

The Beauty Specialist Courses

Kosmetik Consultants have provided intensive training courses for over 25 years, offering professional and comprehensive tuition.

Choose from a wide range of intensive part time courses, tailored to your individual training needs and delivered by highly qualified and experienced staff.

Whether you want to offer a limited range of treatments such as manicure and nail extensions or facials and makeup or you want to complete several modules to build up a broad range of knowledge and expertise so you can offer a full range of services — we have the courses for you.

Courses are available seven days a week and most courses can be booked on days of your choice to fit in with your busy schedule.

Our intensive courses are structured so you can quickly complete individual modules — that way, you can train whilst you're in other employment and start offering profitable treatments using the skills that you've acquired before going on to further courses.

Once you've completed one of our courses, you'll be able to work professionally on clients with confidence and skill — with the knowledge that 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 courses include guidance on the current range of available products and their suitability for differing client needs.

- ☑ Individual tuition in a friendly environment
- ☑ Proven training methods that maximise the learning process
- ☑ Emphasis on successful practical work
- ☑ Instruction in the highest standards of hygiene
- ☑ Constantly available backup help and advice
- ☑ Flexible tuition to fit with your busy schedule
- ☑ Practically based modular courses including relevant theory
- ☑ A nationally and internationally recognised I.B.S. Diploma

We'll advise you on how to price and allocate time for each treatment so that you can use your new knowledge effectively and profitably.

We place a high priority on the development of hygiene and safety procedures including all aspects of sterilisation in accordance with current legislation.

Our Beauty Specialists courses are recognised, by the leading insurance companies and Beauty Societies, such as BABTAC and the Guild of Professional Beauty Therapists.

Individual courses can be booked on days of your choice or on group days allocated — in college and salon tuition is also available.

Our team of experienced and qualified teachers, therapists and technicians will ensure the successful completion of your course and, with over 25 years of experience, our fast training methods and back-up are your guarantee of success.

The Staff Team

All our Tutors are fully qualified teachers with many years experience in intensive teaching methods, they have their own specialty subjects which they not only teach but also practice in the beauty or complimentary therapy field.

Who we are

Merriel J Tiffen, M.S.B.TH., I.H.B.C., I.B.S.D., A.E. Teach Cert. (Dist)

Margaret A Gibson, S.R.N., I.B.S.D., C.I.B.T.A.C., A.E. Teach Cert.

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Jackie Beswick, R.G.N., I.B.S.D., I.T.E.C., B.R.A., City & Guilds.

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 or Complimentary Therapist — or you can take a course simply because you want to increase your current skills.

The I.B.S. Diploma is a national and international qualification recognised by leading insurance companies, Beauty Therapy societies including the Guild of Beauty Therapists, BABTAC and government licensing departments 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 4 or 6 students, depending on the subject, so you 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 the successful completion of each subject.

What next?

There are details of all our courses in the following pages.

You'll 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 trainers will be happy to give you all the information that you need.

At the back of this brochure you'll find general information about booking and preparing for your training course.

We look forward to hearing from you and welcoming you on to 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.



THE
BRITISH ASSOCIATION
OF BEAUTY THERAPY
& COSMETOLOGY LTD

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FOUNDATION COURSES

Manicure

Duration – One and Two days

Description

One Day – recommended for those wanting to offer manicure in conjunction with nail extension treatments (Day One below), or to improve existing manicure skills (Day Two below).

Two Day – Comprehensive treatment for 30 and 45 minute professional manicure and hand massage.

Content

Day One

Anatomy of the hand and wrist.
Structure and function of the nails.
Nail disorders and diseases.
Use of all manicure implements.
Techniques used to perform a manicure.
Hand Massage.
Hygiene and sterilisation.
Costings and timings.
Aftercare Procedure.
Contra-indications.

Day Two

French manicure.
Hand Masks.
Heat Therapy.
Paraffin Waxing.
Advanced product knowledge.
Advanced practical skill application.
Intensive massage techniques.

