



PROSPECTUS FOR COURSES



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THE ANGEL ACADEMY OF TEACHING AND TRAINING

The Angel Academy of Teaching and Training, Loughton, Essex are 'passionate' about teaching and training their students.

The school was founded in 2003 after its founder Deborah Kelly had spent many years in a high profile career which detailed National Press, Magazines, Radio and Terrestrial and Sky Television.

The fast pace of a responsible job in media was incredibly stressful and one full of media executives who had emotional breakdowns, stress and early heart attacks.

Following alongside her busy work schedule Deborah set out to train in 42 therapies and was approached by the Principle of a College to teach a range of Therapies. She completed her Teacher Training Units and Assessor Awards and begun to teach at many colleges as well as part-founding a centre in Harley Street, London in 1989. She is a qualified tutor for ITEC, VTCT, IIHHT, BABTAC, FHT and the CMA.

Deborah also founded a Teaching and Training School called the Angel Academy in 2003 to cater for students who required a high level of training for a competitive price.

During her extensive years of experience, she has worked with many celebrities, has been on set whilst films were being shot on location, and has worked privately with a supermodel and a highly acclaimed sportsman.

Over the years, Deborah has worked hard to find a team who will be as loyal and dedicated to the industry as her, who will be perfectionists in all they do and will seek to always work to the highest standard.

We hope that you will enjoy being taught as much as we will enjoy teaching you.

It makes us the happiest of all to know that our students will go on to receive certificates of excellence.



HEALTH AND SAFETY IN THE WORKPLACE

The Angel Academy of Teaching and Training is committed to providing a safe environment and will:

1. Provide guidance on safe working practices for staff and students.
2. Incorporate health and safety knowledge into all student activities.
3. Provide information, procedures and equipment for fire and emergencies.
4. Provide information, procedures and equipment for accidents.
5. Provide training and up-to-date information on health and safety to all concerned.
6. Promote a responsible attitude to health and safety throughout the centre.

The Angel Academy of Teaching and Training will ensure that its students:

1. Observe the centre's health and safety regulations.
2. Co-operate with others in keeping the environment safe.
3. Take care to avoid injury to themselves or others by being appropriately dressed and not misusing or causing damage to equipment, materials or the premises.
4. Report any hazard to the tutor in charge or other responsible person immediately.

The Angel Academy of Teaching and Training will carry out Risk Assessment:

This evaluation will be carried out prior to any new course taking place. A risk assessment will allow the school to take precautions to minimise the likelihood of an incident/accident from taking place. A form will carry the following information for each course:

1. What are the hazards
2. Who might be harmed
3. What precautions have been taken to reduce the likelihood of harm
4. What further action is necessary
5. Risk Assessment Priority
6. Review date as and where applicable

FIRST AID IN THE WORKPLACE

A list of First- Aid qualified Tutors should be made available to each Student. Students will be shown where the First-Aid box is located should it be required. On this occasion, the first point of contact for reporting an accident/incident should be head Tutor and First-Aid qualified:

Mrs Deborah Kelly

THE HEALTH AND SAFETY WORK ACT OF 1974

This covers the VR74 and VR02 health and safety units covered for VTCT. A health and Safety Inspector regularly visits the School to observe the following:

1. An up to date PAT test on all electrical equipment
2. Potential hazards are identified
3. All incidents are recorded
4. COSHH
5. Any spillages are cleared safely
6. Tutors to be trained in first aid
7. RIDDOR
8. Safe working environment

RIDDOR- Reporting Injuries, Diseases and Occurrences 1985 Act

The Angel Academy of Teaching and Training is responsible for reporting any Injuries, Diseases or occurrences to the Head of School: Mrs Deborah Kelly.

All incidents must be recorded in an accident report book, where the staff member and/or student signs the report.

In cases of major injury, a local health inspector or the environmental health officer should be advised.

COSHH- The Control of Hazardous substances according to Health Regulations 1988 Act

The Angel Academy of Teaching and Training is responsible for the control of potentially hazardous substances by storing them correctly using the following methods:

1. All containers are labelled
2. All bins are lined with reinforced bin liners
3. Hazardous or flammable liquids are stored correctly
4. Spillages are dealt with appropriately
5. Gloves are worn where necessary
6. Follow storage guidelines/use by dates

Electricity at Work Act 1989

In accordance with the Health and Safety Act, the School ensures the following actions:

1. Any Exposed wires will be identified and covered where appropriate
2. Electricity surges due to power overload
3. Any worn or old sockets to be replaced
4. A yearly PAT test to be carried out

DATA PROTECTION ACT 1998

All information must be stored safely and correctly at all times:

1. Written information to be stored under lock and key for 3 years
2. If the client wishes to remain anonymous, initials can be used
3. All Computer stored information must be kept for 7 years
4. This must be registered with Data Protection who will issue a personal code for access of records.
5. This allows for securely stored information and access to information on request

SALON CODES OF CONDUCT

- Identify any contra-indications and establish a Treatment Plan with your Client
- Be presentable, clean and tidy
- Protect yourself and your client from cross-infection
- Promote a professional image at all times
- Good communication skills
- Approachable Body language
- Listen to the needs of your client
- Record all information in accordance with the Law
- Do not discuss Client information
- Always have the appropriate insurance cover
- *Ensure the workplace is clean at all times
- Provide fresh towels and covers for each client/student
- Toilet and Hand Washing Facilities available
- Use Antiseptic wet wipes on the feet, and couch roll for them to step onto
- Work Place well ventilated

PRESENTATION OF THE THERAPIST

- Have clean and short nails
- Remove Jewellery
- Clean Uniform
- Flat and comfortable shoe
- Hair Tied Back
- Appropriate smell on breath and person
- Cover any cuts on hands

HYGIENE IN THE WORKPLACE:

The three areas are as follows:

Sterilisation- This is the total destruction of all living micro-organisms and their spores

Methods would be:

Autoclave- This has a very high steam pressure which heats beyond boiling point. This is a very effective method of sterilisation.

Chemical Liquids- Commonly used are Marvicide and Cidex, tools need to be left in the liquid for 15-20 minutes.

Glass Bead- Small, Glass beads heated to a very high temperature, tools are placed between the beads for only a short period of time.

Sanitisation- This is the destruction of many but not all micro-organisms, and it inhibits any further growth.

Methods are as follows:

UV Cabinet- This is a good place for sterilised tools to be stored in.

Barbicide- This will kill bacteria but not usually the spores. Effective for storing tools during treatments.

Disinfection- This kills micro-organisms but not their spores. They do sustain the level of the micro-organism.

Methods are as follows:

Surgical Spirits- This is a good disinfectant used for wiping tools and surfaces.

Sanitisers- With antiseptic properties, they destroy and prevent the growth of micro-organisms and can be used on the skin.

HYGIENE PRECAUTIONS DURING A TREATMENT WOULD BE:

- * Therapist to wash their hands before and after a treatment
- * Disposable spatulas used to remove cream from a pot or jar
- * Disposable couch roll for each client
- * All equipment sterilised and sanitised
- * Wear gloves when possible

LEVEL 2 VTCT NVQ LEVEL

The level 2 NVQ Diploma in Professional Beauty Therapy is a job ready qualification based on the National Occupational Standards for Beauty Therapy.

This course will provide you with an internationally recognised qualification which will enable you to carry out a wide range of treatments on your clients. Here are the units:

MANICURES AND PEDICURES

Practical training in manicure and pedicure treatments taught along with theory which includes disorders of the nail, hand and foot. Massage application to the hand and arm, leg and foot are also covered along with French manicure and painting techniques. Continue to read our Prospectus for full details of what this unit includes.

WAX DEPILATION

Training is given in the warm wax system of hair removal on face, eyebrows, underarm, bikini line and legs. The Student will be taught the hot wax system of hair removal. This unit includes shaping the brow with Tweezers.

COSMETIC MAKE UP

This module includes tuition in day, evening and corrective make up techniques. Students will have the opportunity to work with Bare Minerals Make up.

FACIAL TREATMENTS

This module covers the knowledge required to perform a professional facial treatment. Tuition will cover skin diagnosis, cleansing treatments, facial massage and mask applications. All training is carried out using the popular and respected Environ skin care range.

EYE AND BROW TREATMENTS

Tuition during this module covers eyelash tinting, eyebrow tinting, eyebrow shaping. We also discuss lash application.

Course Duration Options: FAST TRACK 7 days total practical application or 1 day a week for 15 weeks, 9.30am – 4.30pm

OR

Optional training tailor-made to suit your needs and requirements

Course content:

- Health & Safety in the salon
- Reception Duties / Developing & maintaining effectiveness at work
- Promoting products & services to clients
- Client Care & Communication
- Contra-indications & Contra-actions
- Level 2 Anatomy & Physiology (relevant to studies)
- Facial Skin care
- Eyelash & Eyebrow tinting / Eyebrow shaping / Lash application
- Waxing
- Manicure and Pedicure Treatments
- Application of Make-up
- Case Studies / Tasks / Written paper for each unit / Portfolio / Assessments
- Setting up in business and business skills

Further Training/Progression:

- Level 3 NVQ Diploma in Beauty Therapy, Level 3 VRQ Diploma in Beauty Therapy Treatments, Massage Therapies, Intimate waxing, Threading

Career Paths:

- Beauty salons, Spas, Freelance/Mobile therapist, Consultant, become a specialist in your chosen area or expertise. It is your choice. You can even take this certificate abroad and practice professionally.

WHY BOOK WITH US?

We have over 20 years of experience in therapies and have been teaching since 1991. Our tutors are passionate about what they teach and bring you the most up to date training through our continual professional development. We also provide training in Spa/Salon nationally and internationally as well as providing further training in advanced equipment such as IPL hair removal.

