique ✓ Understanding brow shaping ✓ Shaping of brows and maintenance ✓ Tweezing and trimming ✓ Threading and hot waxing ✓ Tinting and staining methods ✓ Colour and product analysis ✓ Client aftercare ✓ Costings and marketing
Duration:	<p>1 Day £225 Kits from £65 + VAT - ask at time of booking</p> <p>Threading and Brow Enhancement can be undertaken separately:-</p> <p>½ day Threading £135</p> <p>½ day Brow Enhancement £140</p>

Requirements: No previous experience required. Please note that it is recommended that you complete the full day if you have no previous experience of brow shaping. This will ensure that you have the necessary knowledge and practice time to perform threading to create the best shapes.

Practical Work: All products and equipment are provided throughout. Threading practice on class members progressing to models provided for eyebrow enhancement

Complete Skincare and Facial Treatments - Stages 1 & 2

A professional instruction in Skincare and Facial treatments. You will learn to perform a salon professional 1 hour facial with cleanse, tone, moisturise and face, neck and shoulder massage. Advanced Skincare and Facial with Steam and Extraction Techniques is available on completion (see Advanced Stage 3 Facial).

Content	<ul style="list-style-type: none"> ✓ Anatomy and physiology of the face and neck ✓ Skin structure, function and skin analysis ✓ Application of cleansers, toners, masks and moisturisers ✓ Advanced massage techniques ✓ Contra-indications to treatment ✓ Hygiene, sterilisation and aftercare ✓ Product knowledge ✓ Costings and timings
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Duration: 2 Days £399

Requirements: No previous experience required.

Practical Work: All products, equipment and practical models are provided throughout.

Skincare & Facial Treatments Stage 1

This is a popular introduction to skincare and facial treatments. Learn the skills to perform a salon professional facial with cleanse, tone, moisturise and face, neck and shoulder massage. There are more advanced courses available on completion to enhance your techniques and knowledge. A selection of models will be provided for you to practice on including a variety of skin types and ages.

Content:	<ul style="list-style-type: none"> ✓ Anatomy and physiology of the face and neck ✓ Skin structure and function ✓ Application of cleansers, toners, massage mediums and moisturisers ✓ Massage techniques ✓ Contra-indications to treatment ✓ Hygiene, sterilisation and aftercare ✓ Product knowledge
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Duration: 1 Day £225 – **Special Offer:** book Stage 1 & 2 together for £399

Requirements: No previous experience required.

Practical Work: All products and practical models are provided throughout.

Skincare & Facial Treatments Stage 2

This course provides you with a more in-depth knowledge to take your skills to an advanced level by building on the study undertaken in Stage 1. This course can be taken consecutively with Stage 1 or at a later date. It will include detailed skin analysis, comprehensive treatment of the face and neck including steam and extraction techniques. A selection of models will be provided for you to practice on a variety of skin types and ages.

Content:

- ✓ Full understanding of the 1 hour facial
- ✓ Application of exfoliator, mask and ampoules
- ✓ Treatment and extractions of comedones (blackheads) and milia (whiteheads)
- ✓ Steaming of the face and neck
- ✓ Application of setting and non-setting masks
- ✓ Detailed skin analysis
- ✓ Product knowledge
- ✓ Hygiene, safety and aftercare advice
- ✓ Costings and timings

Duration: 1 Day £225 – **Special Offer:** book Stage 1 & 2 together for £399

Requirements: Completion of Stage 1 is required to undertake this course.

Practical Work: All products, equipment and practical models are provided throughout.

Professional Make-Up – Stage 1 – for beginners

This one day Stage 1 professional make-up course will give you all the advice and practical knowledge to perform daytime make-up treatments on your clients. Emphasis will be on best achievable effects and makeovers of all skin types and ages. You will learn about colour and shading choices together with various application techniques using brushes, sponges and finger tips. We will provide all make-up models and equipment for you to perform a variety of different looks for all skin types.

