



# ESSEX HAIR & BEAUTY

|  
*Academy*

## PROSPECTUS

COURSE PROSPECTUS 2023

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## ABOUT US

Our academy principle has been at the forefront of the beauty training industry for over 30 years. Being one of the first to develop and create fast track accredited courses. With our established style of delivering courses our tutors are able to impart their wealth of experience both from working and or owning a salon, working with many leading beauty, nail & hair companies through to years of experience within the training field.

- Our students benefit from our intensive practical study, which is always carried out on models that are supplied. This gives a true experience of working within a real-life environment. Allowing for the development of the skills required to carryout treatments within a salon, home or mobile business.
- All of our course syllabus & training manuals have been through stringent examination, ensuring they are approved for accreditation. Our courses are suitable for beginners through to those who wish to refresh or update their existing skills.
- Classes are limited in number usually no more than 4 students per class. Allowing for lots of individual attention during the training.
- All of our tutors are qualified within their field of expertise as well as being qualified tutors and assessors.

## WHAT CAN I DO ONCE I HAVE FINISHED MY COURSE?

Once you have completed your training and have passed the course you are ready to start



working with your new skills. With all our courses you do have to attain the required standard to be awarded your diploma. If the tutor felt that you would benefit from further training, you will be offered this free of charge.

You are able to work within any environment once you have completed your training. Firstly, gaining insurance to ensure that you comply with all regulations is a must. Whether you are wanting to start your own business working from home, going mobile or working in a salon all of this is accessible to you. Many of our students go on to start their own business home or salon etc. We have many students coming from established salons looking to expand their skills, along with spas who may need to train their staff within a new treatment or just to ensure they are up to date with their individual skills ensuring that their clients receive only the best of treatments.

Whatever your individually chosen field we will always ensure that you receive training and advice on business, promoting & marketing and interview techniques to help you along your career path.

## TRAINING – COURSE FEES

### BEAUTY COURSES

Body Treatments	1 day	£195.00
Eyebrow Definition	1 day	£195.00
Eyebrow Lamination qualified therapist	1 day	£150.00
Eyebrow Lamination Beginner	1 day	£195.00
Eyebrow Henna brows	2 days	£295.00
Eyelash & Eyebrow Tinting	1 day	£150.00
Eyelash Lifting	1 day	£175.00
Eyelash Lifting & Tinting	1 day	£195.00
Eyelash Cluster Lashes	1 day	£150.00
Eyelash Classic Individual Lashes	1 day	£199.00
Eyelash Hybrid Lashes	1 day	£195.00
Eyelash Russian Pre-Fanned Lashes	1 day	£195.00
Eyelash Russian Hand-made Fan lashes	2 day	£325.00
Facial Skin care & massage	2 day	£295.00
Facial Advanced Procedure	1 day	£195.00
Facial Specialist	5 days	£1495.00
Make-up Introductory	1 day	£195.00
Make-up Intermediary	2 day	£295.00
Manicure	1 day	£195.00
Manicure advanced spa	1 day	£195.00
Pedicure	1 day	£195.00
Pedicure advanced spa	1 day	£195.00
Manicure & Pedicure	2 day	£325.00

## TRAINING – COURSE FEES

Natural Nail Gel Polish	1 day	£150.00
Natural Nail Gel Polish Manicure	1 day	£199.00
Natural Nail Builder Gel (BIAB)	1 day	£150.00
Natural Nail Quick Dip system	1 day	£195.00
Nail art	1 day	£150.00
Nail extensions Acrylic	2 day	£295.00
Nail extensions Hard Gel	2 day	£250.00
Nail Extensions Hard/Coloured Gel	2 day	£295.00
Nail Extensions Fibreglass/Silk	2 day	£295.00
Electric File	½ day	£125.00
Spray Tanning	1 day	£195.00
Warm Wax Hair Removal	1 day	£195.00
Hot Waxing Advanced Intimate	1 day	£195.00
Waxing Face Hair Removal	1 day	£150.00

## FACIAL ELECTRICS

Micro dermabrasion	1 day	£250.00
Non Surgical Face Lifting	1 day	£250.00
Galvanic & High Frequency	1 day	£250.00



## TRAINING – COURSE FEES

### HOLISTIC & MASSAGE COURSES

Aromatherapy Massage & Oil Blending	2 day	£325.00
Aromatherapy Oil Blending	1 day	£195.00
Bamboo Massage	1 day	£195.00
Baby Practitioner Massage	2 days	£395.00
Calmative Body Massage	1 day	£195.00
Deep Tissue Massage	2 day	£325.00
Facial Anti-ageing Massage	2 day	£395.00
Indian Head Massage	1 day	£195.00
Hawaiian Massage	1 day	£195.00
Holistic Leg & Arm Massage Course	1 day	£195.00
Hopi Ear Candle Therapy	1 day	£175.00
Hot Stone Massage Therapy	1 day	£195.00
Hot & Cold Stone Advanced Therapy	1 day	£195.00
Manual Lymphatic Drainage Massage	1 day	£225.00
Oriental Spa Ritual Massage	2 day	£325.00
Oriental Spa Ritual Body Treatment	2 day	£325.00
Oriental Spa Ritual Head Treatment	1 day	£195.00
Sports Therapy Massage	2 days	£375.00
Swedish Massage	2 day	£325.00
Thai Hand & Foot Massage	1 day	£195.00
Reflexology Introduction	2 day	£350.00
Reflexology Practitioner	4 day	£695.00



### BEAUTICIAN AWARD

DURATION 4 DAYS

Facial Skin Care & Massage Course  
Warm Waxing Hair Removal Course  
Eyelash & Eyebrow Tinting Course  
Package Course FEE £499



## COURSE PACKAGES

### BEAUTY THERAPY CERTIFICATE

DURATION 5 DAYS

Facial Skin care & Massage Course  
Manicure Course  
Warm Waxing Hair Removal Course  
Eyelash & Eyebrow Tinting Course  
COURSE FEE £649

### BEAUTY THERAPIST DIPLOMA

DURATION 7 DAYS

Facial Skin Care & Facial Massage  
Course, Eyelash & Eyebrow Tinting  
Course, Manicure Course  
Warm Waxing Hair Removal Course  
Pedicure Course  
Natural Nail Gel Polish Course  
COURSE FEE £ 899

### BEAUTY THERAPY SALON DIPLOMA

DURATION 10 DAYS

Facial Skin Care & Facial Massage Course  
Manicure Course, Warm Waxing Hair Removal Course  
Pedicure Course, Eyelash Lifting Course  
Eyelash & Eyebrow Tinting Course  
Hard Gel Nail Extension Course  
Calmativ Body Massage Course  
COURSE FEE £1295

### EYELASH INTRO DIPLOMA

DURATION 2 DAYS

Eyelash Tinting Course, Eyelash lifting Course,  
Classic Eyelash Extension Course  
COURSE FEE £399

### EYELASH TECHNICIAN DIPLOMA

DURATION 3 DAYS

Eyelash Lifting Course, Eyelash Tinting Course,  
Eyebrow Lamination Course, Eyebrow Tinting  
Course, Eyebrow Waxing Course, Classic  
Eyelash Extension Course.  
Course Fee £499