COURSE FEES

Course price includes: Tuition, work-packs, portfolio, online resources, assessments, and kits.

Products are supplied for use within the academy, and any further products required for home practice must be purchased separately by way of a kit.

Deposit payable at time of booking, balance to be paid no later than 14 days prior to the course date.

VTCT EXAM FEE/COURSEWORK/LOGBOOKS: £100

There will be either one or exam papers required for each unit and two Anatomy and Physiology papers.

THE FEE COVERS:

- Marking and assessing your portfolio
- Study and assignment notes.
- Theory exams.
- The time taken for and the uses of equipment and products at your practical assessment.
- The fees we pay to the external awarding body for your certification and testing materials.

HOW WILL I BE ASSESSED?

- Assignments will be completed for each unit
- Once completed and marked and after the 7 days of practical, assessments will be booked
- VTCT multiple choice test papers for main units
- Any ranges that have not been covered in the classroom will form case studies at home.

QUALIFICATION

VTCT: you will receive a VTCT/NVQ Beauty therapy qualification which is recognised nationally and internationally and well respected within the industry.

CLASS SIZE

We only have small classes with no more than 4 students per class. This ensures individual attention.

MODELS

Students will work on each other and clients, family and friends during assessment.

VTCT LIFETIME REGISTRATION:

There is also a one off fee to register you with each external awarding body (currently £150), this needs to be paid for your first course only. You will then be issued with a lifetime registration number.



VTCT/NVQ LEVEL 3 ADVANCED DIPLOMA IN BEAUTY THERAPY

A Level 3 qualification is now seen as a requirement for those therapists wanting to work in a Spa/Health Club environment, as well as allowing for further career advancement within the beauty salon area.

This course equips the therapist with a sound practical and theoretical knowledge of the most popular Level 3 treatments:

SWEDISH BODY MASSAGE

A full body massage treatment is covered using Swedish massage techniques. The main objective is to specify the use of body massage primarily for relaxation and lymphatic drainage purposes.

ANATOMY AND PHYSIOLOGY

The theory of the main systems of the body is taught alongside the Massage module in order that all Level 3 treatments can be carried out in a safe and effective manner. See more about this unit by reading this prospectus fully.

FACE AND BODY ELECTRICAL TREATMENTS

This module covers the practical and theoretical use of the following equipment: High Frequency, Galvanic, Micro Current, Vacuum Suction, Audio Sonic and Gyrotory massage (body). Extra's include Diamond Microdermabrasion, Radio Frequency and IPL tuition.

CLIENT CONSULTATION AND ASSESSMENT

The main purpose of this module is to acquire the knowledge from conducting an oral and physical assessment of the client to assist in the development of the treatment plan. Reception duties and business skills will also be covered in this unit.

HOT STONE TREATMENTS

This unit covers elements of massage using Heated Stones and a Heated Tank to aid all sorts of remedial injuries and for deep relaxation.

INFRA RED AND AUDIO SONIC

The safe use of heat lamps is taught as a separate part of the electrical body massage techniques

ELECTROLYSIS DEPILATION

Electrolysis is a way of removing individual hairs from the face or body. Today's medical electrolysis devices destroy the growth centre of the hair with chemical or heat energy. A very fine probe is inserted into the hair follicle at the surface of the skin. The hair is then removed with tweezers

Course Duration:

FAST TRACK 10 DAYS OF PRACTICAL LESSONS AND 4 DAYS OF ANATOMY

1 day a week 10am – 4.30pm- 20 weeks

Or Evening course option: 1 evening per week 6.30 – 9.30 for 25 weeks

OR

Optional training tailor-made to suit your needs and requirements

Diploma:

**VTCT Level 3 Advanced Diploma in Beauty Therapy.
VTCT Level 3 Diploma in Health Safety, Security and Employment Standards.**

FUNDING FOR OUR ACADEMY COURSES

Please see the links and details below of agencies that will be able to assist & provide advice:

Government Funding

Offer careers and funding advice Contact Next Step on: 0800 100 900 FREE or visit:
www.direct.gov.uk/adultlearning.

Charitable Trust Funds

Charitable trusts also provide funding options. Family Action is one organization that offers educational funding & grants, please visit www.family-action.org.uk or contact Family action on: 07254 6251 .

Extra Benefits Offered by the Academy:

- 20% discount is offered on any further courses whilst on your initial course (this only applies to NVQ Beauty Level 2 & 3).
- Installments are offered for the following courses: NVQ & VRQ route full level 2 & 3 diplomas. When taking this option you will be required to have paid the first 25% of the course before your start date. An additional 10% installment fee will be charged for this option.

NVQ GUIDELINES

How to achieve your NVQ after your training

- Your training days will teach you all of the practical and theory needed to pass this accreditation and an 'Angel Academy or AATT' Diploma can be issued additionally (upon passing a small exam at the end of the day).
- On the day of your first lesson, you will be given an induction. This is very important and explains the criteria/timeframes needed to complete your qualification. It is recorded but your Tutor will recommend that you screenshot the whiteboard information and also make notes. You will receive your NVQ log book which will include questions and assignments to work through to cover all the theory that you will need to know, this is studied AT HOME or AT THE ACADEMY (to be set by your Tutor). Please read this log book thoroughly.
- Case Studies and further treatments will be required for you to gain the experience you need, and these can be recorded using a client consultation form with photographic evidence as and where necessary. We may carry out Mock Assessments to improve learning and aid understanding of the process.
- You will then be expected to complete the written assignments in your log book (this requires a 6 week marking time). Your portfolio building (a folder to hold all the information with colour coded dividers) and completion of your log book will then be completed (the assessments are cross referenced to your assessment book). All amendments will need to be made and signed off by your Tutor before progression.
- You will need to perform a series of practical assessments and be marked Competent in every unit. Here you will have to perform each treatment fully and in a commercially viable time for each unit that you wish to be accredited for.
- The units you are being assessed on will affect the time you will need to be here so be prepared.
- You will be expected to attend a session where an External Verifier will be here with us if required. As part of your supervision and accredited learning, this session will also have an Assessor, Independent Quality Assurance Officer and External Quality Assurance Officer. This is part of the examination process. If an EQA requests to see you, your qualification/certification cannot be achieved without attending.
- Once your portfolio and assessment book is complete, you will need to send it (we recommend recorded delivery just in case) or bring it to us here at the Angel Academy for marking. It is always an idea to keep a copy of your work for revision. This process will involve an Assessor/Tutor and an IQA so allow a minimum of 6 weeks for marking.
- If anything is missing, you might be asked to re-submit some additional information or case studies, there is no charge for this. If your complete portfolio needs to be returned to you, you will be charged postage at £20.00, unless you come to pick it up yourself.
- You will be invited to attend your exams. The first part will consist of multiple choice tests (depending on the units) and you will be expected to achieve a minimum of 70 % to pass the first part. If you pass, the second part can be done via oral questioning and will take you to 100%. The multiple choice test papers (exams) will be paper based Allow 7 days for marking of exam papers. There are 3 attempts allowed for each subject unit.

You will be given full instructions on how to complete and submit. If you work through the portfolio and assessment book step by step you will have completed all the necessary work to submit your portfolio to us (there will be up to a 2 months to sign off a portfolio).

Assessment Book(s)

- An Assessment Book is given by the Academy which you will need to cross reference to once your portfolio is complete.
- The Assessment booklet(s) will show you the Performance Criteria with a range which will need to be covered. Some sections of the booklets are completed by the Academy assessor and Internal Quality assurance verifier and others you will need to complete yourself once you have completed your portfolio. The pages you need to complete are known as the Range pages and the Essential Knowledge & Understanding pages (EKU).
- **The Essential Knowledge and understanding section in your assessment book(s) and your training manual(s) will help with your revision. The essential knowledge and understanding requirements highlighted in white are assessed by a multiple choice test paper. The manual(s) should have all you need in them to complete your assignments.**
- The Academy do offer help to complete your work-book or assessment criteria. This will be £20.00 per hour. A session needs to be booked in advance to guarantee a space.

DO NOT USE CORRECTION FLUID OR PENCIL IN YOUR ASSESSMENT BOOK AS IT WILL NOT BE ACCEPTED.

Submission of Portfolios

- Your portfolio can take up to 2 months to be marked and confirmation of this sent to you via email or text. Please send it by recorded or special delivery to us.
- We are aware of the time you will spend on your portfolio and we will also need to spend a lot of time reading it and assessing it before we can put you forward for the next available assessment session. We hold assessment sessions every other month in our Academy. The sooner you send in your completed portfolio the sooner you will be allocated an assessment date.
- The date and time of your Assessment visit (IQA and EQA) will be confirmed to you only after we have received your portfolio and it has been marked and signed off.
- A student who has an assessment must attend on the assessment date given "unless there is a family bereavement or illness where a doctor's note must be shown". This is for external verification sampling purposes.

Depending on how many units you are being assessed on, you may be required to attend for 1 day or more!.

Assessment and bringing a Model or Client

- Students must bring their own client to work on (in special circumstances we may be able to provide a client but a charge would have to be made). The assessment will be carried out in a professional manner as if they were a paying customer and a nominal fee may be charged of £1.

Candidate's Handbook

- This can be downloaded from the VTCT website: www.vtct.org.uk

Appeals Procedure

- Should you wish to appeal against an assessment decision you should first inform your Tutor. The Internal Quality Assurance Officer (Deborah Kelly) will record the details of your appeal and

discuss them with your Tutor/Assessor. If it cannot be resolved internally then the matter can be documented and reported to the External Quality Assurance Officer and if necessary to the Regional External Officer. Unsuccessful appeals may incur a charge to cover the External Verifier's time.

