



# International Beauty & Holistic Academy

COURSE BROCHURE

## **JUST STARTING OUT**

Begin your beauty or holistic career at IBHA and achieve your ambitions

## **LOOKING TO ADD TO YOUR SKILLS**

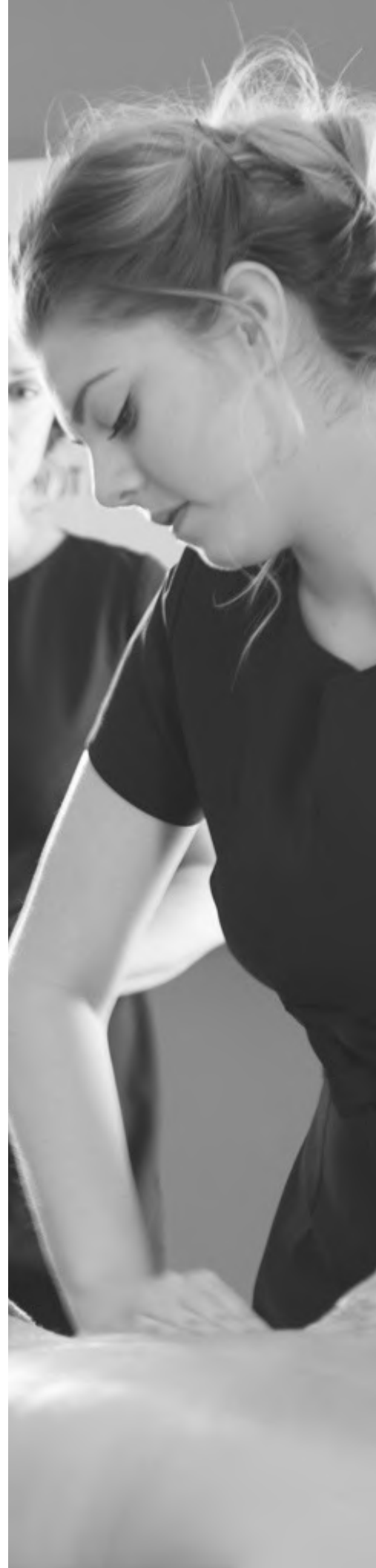
Enhance your qualifications with new skills and opportunities

## **TEAM LEADER OR MANAGER**

Inspire others with leadership and training skills

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# WELCOME TO IBHA

## PROFESSIONAL TRAINING

The International Beauty and Holistic Academy (IBHA) is designed to meet industry needs, offering the highest level of qualifications in the world of beauty and spa, helping students achieve their goals and aspirations.

Born out of 30 years of experience in the industry IBHA wanted to raise the profile of the beauty and spa training to meet international standards. IBHA has a complete understanding of both the employer's and employee needs, the need for progression and fulfillment that each one requires to sustain and grow a business.

Directors Julie Speed and Debbie Moore owners of Cedars Health and Beauty Centre, an award winning salon established in 1991 and founders of the Amethyst Trust Registered Charity for training therapists to welcome clients living with cancer into their salons and spas.

IBHA offers thorough and intensive courses that deliver above and beyond traditional training routes. Graduates gain the best professional skills from a prestigious and proven internationally recognised training provider.

IBHA provide the ultimate education for beauty and holistic therapists, nail technicians and salon and spa support staff resulting in graduates that are well sought after by employers. Students will study under the guidance and mentoring from professionally experienced Tutors and are taught skills to meet the highest professional standards.

To fully prepare students for the commercial work place IBHA has salon days which helps develop professional skills, on fee paying clients, in a realistic working environment.

### Awarding Bodies

IBHA has selected the most prestigious Awarding Bodies with over 40 years experience in beauty and holistic qualifications:

ITEC set high standards in the practice of beauty therapy. World renowned, the ITEC syllabus offers a rigorous examination process that encourages Learners to hone their skills to perfection.

VTCT is at the forefront of developing vocational qualifications within the UK. It makes available unitised learning to give a flexible approach for those who want to do courses that gradually build towards a qualification.