Content	<ul style="list-style-type: none"> ✓ Face Shape Analysis ✓ Skin Types and Colouring ✓ Product and Implement Knowledge ✓ Corrective shaping ✓ Order of application ✓ Application of daytime and lighter make-up ✓ Professional brush and blending Techniques ✓ Hygiene and Safety
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Duration: 1 Day £225

Requirements: No previous experience required.

Practical Work: All products, equipment and practical models are provided throughout.

Professional Make-Up – Stages 1 & 2 – for beginners

Our 2 day comprehensive make-up course will help you develop all make-up techniques which are covered in Stage 1 and then increases your knowledge and confidence in make-up application enabling you to perform evening, wedding and occasional make-ups and makeovers.

Content: (in addition to Stage 1)	<ul style="list-style-type: none"> ✓ Camouflaging techniques ✓ Facial contouring ✓ Liquid lining ✓ Professional highlighting and shading ✓ Perfecting application techniques ✓ Advanced make-up analysis ✓ Evening and wedding makeovers ✓ Application for varieties of lighting ✓ Hygiene, safety and marketing
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Duration: 2 Days £399

Requirements: No previous experience required.

Practical Work: All products, equipment and practical models are provided throughout.

The **Professional Make-Up Stage 2** one day course is available to students with prior make-up experience.

Duration: 1 Day £225

Facial Electrical Equipment

Our tutors are experts in the field of facial electrical treatments. These are taught on a one to one basis and can be booked on a day of your choice - subject to availability. Choose from a wide range of equipment training and offer your client a specialist facial that really works.

You may want to know how to use a piece of equipment you have purchased, or need to qualify in Facial Electrical to complete your Level 3 and progress to other equipment courses.

We work with the very best Carlton Professional equipment on our course but you may also bring your own machine to us for instruction - just let us know at the time of booking.

Microdermabrasion

Microdermabrasion is currently one of the most popular electrical facial treatments on offer. We will work with diamond dermabrasion and brushing systems and compare and contrast the different dermabrasion skin treatments. Diamond dermabrasion is proven to be the most efficient method of skin exfoliation removing dead cells of the skin and allowing penetration of many products whilst increasing the skin's metabolic rate of reproduction. It is also proven to be the best electrical alternative to chemical peels and scrubs. After treatment clients will immediately notice their skin is smoother, softer and younger looking and longer term gains are obvious when a course of treatment is undertaken.

Content:

- ✓ Relevant theory of skin
- ✓ Comparison of all exfoliation methods
- ✓ Benefits of treatments
- ✓ How to perform a complete luxury dermabrasion facial
- ✓ Marketing, costings and treatment timings
- ✓ Skin analysis and treatment plans
- ✓ Contra-indications, hygiene and safety

Duration: ½ Day £190

Requirements: A previous qualification is required in Skincare / Facial – Stage 1 and 2 (or a medical equivalent) is required.

Practical Work: All products, equipment and models are provided throughout.

Micro-Current Treatments (Non-Surgical Facelifting)

Micro-current treatment uses a pulsed electrical signal to stimulate nerves and muscle fibres. This helps to reduce fine lines and wrinkles and, with an organised programme of treatments, lift and maintain sagging features of the face and neck whilst improving skin tone and texture.

- Content:**
- ✓ Relevant Anatomy & Physiology
 - ✓ Effects of micro-current
 - ✓ Benefits of treatment
 - ✓ Electrical procedures and application
 - ✓ Skin treatment plan
 - ✓ Hygiene and safety precautions
 - ✓ Contra-indications to electrical

Duration: ½ Day £190

Requirements: A previous qualification is required in Skincare / Facial – Stage 1 and 2 (or a medical equivalent) is required.

Practical Work: All products, equipment and models are provided for you.

Facial High Frequency

We use this very versatile piece of equipment which uses high frequency currents to help the skin in many ways. The current is delivered to the skin surface via glass electrodes – this is known as Direct High Frequency. It traps ozone on the skin and, due to its germicidal action, is very efficient at treating problem skins and acne.