## COURSE PACKAGES

### FOUNDATION NAIL TECHNICIAN

DURATION 3 DAYS

Manicure Course  
Hard Gel Nail Extension Course  
Gel Polish Course

COURSE FEE £ 495

### FOUNDATION NAIL TECHNICIAN AWARD

DURATION 5 DAYS

COURSE FEE £795

Manicure Course  
Hard Gel Nail Extension Course  
Gel Polish Course  
Acrylic Nail Extension Course

### NAIL TECHNICIAN DIPLOMA

DURATION 6 DAYS

COURSE FEE £885

Manicure Course  
Pedicure Course  
Hard Gel Nail Extension Course  
Gel Polish Course  
Acrylic Nail Extension Course

### ADVANCED NAIL TECHNICIAN AWARD COURSE

DURATION 7 DAYS

COURSE FEE £995

Manicure Course  
Pedicure Course  
Hard Gel Nail Extension Course  
Gel Polish Course  
Acrylic Nail Extension Course  
Nail Art Course

### ADVANCED NAIL TECHNICIAN DIPLOMA COURSE

DURATION 10 DAYS

COURSE FEE £1385

Manicure Course  
Pedicure Course  
Hard Gel Nail Extension Course  
Gel Polish Course  
Acrylic Nail Extension Course  
Builder Gel (BIAB) Course Quick Dip Nail Overlay Course  
Nail Art Course Electric File Course

## COURSE PACKAGES

### MASSAGE THERAPIST DIPLOMA

DURATION 2 DAYS

COURSE FEE £350

Calmative Body Massage Course  
Hot Stone Massage Therapy Course

### HOLISTIC THERAPIST DIPLOMA

DURATION 4 DAYS

COURSE FEE £595

Aromatherapy Massage & Oil Blending Course  
Hot Stone Massage Therapy Course  
Indian Head Massage Course

### MASSAGE SPECIALIST DIPLOMA

DURATION 7 DAYS

COURSE FEE £1085

Swedish Massage Course  
Oriental Spa Ritual Massage Course  
Indian Head Massage Course  
Hot Stone Massage Therapy Course  
Thai Hand & Foot Massage Course

### ADVANCED MASSAGE THERAPIST DIPLOMA

DURATION 6 DAYS

Swedish Body Massage Course, Deep Tissue  
Massage Course, Manual Lymphatic  
Drainage Massage Course,  
Hawaiian Massage Course

COURSE FEE £899.00

### ADVANCED HOLISTIC THERAPIST DIPLOMA

DURATION 8 DAYS

Aromatherapy Body Massage Course,  
Aromatherapy Oil Blending Course, Indian Head  
Massage Course, Hawaiian Massage Course,  
Oriental Spa Ritual Massage Course,  
Hot Stone Massage Course,  
Holistic Leg & Arm Massage Course

COURSE FEE £1250





## BODY TREATMENTS COURSE



These treatments are dedicated for those clients who want to receive a complete range of beauty treatments, so often not offered by salons.

Within this course you will learn how to apply full body skin polishing. Therapeutic and purifying back treatments.

These treatments have always been popular with clients as they are quite often areas which they cannot treat by themselves at home.

Duration 1 day

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health. Safety and hygiene. Ethical procedures & client records. Contra-indications to the treatment. Preparation of treatments. Importance & the Completion of the client consultation card. Application and procedure of the body treatments. Client aftercare advice. Promoting and marketing of body treatments.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £50.00 per hour.

## CLASSIC INDIVIDUAL EYELASH EXTENSIONS COURSE



Eye treatments are always popular within a salon treatment, with many clients enjoying treatments which will enhance their features – who wouldn't?

Eyelash enhancements – false lashes, have become an extremely popular treatment, which allow clients who have very few lashes or just prefer longer fuller lashes to be able to have individual or strip lashes applied giving their natural lashes a thicker and fuller look.

This course will teach you how to apply individual lashes to your clients. Individual lashes are now one of the most popular eye treatments available to clients. Lasting up to 6-8 weeks. With clients needing to re-visit you for regular in-fills.

Duration 1 day.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety and Hygiene. Ethics, Client care. Contra-indications to the treatment. Preparation of the products and the client. Patch testing. Importance & completion of client consultation forms. Preparation of the eye area. Application of individual eyelashes. Client aftercare advice. Promoting and marketing of enhancements.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £45.00 per hour.

Upon completion of this course you can go onto further your learning with the Russian eyelash extension course.

## CLUSTER EYELASH EXTENSION COURSE



Cluster lashes are a good alternative to Classic individual lashes. This are classed as a temporary/party lash. Clients who do not want the up keep of classic lashes can have cluster lashes applied.

This course will teach you how to apply cluster lashes to your clients. Temporary lasting an average 5-7 days. Very popular with make-up artists that want the glamour of classics but want something much quicker to apply.

Duration 1day.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety and Hygiene. Ethics, Client care. Contra-indications to the treatment. Preparation of the products and the client. Patch testing. Importance & completion of client consultation forms. Preparation of the eye area. Application of bulb cluster eyelashes. Client aftercare advice. Promoting and marketing of enhancements.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £25.00 per hour.

Upon completion of this course you can go onto further your learning with the Individual Classic eyelash extension course.

## RUSSIAN HAND-MADE FAN LASHES COURSE



Russian eyelash extensions have become a very popular alternative to classic eyelashes. They create a much fuller eyelash. The Russian lashes are ultra-fine synthetic lashes. Due to the lash being thinner we can apply more of them to each natural lash.

Within this course you will learn how to create a hand-made fan allowing for a more individual treatment for your client. By using a fan shape this allows them to create more volume. Clients will have to re-visit the technician for regular infills and removal.

Duration 2days.

Pre-requisite: A qualification in Individual classic lashes is required to enroll onto this course.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety and Hygiene. Ethics, Client care. Contra-indications to the treatment. Preparation of the products and the client. Patch testing. Importance & completion of client consultation forms. Preparation of the eye area. Application of individual eyelashes. Creating a fan with multiple lashes, Client aftercare advice. Promoting and marketing of enhancements.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £75.00 per hour.

## RUSSIAN PRE-MADE FAN LASHES COURSE



Russian eyelash extensions have become an extremely popular alternative to classic eyelashes. They enable the technician to create a much fuller eyelash. The Russian lashes are ultra-fine synthetic lashes. Due to the lash being thinner we can apply more of them to each natural lash. By using a fan shape this allows them to create more volume.

Within this course you will learn how to apply pre-made fans allowing for an easier alternative to hand-made for the technician to learn. Clients will have to re-visit the technician for regular infills and removal.

Duration 1 days

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety and Hygiene. Ethics, Client care. Contra-indications to the treatment. Preparation of the products and the client. Patch testing. Importance & completion of client consultation forms. Preparation of the eye area. Application of individual eyelashes. Creating a fan with multiple lashes, Client aftercare advice. Promoting and marketing of enhancements.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £60.00 per hour.

## EYELASH LIFTING COURSE



An Eyelash lift gives a semi - permanent dramatic curl to the eyelashes lasting for approximately 6 weeks. We can give the client an effect that lasts without the need for eyelash curlers, eliminating a daily time-consuming task. Eyelashes will look longer once they have been lifted, an ideal treatment for clients that have straight eyelashes.