- Please Note: The above requirements are applied as standard procedure to all classes without exception. Should a student choose to try to change the pre-requisites set, the timeframe or any other structure, the complaint will not be successful.
- All students without exception are required to read and sign to agree to our Terms and Conditions prior to booking onto any of The AATT courses. The T&C's set out our exact terms. Once signed a student has formally agreed to accept the Academy terms.

THE ANGEL ACADEMY OF TEACHING AND TRAINING TERMS AND CONDITIONS

Introduction

This forms an agreement between The Angel Academy and you, the student. These terms and conditions apply to you booking a course place and any other matters arising from that application. Our aim is to outline our obligation to you and your obligation to us. Course dates and assessments may also be subject to change.

Processing of applications

- a) Applications can book via our website www.angel-academy.co.uk Or: www.myhotcourses.co.uk or PayPal
- b) Course bookings are processed on first come first served basis. Deposit is required in order to reserve a booking. Courses fill up quickly. If you pay a deposit after a course is full, it can be transferred to another suitable course date.
- c) To secure your place on a course, complete an online application form and submit to The Angel Academy with a deposit payment via paypal or give us a call and we can take your booking over the phone.
- e) You will be required to produce evidence of prior learning if it is a necessary pre-requisite.

Models

It is a responsibility of all students attending all courses to provide models to practise on as and where necessary. There will be a charge of £10 if you require us to get you a model which will be added to your course cost.

Transfer Policy

- a) A booking may be transferred for the same course subject to availability, free of charge if four or more weeks notice is given.
- b) If less than 4 weeks notice is given, you will incur an administration charge of £20.00. The Angel Academy is under no obligation to offer a transfer of courses.

Cancellations Policy

- a) Cancellations made within 4 weeks of the course start date, and non-attendance, incur 100% of fees paid. If medical certification can be provided, the course will be transferred to a new date. Any subsequent course cancellation will incur a forfeit of all fees paid.

The Angel Academy is under no obligation to offer a refund of any fees paid.

- b) Cancellations with over 4 week' notice, incur a £10 deduction will be deducted plus the admin fee/deposit specific for the course you are booked on.

All cancellations must be put in writing.

Refunds

Course payments including NVQ and City & Guilds fees are non-refundable and non-transferable. Failure to attend a confirmed course will result in the loss of all payments made for that course. In the event of a genuine reason for cancellation (proof of which may be required), a request for transfer will be considered. If successful, an administration fee of £20 per course will be charged. The Angel Academy is unable to offer refunds for cancellations out of our control such as illness or adverse weather conditions.

A minimum of two students is required to run a course. The Angel Academy will make every effort to give students at least 24 hour notice of any cancellation by email or telephone.

The Academy is not responsible for any loss of income, accommodation/travelling costs students may incur due to the cancellation of courses.

Certification

Certificates are issued in the name stated on the application form. Certificates will not be sent if any fees are outstanding. Please make sure that the name you register with is the name you want to appear on your certificate. If not, you will need to let the Angel Academy know this in advance.

Changes to Personal Details

It is your responsibility to ensure that personal details held by The Angel Academy are correct and to notify us of any changes. Written confirmation needs to be given in writing.

If you feel you need additional support with particular learning needs e.g. physical disability, hearing impairment or literacy skills, please could you inform us of your individual needs when booking. We will contact you to discuss your requirements. As we only take small classes, students will be given superior attention.

If you would like to order a kit, please feel free to enquire. If a kit is ordered, we will do our very best to see that the kit is here for your arrival. If there has been a delay, you will be required to pay for your kit and return to pick it up at a later date which will be confirmed to you.

The Angel Academy holds a copyright for all course content, which must not be copied or reproduced in any other form without written permission.

The Angel Academy has a dress code, where all students attending BABTAC are required to wear either their tunic and trousers or black T-Shirt with black trousers and flat closed toe shoes.

FOR NVQ BEAUTY LEVEL 2 AND 3 THE STUDENT WILL BE EXPECTED TO PURCHASE KITS AND A UNIFORM.

Website Details and Dates

We make every effort to keep our website and the course dates updated as regularly as possible. On occasion our web designers are unable to make changes quickly enough when a course date has 'changed', 'cancelled' or is 'full'. The Angel Academy reserve the right to inform a student that has paid a deposit online if this has been the case and to offer them an alternative date to suit.

MANICURE AND PEDICURE ABT ACCREDITED DIPLOMA COURSE

Our Manicure and Pedicure Course which will cover nail care and massage of the hands and feet. This course covers both subjects, in a quiet and pleasant learning environment with only a small number of students in order to give personal tuition of the highest standard.



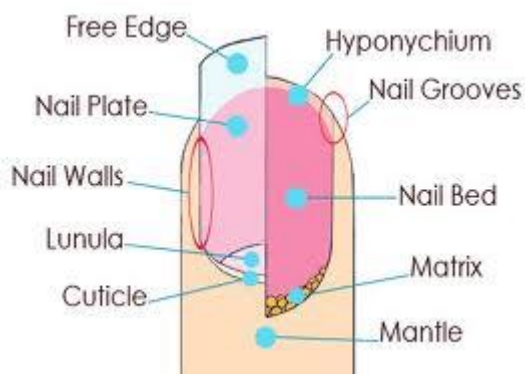
BENEFITS FOR THE THERAPIST

Hygiene, Health & Safety
Related Anatomy & Physiology
Equipment & Products
Preparation of treatment room, trolley and client
Contra-indications and contra-actions
Client Consultation
Benefits of Manicure & Pedicure
Practical Tuition in performing a complete Manicure & Pedicure treatment to include shaping and cuticle care
Painting Technique including colour's and French Polish
Massage of foot and lower leg
Massage of the hand and lower arm
Specialist treatments – paraffin wax, masks and heated mitts
Aftercare advice

If you are looking for a career in nails our manicure & pedicure course is a must!

- Manicure and Pedicure are essential skills for a therapist – women want attractive hands and feet, and so now do men!!.
- Clients return on a monthly basis in order to maintain their nails.
- Great opportunity to sell retail products to your client – a lot of clients will purchase the products you have used on them.
- All that is needed is a starter kit.

Having a regular manicure and pedicure proper filing techniques, massage, exfoliation and having paraffin wax or an intensive mask treatment, can drastically improve the condition and appearance of the nails, hands and feet.



WHAT CERTIFICATE DO I GET AND CAN I GET INSURANCE?

Upon completing this course, you will receive a fully accredited BABTAC certificate which will allow you to start treating your customers straight away. Charge up to £40 for manicure and pedicures and ensure a regular income.

PURCHASING A KIT

Our Manicure and Pedicure Kit has everything you need to start charging clients for your services:

Our kit offers excellent value for money, and contains everything you'll need to provide a complete, professional waxing experience for your clients.

We have put this kit together with small salons, students and mobile therapists in mind.

Manicure Kit Includes:

- Hand Soak Cleansing Gel Wash
- Hand Sanitise Anti Bacterial Gel
- Hand Replenish Moisture Lotion
- Cuticle Remover Cream
- Cuticle Massage
- Buffing Cream
- Cuticle Oil
- Polish Remover 125ml
- Natural Emery Boards
- Three-way Buffer
- Manicure Bowl
- Orange Sticks

Pedicure Kit Includes:

- Foot Revive Cleansing Spray 250ml
- Foot Soak Foaming Pedicure Bath 250ml
- Foot Scrub Exfoliating Cream 250ml
- Foot Repair Massage Lotion 250ml
- Polish Remover 125ml
- Protect Nail Oil
- Matte Base Coat
- Glossy Top Coat
- Cuticle Remover Plus
- Natural Emery Boards
- Manicure Sticks
- Big Foot File

**UPGRADE TO AN
NVQ
ACCREDITATION
FOR
Only £149!!**

The Cost of this kit has been discounted to £99 including VAT

Please let us know when you make your booking if you require your 'Starter Kit'

DIAMOND PEEL MICRODERMABRASION ONE DAY COURSE

The Concept:

This gentle treatment removes dead skin cell effectively with stainless steel diamond heads. The heads are made with miniature diamond grain with different grits for different areas and skin types. There is a vacuum suction to promote cellular renewal and stimulation of collagen and elastin fibres.

The 'Diamond Tips' are much more user friendly and cut down on the cost of consumables quite unlike the Old Crystal Microdermabrasion units which could be messy, expensive and clog up! They also offer so much more flexibility for the therapist with better visible results and better profit margins.

Different tips provide different coverage for the body and there are small refining tips which offer the ability to treat sensitive areas such as around the eyes. It is also possible to remove blackheads, spots and pimples.

The Diamond Microdermabrasion systems are extremely successful, focusing and improving texture, and smoothing irregularities for the following complaints:

Fine lines and wrinkles including delicate areas around the eyes

Sun damaged, uneven and thickened skin

Pigmentation

Acne scarring a safe and effective form of acne treatment

Enlarged pores and dull skin

Congested skin

Stretch mark reduction

An exceptional body treatment

PRE-REQUISITE

Electrical Facial Course

COURSE CONTENT

Health and Safety in the Workplace

Risk Assessment

Related Anatomy and Physiology

Practical Application with the Diamond Tips on the Face

How to make the most of your machine

Insurance and work integration

Guidelines in the Workplace

Sterilisation and sanitisation

Lymphatic Drainage using specific techniques

Isometric Lifting

Vacuum Suction

Eye Work

Erasing Techniques

ABT HALF DAY LASH AND BROW TINTING COURSE

Accredited by BABTAC – The British Association of Beauty Therapy and Cosmetology

During this course you will benefit from the skills and expertise that has been achieved through professional brow and lash tinting. As a therapist you could add this valued skill to your portfolio of treatments which will help you to expand your business and your earnings..