The high frequency current can also be used in conjunction with a Viennese massage – known as Indirect High Frequency, which is beneficial to dry and dehydrated skin. Both types of facial treatments will be taught in the course.

- Content:**
- ✓ Relevant Anatomy & Physiology
 - ✓ Benefits of direct and indirect high-frequency treatments
 - ✓ Effect of high-frequency current on skin
 - ✓ Treatment procedure and practical application
 - ✓ Skin analysis and treatment plan
 - ✓ Selection of glass electrodes for use
 - ✓ Contra-indications and precautions
 - ✓ Aftercare and hygiene

Duration: ½ Day £190

Requirements: A previous qualification is required in Skincare / Facial – Stage 1 and 2 (or a medical equivalent) is required.

Practical Work: All products, equipment and models are provided for you.

Facial Galvanic

Facial Galvanic treatments can be used on all types of skin to remove impurities or introduce products deeper in the skin layers (iontophoresis).

Galvanic current ionises the skin – called desincrustation – and allows it to relax enabling the therapist to safely extract blackheads and blocked pores. Galvanic current can also be used to calm and tone the skin when necessary leaving the client with smooth, clean and firm tissue known as phoresis.

Content:

- ✓ Relevant Anatomy & Physiology
- ✓ Benefits of desincrustation
- ✓ Benefits of iontophoresis
- ✓ Effects of Galvanic ionisation
- ✓ Skin facial treatment plans
- ✓ Contra-indications and precautions
- ✓ Theory and practical use
- ✓ Ampule and Ionised products
- ✓ Aftercare and hygiene

Duration: ½ Day £190

Requirements: A previous qualification is required in Skincare / Facial – Stage 1 and 2 (or a medical equivalent) is required.

Practical Work: All products, equipment and models are provided for you.

Swedish Body Massage with A&P (Anatomy & Physiology)

Professional instruction in both Swedish Body Massage and Anatomy & Physiology. Ideal for those wanting to offer a relaxing soft-tissue massage. On completion you can advance into other massage and complementary treatments, or progress on to electrical treatments of the body.

- Content:**
- ✓ Understanding the basic functions of the body (Anatomy & Physiology)
 - ✓ Systems and functions of the body
 - ✓ Description and use of the classic massage movements ; effleurage, pettrissage, tapotement, hacking, cupping etc
 - ✓ Practical application of Swedish Massage
 - ✓ Therapeutic use of massage
 - ✓ Physiological and psychological effects
 - ✓ Contra-indications to treatment
 - ✓ Costings and timings
 - ✓ Hygiene and product knowledge
 - ✓ Contra-indications, precautions and aftercare

Duration: 4 Weeks £399 – includes training at our school – 2 days in classes - and home study. A half day theory and practical exam will take place after four weeks.

Requirements: No previous experience required.

Practical Work: All products, equipment and practical models are provided throughout. A written test will be completed at the end of the course, together with case studies and practical assessment.

Hot Stone Therapy Massage

The therapy of using heat and stones on the body dates back thousands of years, with many different civilizations using them either for healing, worship or other rituals. This is traditionally a full body treatment that can be performed dry or with the use of products

- Content:**
- ✓ History of stone massage
 - ✓ Relevant Anatomy & Physiology
 - ✓ Advantages of treatment
 - ✓ Contra-indications and precautions
 - ✓ Therapeutic massage to the body
 - ✓ Chakras and auras
 - ✓ Hygiene and safety
 - ✓ Costings and timings

Duration: 1 Day £199

Requirements: Body Massage/ A&P qualification (or equivalent) required.

Practical Work: All products, equipment and models are provided for you.

Bamboo (No Hands) Massage

Using bamboo sticks instead of your hands, a massage therapist can work out deeper knots more thoroughly than they could with their hands alone. This is especially true with warm bamboo therapy, where the bamboo sticks are warmed up to further relax the back where knots occur, relaxing the client as knots are worked out.