The eyes will appear more awake giving a more attractive appearance. Client's can incorporate an eyelash tint on the same treatment.

Duration 1 day.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This Course will include:-

*Health, Safety and Hygiene. Ethics, Client care. Contra-indications to the treatment. Preparation of products and the client. Importance & completion of the consultation form. Patch testing. Choosing correct size form. Application of products. Client aftercare advice. Promoting and marketing eyelash lifting.*

Once you have successfully completed this course you will be able to work from home or mobile earning approximately £50.00 per hour.

## EYELASH LIFTING & EYELASH TINTING COURSE



An Eyelash lift gives a semi - permanent dramatic curl to the eyelashes lasting for approximately 6 weeks. We can give the client an effect that lasts without the need for eyelash curlers, eliminating a daily time-consuming task. Eyelashes will look longer once they have been lifted, an ideal treatment for clients that have straight eyelashes. The eyes will appear more awake giving a more attractive appearance.

This can be completed with an Eyelash tint which will give not only lifted fuller eyelashes but dyeing the lashes will give the appearance of mascara without having to apply daily.

Duration 1 day

An E.H.B.A. diploma is awarded upon successful completion of this course.

Your Course will cover:-

*Health, Safety and Hygiene. Ethics, Client care. Contra-indications to the treatment. Preparation of products and the client. Importance & completion of the consultation form. Patch testing. Application of products. Client aftercare advice. Promoting and marketing eyelash perming.*

Once you have successfully completed this course you will be able to work from home or mobile earning approximately £50.00 per hour.

## EYELASH/EYEBROW TINTING COURSE



Eyelash tinting – Eyebrow tinting are one of the quickest salon treatments whilst being one of the most effective. Clients see an instant result, giving an immediate lifting treatment. Tinted eyebrows will help to create a more defined brow.

Tinting gives a greater emphasis and definition to the eyes, eliminating the need for mascara, or eyebrow pencils which can be time consuming and not as dramatic as a well applied tint.

Duration 1 day

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:-

*Health, Safety and Hygiene. Ethics, Client care. Contra-indications to the treatment. Preparation of the products and the client. Patch testing. Importance & completion of client consultation forms. Preparation of the eye area. Application of tint to the eyelashes and eyebrows. Client aftercare advice. Promoting and marketing of tinting.*

Once you have successfully completed this course you will be able to work from home or mobile earning approximately £40.00 per hour.

## HENNA BROW COURSE



This exciting brow treatment endorsed by celebrities aims to create a natural looking brow shape. By infusing a defined colour which gives the illusion of a fuller and thicker brow creates an envied perfect brow.

Using a natural alternative to other chemical dye products, henna is a plant-based material which makes it far more appealing to the client. Henna will also give a better skin stain which gives a denser fuller brow.

**Duration : 2 day** Suitable for beginners as well as qualified therapists

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:-

*Health, Safety & Hygiene. Ethics. Client Care. Contra-indications to the treatment. Preparation of the products & client. Anatomy & Physiology. Patch Test. Importance & completion of client consultation forms. Preparation of the eye area. Eyebrow shaping. Eyebrow waxing. Trimming. Eyebrow measuring. Application of henna. Ombre brow. Aftercare advice. Promoting & Marketing of Henna Brow.*

Once you have successfully completed this course you will be able to work from home or mobile earning approximately £55.00 per hour.

## EYEBROW DEFINITION COURSE

This course allows therapists to create a defined and precise eyebrow for our clients using a variety of techniques. Within this course you will learn how to create the correct shape for your client using techniques such as waxing, shaping, trimming, tweezers.

We will teach you how to use a variety of skills to develop your confidence in this treatment which is in high demand from our clients.

**Duration 1 day**

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, safety & hygiene. Ethical procedures, client care. Anatomy & physiology relevant to the area. Contra-indications to this treatment. Preparation of materials, Completion of consultation form. Preparation of the work area and client. Patch testing. Preparation of eyebrow area. Facial shapes. Eyebrow shapes. Application of eyebrow tinting. Waxing of the eyebrow, Tweezer shaping. Completion of eyebrow definition. Aftercare advice, Contra-actions, Promoting and marketing of Eyebrow definition.*

Once you have successfully completed this course you will be able to work within a salon, home, spa or mobile. You can expect to earn approximately £70.00 per hour.

## EYEBROW LAMINATION COURSE



The newest of eyebrow treatments, creating a well-defined and unique method of ensuring the eyebrow stays in its new shape for 4-8 weeks. With this treatment we will set the eyebrow so that it becomes more uniformed, looks fuller, helping those with little brow to suddenly have an eyebrow to be proud of. Taming the wildest of eyebrow.

**Duration 1 day** this course is suitable for beginners & qualified therapists.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover: \*for beginners' course

*Health, safety & hygiene. Ethical procedures, client care. Anatomy & physiology relevant to the area. Contra-indications to this treatment. Preparation of materials, importance and completion of consultation form. Preparation of the work area and client. Patch testing. Preparation of eyebrow area. Facial shapes. Eyebrow shapes. Application of lamination products. Eyebrow tinting\*. Waxing\* Tweezer shaping. Completion of eyebrow lamination. Aftercare advice, Contra-actions, Promoting and marketing of Eyebrow lamination.*

Once you have successfully completed this course you will be able to work within a salon, home, spa or mobile. You can expect to earn approximately £70.00 per hour.

## FACIAL SKIN CARE & FACIAL MASSAGE COURSE



A professional facial will always be one of the most important treatments to our client's. Deep cleansing the skin, applying masks to improve skin condition, improve lines & wrinkles along with the deeply relaxing massage are all only accessible from a professional facialist

Whether you are looking to specialize in facial treatments, or to add this to your list of treatments offered to your clients, this course will teach you all that is required to become confident in facials.

**Duration 2 days**

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety, and hygiene. Ethical procedures. Client Care. Contra-indications to the treatment. Treatment & product preparations. Relevant Anatomy and physiology relating to this treatment. Skin disorders, skin conditions. Importance & Completion of client consultation forms. Cleansing the skin. Inspection and diagnosis of the skin. Continental massage routine to include shoulder, neck and face. Face Masks. Client aftercare advice. Promoting and marketing facials.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £75.00 per hour.



## FACIAL ADVANCED THERAPIST COURSE



The advanced facial course will assist you in being able to offer your clients a wider choice of facials, including anti-ageing and blemish control, to more advanced techniques, include steaming, extraction of comedones, application of gold and collagen facial treatments.

Your newly developed skills learnt within this course will allow greater benefit to your client. With an increase in popularity in anti-aging products these treatments will be instant winners with your clients.

### Duration 1 day

Pre-Requisite – Completion of a foundation facial course is required to enroll on this course  
An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety and hygiene. Contra actions. Treatment preparations. Skin disorders. Deep Skin cleansing. Skin inspection and diagnosis. Skin exfoliation and extraction advanced methods. Advanced drainage massage routine. Application of advanced masks including collagen and natural based products. Client aftercare advice. Promoting and marketing of advanced facials.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £75.00 per hour.