Can you imagine being able to enhance the appearance of your client quickly and effectively, adding depth and definition to their eyes and face. It has been said that eyebrows shape the face, and as a brow technician, you will be able to accentuate the face and its features. This treatment can be effective for those clients who have blonde or ginger brow and eyelash and by using the correct tint, the therapist can create a dramatic look!

Eyebrow and Lash tinting is also incredibly popular for those who like a natural make-up free look or are going on holiday and want to be able to look good without a mascara or eyebrow pencil that could smudge in the heat.

This is a fantastic treatment for clients to have before a party, wedding or holiday and for those who are concerned about thin, sparse and short eyelashes. They can be used to highlight the eyes by using the appropriate tint to enhance a look.

This is an intensive but fun professional one day BABTAC diploma training course, where you will learn about the application of tint to the brow and lash and complete course work and assessments in order to achieve a high standard of safe application. Once you have passed this course, BABTAC insurance is available straight away and a student can start earning up to £35 for an eyebrow and lash tint.

Included in the Course:

Health and Safety in the workplace

Patch Testing

Client Consultation and Contra-indications

After-Care

Eyebrow and Eyelash Tinting

Sterilisation and Sanitisation

Therapist Insurance

Course Work and Case Study

- Extra: Correct plucking techniques with tweezers to shape the eye

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EYELASH TINTING AND BROW TINTING IN YOUR BUSINESS

A very popular treatment yielding £30 + every fortnight

*Maintenance is essential if a client wishes for the tint not to fade

*It is a comfortable and relaxing treatment

FULL KIT AVAILABLE FOR ORDER PRIOR TO THE COURSE

Beauty Essentials eyelash tint intro kit.

An easy to apply cost effective tinting system

Permanent eyelash/eyebrow tint.

Includes:

Sanitising Gel

Tints in:

Black,

Brown,

Blue

Grey

Cotton Buds

Oxidant 20ml 0.7fl.oz

Glass mixing dish

Applicator brush

Protecting papers



KIT AVAILABLE FOR JUST £55

ABT HALF DAY SPRAY TANNING COURSE

Why you should learn how to spray tan:

- Spray tanning is an essential tool for all beauty and mobile therapists
- Spray tanning is one of the most popular treatments currently available
- It is much safer than sun beds and a choice of tanning colours are available
- Earn up to £30 per treatment with long lasting results
- Learn with a fully qualified school and receive an accredited certificate
- Start spray tanning immediately!!

Spray Tanning is one of the most requested treatment in Salons, it is quick, pain free, is not harmful in any way and the results are immediate!

Why Should You Learn Spray Tanning With Us?

Deborah Kelly, professional spray tan tutor for spa and salon, nationally and internationally will train you to the level of expertise as enjoyed by her celebrity clientelle. Using sophisticated, state of the art spraying equipment, you will be shown skills for spraying and will be given a choice of 10 different colours to spray with. Some of these sprays contain aloe vera, which nurtures the skin, one contains a sparkle and the others produce differing shades according to the colour you wish to be.

Course Objectives

- Contra-Indications and after care - reasons that restrict or prevent a spray tan treatment and how to make the tan last as long as possible with some in-house tips
- Preparation of the skin for spraying- including exfoliating and care for feet, hands and elbows
- How to set up for spray tanning and operate the machinery including cleaning of the spray gun, tent and accessories.
- How to spray a client successfully catering for their needs and requirements
- Product information- How to purchase the equipment and spray tan solution
- Health and Safety Guidelines

Purchasing A Kit

You can purchase a range of different products - tents, spray machines and spray, depending on your requirements. We aim to keep the cost down and will aim to ensure you get the best value for money.

Certification

BABTAC OR DIPLOMA ACCREDITED QUALIFICATION - Once you successfully complete the spray tanning training course you will receive an accredited diploma. This will enable you to obtain public liability insurance. 10 CPD points are available.

Pre-Requisites

No previous experience is necessary to complete our spray tanning training course and you might expect to start earning approximately £15-£30 per spray once you've finished the course.

What You Need To Bring

Please make sure that you wear black underwear and black loose fitting clothing. Also avoid tight fitting shoes or boots if possible. You will be sprayed during the course and will be required to keep the spray on for some hours.

What We Provide

We provide the spray tanning equipment and a variety of the best, high quality sprays (which you can purchase should you choose).

Duration

The course lasts half a day, usually on a weekend, so you don't have to take time out of your busy week!



ONE DAY ABT ACCREDITED EYELASH EXTENSION COURSE

Popular Course, Booking Essential!

You can benefit with the knowledge and expertise that has been achieved through amazing lashes to be awarded with a valued skill that will help you grow into an incredible eyelash technician.

Eyelash extensions are a lucrative salon treatment and a fantastic way in to the beauty industry as a career change.

Individual lashes come in all shapes and sizes, thickness and lengths. To apply eyelash extensions successfully means to look at each client and their individual needs and requirements. Each client will have different eyelashes and it is the job of the technician to improve on what they have whether it be adding extra length and volume or just providing a natural look.

Application of lashes will vary from client to client and each lash will last according to each client and their lifestyle but an Eyelash Technician will look to provide a professional application that will be safe and effective, will not affect the clients existing eyelash, and will last for at least two weeks before requiring an 'infill' of lashes.

An individual lash extension is applied to an individual lash with a glue which is suitable for application. It is best not to put an extremely long eyelash extension onto a very short lash as this may cause the lash to break.

This is a fantastic treatment for clients to have before a party, wedding or holiday and for those who are concerned about thin, sparse and short eyelashes. They can be used to highlight the eyes by using very long, thick, curled, or coloured lashes to create flattering and bold fashion statements.

This is an intensive but fun professional one day BABTAC diploma training course, where you will learn about the application of individual lash extensions and complete course work and assessments in order to achieve a high standard of safe application in order to leave this course and start earning up to £80 per set of eyelash extensions.

Eyelash extensions were created in the late 90's for the Modelling and Fashion industry in Hollywood. Since the early 2000's, many Spa's and Salon's have made this service available to their clients. Because a fake lash never touches the skin, it does not affect your existing lash or its natural growth process

Our Tutors are some of the most experienced in the beauty business, who all wear the eyelashes themselves and know what it is like to apply them for every day life. Our Tutors are experienced Beauty accredited therapists who have excelled in their field.

Classes are small and friendly and most students stay to complete all other courses once they have studied with us.

Course Includes:

Eyelashes are provided during the course and there is no need to have to purchase a kit. If you would like to purchase an extra kit, please feel free to ask the Tutor if there is a kit available for purchase on the day.

Students will be required to have only natural eyelashes for this course so that the individual lashes can be applied during the practical.

The Lashes are a professional product made of a soft and naturally curved synthetic material designed to bond to human eyelashes.

Eyelash hair is quite fine, and the bonding agent is specially designed so that it dries soft, remains flexible and importantly causes no damage to the client's natural eyelash. However it is very important to note that the Lashes must be removed professionally.



Contents of the course:

This is a fantastic treatment for clients to have before they go away on holiday and for those who are concerned about the length or thickness of their own eyelashes. They can be used to highlight the eyes by using very long, thick, curled, or coloured lashes to create flattering and bold fashion statements.

No experience is necessary so this course is open to absolute beginners or Therapist looking to improve on their skills and techniques and to add a very successful beauty treatment to their portfolio.

- Related Anatomy and Physiology
- Client consultation Form
- Contra-indications and precautions
- Application of eyelashes
- Aftercare
- Removals
- Maintenance
- Practical demonstration
- Health and Safety and risk assessment
- Discussion on Strip and Party Lashes

PURCHASING A KIT:

Kits are available prior to the course , and contain the materials to make an immediate start as an eyelash technician. It is discounted to students attending the course and the glue, tweezers and remover would cost more if you purchased them individually.

SAMPLE CONTENT KIT LIST

- Training Manual
- Email hard copies : Client Medical Health Form & Client Consent
- Fine point tweezers x 2 pair
- Micro-brushes x 5
- Glass Slide
- Paper Cotton Buds
- Anti-wrinkle Gel Pads x 4
- Micro-pore tape x 2
- Clear Sealant x 1
- Black Mascara Brushes
- Eyelash Combs
- Air blower x 1
- Eyelash Primer x
- 5ml Sensitive Lash adhesive x 1
- 10ml Gel Lash remover x
- Lash Pot J Curl- Black – Standard
- Lash Pot J Curl – Black – Thick
- Lash Pot C Curl – Black - Fine
- Lash Pot C Curl – Black – Standard
- Lash Pot C Curl – Black – Thick
- Coloured Lashes – Brown, Blue and Purple x 3
- Silk Lashes D Curl – Black – Standard x 500 lashes
- False eyelash strips
- Head Torch
- Carry Case
- Small Scissor
- Jade Stone

The kit provides a great way to continue your learning at home and also provides a good quality kit to continue to use with your new clients.

In this kit we provide you with enough lashes for over 100 clients! There is over £8,000 worth of lashes based on charging £80 per client. Infills will be carried out every 2 weeks for roughly £40 and removal will need to be carried out by you too as the client cannot remove them themselves. For this you could charge an hourly rate.