- Content:**
- ✓ Introduction to Bamboo Massage
 - ✓ Benefits of Bamboo Massage to both the client and therapist
 - ✓ History of Bamboo Massage
 - ✓ Practical application of treatment
 - ✓ Medical history and client records
 - ✓ Health and Safety and aftercare advice
 - ✓ Contra-indications to treatment

Duration: 1 Day £199

Requirements: Body Massage/ A&P qualification (or equivalent) required.

Practical Work: All products, equipment and models are provided for you.

Hawaiian Lomi Lomi Massage

This full body massage transports you to the tropical shores of Hawaii. Taken from the ancient healers of Hawaii, this is a stunning deep tissue massage which is surprisingly gentle and can mobilise the joints, gently stretch the body and deeply relax the mind. This massage is a free flowing style with the hands and forearms which mimic the ebb and flow of tropical waves. The beautiful, nurturing style of this massage makes it an instant favourite not only with clients but also therapists, making it yet more special and unique.

- Content:**
- ✓ Introduction to LomiLomi Massage
 - ✓ Benefits of LomiLomi Massage to both the client and therapist
 - ✓ History of LomiLomi Massage
 - ✓ Uses of Massage
 - ✓ Practical application of treatment
 - ✓ Medical history and client records
 - ✓ Health and Safety
 - ✓ Aftercare advice
 - ✓ Contra-indications to treatment

Duration: 1 Day £199

Requirements: Body Massage/ A&P or equivalent required.

Practical Work: All products, equipment and models are provided for you.

Body Wrapping

An excellent addition to slimming and body toning treatments. Body wrapping gives effective inch loss using gels containing seaweed and essential oil extracts externally applied to the body. The soft tissues are treated and wrapped, helping to soften fat cells, re-distribute the soft fat and push fluids from the treated area. A very effective and profitable body treatment which can be offered as a one-off instant inch-loss treatment or offered in a course of treatments to assist in weight loss programmes.

Content:

- ✓ Structure and function of the skin
- ✓ Comparisons of fat types
- ✓ Fat distribution and figure problems
- ✓ Product knowledge
- ✓ Application techniques
- ✓ Measuring and record keeping
- ✓ Hygiene and safety procedures
- ✓ Client aftercare, costings and timings
- ✓ Contra-indications

Duration: ½ Day £140
Kits from £144+VAT - ask at time of booking

Requirements: No previous experience required.

Practical Work: All products, equipment and practical models are provided throughout.

G5 Vibro-Massage

The G5 Massager offers a mechanical deep tissue massage via a patented and innovative 'directional stroking' method. This technique (not manually possible) simultaneously increases the venous flow and nutrition to the skin and underlying tissue whilst stimulating the blood circulation and lymphatic drainage.

Results include: stimulation of the circulatory system, including a warming and soothing effect on the body, a skin toning effect, stimulation of the lymphatic system aiding the breaking down of fat deposits, relaxation of muscle fibres aiding relief from muscular pain. The G5 gives a deep penetrating tissue massage to redistribute fluid and fat deposits.

Content:

- ✓ Effects of G5 massage
- ✓ Benefits of treatment
- ✓ Treatment procedure and practical application
- ✓ Client consultation and treatment plan
- ✓ Hygiene and safety precautions, contra-indications

Duration: ½ Day £190

Requirements: A qualification is required in Massage/ A&P or equivalent .

Practical Work: All products, equipment and models are provided for you.

Indian Head Massage

A therapeutic massage of the head, neck, shoulders and face. The movements are derived from the Indian healing lines and developed over many centuries and are still used successfully today. This massage achieves a deep sense of relaxation, mental calming and balance of the body's energy. It is particularly effective for sufferers of migraine, poor concentration, sinus disorder and stress related symptoms. This treatment helps to relieve neck, shoulder and muscular pains. The Indian Head Massage is performed with the client in a sitting position or laying and fully clothed, making it possible to carry it out using very little equipment and in an environment which need not be totally private.