Experience – No experience necessary.

Preliminary reading material available.



Pedicure

Duration

One Day – An additional day if taken after successful completion of the manicure course.

Two Day – Comprehensive treatment for a 45 minute professional pedicure to the foot and lower leg.

Description

The pedicure – foot, nail and lower leg treatment is performed in 30/45 minutes depending on the condition of the feet.

This invigorating treatment which removes dead skin, corrects cuticles, enhances nails and leaves the whole area relaxed and refreshed is a regular and profitable treatment in salons.

Content

Anatomy of the foot and ankle.
Structure and function of the nails.
Nail disorders and diseases.
Use of all pedicure implements.
Techniques used to perform a pedicure.
Foot and leg massage.

Hygiene and sterilisation.
Costings and timings.
Product knowledge.
Aftercare procedure.
Contra-indications.

Experience - No previous experience necessary for the 2 day course.

Qualification in manicure required for the 1 day course. Preliminary reading material available.

False Nail Applications

Duration – One day for each nail system selected

Description

Professional instruction in all aspects of false nail application – nail tip extensions, overlaid reinforcement, maintenance and aftercare.

A variety of nail systems – overlay or foil build up methods – are offered.

Stage 1 — Nail Tip Extensions

A very quick and professional method to extend the client’s own nails. An extension tip is fitted and adhered to the natural nail, then shaped and filed to the correct length and style and blended into the natural nail. They do not need to be maintained and can be easily removed when required. They can be offered as a temporary length extension or can be overlaid with a variety of products to add extra strength. Select from:

a) Fibre Glass and silk wrapped nails

A thin, very natural looking nail is achieved by applying a silk or fibre glass mesh over a nail tip extension. These nails have good durability, can be infilled and regularly maintained. They can be simply removed in a soaking solution if required.

b) UV Gel Nail Extensions

A gel is applied in several layers to a tip extension, each layer is cured under a UV light, then buffed to a smooth finish. This is a strong and natural-looking nail extension, which can be regularly maintained. The UV gel can also be offered to reinforce or repair the natural nail.

Stage 2 — Acrylic Nails (Powder/Liquid) Overlays and Built up.

A powder and liquid monomer mixture is applied to the nail. This is the strongest method of nail extension which can be overlaid or built up on a foil. Especially recommended for larger, damaged or bitten nails. These nails should be regularly maintained in the salon. This is an advanced course for technicians who have experience in one of the other methods of nail extensions.

Content for each nail system

Structure and function of the nail.	Nail maintenance and infills.
Comparisons of the different nail systems.	Hygiene and safety precautions.
Contra-indications to treatment.	Product knowledge.
Selection and sizing of nail tips.	Aftercare advice and procedures.
Correct application and blending techniques.	Costings and timings.

Experience

No experience necessary but a knowledge of manicure is desirable. A one day pre-nail manicure course is available. Please ask our technicians for advice in choosing the best method of nail extensions suited to your requirements.

Nail Art

A 1/2 day course in the application of different designs to natural or extended nails, using nail paints, foil wraps, stencils, transfers, glitter finish, rings and diamond/gem insertion.

All work is performed on nail tips and can be taken with you at the end of the course.



Skincare & Facial Treatments – Stage 1

Duration – Two Days

Description

A foundation course in the anatomy and physiology of the face and neck. Skin analysis and the performance of a one hour manual facial treatment.

Content

Anatomy and physiology of the face and neck.	Use and purpose of implements
Understanding the relevant systems.	Facial massage.
Skin – structure and function.	Theory of massage.
Application of cleansers, toners, masks and moisturisers.	Contra-indications.
General product knowledge.	Hygiene, sterilisation and aftercare.
	Costings and timings.

Experience

No experience necessary. Preliminary reading material available.

Skincare & Facial Treatments – Stage 2

Duration – One day

Description

This course is designed to develop the skills and knowledge gained in the Stage 1 course to a more advanced level. It can taken consecutively with Stage 1 or at a later date. The second-stage course gives a more in-depth knowledge into the analysis of skin and comprehensive treatment of the face and neck.