## FACIAL SKIN CARE SPECIALIST COURSE



If you are looking to specialise in facials, this course will enable you to build a clientele on just that. This course is ideal for those beginning their facial career. We start with the fundamentals of skin care and foundation facial treatments. This then leads through the advanced techniques of facials, those for anti-ageing, detoxifying, rebalancing. This course will include a variety of massages, anti-ageing, lymphatic drainage and relaxation techniques.

To complete your facial training we will include the facial electrical side of this range of treatments, which will included, micro dermabrasion, non-surgical face lifting. This not only allows your clients to benefit from truly remarkable treatments but will also increase your income.

### Duration: 5 days

An EHBA Diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety, and hygiene. Ethical procedures. Client Care. Contra-indications to the treatment. Treatment & product preparations. Relevant Anatomy and physiology relating to this treatment. Skin disorders, skin conditions. Importance & Completion of client consultation forms. Cleansing the skin. Inspection and diagnosis of the skin. Continental massage routine to include shoulder, neck, and face. Face Masks. Client aftercare advice. Promoting and marketing facials. Including all that has been listed above.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £75.00 per hour.

## MANICURE COURSE



A manicure treatment is an essential salon treatment which involves cleaning and shaping the nails, caring for the cuticles, completing with a hand and arm massage, and application of nail enamel. This enhances the nails and hands.

An essential skill to be able to enhance your skills in treatments such as nail enhancements.

Duration: 1 day

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety and hygiene. Ethics and client care. Contra-indications to the treatment. Preparation for the treatment and client. Relevant Anatomy and physiology relating to the treatment, Contra-indications, hand and nail disorders and conditions. Manicure, French manicure. Massage routine. Importance & completion of Client consultation forms. Client aftercare advice. Promoting and marketing Manicure treatments.*

Upon successful completion of this course you can expect to earn approximately £40.00 per hour working mobile or from home.

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## PEDICURE COURSE



This pedicure course is open to all students regardless of previous experience. Pedicures have always been a very popular treatment, not only because of their relaxation properties, but also because of many people finding this something particularly difficult to try and attempt themselves, therapists offering Pedicures do find it one of their busiest treatments.

Duration 1 day.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This Course will cover:

*Health, Safety, and hygiene. Professional ethics. Client records. Contra-indications to the treatment. Preparation for the treatment and client. Relevant Anatomy and physiology relating to the treatment, foot, and nail disorders & conditions. Pedicure procedure, cuticle care, nail filing, foot exfoliating treatment and pedicure routines. Massage to foot & leg. Client consultation forms. Client aftercare advice. Promoting and marketing Pedicure treatments.*

Upon successful completion of this course you can expect to earn approximately £40.00 per hour working mobile or from home.



## ADVANCED SPA MANICURE COURSE



Therapists who wish to offer their client a more advanced treatment, this course will teach you the luxury treatments available along with an advanced massage for your clients. Enabling therapists to increase their revenue.

Within this course students are taught how to apply anti-ageing treatments, rejuvenating and deep moisturizing treatments. Along with a full hand and arm spa massage.

Pre requisite: A completed manicure diploma is required to enroll on to this course.

Duration 1 day

An E.H.B.A. diploma is awarded to those students who successfully complete the course.

Once you have successfully completed this course you can earn approximately £45.00 per hour.

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## ADVANCED SPA PEDICURE COURSE



This pedicure course is open to all Pedicure therapists who have successfully completed their standard pedicure course. The content of this course follows as for the advanced spa manicure above, treating the feet to a relaxing spa ritual which will give the client a true relaxation and rejuvenating spa experience. Advanced Spa Pedicure course will teach you all aspects of foot and leg spa treatments

Pre requisite: A completed Pedicure diploma is required to book onto this course

Duration 1 day.

An E.H.B.A. diploma is awarded upon successful completion of this course.

Once you have successfully completed this course you can expect to earn approximately £45.00 per hour.

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## GEL POLISH COURSE



Gel polish has become popular with clients that have both Manicures and Nail extensions. Unlike nail varnish it does not chip and will last on average 14 days.

Gel Polish is kind to the natural nail enabling those who want a product that will add a little strength to their own nails without having extensions gel polish has become a suitable alternative.

Pre-requisite: This course is available to all those who have a recognised manicure/pedicure diploma, if you do not already hold one we can book you onto our Manicure and/or Pedicure course.

**Duration:** 1 day

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Client Care. Health, Hygiene, Safety. Contra-indications to the treatment. Preparation prior to application. Application of one colour & French. Client aftercare advice. Safe Removal of the product. Promoting and marketing.*

Once you have successfully completed this course you will be able to work within a salon, home, spa or mobile, you can expect to earn approximately £40 per hour.

## NATURAL NAIL QUICK DIP COURSE



A fabulous new treatment offering clients the opportunity of having their natural nails strength improved. This system uses a specially developed acrylic powder that by dipping and activating creates a thin natural looking nail. With no need for any polish to be applied as there is a vast range of colours available to client.

Pre-requisite: This course is available to all those who have a recognised manicure diploma, if you do not already hold one we can book you onto our Manicure course.

**Duration:** 1 day

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Client Care. Health, Hygiene, Safety. Contra-indications to the treatment. Preparation prior to application. Application of the quick dip system. Client aftercare advice. Removal of the product. Client consultation. Promoting and marketing.*

Once you have successfully completed this course you will be able to work within a salon, home, spa or mobile, you can expect to earn approximately £45 per hour

## ACRYLIC (LIQUID & POWDER) NAIL EXTENSION COURSE



Acrylic nail extensions have always been a popular choice with clients. They are renowned for being hard wearing with a clean look, either in natural or French. Acrylic nails have now become popular in a variety of colours which appeals to those client wanting their nails to stand out.

As acrylic is so robust of all the nail extension systems, they are suitable for those clients who find difficulty in maintaining their extensions.

**Pre-requisite:** A recognized manicure diploma is required to enroll on this course  
Duration 2 days.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will include:

*Health, Safety and hygiene. Client care & safety. Contra-indications to the treatment. Preparation of materials. Importance and Completion of the client consultation form. Application of a nail tip. Application of the acrylic overlay in both clear and pink & white. Maintenance procedure. Removal procedure of nails. Client aftercare advice. Promoting and marketing of acrylic nail systems.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £50.00 per hour.

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## ACRYLIC (LIQUID & POWDER) SCULPTURED COURSE



This acrylic course will teach you how to sculpture the liquid and powder system rather than applying nail extension tips. This was the original method of having nails extended. This allows for much more scope when wanting to be creating as well as being able to apply length to those clients who have a small free edge, or even to toe nails.

**Pre-requisite:** A recognized acrylic extension diploma is required to enroll on this course  
Duration 2 days.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will include:

*Health, Safety and hygiene. Client care & safety. Contra-indications to the treatment. Preparation of materials. Importance and Completion of the client consultation form. Application of a nail form. Application of the acrylic overlay in both clear and coloured. Maintenance procedure. Removal procedure of nails. Client aftercare advice. Promoting and marketing of acrylic nail systems.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £65.00 per hour.

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## HARD GEL NAIL EXTENSION COURSE

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Hard Gel nail extensions are one of the easier systems to learn. Gel creates a high shine finish, applied over the top of nail tips or applied direct to the natural nail. They allow for the nail to become harder creating less risk of breaking a natural nail.