ONE DAY ABT ACCREDITED WAXING COURSE



This is a fully practical course with instruction on how to successfully and comfortably perform waxing on a customer privately or in a beauty salon

An essential and integral course to cover for any therapist wishing to go into business whether it be working in a salon/Spa or working for yourself – waxing is the most popular treatment in most salons Every 4-6 weeks, and according to hair growth cycles, clients return for further waxing and will often enquire on other treatments so you are guaranteed a continual source of income. Earn up to £50 per hour working when it suits you!

No previous experience needed to take this waxing course. The course is professional, fun and will give you a recognised BABTAC certification which will allow you to market yourself as a waxing technician straight away...

Hair removal using waxing is one of the most popular and profitable salon treatments. Wax depilation provides a quick and efficient way of clearing small and large areas of unwanted hair. Waxing is particularly popular during the summer months when women want to wear their swimsuit.

In addition to this, male waxing has now become extremely popular with a further guarantee to income. Chest and Back waxes are the most popular treatments for men.

WHAT TO EXPECT FROM THE COURSE

This is an exciting and intensive course which will teach students how to perform strip waxing. Areas covered will include:

- Arms
- Legs
- Bikini
- Back
- Eyebrows
- Lip
- Chin and face

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FOR
Only £149!!**

The correct techniques are taught in order to give a professional and practical treatment using the correct methods of removal and ensuring a comfortable treatment with good after-care.

A client consultation form will be provided and a full understanding of contra-indications will be covered

in the criteria.

An understanding of hair growth cycles and related anatomy and physiology is also covered with this course

The Waxing course is open to complete beginners or existing therapists, no previous experience is necessary

This is an insurable course and will give existing therapists a further 11 CPD points.

Course Objectives

To prepare students for certification in Waxing, by covering:

- Insurance and CPD points
- Health & Safety
- Wax pots & wax types
- Application of products
- Related anatomy & physiology
- In-growing hairs
- Skin types & sensitivity
- After-care
- Contra-indications & precautions

HOW CAN I BUY A WAXING KIT

Our Waxing Kits have everything you need to start charging clients for your services:

Our kit offers excellent value for money, and contains everything you'll need to provide a complete, professional waxing experience for your clients. We have put this kit together with small salons, students and mobile therapists in mind.

THE KIT INCLUDES:

- A deluxe Wax Heater and collars (50)
- Warm Wax 425g 15oz
- Pre Wax Lotion 500ml 17fl.oz
- After Wax Lotion 500ml 17fl.oz
- Bonded Waxing Strips (100)
- Spatulas (100)

The Cost of this kit has been discounted to £109

Please let us know when you make your booking if you require your 'Starter Kit'

TWO DAY ABT ACCREDITED PROFESSIONAL SKINCARE AND FACIALS

Our Professional Skincare & Facials course has the edge!

The Professional Skincare & Facials massage is one of the simplest and effective ways to improve your epidermal layers, rejuvenate your skin and make you feel and look younger and healthier. The Holistic Facial concentrates on the upper body, neck, head and face. The use of organic skincare products will aid the process of the holistic facial, and a regular home after-care regime needs to be established for maximum results.

It efficiently improves the skin quality and texture by using structured massage moves which increases the activity of the Lymphatic system in eliminating waste. The process of cleanse, tone, mask and moisturizer, work on the principle of removing the dead cells and stimulating the growth of healthy and firm skin. It helps to reduce the age marks and softens the fine lines, increasing the collagen content of the skin. It leaves the skin hydrated and with an acceleration of new, fresh skin cells being brought to the surface.

The Angel Academy are please to announce that they use high quality, branded products such as the Internationally known 'Environ'. We also lead the way in terms of progression into further knowledge and study regarding 'Electrical Facials' with a huge range of high tech facial machinery.

The Main Skin Types are: Dry, Oily, Normal and Combination. These can be present in: Mature Skin and Young Skin.

Normal Skin Type

This skin type can be determined by the fact that it is not overly oily, dry or combined. The complexion is clear, blemish free, even toned, fresh and textured.

Dry Skin Type

This skin type can appear flaky and dehydrated with restricted movement. This is due to an underactive sebaceous gland in its production of Sebum. The skin can also be sensitive to harsh chemicals, products and environmental stresses. This skin type Can be prone to Milia around the eye area.

Oily Skin Type

Often found in Teenagers, this skin type can appear greasy due to an overactive sebaceous gland which produces too much sebum. This will inhibit wrinkle production in later years. Characteristics common to this skin type are: Open pores, Pustules, Papules, Comedones and Seborrhoea.

Combination Skin Type

There are usually 2 skin types present here. An Oily 'T Zone' made up of the forehead, nose and chin area forming a T in shape. Prone to this area will be comedones, pustules and papules. The chin and neck would either be normal in skin type or dry with flaky patches and dehydration.

Mature Skin

It is now considered that from 25 years of age, the skin is classed as mature. This can be defined by the following: less elasticity, dehydration, broken capillaries, liver spots, sallow skin tone, enlarged pores and the appearance of expression lines.

Young Skin

Usually under the age of 25, the skin will be of an even skin tone with more elastin, no expression lines and a good blood supply to the face and neck.

Course Objectives

To prepare students for certification in Professional Skincare & Facials, by covering the following:

- How to identify areas of improvement and apply the correct products
- Related anatomy and physiology
- Contraindications
- Health, safety and hygiene
- Consultation and record keeping
- Treatment planning
- Product knowledge
- Eye make up removal
- Cleansing
- Toning
- Steam and Extraction
- Mask Application
- Facial Massage
- Serums and eye creams
- Moisturiser

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The benefits of Professional SkinCare and Facials are countless and range from physical to psychological. It can aid relaxation, stress, and insomnia to physical benefits such as:

- Improved Skin Tone and Texture
- A more youthful appearance
- Aids Blood Circulation to the face, collagen production and elastin
- Stimulates the Lymphatic system to eliminate waste
- Improvement to sun damage, scars and fine lines and wrinkles
- Delays the onset of ageing
- Cell and tissue renewal



TWO DAY ABT ACCREDITED COURSE IN ELECTRICAL FACIALS

This amazing course will cover all aspects of performing the multitude of electrical facials now available in salons today. The Academy is fortunate to have its owner, Deborah Kelly, as a professional trainer for a company called Naturalaser. This allows her to have the machines with full approval to use them, which means that 1000's of pounds worth of equipment is available for students to practice with. The Electrical Facial Course will cover the following:

Faradic

The great thing about this treatment is that the client lies on the couch and the muscles are exercised for them. In addition to that, the treatment can treat muscles in one area creating an intensive effect. So for those of us who do not enjoy physical exercise this is the answer. One important point, this treatment will not increase the heart rate therefore cannot be classed as a cardio-vascular form of exercise.

The treatment involves pads strapped to the area to be treated. The pads deliver a low faradic current into the skin and muscles stimulating nerve ending to provide a muscle contraction. The muscles will contract at regular intervals as selected by the Therapist. The treatment is comfortable, many clients finding the sensation relaxing. It is necessary to have regular treatments to reinforce the effects. It is an advantage for the client to follow an exercise routine to reinforce the effects of this treatment.

Galvanic Treatment

This facial treatment is often applied by using metal probe sliding over the skin with a specialized serums or ampules. The serum or lotion has two purposes:

1. To make the facial metal probe slide smoothly over your face
2. The lotion or serum contains nutrition that can be absorbed by your skin using the galvanic machine

Galvanic treatment is a very successful skin care treatment. It's extremely popular due to the excellent results shown on TV. It can be used for different skin types and conditions. To get the best result with galvanic treatment two different basic steps are required.

Cleansing Step or Desincrustation

The first treatment is designed to deep cleanse the pores of the skin and degrease oily areas. Usually a cleansing gel is applied. This cleansing step is used to remove the oily skin areas such as acne and pimples. Some skin care specialist's call this step Desincrustation

Nutrition Step or Iontophoresis

The second treatment involves the re-balancing of the skin from oily to dry including sensitive. Now you need to apply a serum or organic lotion with rich vitamins. The galvanic machine will use postive and negative ions to push the nutrition into you skin.

This galvanic treatment enhances the skin absorption. Depending on type of serum, it will help to re-balance, normalize and hydrate the skin. This is a called the Iontophoresis.

Carefully selecting your serum or lotion.

As the galvanic machine is extremely powerful, the result can be affected by the facial bottle that has chosen.

Microcurrent Facial

A microcurrent facelift is a non-surgical, non-invasive cosmetic technique that safely and effectively improves the health and appearance of the skin. A microcurrent facelift is also called a Bio-ultimate facelift. A microcurrent facelift uses technologies developed in the medical and physiotherapy fields to activate the skin's natural chemicals responsible for health and vitality. A microcurrent facelift provides satisfying aesthetic results with less risk of side effects compared to a traditional facelift. The microcurrent facelift procedure is proven safe and effective, delivering results at a fraction of the cost of traditional procedures.

Diamond Peel Microdermabrasion and Vacuum Suction

The Concept:

This gentle treatment removes dead skin cell effectively with stainless steel diamond heads. The heads are made with miniature diamond grain with different grits for different areas and skin types. There is a vacuum suction to promote cellular renewal and stimulation of collagen and elastin fibres.

The naturapeel system is extremely successful, focusing and improving texture, and smoothing irregularities for the following complaints:

- Fine lines and wrinkles including delicate areas around the eyes
- Sun damaged, uneven and thickened skin
- Pigmentation
- Acne scarring a safe and effective form of acne treatment
- Enlarged pores and dull skin
- Congested skin
- Stretch mark reduction
- An exceptional body treatment



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Direct and Indirect High Frequency

This treatment can be performed directly or indirectly and can be used to heal, improve and clean the skin using an electrical current or frequency that alternates at over 100,000 cycles per second. The intensity of the current is controlled with a switch. The current is applied via a glass electrode. The therapist fits a suitable glass shaped head into a hand held holder which passes a current through to the glass electrode.