Practical skills are a priority for any beauty business, all students at IBHA experience a real salon environment and are subject to strict standards regarding attendance, team work, appearance, professionalism, attention to detail with all aspects of their treatments, client handling and commitment to being the best. Small class sizes and teaching hours over and above the required amount ensure skill sets are met and exceeded.

### IBHA Guarantee

Small class sizes, plenty of one to one support and guidance, real life salon experience; that is commercially led and consumer aware, and a heritage second to none IBHA support all Learners to achieve a pass in their exams. All you need to do is commit to a minimum 90% attendance and submit all course work and assignments on time and our amazing Tutors will help you on your way. Please read our Terms and Conditions for more details.

The beauty and spa industry provides a vast range of exciting career opportunities including being self-employed, working on cruise ships or in salons, spas.

KEY:  Suitable for beginners

 Some qualifications required

 Advanced Learner Loans available

# Start your career in beauty therapy here

This fully comprehensive beauty course will enable students to study a range of specialist beauty therapy face and body treatments to the highest industry standards, aligned with the National Occupational Standards. IBHA guarantee to deliver over and above the required curriculum to enable you to work to a commercial standard whether employed or in your own business. Students will learn the necessary practical and theoretical skills in order to work with complete confidence and commercial competence to carry out the full range of treatments.

Small class sizes of 4-10 students, high standards and extensive practical experience to hone skills and gain confidence, this course will open opportunities like no other.

## ENTRY REQUIREMENTS

3 GCSEs grades A to C or equivalent. However, exemptions may be made for adult returners with experience in the work place.

Due to our unique delivery programme IBHA is able to accommodate qualified Level 2 therapists who want to progress to the Level 3 diploma in beauty therapy.

## COURSE DURATION

This course traditionally commences in September, January and May of each year and is spread over 7 months. However, IBHA offer a roll on roll off system whereby students can start your training at the beginning of a new course unit.

## FEES

All training and course materials, beauty kit, Awarding Body Registration and Examination fees £7,200

Kit: £250

## KEY



## COURSE CONTENT INCLUDES:

- Facial skincare including skin analysis, cleansing, exfoliation, massage and masks
- Eyelash and eyebrow treatments
- Make up application for all occasions
- Manicure and pedicure from basic to advanced treatments including varnish
- Hair removal; warm and hot waxing
- Full body and scalp massage
- Indian head massage
- Massage with pre-blended aromatherapy oils
- Stone therapy massage
- Anatomy and physiology related to all treatments
- Monitoring procedures to safely control work operations
- Contributing to the planning and implementation of promotional activities
- Professional ethics
- Health and safety practice in the salon
- Salon reception duties
- Client care and communication

## OPTIONAL UNITS:

- Facial and body electrotherapy. Improving treatment results for body and skin conditions using electrical equipment such as galvanic, micro-current and lymphatic drainage
- Airbrush make-up
- Female intimate waxing
- Lash extensions
- Tanning services
- Contributing to the financial effectiveness of the business, including stock systems, target setting and achievable ideas

**LEVEL 2 and 3 DIPLOMAS IN BEAUTY THERAPY GENERAL** are available as separate courses please enquire.

# Start your career in holistic therapy here

This intensive and thorough course is designed for beginners and Level 2 or Level 3 qualified therapists. Taken over a period of twelve months allowing students time to focus on a range of practical skills and underpinning knowledge required in the complementary therapies industry. This course provides excellent training and qualifications to full practitioner status.

The qualification is designed to provide occupational competency for employment and is acceptable for registration on the Complementary and Natural Healthcare Council (CNHC) register.

## ENTRY REQUIREMENTS

3 GCSEs grades A to C or equivalent. However, exemptions may be made for adult returners with experience in the work place.

Suitable for Level 2 and 3 qualified therapists who want to study holistic therapies.

## COURSE DURATION

23 days spread over 8 months plus 1 assessment day. Additional home study is required for portfolio evidence, research and revision.