Nail extensions are seen as one of the busiest treatments for nail technicians, creating an instant long nail for the client.

**Pre-requisite:** A recognized manicure diploma is required to enroll on this course

**Duration** 2 days.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will include:

*Health, Safety and hygiene. Client care & safety. Contra-indications to the treatment. Preparation of materials. Importance and Completion of the client consultation form. Application of a nail tip. Application of the UV gel natural overlay. Maintenance procedure. Safe Removal procedure of artificial nails. Client aftercare advice. Promoting and marketing of UV Gel nail system.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £45.00 per hour

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## FIBREGLASS / SILKWRAP EXTENSION COURSE

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Fibreglass was one of the original nail systems, which does not have acrylic used within its system. Ideal for those who may have allergies to other nail systems.

Fibreglass and silkwrap can be used either over an extension tip or on the natural nail to either strengthen or to repair a broken nail.

**Pre-requisite:** A recognized manicure diploma is required to enroll on this course

**Duration** 2 days.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will include:

*Health, Safety and hygiene. Client care & safety. Contra-indications to the treatment. Preparation of materials. Importance and Completion of the client consultation form. Application of a nail tip. Application of the UV gel natural overlay. Maintenance procedure. Safe Removal procedure of artificial nails. Client aftercare advice. Promoting and marketing of UV Gel nail system.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £45.00 per hour

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## NAIL ART WITH GEL POLISH COURSE



Nail art freehand is an enjoyable way of being able to offer clients a wide range of designs. Artistry skills are not required, you will be taught how to apply a variety of designs such as flowers, fireworks through to landscape designs. All of this is achieved through a variety of hand tools and brushes. Nail art can be applied to natural nails as well as false nails. A fun way to brighten up nail enamels. This course will teach you specifically how to apply art using the gel polish.

**Duration: 1 day**

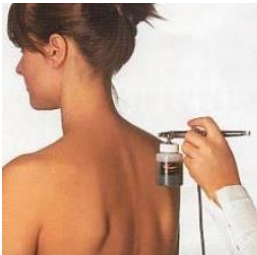
An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety and hygiene. Ethics and client care. Contra-indications to the treatment. Preparation for the treatment and client. Consultation, Practical study designs. Client aftercare advice. Promoting and marketing.*

Once you have successfully completed you will be able to work within a salon, home or mobile environment. You can expect to earn approximately £40.00 per hour.

## SPRAY TANNING COURSE



Due to the advanced techniques in this treatment clients are now able to have an all over body tan without any harmful rays from the sun or sun beds. It has become well known that most celebrities will endorse this way of applying a tan to their bodies. All too aware of the harm that the sun and sun beds can do as well as ageing the skin immensely

Spray tanning is a quick treatment generally taking no more than 20 minutes to apply. Enabling therapists to benefit from

**Duration 1 day**

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, hygiene and safety. Importance and completion of the client consultation. Contra-indications to the treatment. Ethical practice. Client preparation. Airbrushing procedures. Care and maintenance of the equipment. Full tuition of cleaning the equipment. Rectifying mistakes. Aftercare advice. Promoting and marketing.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £40.00 per hour

## WARM WAX DEPILATION COURSE



Waxing is and has always been a very effective way of removing unwanted body hair. Our client's skin is left feeling smooth and silky for 4-6 weeks. Along with being an extremely convenient way of having to deal with unwanted hair for the client One of the busiest treatments for therapists considered a necessity for new therapists to have learnt. Within this course you will learn how to remove hair safely and professionally, areas covered will be: - legs, underarms, bikini, facial waxing.

Waxing has always been a fundamental and necessary treatment, being one of the most popular salon treatments. A treatment costs are very little, therefore making this one of the most profitable treatments you can offer.

**Duration: 2 days**

An E.H.B.A. diploma is awarded upon successful completion of this course.

Your course will cover:

*Health, Safety and hygiene. Ethics & procedures. Client care, Contra-indications to the treatment. Preparation of the equipment and the client. Relevant Anatomy and physiology relating to the treatment. Importance & Completion of the client consultation form. Depilation procedures. Client aftercare advice. Promoting and marketing wax depilation.*

Once you have successfully completed you will be able to work within a salon, home or mobile environment. You can expect to earn approximately £45.00 per hour.

## ADVANCED HOT WAX INTIMATE WAXING COURSE



Many clients have now come to expect specific bikini waxing rather than the traditional waxing. With this course we will train you in the practical procedures of Brazilian and Hollywood waxing for women.

You will be trained in using the hot waxing method for this very delicate area. In most cases you will be expected to supply models for this course. We cannot guarantee to always be able to do this for you. Ask for further details on this requirement.

**Duration 1 day**

An E.H.B.A. diploma is awarded upon successful completion of this course.

Your course will include:

*Health, Safety and hygiene. Ethical procedures for this treatment. Contra-indications to the treatment. Preparation for the treatment and client. Importance & Completion of the client consultation form. Hair removal procedure for Hollywood and Brazilian Bikini waxing. Client aftercare advice. Promoting and marketing of advanced waxing.*

Once you have successfully completed you will be able to work within a salon, home or mobile environment. You can expect to earn approximately £75.00 per hour.



## FACIAL ANTI-AGEING MASSAGE COURSE



Many therapists feel that their facial massage doesn't always give enough benefit to the client, to assist the facial skin and muscles work against ageing we need to ensure that the massage we offer does have rejuvenating benefits. This course will teach you a relaxing, drainage and rejuvenating massage all only accessible from a professional facialist.

Duration 1 day

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety, and hygiene. Ethical procedures. Client Care. Contra-indications to the treatment. Treatment & product preparations. Relevant Anatomy and physiology relating to this treatment. Importance & Completion of client consultation forms. Cleansing the skin. Anti-ageing massage routine to include shoulder, neck and face. Client aftercare advice. Promoting and marketing facials.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £65.00 per hour.

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## CALMATIVE BODY MASSAGE COURSE



Massage has and will always be used in the various treatments that we offer our clients. But so often therapists are not qualified in any form of body massage. With this in mind, our principle introduced a basic massage for therapists, who just wanted to be able to offer a short but relaxing massage for their clients.

This massage course allows you learn an easy massage routine which will offer your client wellbeing and relaxation along with the easing of muscle tension and fatigue.

This is an ideal introduction into massage therapies.

Duration 1 day

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will cover:

*Health, Safety, and hygiene. Ethical procedures & client care. Contra-indications to this treatment. Massage preparation & client treatment. Importance & Completion of the client consultation form. Relevant Anatomy and physiology relating to this treatment. Massage routine using pre blended oils. Client aftercare advice. Promoting and marketing of massage.*

Once you have successfully completed this course you can expect to earn approximately £40.00 per hour working from home, mobile or within a salon environment.

## AROMATHERAPY BODY MASSAGE COURSE



Aromatherapy is a traditional holistic treatment, which has been found to help, cure or heal a variety of ailments and reduce stress levels. The oils are naturally obtained from plants, bringing back the ancient art of natural healing through our flora and fauna.