There is a small concentration of gas in the head which ionises when the current passes through the head (the head will glow in a colour dependant on the gas contained in it). This current stimulates the skin cells.

Direct High Frequency

The glass electrode makes contact with the skin directly or over a piece of gauze. The therapist moves the electrode in circular motion and a warm, tingly sensation can be felt by the client. The current passes through the electrode to the skin. Contact with the skin must be maintained at all times, and a loud buzzing noise can be heard.

Indirect High Frequency

The client holds the electrode in their hand as a conductor of the current. The Therapist then performs a massage to the skin. The current is transferred from the client's skin to the therapists hands. Contact must be maintained throughout the treatment until the current has been turned down and the machine switched off.

VTCT LEVEL 3 ELECTROLYSIS HAIR REMOVAL COURSE

Electrolysis hair removal is the only official method approved by the FDA that achieves permanent hair removal. The customer will require multiple sessions in order to achieve the best possible results, and may need top-up sessions throughout the year but permanent hair removal isn't 100% guaranteed for everyone, as there are many factors that can effect it such as hormonal imbalances, pregnancy and menopause.

How Does it Work?

A very fine needle-shaped electrode, or metal probe introduces an electrical current into each hair follicle to destroy the root, and this can be galvanic, thermolysis or a blend.

Hair growth in has three stages: growing (anagen), resting (catagen) and shedding (telogen). The hair growth cycle will differ in different stages of growth on all of the body and it is due to this that multiple sessions are needed. A hair has to be in the anagen phase for electrolysis hair removal to be most effective- similar to laser hair removal.

It has the best track record. Electrolysis has the best overall results (on small areas), versus any other method, in getting rid of hair for longer periods of time if not permanently.

All skin types and hair colours can benefit. Unlike IPL (intense pulsed light) it does not target pigmentation (this determines hair and skin colour), but attacks and works to destroy the hair follicle itself.

What Will The Course Include?

When choosing a course ensure that it includes both theory and a wide variety of practical content.

Every course should include:

- Anatomy and Physiology
- Types & structure of the hair
- Skin, blood and lymphatic circulation
- Reproductive and endocrine system
- Theory of Electric Currents
- Consultations & Record Cards
- Contra-indications & contra-actions
- Aftercare advice
- Choice of needles / probes
- Accurate probing techniques
- Legislation, Hygiene and Sterilisation



ABT ACCREDITED TWO DAY COURSE IN SWEDISH BODY MASSAGE

This informal and structured BABTAC Swedish Body Massage Course will teach a variety of massage moves which can be used effectively on your paying customers. Performed on massage couches, each student will receive guidance on how to effectively use massage moves on different parts of the body. Instruction will be given in order for a student to effectively perform a 60 minute massage routine.

There will be plenty of time for each student to experience the benefits of Swedish Body Massage, and further instruction will be given on how they can go on to qualify as a therapist and practice professionally should they choose to.

The following criteria will also be covered:

- How to adapt your massage to cater for every customer's needs
- Health and Safety in the Workplace
- Setting up a successful Business
- Client Consultation Form
- After-Care



Massage has long been known for its beneficial results and allows for most of the body to be massaged and manipulated from the legs, arms, stomach and décolleté to the hands, feet, upper and lower back and the face and scalp. Students will be shown the following:

Effleurage- This massage move is used at the beginning and end of a massage and usually joins other moves together throughout. It is a long, slow rhythmic move that introduces massage to the client and relaxes their muscles in preparation for more deeper moves. The pressure should always be firm on the upward stroke and lighten upon the return.

Petrissage- This movement is normally applied with the fingers and balls of the thumbs, and is a deeper move that lifts muscle away from bone, helping contracted muscle to relax.

Percussion- A series of deep, penetrative moves called Hacking, Cupping, Pounding and Plucking. These moves are delivered to deeply stimulate muscle fibres and the increase of blood circulation.

Anatomy & Physiology Benefits

Cell Metabolism - It stimulates the body to increase new cell production Muscular & Skeletal System- Increases blood flow, eliminates toxins, helps build muscle, releases tension & reduces pain and inflammation. Lymphatic System- The body's waste disposal unit, it aids elimination of waste. Brain & Nervous System- Helps to calm and de-stress. Helps the Nervous system to restore to it's relaxed state. Endocrine System- Helps to stimulate production of Hormone and Growth Factors. Respiratory System- Aids and repairs, helping the breathing to become deeper. Urinary System- Aids in the flushing of toxins. Spiritual Benefits Helps restore the body's natural balance and it's connection with nature and the environment. Helps to release any build up of emotions that may have a link with a related illness- A dis-ease of the mind. Pointers for the student This is an instructive course held in an informal atmosphere. You will be treating as well as being treated.

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Only £149!!

This course is a pre-requisite to further courses in massage such as: Hot Stone and Bamboo Massage

TWO DAY ABT ACCREDITED HOT STONE MASSAGE COURSE



This informal and structured Massage Day Course will teach a variety of massage moves which can be used effectively on your friends and family to help them maintain good health. Performed on massage couches, each student will receive guidance on how to effectively hold and work their stones using massage moves on different parts of the body. Instruction will be given in order for a student to effectively perform a 60 minute massage routine. Stone tanks will be heated, and cleansing techniques given.

There will be plenty of time for each student to experience the benefits of Hot Stone Body Massage, and further instruction will be given on how to adapt treatments to cater for every need. Stones can also be used during a range of treatments such as Facials, Pedicure, Reflexology and other form of massage too. This gives such an incredible range of uses for the stones and their heated tank.

The benefits of Hot Stone Body Massage are countless and range from physical to psychological. It can aid relaxation, depression, anxiety and insomnia to physical benefits such as:

- Aches and Pains
- Swollen Muscle and Joint Pain
- Aids Blood Circulation
- Stimulates the Lymphatic system to eliminate waste
- It can help relieve pain
- Improve Bodily Functions
- Helps to maintain health and well-being

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Massage Techniques

Effleurage- This massage move is used at the beginning and end of a massage and usually joins other moves together throughout. It is a long, slow rhythmic move that introduces massage to the client and relaxes their muscles in preparation for more deeper moves. The pressure should always be firm on the upward stroke and lighten upon the return.

Petrissage- This movement is normally applied with the fingers and balls of the thumbs, and is a deeper move that lifts muscle away from bone, helping contracted muscle to relax.

Percussion- A series of deep, penetrative moves called Hacking, Cupping, Pounding and Plucking. These moves are delivered to deeply stimulate muscle fibres and the increase of blood circulation.

Trigger Point Tapping- One stone is held on the area of tension or a knot and nodule. The other stone is used to tap the top of the other stone in order to disperse the fluid toward the bone

A very powerful massage tool, the stones give you the ability to penetrate deeper than is possible with a human hand. One massage stroke with a stone is usually equivalent to five with the hand, and in the long run, this is good news for the masseuse. Repetitive strain injury, arthritis and tendonitis are all the things that a deep tissue masseuse can look forward to in later years if they do a lot of massages.

Known as a Cardio Vascular work out for the circulatory system, Hot Stone Massage works the body in a similar way to doing a two hour high impact work out in the Gym. For those not capable of exercise, a Hot Stone treatment provides them with the perfect solution, working tissues, loosening muscles, increasing blood circulation and eliminating waste products.

During the treatment when stones are placed onto the body to nurture the client, the therapist will then perform a massage using heated stones in her hands. This induces a meditative and contemplative state where the warmth of the stones produces a sedative effect. The Hot Stones seem to connect the energy meridians together in order to rebalance the physical body and the emotional.

The use of extremes of temperature has been scientifically proven to be beneficial to the body. Having a hot shower followed by a cold shower is known to kick start the metabolism. A hot water bottle helps aches and pains as does an ice pack for muscle trauma.

The use of Cold Marble stones to complete a treatment will promote speedy lymph drainage and revitalise the client. As you use frozen stones, the body begins to internally heat itself to get back to the state of homeostasis.

HOT STONE MASSAGE TANK AND KIT

Large 16 Quartz Hot Stone Tank with Accessories

65 Natural Basalt Lava Stones, Cold Marble Stones and Chakra Placement Stones

ONLY £299

Order Your Kit NOW



ABT ACCREDITED TWO DAY COURSE IN HEATED AND HOLISTIC BAMBOO MASSAGE



This informal and structured ABT Heated and Holistic Bamboo Massage Course will teach a variety of massage moves which can be used effectively on your paying customers. Performed on massage couches, each student will receive guidance on how to effectively use massage moves on different parts of the body. Instruction will be given in order for a student to effectively perform a 60 minute massage routine effectively using Bamboo sticks.

There will be plenty of time for each student to experience the benefits of a Bamboo Massage, and further instruction will be given on how they can go on to qualify as a therapist and practice professionally should they choose to.

The following criteria will also be covered:

- How to adapt your massage to cater for every customer's needs
- Health and Safety in the Workplace
- Setting up a successful Business
- Client Consultation Form
- After-Care

Our Heated Holistic Bamboo Massage course has an edge.

The bamboo is wrapped up and heated. This allows us to nurture our clients with a feeling of warmth. We mix our own essential blends that will bring the mind, body and spirit into balance, and these are used during the massage.

The bamboo is able to retain heat and to repel bacteria. Similar to Swedish and deep tissue Body Massage techniques but designed to penetrate deeper with less intense pain than one may get from standard percussion moves.

We combine the power of touch with the sense of smell, the sound of bamboo tapping and cryo-therapy (cold towels) to kick start the Lymphatic system to finish the treatment.