Content:

- ✓ Effects of Indian Head Massage
- ✓ Advantages of Indian Head Massage
- ✓ Contra-indications to treatment
- ✓ Relevant anatomy and physiology
- ✓ Indian head massage procedure
- ✓ Practical application of Indian Head Massage
- ✓ Aftercare advice

Duration: 1 Day £199

Requirements: Body Massage/ A&P qualification (or equivalent) required.

Products, equipment and models are provided.

Hopi Ear Candles

A very pleasurable and successful treatment using candles made from natural ingredients which act like a chimney, clearing and regulating pressure in the head and ears. This treatment is beneficial for clients with sinusitis, glue ear, rhinitis, headaches, colds and flu, excessive wax and tinnitus. The treatment also includes a shiatsu massage over pressure points on the head and face to release blockages.

Content:

- ✓ The History of the Hopi Ear Candle
- ✓ Effects of Hopi Ear Candles
- ✓ Contra-indications to treatment
- ✓ Relevant anatomy and physiology
- ✓ Treatment procedure
- ✓ Massage routine
- ✓ Aftercare advice
- ✓ Costings and timings
- ✓ Hygiene and product knowledge

Duration: ½ Day £99

Requirements: No experience required. Knowledge of A&P an advantage.

Practical Work: All products, equipment and models are provided

Reflexology

Reflexology (Reflex Zone Therapy) is a complementary science dealing with the principle of reflexes in the feet which correspond to organs of the body. The compression of these zones restores and balances the nerve pathways improving the well-being of the body.

Content:

- ✓ History of Reflexology
- ✓ Structure of the foot, skeletal and muscular systems
- ✓ Orientation of the feet
- ✓ Client approach, consultation and devising a treatment program
- ✓ Zones – their position - relation to organs and function
- ✓ Psychological and physiological effects
- ✓ Timings and costings
- ✓ Concepts and theories - how and why it works
- ✓ Hygiene, safety procedures and contra-indications
- ✓ Advanced treatment procedures
- ✓ Reflexology as a diagnostic tool – medical history
- ✓ Treatment by Reflex Zone Therapy for specific conditions
- ✓ Record keeping

Duration: 3 Days £599

Requirements: Body Massage / A&P or equivalent required.

Practical Work: All products, equipment and models are provided for you. After on-site training you will be required to perform 6 case studies before certification.

Warm Waxing

Learn the professional waxing techniques for removal of hair from all parts of the body and face. We use a variety of different waxing products on this course giving a thorough and comprehensive training in all aspects of warm wax depilation.

- Content:**
- ✓ Compare and contrast various methods of hair removal, shaving, depilatory creams, hot wax, cool wax, etc
 - ✓ Products, implement knowledge
 - ✓ Hygiene and safety
 - ✓ Structure and function of the skin and hair
 - ✓ Depilatory techniques – spatula and roller methods
 - ✓ Comparison of roller and spatula methods
 - ✓ Client aftercare and contra-indications
 - ✓ Timings and costings

Duration: 1 Day £199

Requirements: No experience required.

Practical Work: All products, equipment and models are provided for you.

Advanced Intimate Hot Waxing

Intimate hair removal from sensitive areas using Brazilian hot and flexible wax including full bikini waxing – a professional and competent full Brazilian and Hollywood bikini wax. Most insurers will not cover Brazilian/Hollywood waxes under traditional warm wax insurance so this qualification is a must for all therapists and waxing specialists.

- Content:**
- ✓ What is Intimate, Brazilian and Hollywood waxing
 - ✓ Hot and warm wax method comparisons
 - ✓ Advantages and disadvantages
 - ✓ Shaping : hearts, letters etc, Brazilian, playboy and Hollywood methods
 - ✓ Health and safety
 - ✓ Pre-treatments and aftercare
 - ✓ Contra-indications
 - ✓ Practical application and treatment
 - ✓ Costing and timings

Duration: ½ Day £140

Requirements: Warm Waxing qualification and experience required.

Practical Work: All products and equipment are provided for you. You will be required to provide your own model.