The massage taught has been designed to give the client a true feeling of relaxation. This is because the oils are designed to give the benefit of the treatment. Therefore this course not only teaches you a body massage specifically designed for working with aromatherapy, but will also teach you the variety of ways aromatherapy is used within a treatment without a massage.

An E.H.B.A. diploma is awarded upon successful completion of this course.

**Duration:** 2 days

This course will include:

*Health, Safety and hygiene. Professional ethics and client records. Contra-indications to the treatment. Preparation for the treatment. Client care. Professional Ethics, Completing client's consultation forms. Relevant Anatomy and physiology to the treatment. Aromatherapy massage, Study of foundation aromatherapy oils. The use of 12 base essential oils. Client aftercare advice. Promoting and marketing of Aromatherapy.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment. You can expect to earn approximately £65.00 per hour working from home or mobile.

## AROMATHERAPY OIL BLENDING COURSE



Aromatherapy is a traditional holistic treatment, which has been found to help, cure or heal a variety of ailments and reduce stress levels. The oils are naturally obtained from plants, bringing back the ancient art of natural healing through our flora and fauna.

This course will teach you the properties of the oils and how to use them in a variety of blends, whether you wish to make your own massage oils, or blend oils for clients to use at home. This course will qualify you as an aromatherapist enabling you to gain insurance to sell your own blend of oil products.

An E.H.B.A. diploma is awarded upon successful completion of this course.

**Duration:** 1 days

This course will include:

*Health, Safety and hygiene. Professional ethics and client records. Contra-indications to the treatment. Preparation for the treatment. Client care. Professional Ethics, Completing client's consultation forms., Study of foundation aromatherapy oils. The use of 12 base essential oils. Advanced oils blending and mixing. Use of oils within lotions, shampoos & retail products. Client aftercare advice. Promoting and marketing of Aromatherapy.*



## SWEDISH MASSAGE COURSE



Swedish massage is one of the more vigorous massage treatments, an excellent treatment for clients suffering from stress, muscular aches and pains and tension. Clients will benefit from stress reduction, aiding the elimination of toxins and knots from their body. Ideal for those clients who like to enjoy and benefit from a deeper massage. Invigorating and energising, aiding the body to feel rejuvenated

Swedish massage can help to give tone to the muscles. Assisting the alleviation of general muscle fatigue, helping to detoxify the body naturally, along with being an ideal massage for the reduction of cellulite.

An E.H.B.A. diploma will be awarded upon successful completion of this course.

**Duration 2 days**

This course will cover:

*Health, Safety and hygiene. Ethical procedures, Client care. Contra-indications to this treatment. Preparation for the treatment. Completion and importance of the client consultation form. Relevant Anatomy and physiology relating to this treatment. Swedish massage routine using pre-blended oils. Client aftercare advice. Promoting and marketing of Swedish massage.*

Once you have successfully completed this course you will be able to work within a salon, home or mobile environment, earning approximately £55.00 per hour.

## HOT STONE MASSAGE THERAPY COURSE



Hot stone therapy has become a very popular holistic treatment, within a very short space of time. Hot stones were originally a treatment used as part of the culture of the Eastern world, being used for many thousands of years. Stone massage creates a well-being for the entire body. Your treatment will leave the client a feeling of pure relaxation, reduction in aches & pains.

Hot stones have become very favourable with therapists. Not only for the effects on the client but because of reduction in RSI to the therapist.

A pre-requisite body massage qualification is required to enroll on to this course. If you do not already hold a massage qualification, we suggest as a minimum our calmativ body massage course; you can take any of the body massage courses to meet these requirements.

**Duration 1 day**

An E.H.B.A. diploma is awarded upon successful completion of this course

The course will cover:-

*Health, Safety & Hygiene, presentation of the therapist, ethical procedures, client care, Contra-indications to the treatment, Preparation for the treatment procedures, Completion and importance of client consultation, relevant Anatomy & physiology for the treatment, client aftercare advice, Promoting & Marketing of your business.*

Once you have successfully completed this course you are able to work, in a salon, home or mobile environment. Earning approx. £75 per hour.

## BAMBOO THERAPY MASSAGE COURSE



Bamboo massage has been used for thousands of years, predominantly in Asia. The bamboo is heated to give the warmth and feeling of nurture that makes this massage so different to the many other types of massage currently available. With the use of a variety of bamboo the client can receive a deeper tissue massage without the therapist having to put their own joints under unnecessary pressure.

The Bamboo massage can be offered as a full body massage or used to work specifically on problem aching areas, as defined by the client.

Bamboo has become an extremely popular spa treatment, now being offered to all therapists, you can build your client base with such a luxurious and beneficial treatment.



Pre – requisite: A recognised Full body massage diploma incorporating adequate anatomy & physiology is required. If you do not already hold a relevant diploma you can enroll on any of our body massage courses, we are happy to advise you as to the most suitable.

**Duration: 1 day**

An E.H.B.A. diploma will be awarded upon successful completion of this course.

The course will cover:-

*Health, Safety & Hygiene, presentation of the therapist, ethical procedures, client care, Contra-indications to the treatment, Preparation for the treatment procedures, Completion and importance of client consultation, relevant Anatomy & physiology for the treatment, Contra-actions to their treatment, Massage routine, client aftercare advice, Promoting & Marketing of your business.*

Once you have successfully completed this course you are able to work, in a salon, home or mobile environment. Earning approx.£75 per hour.

## INDIAN HEAD MASSAGE COURSE



Indian head massage, enables you to offer your clients an extremely relaxing form of massage, with the client remaining dressed and seated comfortably, this is an ideal treatment for those wishing to work within the corporate industry, ideal for those therapists offering massage to company employees, as many companies now pay for their staff to benefit from a de-stressing treatment, such as an holistic massage This has become an excellent addition to any therapists' menu of treatments offered to their clients whether working in salon or freelance.

With the benefits of Indian head massage you will be working on eliminating tension from the neck and shoulders, helping to relieve headaches with a very invigorating scalp massage, completing your treatment with a relaxing facial massage, leaving your client feeling totally relaxed and stress free.

**Duration 1 day**

An E.H.B.A. Diploma will be awarded upon successful completion of this course.

This course will cover:

*Health and hygiene. Treatment safety. Presentation of the Therapist. Ethical practice. Client records. Contra-indications to the treatment. Treatment preparation. Client consultation requirements. Relevant Anatomy and physiology to the treatment. Client aftercare advice. Promoting and marketing of Indian Head Massage.*

Once you have successfully completed this course you are able to work in a salon, home or mobile environment, earning approximately £45.00 per hour.

## ADVANCED HOT STONE THERAPY COURSE



Hot stone therapy has to be one of the most relaxing and beneficial treatments to have been introduced in the last decade. Once experienced clients will be hooked! Up until recently, has only been offered as a body massage course, rather than therapists offering the more advanced techniques introduced through the facial, as well as all current standard treatments. Along with the use of cold stones.

This course will teach you the benefits of incorporating this within standard treatments as well as something different with the use of cold stones. This course works within the original training of the student. i.e. if the student is qualified in

Indian head massage – for example, we will also introduce how the stones can be used within that treatment too.

Pre – requisite: - Qualification in Hot stone massage is required before embarking on this course.

Duration 1 day

An E.H.B.A. Diploma is awarded upon successful completion of this course.