Content

Steaming of the face and neck.	Product knowledge.
Treatment and extractions of blackheads and milia.	Hygiene, safety and aftercare procedures.
Extended facial massage.	Costings and timings.
Corrective treatments.	Skin analysis.
Application of ampoules and scrubs.	Recommended treatment facials.

Experience

Students must have completed stage 1 or have equivalent relevant knowledge or qualification.

Holistic Facial

Duration

One day

Description

A holistic facial designed to treat the whole person, taking into account the mind, body and spirit. This specialist facial and massage works on acupressure zones and helps relaxation whilst also improving the skin tone, lymphatic and circulatory systems.

An excellent addition to regular facial treatments and other complimentary therapies.

Content

Effects of holistic facial treatments.
 Client preparation.
 Contra-indications to treatment.
 Relevant anatomy and physiology.
 Holistic facial procedure.
 Skin types and their required treatment.

Skin diagnosis and analysis.
 Massage routine.
 Acupressure Zones.
 General relaxation Points.
 Aftercare Advice.
 Consultation Advice.

Experience – Ideal for those who have qualified in body massage or general facial treatments (minimum stage 1 or equivalent required).

Eyelash & Eyebrow Tinting

Duration – Half Day

Description

Semi-permanent tinting of the eyelashes and eyebrows in a variety of shades and colour depths to suit all requirements. An ideal professional treatment for clients with light hair or those who cannot wear make-up or prefer not to i.e. holidays, water-sports, etc.

Content

Anatomy and physiology of the skin structure and eye region.
 Hair growth patterns.
 Product knowledge.
 Costings and timings.

Professional tinting techniques and use of tinting implements.
 Hygiene, safety and aftercare procedures.
 Contra-indications.

Experience No experience necessary. Skincare Stage 1 or equivalent knowledge an advantage.

Eyelash Perming

Duration – Half Day

Description

This treatment results in the semi-permanent curling of the natural eyelashes. A very effective treatment which enhances the eye area and lasts for approximately 6 weeks.

For best effect it is used on straight lashes of any length; it avoids the need for daily use of lash curlers, making the lashes look longer and the eyes more open. Best used in conjunction with eyelash tinting for a complete maintenance free treatment.

Content

Contra-indications.
 Timings and costings.
 Product knowledge.
 Treatment procedure.
 Perming Techniques.

Selection of correct size rollers.
 Aftercare.
 Relevant anatomy and physiology.
 Patch testing of products.

Experience

No experience is necessary, but knowledge of other eye or facial treatments is an advantage.

Eyelash Extensions

Duration – Half day

Description

Individual groups of false eyelashes are adhered to the natural lash to give a longer and thicker look. A variety of lengths and colours can be positioned to enhance the eye size and shape. This semi-permanent treatment lasts up to 6 weeks and can be maintained regularly. For a complete look the natural lash can be tinted to blend.

Content

Structure and function of the skin and eye region.	Lash selection and application.
Hair growth patterns.	Use and purpose of implements.
Product knowledge.	Hygiene, safety and aftercare procedures.
Costings & timings.	Contra-indications.

Experience

No experience necessary but knowledge of lash tinting and/or facial procedures (Stage 1) an advantage.

Eyebrow Shaping

Duration – Half day

Description

Shaping and maintaining eyebrows to enhance the face using the tweezer method.

Content

Structure and function of hair.
 Selecting the eyebrow shape.
 Comparing hair removal methods.
 Use and purpose of implements.
 Treatment procedures for shaping and trimming.
 Hygiene, sterilisation and aftercare.
 Costings and timings.
 Contra-indications.

Experience - No experience necessary but knowledge of skincare/facial (Stage 1) treatments an advantage.



Make-up Techniques

Duration - One and Two days

Description

Stage 1 Basic mini cleanse and tone of the client's face and neck with application of day time make-up. (One day course).