## FEES

All training and course materials, aromatherapy essential oil kit, Awarding Body Registration and Examination fees £4,670.

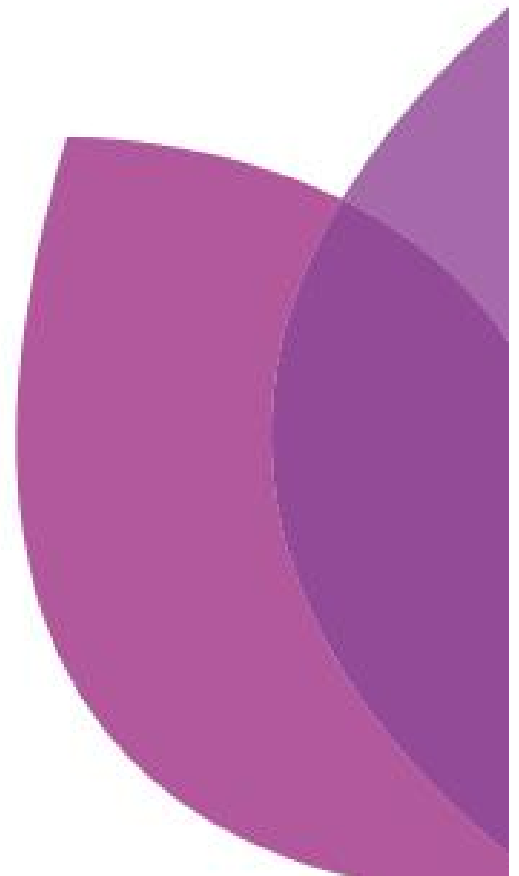
Kit: £250

## KEY



## COURSE CONTENT INCLUDES:

- Body massage for complementary therapies
- Reflexology therapy for both hands and feet
- Aromatherapy massage, blending essential oils and how to apply them using a variety of techniques
- Anatomy, physiology and pathology for complementary therapies
- Principles and practice of complementary therapies
- Business skills for complementary therapies and reflective practice





# Using essential oils for the treatment or prevention of disease

Aromatherapy is the use of plant extracts known as essential oils for the treatment or prevention of disease, designed to treat the whole person helping the body to achieve balance and good health.

Essential oils are readily absorbed via the skin and olfactory system. Their therapeutic constituents are carried around the body where they can deliver their beneficial healing effects. Essential oils combined with specific massage techniques make for an amazing massage experience.

This intensive and thorough course is for qualified massage therapists. It focuses on practical skills and underpinning knowledge and is acceptable for registration on the CNHC register.

## ENTRY REQUIREMENTS

Level 3 body massage and anatomy and physiology qualifications required.

## COURSE DURATION

8 days spread over 5 months plus 1 assessment day. Additional home study is required for portfolio evidence, research and revision.

## FEES

All training and course materials, aromatherapy essential oil kit, Awarding Body Registration and Examination fees £2,882.

Kit: £250

## KEY



## COURSE CONTENT INCLUDES:

- Application of aromatherapy massage for complementary therapies using a variety of specialist massage techniques
- Anatomy, physiology and pathology for complementary therapies
- Essential oils; origins, extraction, chemistry, blending and properties
- Client care and communications as a complementary practitioner
- Principles and practice of complementary therapies
- Business practice for complementary therapies

## OPTIONAL UNITS:

- Healthy eating and well-being for the complementary therapy client



# Re-tune and balance the body's energy through the feet

Reflexology is a theory and therapy that uses the feet as a map or mirror of the whole body. By manipulating and applying pressure to certain areas of the feet the body can be re-tuned and brought back into balance.

This intensive course focuses on practical skills and underpinning knowledge required in the complementary therapies industry and is designed for Learners who want to work as a reflexologist in a complementary therapy setting or for those working within the spa or beauty industry. It is acceptable for registration on the CNHC register.

## ENTRY REQUIREMENTS

3 GCSEs grades A to C or equivalent. However, exemptions may be made for adult returners with experience in the work place. There is no requirement of a massage or anatomy and physiology qualification.