Combining percussion and deep sport massage moves with gliding, gentle effleurage strokes provides an intensive cardio-vascular work out for the circulatory system.

Different lengths, sizes and shapes, each bamboo stick has an area of the body it best works. Starting at the toes, the bamboo is used to massage the entire body finishing at the face.

75% of all diseases have their roots in stress. It is not just important for the body to relax but also for us to nurture our brain. Bamboo massage gives us a sense of unity, essentially as it has its roots in the earth and has a grounding effect on us, bringing our innate sense of nature and balance back.

The benefits of Heated and Holistic Bamboo Massage are countless and range from physical to psychological. It can aid relaxation, depression, anxiety and insomnia to physical benefits such as:

- Aches and Pains
- Swollen Muscle and Joint Pain
- Aids Blood Circulation
- Stimulates the Lymphatic system to eliminate waste
- It can help relieve pain
- Improve Bodily Functions
- Helps to maintain health and well-being

Amazing High Quality Bamboo 9 Piece Kit

One Large, Two Medium, Two Small including FREE toe and Face Sticks!!

ONLY £399

Order Your Kit NOW



ACCREDITED ABT TWO/THREE DAY COURSE IN REFLEXOLOGY

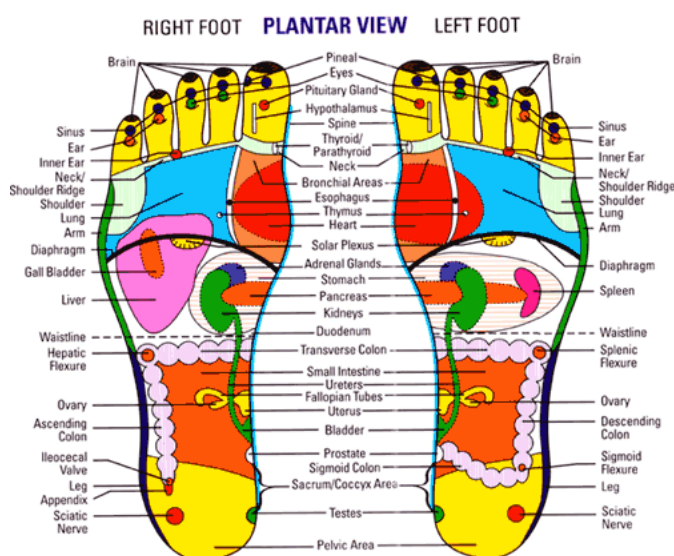
This informal and structured ABT Reflexology Course will teach a variety of Reflexology moves which can be used effectively on your paying customers. Performed on massage couches, each student will receive guidance on how to effectively use Reflexology zones to have an effect on different parts of the body. Instruction will be given in order for a student to effectively perform a 60 minute Reflexology routine.

Reflexology is a type of BodyWork that specifically involves the manipulation of the feet. Reflexology dates back to Egyptian times and its theory is that there are reflexes found on the feet that have a direct relationship with a specific area of the body. This means that the entire body both internally and externally can be reached by having Reflexology. Within 'zones' of the feet, specific body parts can be targeted and stimulated.

There will be plenty of time for each student to experience the benefits of Reflexology, and further instruction will be given on the following criteria:

The following criteria will also be covered:

- The history and theory of Reflexology as a therapy
- Mapping the feet- Covering the Zones & Reflexes, as well as their related body part or organ
- How to observe and read the feet
- Warm up techniques
- Massage techniques and application
- Referral areas and cross references
- Hand Reflexology
- Client consultation, contra-indications & After-Care
- Foot disorders and diseases
- The Use of Aromatherapy blends
- The benefits of Reflexology
- Case Studies
- Health & Safety, professionalism in Business, Therapist indemnity & Insurance will be adhered to and discussed with direction being given to the student
- How to adapt your massage to cater for every customer's needs
- Client Consultation Form
- After-Care



FULLY ACCREDITED ABT 1 OR 2 DAY COURSE IN INDIAN HEAD MASSAGE

Always an extremely popular course, very little is needed in order to practice this massage but a chair. It can be performed whilst fully clothed or adapted to be performed on a couch where a client can be more relaxed.

A regular visitor to large corporations, a customer can leave his computer and work desk, receive an Indian Head Massage in his chair for 20 minutes and return to his work feeling relaxed, tension free and much less stressed.

Very beneficial for Headaches, Eye Strain, RSI, Knots and Tension in the shoulders and Stress.

During the course, students will be taught a basic massage of the upper body and options regarding adaptation will be discussed such as the application of oil and cream.

Students will be given an opportunity to go on to study for a BABTAC certified course.

How does it help?

- It de-stresses the body restoring the body to a natural, relaxed state
- It promotes hair growth, strength and texture
- Improves Scalp Circulation
- Eases aches and pains
- Promotes clear thinking and aids concentration
- Helps eyesight and tension headaches
- Sinusitis and allergies
- Insomnia and disturbed sleep patterns
- Aids breathing and the respiratory system
- Improves Muscle tone and increases blood circulation
- Can offer relief from depression

**UPGRADE TO AN
NVQ
ACCREDITATION
FOR**

Only £149!!

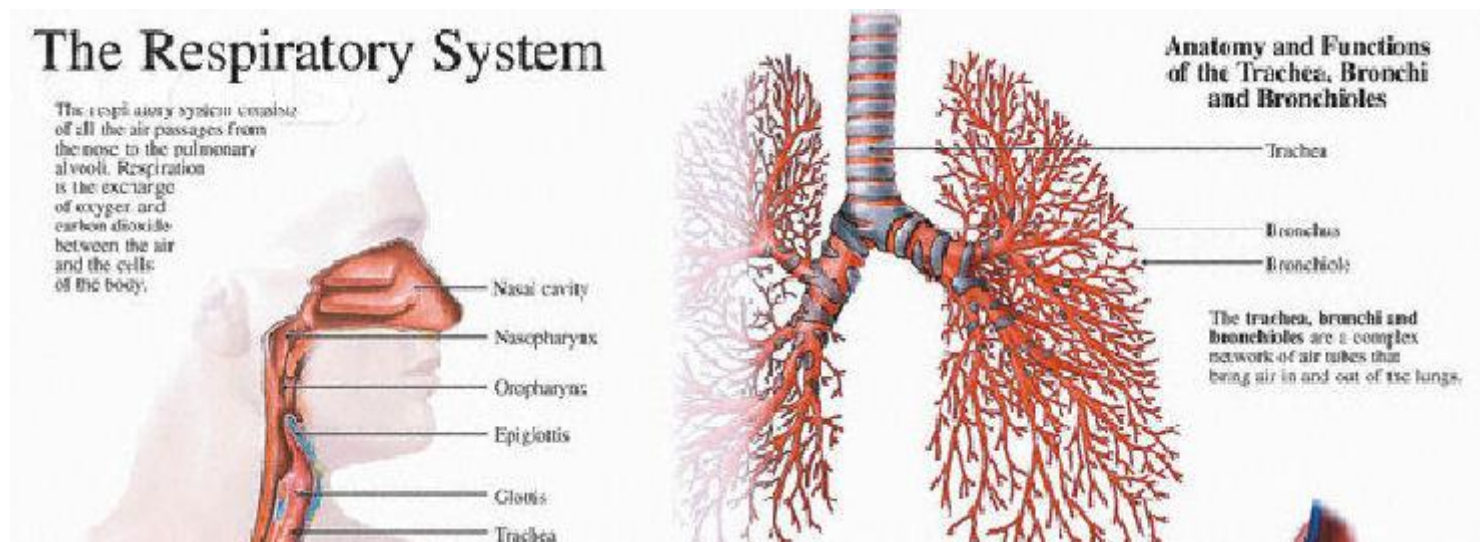
More commonly known as 'Champiassage' (Hindu for massage of the head) this Ayurvedic Therapy dates back to Ancient India where Head Massage was an integral part of well-being within Indian Families and cultures. The art has been passed down to generations and is still commonly practised today.

In India on street corners and in markets, it can still be seen being performed with much vigour.

An Indian Head Massage incorporates an upper body massage from the upper back, arms, neck, face and scalp. It has long been known to help release tension and to ease the body and the mind.

Working with meridian lines, chakras and the bodies energetic pathway, it restores the body back to a state of balance.





Aims and Objectives

To enable students to identify all bodily systems relating to Anatomy and Physiology, allowing them To apply their knowledge and understanding into their Therapeutic working life.

To ensure that during the course, students will understand with virtual learning, assessments and Tests anatomy and physiology appropriate to their area of practice so that they are able to recognise normal anatomical structures, physiological processes and deal safely and effectively with a variety of associated problems and/or contraindications to treatment.

The study and certification of Anatomy and Physiology is a pre-requisite required in order to legally carry out treatments as a working therapist. It allows a therapist to recognise how their treatment can effect and improve bodily functions.

The Course will cover the following:

- Cells and Tissues
- The Skeletal System

The Integumentary System

- The Blood lymph systems
- The Muscular System
- Neurology
- The Digestive and Excretory systems
- The Respiratory and Olfactory systems
- The Endocrine and Reproductive systems
- Arthrology
- Health and Safety Issues
- Salon Management
- Hygiene in the workplace

**Upgrade to VTCT accreditation for
£149.00**

Students will be able to answer tests on-line and will be given ample opportunity to monitor and enhance their progress.

AROMATHERAPY BEGINNERS COURSE USING PRE-BLENDED OILS



This beginner's course is designed to give you an insight into aromatherapy oils. Enjoy discovering the therapeutic and relaxing effects of acupressure massage using pre-blended essential oils.