Spray Tanning

Our Spray Tanning course covers all aspects of the spray tanning product and how to correctly apply it to your clients, by avoiding any irregularities, patching or streaking on the skin giving perfect results every time. Your clients will experience an all-over tan which lasts for up to 10 days and leaves the skin feeling smooth and moisturised. We will give you full knowledge about the spray tan treatment and client aftercare services you can offer ensuring your complete confidence when giving this profitable and professional treatment. We are pleased to offer this course in your salon or home premises. Visits over 15 miles may incur a petrol charge.

We have a comprehensive range of products which you can purchase and use. We are also happy to give this training using your own spray tan and all types of compressors.

- Content:**
- ✓ How to give a perfect Spray Tan
 - ✓ Product knowledge
 - ✓ Pre-treatment advice
 - ✓ Contra indication and precautions
 - ✓ Best use and care of equipment
 - ✓ Practical application of tanning product
 - ✓ Correct spraying and blending techniques
 - ✓ Client aftercare and hygiene
 - ✓ Marketing advice

Duration: ½ Day £130.00 - additional students £65.00 per person

Requirements: No previous experience required. Kits from £150+VAT - ask at time of booking.

Practical Work: You will be required to provide two models on the day of training. We work with our own equipment or with yours and your own products to ensure they are working correctly and that you get the best treatment from them.

Ear Piercing

Ear piercing is a well established and profitable beauty treatment. The course provides the skills and confidence to give a professional, safe and hygienic treatment in multiple piercing of the ear lobe. This fast and inexpensive treatment will greatly increase your salon profits. It can be performed in only a few minutes in the seated position – therefore privacy is not always necessary.

- Content:**
- ✓ Relevant anatomy & physiology
 - ✓ Equipment required
 - ✓ Contra-indications to treatment
 - ✓ Hygiene and sterilisation
 - ✓ Costings and timings
 - ✓ Product knowledge
 - ✓ Correct application of gun method
 - ✓ Marking the lobes and stud/ring levelling
 - ✓ Multiple piercing knowledge
 - ✓ Client consultation and aftercare

Duration: ½ Day £49.50

Ear Piercing kits from £29.50 + Vat - ask at time of booking

Requirements: No previous experience required.

Practical Work: All products and equipment are provided; you will be required to bring along your own model to have their ears pierced – multiple piercings are acceptable in the soft tissue ear lobe area.

Advanced Electrolysis - Removal of Skin Tag, Thread Vein etc

We are a centre of excellence in the training of Thread Vein and Red Vein treatment, thermology and the removal of moles skin tags, warts, seborrheics and other lesions of the skin. Our thirty years of experience will ensure your competence in this skillful and satisfying procedure. Cautery – using short-wave diathermy – is applied to the skin in a variety of ways to successfully remove any unwanted blemishes – even those annoying brown spots on the hands and body.

Our Advanced Electrolysis course is for qualified electrologists, medical professionals, dermatologists and laser therapists.

Models with various skin problems are available for you to practice on during the course and we only allow a maximum of four students in each group thus ensuring complete success and satisfaction in all aspects of the treatment.

Content:

- ✓ Analysis of skin condition
- ✓ Understanding the treatment procedure
- ✓ How cautery works
- ✓ Local anaesthesia treatment
- ✓ Causes of telangiectasia and lesions
- ✓ Treatment of face and body conditions
- ✓ Removal of veins and lesions
- ✓ Consultation procedures and client handling
- ✓ Hygiene, sterilisation and special precautions
- ✓ Pre and post care advice
- ✓ Salon / Clinic procedure
- ✓ Marketing, costings and timings of treatments

Duration: 1 Day £485

Requirements: A previous qualification is required in electrolysis, laser or have a medical equivalent for insurance purposes.

Practical Work: All products, equipment and models are provided for you.

Booking Information

For further help in choosing the right course, our qualified staff will be pleased to offer their advice. We take a maximum of 2-7 students per class depending on the course. Your specific requirements can be discussed and we will make sure that the course is suitable for your current level of knowledge. We will suggest reading material that will help you get the most from the course where that would be useful.