Stage 2 Application of professional evening and wedding make-up. (One day course).

Content

Stage 1 – Day Make-up

Cleanse, tone and moisturise the face and neck for application of make-up.

Use of all implements, sponges, sponge applicators, brushes, dusting brushes, buds etc.

Application of foundation, powder, lipstick, eyeshadow, mascara, blusher and pencils.

Stage 2 – Evening Make-up

Face shaping analysis.

Appreciation of facial structure.

Shading and reshaping of facial contours.

Application techniques for special occasions.

Eyebrow shapes and shading.

Blending.

Product knowledge.

Experience

A qualification in facial treatments is an advantage – students with no relevant knowledge must begin with stage 1.

Warm Wax Depilation

Duration

Two days: Comprehensive all areas. - Beginner

One day: Refresher in Spatula or Roller Wax methods.

Description

The correct professional waxing techniques for removal of hair from all parts of the body and face. Using a variety of waxing products and methods, this course gives 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 and implement knowledge.

Hygiene and safety.

Structure and function of the skin and hair.

Depilatory techniques – spatula and roller methods.

Client aftercare.

Contra-indications.

Timings and costings.

Experience

No experience is necessary for the 2 day course.

The one day refresher course is available to students with relevant skills and knowledge.

Advance Bikini Waxing

Duration

Half day

Description

The new method of hair removal from sensitive areas using Brazilian hot wax including full bikini waxing

Content

Advantages and disadvantages

Health and safety

Timing and costings

Pre-treatments and aftercare procedures

Understanding hot wax treatments

Practical application and treatment

Product knowledge

Experience

Must be qualified in Warm Wax method of hair removal.

Swedish Body Massage

Duration

Five Days (Taken over a minimum of 4 weeks)

Description

To perform a complete professional Swedish Remedial Body Massage to the soft tissue of the body and limbs.

Includes anatomy and physiology module.

Content

Understanding the basic function of the body.	Therapeutic use of massage.
The various systems of the body i.e. skeletal, circulatory, etc.	Physiological and psychological effects.
Description and use of the classical movements, effleurage, petrissage, tapotment, vibration, wringing, hacking, cupping.	Contra-indications.
Performing a Swedish massage.	Costings and timings.
	Hygiene and product knowledge.
	Client aftercare.

Experience

No experience necessary. Preliminary reading material available.

Please note: This course is recognised by the local Government Licensing Authority and successful completion should facilitate the granting of a body treatments licence if required.

This course concludes with a practical and written test for qualification.

Spray Tanning

Duration

Half Day

Description

Our half day Amber Mist Spray Tanning Course will show you how to spray your clients with perfect results every time. We will also answer all your questions about the treatment, client advise, after care and sales advise required to ensure your complete confidence when giving this profitable and professional treatment.

Content

Contra indication and precautions
 Formulation and product knowledge
 Pre-treatment
 Spraying technique
 Client aftercare and advice
 Treatment timing and costings
 Practical application of spray tan

Experience

No previous experience is required.

Ear Piercing

Duration

Half Day

Description

Ear piercing is a well established and profitable beauty treatment – this course provides the skills and confidence to give a professional, safe and comfortable treatment.

Content

Equipment required.

Contra-indications to treatment.

Hygiene and sterilisation.

Costings & timings.

Product knowledge.

Correct application of treatment.

Marking the lobes.

Stud/ring levelling.

Multiple piercings.

Client consultation and aftercare.

Experience

No experience necessary.

Body Wrapping

Duration

Half Day

Description

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 wrapped, helping to soften and re-distribute the body fat and fluids. This treatment offers a very effective and profitable body treatment.

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.

Experience

An understanding or qualification in Body Anatomy and Physiology is recommended but not essential.

Relevant reading material available on request.



INTERMEDIATE COURSES

Indian Head Massage

Duration – ¾ Day

Description

A therapeutic massage of the head, neck, shoulders and face. The movements – derived from the Indian healing lines and developed over many centuries – 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 and fully clothed, making it possible to carry it out using very little equipment and in an environment which need not be totally private.