You do NOT need an Anatomy & Physiology qualification or any previous massage experience to attend this enjoyable 2 day course. This beneficial workshop is designed for all beginners and is ideal for anyone who wishes to use aromatherapy on family and/or friends. Providing you useful information on this captivating subject.

Please note: This workshop is an introduction to aromatherapy and is not insurable in industry. You will receive a certificate of attendance. If you wish to gain further knowledge and receive a certificated qualification for insurance/industry purposes, the tutor on the day can give you further information regarding extra training dates.

This course covers:

- An introduction to aromatherapy
- What is aromatherapy?
- Benefits of aromatherapy massage
- Contra indications
- Essential oils compatible to treat common conditions
- Preparation of the working area
- Massage techniques
- Massage routine

**UPGRADE TO AN NVQ
ACCREDITATION FOR**

Only £149!!

Please enquire about our kits!

INTERMEDIATE AROMATHERAPY MASSAGE



Our Intermediate Aromatherapy Massage course has the edge!

This intermediate 5 day course will teach you how to combine essentials oils and make personalised blends for yourself, clients, family and friends.

Aromatherapy oils are more commonly referred to as 'essential oils'.

Essential oils are highly concentrated oils extracted from plants, herbs, fruits, peel, leaves, trees, bark, roots, seeds and flowers.

Aromatherapy uses the effects of these essential oils to promote health and vitality. Essential oils can be used to help with many common ailments and reduce the need for taking pain killers and other over the counter medicines. They are highly volatile and must be used with care and ALWAYS diluted.

However essential oils have many therapeutic uses.

Please note: You will need an Anatomy & Physiology qualification. Previous knowledge of massage would be an advantage (but not necessary) to attend this enjoyable course. This is an intermediate aromatherapy 6 day course (taught over several weekends). You will receive a certificated qualification for insurance/industry purposes.

Course Objectives

On this course you will learn:

- Benefits of aromatherapy massage
- Contra indications
- Consultation and treatment objectives
- Circulatory and muscular conditions - palpitations, high blood pressure, tired and aching muscles and stiffness.
- Nervous system - insomnia, fatigue, stress, nervous tension, anxiety and mood swings
- Digestive System - spasms, pain, indigestion, nausea
- Respiratory conditions - colds, flu, sore throat, cough, sinusitis
- Skin Problems – acne, eczema, burns, cuts, bruises, bites and stings, oily /dry skin conditions
- Choosing base oils/carrier oils
- Choosing essential oils
- Extracting essential oils
- Classification of essential oils
- Chemical constituents
- Essential oil compatible to treat common conditions
- Blending essential oils
- Preparation of the working area
- Massage techniques
- Massage routine

**UPGRADE TO A
VTCT LEVEL 3
ACCREDITATION
FOR
Only £250!!**

- Legislation
- Evaluating the effectiveness of aromatherapy
- The physical effects of aromatherapy
- aftercare and homecare advice

VTCT LEVEL 3 DIPLOMA IN REFLEXOLOGY- FAST TRACK 5 DAY CLASSROOM + HOME STUDY

This qualification allows you to work as a professional Reflexologist and to become a member of a professional body. This will be the NEW 2012 4-unit course that allows you to become a member of the Association of Reflexologists and is regarded as the best standard for reflexology training.

The VTCT qualification is recognised around the world and will allow you to be employed in a clinic, salon or allow you to set up your own business.

The Federation of Holistic Therapists and the Association of Reflexology, two of the biggest Holistic Therapy organisations which both accept members with this qualification.

Description

Reflexology uses many techniques to manipulate reflex zones found in the feet, of which correspond to a specific body part. The zones have been mapped and this enables the Reflexologist to treat the whole body via these reflex zones on the feet..

The treatment is primarily used for the stimulation of all bodily systems and aiding relaxation. Reflexology is performed frequently within the Health Service personnel and has a role in comforting and supporting terminally ill patients.

This 5 day VTCT Course leads to practitioner status, focusing on providing you with knowledge of the principles of reflexology, competence in dealing with clients, correct use of consultation techniques and good use of planning treatments. You will also learn the benefits and techniques of reflexology and how to target certain key areas such as: Pregnancy or Hand Massage.

Duration

5 days, 10.00am – 5.30pm. Practical elements are covered over 5 days attendance at our Academy. Theory elements are covered by homestudy.

Qualification Structure

T/501/9101 - Knowledge of Anatomy, Physiology and Pathology for Complementary Therapies

F/501/9117 - Provide Reflexology

A/501/9116 - Reflective Practice for Reflexology

Y/501/9253 - Principles and Practice of Complementary Therapies

K/501/9256 - Health, Safety and Hygiene for Complementary Therapies

H/501/9255 - Business Practice for Complementary Therapies

D/501/9111 - Knowledge of Less Common Pathology for Complementary Therapies

Course Contents:

- Health, safety, hygiene and security with regard to the complementary therapy industry.
- Principles and practice of the complementary therapy industry.
- Knowledge and understanding of anatomy, physiology and common pathology of the human body.
- How to prepare for and provide an effective reflexology treatment and adapt to client requirements.
- Contra-indications and contra-actions, advice to be given to the client, record-keeping, evaluation of treatments and reflection on professional practice.
- Recognising Body Language
- Stress and Illness
- Analysis of Posture

- Legal Aspects, Code of Conduct and Ethics
- Advanced Techniques including the use of Meridian lines and Chakra's

Home Study:

You can register your place and receive your lifetime membership. You can then make a start on some of the theory work sent to you by us here at the Academy. This includes your Anatomy and Physiology assignments that you can work on in the privacy of your own home. This allows you to have more time to focus on the practical when the class meets together.

Approx. 5-10 hours per week need to total your home study time spent.

The home work will need to meet the quality of National Standards. You will also be expected to complete 100 reflexology treatments from the start to the end of the course. You will also need to complete some assignments that will be required for your portfolio and a work-book will need to be completed.

.There are also 2 small exams that will be taken at the Academy in order to assess your understanding of Health and Safety and Anatomy and Physiology. These are multiple choice assessments and are nothing to worry about!

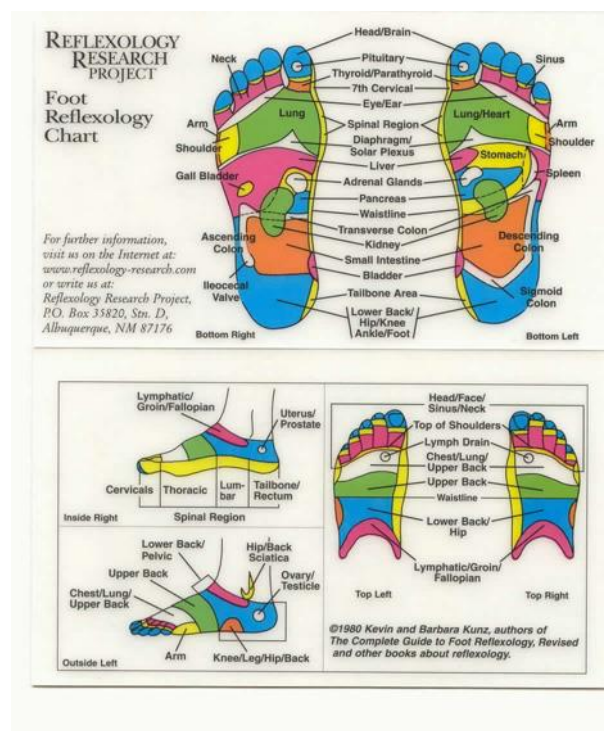
Included in the course:

- Comprehensive course materials, handouts and work-book
- Online Resources: Virtual Learning Environment packed with extensive support materials, resources, help and advice
- Post-training support by phone, instant messaging or email (if desired)
- Assessment of practical/written work included (Must be sent Recorded Delivery)
- VTCT QCF Diploma in Reflexology
- Lots of fun and knowledge from Tutors with a whole wealth of skills and experience
- Light refreshments including tea, herbal tea, coffee and water

Cost for the Course:

There will be a course cost and an additional fee for:

- VTCT Lifetime Registration £150
- Training £450
- Exam Fee £60



VTCT LEVEL 3 CERTIFICATE IN SWEDISH MASSAGE

Course Introduction

Swedish Body Massage is without a doubt one of the most effective ways of relieving stress and tension and helping the body to maintain its health and wellbeing .

Massage has been used to help with pain relief, minor muscular disorders and to help stimulate the circulation. Massage also helps us physiologically and psychologically. The benefits of massage are now being recognised and promoted by the medical profession. The massage routine which has been refined and improved will demonstrated enable you to be able to perform a full body massage covering the chest, arms, back & front of legs, abdomen and back & shoulders. You will be guided on the procedures for both male and female clients.

Dress

Professional salon uniform

Course Content

- History of Massage
- Benefits and effects of treatment
- Associated Anatomy & Physiology
- Contra-indications & contra-actions to treatment
- Client care and communication in beauty related industries
- Aftercare advice
- Monitor and maintain health and safety practice in the salon
- Practical demonstration
- Professional assessment
- Record cards and data-protection

Duration

Four days – 10.00am -4.00pm

Plus assessment session

Cost

- Training
- Additional assessment session
- VTCT Lifetime registration fee

Examination Process

You are required to produce a portfolio of evidence which will consist of small assignments and case studies both of which will be carried out at home. You will be continually assessed throughout the course via the clinic sessions, when you have gained all the required knowledge you will practice your skills on clients in a realistic working environment to prepare you for your final assessments and industry. VTCT require 3 final practical assessments and 2 examination paper to assess if you have achieved the required standard.