The course will cover:-

*Health, Safety & Hygiene, Therapist presentation, Professional Ethics and client records, Contra-indications to the treatment, Preparation of the materials and the client, Importance of Client consultation & completion, Relevant Anatomy & physiology to the Advanced treatment, Presentation and preparation of advanced hot stones, client aftercare advice, Promoting & Marketing of the treatment.*

Once you have successfully completed this course you can expect to earn approximately £75.00 per hour, working home, mobile or salon.

## HAWAIIAN BODY MASSAGE COURSE



Our Hawaiian Massage is an all over body massage experience. Using a combination of massage movements, the client will benefit from enjoying a continuous full body massage. Working on various areas at once unlike a traditional massage which concentrates on just one area. Clients can enjoy a still ness between them and the therapist. Originally therapists would give a blessing or prayer prior to commencing the massage. The massage movements used can be adapted to suit the client.

Duration: 2 days

An E.H.B A. diploma is awarded upon successful completion of this course

Pre- Requisite: A recognized body massage diploma is required to enroll on this course,

This course will include: *Safety and Hygiene. Additional Anatomy & Physiology, Professional ethics and clients records. Contra-indications to the treatment. Contra-actions to the treatment. Preparation of the treatment. Hawaiian Principles & History. Completion of the client consultation form. Importance of consultation. Principles of Hawaiian Massage. Hawaiian Routine. Practical Therapy. Client after care advice. Promoting and marketing of Hawaiian massage.*

Once you have successfully completed this course as a working therapist you can work from home, salon, mobile, clinic etc., expecting to earn an average of £75.00 an hour

## DEEP TISSUE MASSAGE COURSE



Our deep tissue massage is designed for those who prefer a deeper massage concentrating on warming up muscles, along with aiding the body to work more efficiently. This is important for anyone, but especially those who involve themselves in the sports field, whether that be as a professional or someone who is an enthusiastic amateur.

Massage has always been a very popular treatment, we have found that more people rely on massage to help them release stress as well as helping reduce aches and pains. Our deep tissue fits with all of those requirements, by preparing the body for more

sustained work.

Pre-requisite: This course is available for those who qualified in Swedish Body massage and anatomy and physiology training.

Duration: 2 days

An E.H.B A. diploma is awarded upon successful completion of this course

This course will include:

*Safety and Hygiene. Additional Anatomy & Physiology, Professional ethics and clients records. Contra-indications to the treatment. Contra-actions to the treatment. Preparation of the treatment. Preventative injury to the therapist whilst massaging. Completion of the client consultation form. Importance of consultation. Principles of Deep tissue Massage. Body Massage Routine. Practical Therapy. Client after care advice. Promoting and marketing of deep tissue massage.*

Once you have successfully completed this course as a working therapist you can work from home, salon, mobile, clinic etc., expecting to earn an average of £70.00 an hour

## HOPI EAR CANDLE COURSE



Thermal Auricular Therapy (also known as Hopi Ear Candles) is a pleasant and non-invasive treatment of the ears, used to treat a variety of conditions, which include sinus, colds.

These ear candles induce revitalizing heat placed upon the head and ears, which soothes, relieves and relaxes, candles are placed in the ear whilst the client lays relaxed, the treatment takes approximately 30 minutes.

Duration 1 day

An E.H.B.A. diploma will be awarded upon successful completion of this course

This course will include: *Health and hygiene. Treatment safety. Presentation of the Therapist. Ethical practice. Client records. Contra-indications to the treatment. Treatment preparation. Client consultation requirements. Relevant Anatomy and physiology to the treatment. Client aftercare advice. Promoting and marketing.*

Once you have successfully completed this course as a working therapist you can work from home, salon, mobile, clinic etc., expecting to earn an average of £45 an hour

## REFLEXOLOGY FOUNDATION COURSE



Reflexology is a completely safe form of holistic therapy. One of the oldest treatments originally offered by Egyptians and the Chinese, who were very forward thinking in their capabilities. Clients find this a very relaxing and pleasurable treatment. Reflexology has numerous well being attributes for your client's, aids realignment of the normal functions of the body, alleviate stress, breaking down tension, improving nerve functions and blood supply throughout the body.

Reflexology has become one of the most popular holistic treatments. Clients are now more aware of the benefits of natural treatments, against the rigors of daily life

During a reflexology session, pressure is applied with the thumbs and fingers over the foot of the receiver. There are thousands of reflex points situated on the foot, which all correspond to specific parts of the body. It is important to distinguish the difference between massage and reflexology.

**Duration:** 4 days. This course will have an initial 2 days of training followed by 4 weeks of case studies, completed with a further 2 days of training.

An E.H.B.A. diploma is awarded upon successful completion of this course.

This course will include:

*Safety and Hygiene. Relevant Anatomy & Physiology, Professional ethics and clients records. Contra-indications to the treatment. Preparation of the treatment. Completion of the client consultation form. Importance of consultation. Principles and history of reflexology. Foot massage. Reflexology routine. Discovering sensitive areas. Working over crystallised areas. Client after care advice. Promoting and marketing reflexology.*

Once you have successfully completed this course you will be able to work, in a salon, from home or mobile earning approximately £60.00 per hour.

## REFLEXOLOGY – AN INTRODUCTION TO THE TREATMENT

If you are looking to learn about Reflexology we can offer an introductory course, This is a 2 day course to teach you the basics enabling you to be able to go onto to learn our foundation course. The course will cover *Safety and Hygiene. Relevant Anatomy & Physiology, Professional ethics and clients records. Contra-indications to the treatment. Preparation of the treatment. Completion of the client consultation form. Importance of consultation. Principles and history of reflexology. Foot massage. Intro to Reflexology. Reflexology routine. Aftercare advice.*

## SENIOR PRACTITIONER REFLEXOLOGY COURSE



This course leads on from the Reflexology course above. Once you have completed the foundation Reflexology course you can take your skills to the next level. In being able to offer a specialised treatment, ideal for those therapists that wish to build on their skills.

This course includes your further study of reflexology, incorporating hand reflexology. Relaxation reflexology has also been included. With the need for the student to complete a number of case studies between their training and final assessment.

Duration 4 days carried out over approx. 4-6 weeks.

Pre-requisite:- Foundation reflexology course

An E.H.B.A. Advanced diploma is awarded upon successfully completing this course.

This course will include: *Safety and Hygiene. Relevant Anatomy & Physiology, Professional ethics and clients records. Contra-indications to the treatment. Preparation of the treatment. Hand Reflexology, Importance & Completion of the client consultation form. Principles and history of reflexology. Foot massage. Reflexology routine. Specific location areas. Individual treatment sessions. Working with pressure points & crystallised areas. Client after care advice. Promoting and marketing reflexology.*

Once you have successfully completed this course you will be able to work, in a salon, from home or mobile earning approximately £60.00 per hour.

## ORIENTAL SPA RITUAL MASSAGE COURSE



The Oriental spa ritual courses are now available to enroll onto. The oriental spa ritual massage is an experience not just a massage. The client will enjoy a complete full body massage experience, working from the feet up to the head. Using a variety of massage movements and luxury experiences the client will feel as though they are floating, true relaxation with the additional of warm balm oil.