Effects of Indian head massage.
 Contra-indications to treatment.
 Relevant anatomy and physiology.
 Equipment required.

Indian head massage procedure.
 Aftercare advice.
 Costings and timings.

Content

Experience

A qualification or relevant knowledge in anatomy and physiology is required.

Hopi Ear Candles

Duration – Half day

Description

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.



Experience

A qualification or relevant knowledge in anatomy and physiology is required.

Aromatherapy

Duration

Two to Five days as modular courses

Module 1

2 days Foundation Skills – Aromatherapy massage

Description

A professional two-day aromatherapy massage course, detailing all aspects of this beneficial and therapeutic massage.

Diagnostic techniques include consultation and Reflex Zone Therapy (prior qualification necessary).

Simple blended oils are used to treat a variety of underlying conditions.

Content

Relevant anatomy and physiology.

Contra-indications to aromatherapy.

Description and therapeutic value of essential oils. Therapeutic massage to the body and neck.

Frequency and duration of treatment.

Costings and timings.

Simple blending of essential oils with carrier oils. Hygiene and safety.

Dangers of overdosing.

Modules 2 and 3: Essential Oil Blending

Description

An advanced study of the wide variety of oils available for aromatherapy treatments. An interesting and beneficial course for qualified aromatherapists.

Content

Module 2 – 1 day

Essential oils.

The history of essential oils.

Content and production of essential oils.

Therapeutic uses of blended oils.

Use in treatment of the most popular oils.

Compilation of carrier oils.

Module 3 – 1 day

A wider range of oils are covered in this section.

Blending in creams, lotions and masks.

Therapeutic effects – physiological.

Introduction to holistic therapy massage.

Chemical components of essential oils.

Module 4: Clinical Practitioner's Diploma

Full details of this advanced course can be found on page 16

Reflexology

Duration

Three days

Description

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

Content

Day 1

History of Reflexology.
 Structure of the foot, skeletal and muscular systems.
 Orientation of the feet.
 Client approach and consultation – Devising a treatment program.
 Zones – their position and relation to organs and function.
 Psychological and physiological effects.
 Reflex treatment procedure, timings and costings.
 Concepts and theories as to how and why it works.
 Hygiene, safety procedures and contra-indications.

Day 2 + 3

Advanced treatment procedures.
 Reflexology as a diagnostic tool – medical history.
 Treatment by Reflex Zone Therapy for specific conditions.
 Record Keeping and setting up a practice.

Experience

Students should be qualified in body massage, and/or anatomy and physiology.

Cosmetic Camouflage Make-up

Duration

Half Day

Description

The covering of birthmarks, skin blemishes, scars and tattoos to blend naturally with the client's own skin tones in a waterproof finish.

Content

Client record card and consultation.	Correct use of implements.
Client approach.	Application techniques.
Psychology of the client.	Hygiene.
The different types of scars and birthmarks.	Costings and timings.
Product knowledge.	Client aftercare and home treatment advice.

Experience

Students should have completed Stage 1 skincare or have equivalent knowledge/qualification.

ADVANCED COURSES

Advanced Electrical Epilation (Thermology)

Duration – One Day

Description

This is an intensive course for qualified electrolysisists with at least one year's experience. Class size is limited to a maximum of four students to ensure individual attention in the practical techniques.

The Advanced Electrical Epilation (Thermology) course is for qualified electrolysisists. It covers the use of shortwave diathermy currents for the successful removal and treatment of thread veins, red veins, skin tags, moles, spider naevi, warts and milia from the face and body.

The course deals with all aspects of the theory of treatment and a selection of conditions are provided for practical removal.