## COURSE DURATION

10 days spread over 6 to 8 months plus 1 assessment day. Additional home study is required for portfolio evidence, research and revision.

## FEES

All training and course materials, Awarding Body Registration and Examination fees £2,882.

## PROVIDE REFLEXOLOGY FOR COMPLEMENTARY THERAPIES - LEVEL 3

This course is for qualified massage therapists who want to add reflexology to their treatment menu.

## ENTRY REQUIREMENTS

A certificate in anatomy and physiology and body massage is required.

## COURSE DURATION

6 days spread over 6 months plus 1 assessment day. Additional home study is required.

## FEES

All training and course materials £941, Awarding Body Registration and Examination fees apply.

## KEY



## COURSE CONTENT INCLUDES:

- Reflexology treatments for the feet and hands for complementary therapies
- A variety of massage techniques for reflex zones of the feet and hands
- Anatomy, physiology and pathology for complementary therapies
- Client care and communications as a complementary practitioner
- Principles and practice of complementary therapies
- Business practice for complementary therapies

## OPTIONAL UNITS:

- Healthy eating and well-being for the complementary therapy client

## KEY



## SWEDISH BODY MASSAGE - LEVEL 3

Massage therapy can be learnt as a stand-alone career or a starting point for learning holistic therapies such as reflexology, aromatherapy, Indian head massage and so much more.

Designed for complete beginners to massage; this intensive and thorough course focuses on a range of practical skills and theoretical knowledge, including anatomy and physiology required to perform massage to a professional standard.

### ENTRY REQUIREMENTS

5 GCSEs grades A to C or equivalent. However, exemptions may be made for adult returners with experience in the work place.

### COURSE DURATION

8 days spread over 3-6 months plus 1 assessment day. Additional home study is required for portfolio evidence, research and revision.

### FEES

All training and course materials, Awarding Body Registration and Examination fees £941.  
Kit: £135

### COURSE CONTENT INCLUDES:

- Swedish body massage including classical massage techniques
- Anatomy and physiology related to body massage
- Monitoring and maintaining health and safety in the salon
- Client care and communications

### KEY



## DIPLOMA IN BODY MASSAGE - LEVEL 3

This qualification is for those who want to work as a massage therapist in the massage industry either in a complementary therapy setting or within the spa or salon.

### ENTRY REQUIREMENTS

5 GCSEs grades A to C or equivalent. However, exemptions may be made for adult returners with experience in the work place.

### COURSE DURATION

8 days spread over 6 months plus 1 assessment day. Additional home study is required for portfolio evidence, research and revision.

### FEES

All training and course materials, Awarding Body Registration and Examination fees £2,880. Kit £135

### KEY



### COURSE CONTENT INCLUDES:

- Body massage for complementary therapies including classical massage movements and adaptations to client's specific needs
- Knowledge of anatomy, physiology and pathology for complementary therapies
- Consultation techniques
- Body analysis, postural faults, corrective techniques and advice
- Principles and practice of complementary therapies
- Business practice for complementary therapies

### OPTIONAL UNIT:

- Healthy eating and well-being for the complementary therapy client.



# A&P for a career in massage and holistic therapies

This course is a qualification that has been specifically designed to give students knowledge and understanding of the main systems of the body.

No prior knowledge or qualifications necessary.

This is a stand-alone qualification that requires a good proportion of home-study. Specifically it will provide a platform for Learners to go on to further study in beauty, massage and holistic therapies.

## ENTRY REQUIREMENTS

None.

## DURATION

3 days spread over 2 months.

Additional home study is required for portfolio evidence, research and revision.

## FEES

All training and course materials £125

Kit required: None

Awarding Body Registration and Examination fees apply.