When you have selected the course(s) of your choice we can advise you of available course dates. The I.B.S. Diploma courses are available on selected days each month, but can also be booked as a one-to-one training on days of your choice. Weekday and some weekend courses are available.

All our current course dates can be obtained by calling **0115 981 8317**. Speak to our helpful, friendly team for details of the next available and future dates. Courses are given weekly, fortnightly or monthly so you will never have to wait for long.

Fees

To secure a place in your chosen subject(s) we will require a deposit when booking. The balance payment must be received no less than 5 working days before the course begins. There is no charge for debit card or cash payments - a 3% charge is made for credit card transactions. Any alteration to course details, including cancellations, will incur a £45 administration fee. No refunds will be made unless 10 working days notice is given but courses can be moved with at least 5 working days notice.

What you will need

Everything will be provided for your course, Please ensure all clothing worn is suitable and close-fitting or you may wish to wear your own overall for the practical element of the training. We ask that long hair is tied back and nails are of suitable length for the course being taken i.e. short nails for facials and massage. Some close-up work may require suitable glasses or magnifying lenses - please ensure you bring these with you for close work.

Models for Practical Work

For most courses, models will be supplied for you to work on. In some instances you may be asked to provide a model for the practical element of your course – if this is necessary, it will be confirmed when you make your booking.

Location

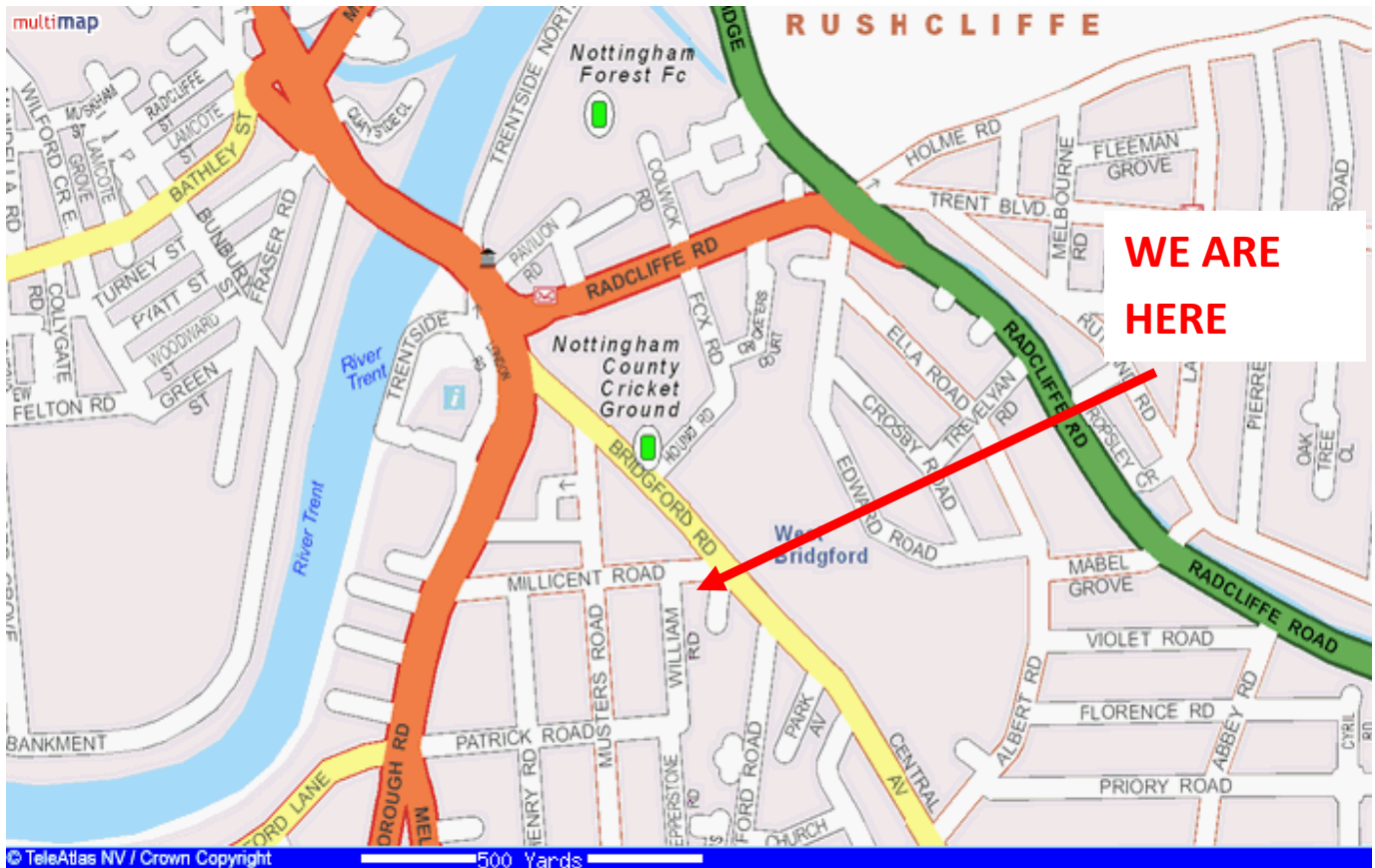
Our training centre is conveniently situated close to Trent Bridge, Nottingham, approximately 1 mile from the city centre, in the heart of the East Midlands and is easily reached by road, rail and air. (See map at back of prospectus). We have onsite parking facilities and there is on road parking locally.