Duration: 2 days

An E.H.B.A. diploma is awarded upon successful completion of this course

This course will include: *Safety and Hygiene. Additional Anatomy & Physiology, Professional ethics and clients records. Contra-indications to the treatment. Contra-actions to the treatment. Preparation of the treatment. Preventative injury to the therapist whilst massaging. Completion of the client consultation form. Importance of consultation. Principles of Oriental Spa ritual treatments. Body Massage Routine. Practical Therapy. Client after care advice. Promoting and marketing of deep tissue massage.*

Once you have successfully completed this course as a working therapist you can work from home, salon, mobile, clinic etc., expecting to earn an average of £85.00 an hour



## ORIENTAL SPA RITUAL BODY TREATMENTS COURSE



The Oriental spa ritual courses are now available to enroll onto. The oriental spa ritual body treatments course will use a variety of premier products to create a treatment that will rejuvenate and relax the body whilst improving the condition of the skin. Working from the feet up to the head. Using a variety of products to remove dead skin cells applying a combination of thermal and purifying masks to the feet hands face and back.

**Duration:** 2 days

**Pre requisite – Oriental Spa Ritual Body Massage Course**

An E.H.B A. diploma is awarded upon successful completion of this course

This course will include:

*Safety and Hygiene. Additional Anatomy & Physiology, Professional ethics and clients records. Contra-indications to the treatment. Contra-actions to the treatment. Preparation of the treatment. Preventative injury to the therapist whilst massaging. Completion of the client consultation form. Importance of consultation. Principles of Oriental Spa ritual treatments. . Body treatments Routine. Practical Therapy. Client after care advice. Promoting and marketing of deep tissue massage.*

Once you have successfully completed this course as a working therapist you can work from home, salon, mobile, clinic etc., expecting to earn an average of £65.00 an hour

## ORIENTAL SPA RITUAL HEAD MASSAGE COURSE



Our Oriental Spa Ritual head massage allows our clients to enjoy a well-being, relaxing, rejuvenating massage which encompasses a variety of massage movements. A perfect alternative to the Indian head massage which has more vigorous massage movements, the Oriental Spa Ritual allows for a more relaxing experience, which is created using a combination of essential oils within a warm melting balm, along with a complete massage on the shoulders, neck, head and face.

**Duration** 1 day

An E.H.B.A. Diploma will be awarded upon successful completion of this course.

This course will cover:

*Health and hygiene. Treatment safety. Presentation of the Therapist. Ethical practice. Client records. Contra-indications to the treatment. Treatment preparation. Client consultation requirements. Relevant Anatomy and physiology to the treatment. Massage routine. Client aftercare advice. Promoting and marketing of Oriental Spa Ritual Head Massage.*

Once you have successfully completed this course you are able to work in a salon, home or mobile environment, earning approximately £75.00 per hour.

## MANUAL LYMPHATIC DRAINAGE MASSAGE COURSE



MLD – Manual Lymphatic Drainage Massage although in existence for many thousands of years, has become very popular with clients to help detoxify their bodies. Improving sluggish lymphatic systems can help with a number of conditions, especially useful for reducing swelling after cancer treatment, post op, improving immune functions the list is endless.

Duration 1 day

Pre- requisite of a Massage diploma include anatomy & physiology is required to enroll onto this course. We recommend one of our 2-day massage courses if you have not completed a massage course.

An E.H.B.A. Diploma will be awarded upon successful completion of this course.

This course will cover:

*Health & Hygiene. Treatment safety, Presentation of the therapist. Ethical practice. Client records. Contra-indications to the treatment. Treatment preparation. Client consultation requirements. Relevant Anatomy & Physiology. Lymphatic system. Circulatory System. Massage Routine. Client Aftercare advice. Promoting & Marketing of MLD.*

Once you have successfully completed this course you are able to work in a salon, home, spa, or mobile environment, earning approximately £65 per hour.





# Booking Form

Please complete your details below and return to: - [info@essexbeautyacademy.co.uk](mailto:info@essexbeautyacademy.co.uk)

<i>Name</i>	
Please print how you would like to see on your diploma	
<i>Address</i>	
Postcode:	
<i>Mobile Telephone Number</i>	
<i>E-Mail Address</i>	
<i>Age if under 18</i>	

<i>Course Required:</i>
<i>Course Dates:</i>
If you have not been given dates please leave blank
<i>Are you a qualified therapist or beginner?</i>
<i>Are there any learning difficulties we should be aware of?</i>
<i>Are there health conditions we should be made aware of?</i>

<i>Have you attended a course previously with us?</i>
<i>How did you hear about our school?</i>

	Course Fee	£
	Deposit Minimum £50 or 25% whichever is greater	£
	Balance This is due for payment 24 hours prior to commencement of course	£
Would you like to receive course dates/ course offers by	Email Y/N      Post Y/N      Telephone Y/N	

Your details are never passed onto any third parties. Data Protection adhered to.

PLEASE SIGN BELOW TO CONFIRM THAT YOU AGREE TO OUR TERMS AND CONDITIONS AND THE PAYMENT OF THE BALANCE OF THE COURSE WITHIN THE DUE TIME.

Signature

Date

PLEASE NOTE: Receipts will be sent to you within 7 working days.

## *TERMS AND CONDITIONS*

- 1. A deposit is required to book onto a course, only once a deposit has been paid will a course date be confirmed.*
- 2. The balance of a course is due to be paid on the first day of the course. This is only acceptable in cleared funds, I.e. cash. Card payments are only accepted 7 days prior to the course commencing.*
- 3. Deposits/Payments are non-refundable. Without obligation - Under exceptional circumstances they may be transferred onto another course/date. This is at the course director's discretion.*
- 4. Non-Attendance: If a student fails to attend the course, whether due to ill health, personal or professional reasons, this does not constitute a right to a refund, transfer of course, or additional tuition, although without obligation, we will try to accommodate where we can. Please note there may be additional costs involved if an alternative date/course is offered.*
- 5. If a student does not attend the course without giving a minimum of 5 days' notice the balance of the course fee will still remain due for payment.*
- 6. It is a student's responsibility to ensure that the course they are booking onto meets their needs, including any requirements by an employer and or insurance company.*
- 7. Payment policy: Payment can be made using with Credit or Debit Card or we can send an invoice for payment which can be paid by baccs, by cheque or cash.*
- 8. We reserve the right to amend or cancel courses but only in exceptional circumstances would we do this.*
- 9. Postponement by us; If a class is postponed for reasons such as staff illness, we will make every reasonable effort to reschedule the class and let you know as soon as possible.*
- 10. If you have any queries concerning equipment or products that may be required for use after the course please ask.*
- 11. Course Location; You will be advised of the course/workshop location in your booking confirmation. Please be advised that the course locations may occasionally change due to operational reasons.*
- 12. Certificates will be issued upon successful completion of the course, the name on the certificate will be the same as that provided on the booking form.*
- 13. Health & Safety; you will receive information relating to the appropriate clothing and footwear, please ensure that your clothing is appropriate for working please do not wear inappropriate or offensive slogans on shirts etc, footwear should be closed in shoes.*
- 14. Course fees include the use of products and equipment as required for your practical training for each unit. Unless notified in writing the course fee does not include any kits.*