Content

Conditions indicated for treatment.	Hygiene – special precautions needed.
Causes of telangiectasia and lesions on the face and body.	Aftercare procedures.
Contra-indications to thermolysis treatments.	Product knowledge.
Consultation procedures and client handling.	Removal and treatment of indicated conditions.
Probe selection.	Salon procedure.
Method, duration and frequency of treatments.	Marketing, costing and timings.
	Sterilisation procedures.

Experience - Students should hold a recognised certificate in shortwave diathermie electrolysis with a minimum of 1 years experience.

Please note that some Societies/Insurance Companies may require varying lengths of experience in electrolysis for acceptance to their particular insurance.

Blend Electrolysis

Duration – Half Day

Description

An intensive course in the use of blend electrolysis, using direct currents to form a chemical action which destroys the hair, (Needle method).

Working with the Ultrablend machine, the course covers all relevant theory and practical application of this very efficient method of permanent hair removal.

Content

Comparisons of shortwave, galvanic and blend methods.	Hygiene and safety.
History of blend electrolysis.	Aftercare procedures.
Establishing the balance of the blend.	Timings and costings.
Treatment procedures and client care.	Contra-indications.

Experience

Students must be qualified in shortwave epilation or be attending a course leading to a qualification in shortwave hair removal.

Free training available with purchase of the Carlton Ultrablend Electrolysis unit.

Aromatherapy – Clinical Practitioner's Diploma

Description

A holistic approach to massage requires a greater in-depth medical knowledge. This course is designed to give aromatherapists the confidence and knowledge required to treat medical conditions with complementary medical techniques. Tutored by a qualified S.R.N. aromatherapist, the course gives greater confidence when treating medical conditions with a holistic attitude.

Content

Signs and symptoms of diseases, a knowledge of drug therapy.

A practical knowledge of alternative treatment.

Psychology of complimentary medicine.

Effects and action of essential oils on the various body systems.

Hygiene and safety precautions.

Experience

All aromatherapy modules require experience in anatomy and physiology and basic massage.

A knowledge of reflexology is useful (but not compulsory) for the aromatherapy module 1. The Clinical Practitioner's Diploma is open to qualified aromatherapists (Stage 1 equivalent).

Beauty Equipment Training

Comprehensive tuition and update refresher courses are provided in the correct use of all the major items of facial and body equipment used by therapists.

If you are wishing to develop the necessary skills to extend the range of equipment you work with or just feel you are not utilising your existing equipment to its best potential, then our individual training courses will ensure that you have a comprehensive understanding of the theory and practical skills required to gain maximum benefit from the equipment of your choice.

Body Treatments

Faradic muscle toning.

Galvanic anti-cellulite treatment.

Combined galvanic/faradic treatments.

Vacuum suction – lymphatic drainage

G5, Vibro massage.

Facial Treatments

High frequency – direct and indirect.

Facial galvanic – iontophoresis/desincrust.

Ultraderm – galvanic and high frequency.

Vacuum suction – cleanse/lymph drainage.

Pneumopulse – vacuum/pulsing drainage.

Skin brushing.

Micro Current – non surgical face/contour lifting.

Experience

Students should be qualified in facial/skincare treatments (minimum Stage 1) and or body massage/ anatomy and physiology.

Some tuition courses are available free of charge with the purchase of selected equipment (details available on request).

Course duration varies from half to two days per item of equipment, depending on previous experience and levels of competence.



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 2-6 students per class depending on the course. Your specific requirements can be discussed and we'll make sure that the course is suitable for your current level of knowledge. We'll 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 individual days of your choice or as part of our regular schedule. Weekday and some weekend courses are available.

Course information on **0115 9818317**. Please call to check dates and availability.

Times

Full Day Course 9:30 am–5:00 pm

Half Day Course 9:30 am–1:00 pm or 1:30 pm–5:00 pm

Fees

Course fee information is listed separately. A deposit is required within 5 days of booking to confirm your place. The balance is payable on commencement of the course. We require 10 working days notice of cancellation.

What you will need

Everything will be provided for your course, but 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 & massage. Sensible shoes are also advisable.

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 on back cover)*

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.