Hotel Bookings

If you need accommodation, we will be pleased to advise you on a selection of hotels and bed & breakfast facilities in our area.

Student Kits

Student kits and relative products can be obtained from our on-site Beauty Salon Supply company. All of our students are entitled to a student discount on the day of training and all kits purchased are at a special training discount price.



From M1 (North & South)

- Exit at junction 24 (Nottingham South) and follow signs for A453 Nottingham South
- Travel along this Road for approx 10 miles until you come to a roundabout
- Continue straight past Trent University – Clifton Campus on your left hand side and you will come to a dual carriageway
- Just as you come onto the dual carriageway bear left and take the slip road signposted West Bridgford and Wilford (B679 Wilford Lane)
- On this road you will cross a mini roundabout and several traffic lights, however carry on until you reach the T junction at the very end of this road
- Turn left towards Nottingham City centre, the council building will be on your left. Keep in the right hand lane through one set of traffic lights. At the next set of traffic lights keep in the right hand lane
- At these lights turn right onto Bridgford Road – will be sign posted West Bridgford town centre. The Cricket ground will be on your left - **Millicent Road is the 2nd Right turn. Cosmetic Consultants is on the corner of Millicent Road and William Road. Turn into William Road and the car park is 1st left at the back of the building.**

From Nottingham Town Centre

- At the National Ice centre bear right- sign posted Loughborough A60
- At roundabout take 1st exit onto London Road A60
- Continue through several sets of traffic lights until you come to the “Trent Bridge Inn”
- Take the immediate left after onto Bridgford Road - **Millicent Road is the 2nd Right turn. Cosmetic Consultants is on the corner of Millicent Road and William Road. Turn into William Road and the car park is 1st left at the back of the building.**

From Newark/Grantham

- Take A52 to Nottingham
- Go past the National Water Sports centre, over the bridge and turn left, signed to West Bridgford.
- At T junction turn right towards West Bridgford town centre
- Turn left at mini island then left
- At next island follow road round and turn right at the next island - **Millicent Road is the 2nd Right turn. Cosmetic Consultants is on the corner of Millicent Road and William Road. Turn into William Road and the car park is 1st left at the back of the building.**

From Loughborough/ Leicester

- Take the A606 / A60 toward Nottingham, through West Bridgford
- As you come towards Trent Bridge (Council Building on your left) stay in the right hand lane
- Turn right at traffic lights sign-posted West Bridgford town centre - **Millicent Road is the 2nd Right turn. Cosmetic Consultants is on the corner of Millicent Road and William Road. Turn into William Road and the car park is 1st left at the back of the building.**