## KEY



## COURSE CONTENT INCLUDES:

- Anatomical and physiological knowledge of body systems:
  - Skeletal system
  - Muscular system
  - Nervous system
  - Endocrine system
  - Respiratory system
  - Cardiovascular system
  - Lymphatic system
  - Digestive system
  - Skin, hair and nails
- Knowledge of further career pathways career

## Enhance your treatment menu with this wonderful and popular treatment

This course is a vocational qualification that will enhance your skills as a massage therapist.

Stone therapy massage uses specialist stones of varying temperatures to massage the face and body.

Combined with Swedish massage techniques the hot stones provide deep heat therapy and relaxation whilst cold stones are used for stimulating circulation.

A very popular treatment and is an asset to any treatment menu.

### ENTRY REQUIREMENTS

Level 3 massage qualification required.

### DURATION

1 day plus 1 assessment day.

Additional home study is required for portfolio evidence, research and revision.

### FEES

All training and course materials £240

Kit required: None

Awarding Body Registration and Examination fees apply.

### KEY



### COURSE CONTENT INCLUDES:

- Consultation techniques
- Physical and psychological effects of massage
- Use and application of hot and cold stones within a full body massage
- Contra-indications and contra-actions

## AWARD IN THERMAL AURICULAR THERAPY - LEVEL 2

Also known as ear candling, this is an intensive and thorough course for qualified massage therapists. It focuses on a range of practical skills and underpinning theoretical knowledge required to perform Thermal Auricular Therapy to a professional standard.

### ENTRY REQUIREMENTS

Level 2 beauty therapy or specialist or Level 3 body massage qualification or equivalent required.

### COURSE DURATION

1 day plus 1 assessment day. Additional home study is required for portfolio evidence, research and revision.

### FEES

All training and course materials £299

Kit required: None

Awarding Body Registration and Examination fees apply.

### KEY



### COURSE CONTENT INCLUDES:

- The benefits and contraindications of thermal auricular therapy
- Massage techniques for the head and neck
- Anatomy and physiology related to thermal auricular therapy
- Client care and communications as a complementary practitioner
- Reflective practice and business skills

## AWARD IN INDIAN HEAD MASSAGE - LEVEL 3

This is an intensive and thorough course for qualified massage therapists. It focuses on a range of practical skills and theoretical knowledge required to perform Indian head massage to a professional standard. A very popular treatment and is an asset to any treatment menu.

### ENTRY REQUIREMENTS

Level 3 massage qualification required.

### COURSE DURATION

2 days plus 1 assessment day. Additional home study is required for portfolio evidence, research and revision.

### FEES

All training and course materials £299

Kit required: None Awarding Body Registration and Examination fees apply.

### KEY



### COURSE CONTENT INCLUDES:

- The benefits and contraindications of Indian head massage
- A variety of massage techniques for Indian head massage
- Client care and communications as a complementary practitioner
- Reflective practice and business skills

# Support a team, provide guidance and learn leadership skills

This course will enable you to gain the essential practical and theoretical skills to manage a spa or salon environment professionally and effectively. Giving a better understanding of how to support a team of staff, provide guidance and learn leadership skills. Students can join this course without prior qualifications within the beauty industry, however it is also a great option for qualified therapists or nail technicians who wish to further their career and progress into management.

## ENTRY REQUIREMENTS

5 GCSEs grades A to C or equivalent or a Level 2 diploma for beauty specialists.

## COURSE DURATION

12 days spread over 6-12 months plus 1 assessment day. Additional home study is required for portfolio evidence, research and revision.

This course traditionally commences in January of each year. However, IBHA offer a roll on roll off system whereby students can start training at the beginning of a new course unit. Please enquire for more details.

## FEES

All training and course material, Awarding Body Registration and Examination fees £3,345.

## KEY



## COURSE CONTENT INCLUDES:

- Monitoring and maintenance of the spa area; steam, sauna, hydrotherapy, showers, relaxation areas
- Salon design for hair and beauty sector
- Salon management; staff, customers, employers
- Management of health, safety and security for the beauty business
- Contributing to the effective running of a business
- Sales and quality management for hair and beauty salons or spas
- Marketing and PR for the hair and beauty sector
- Commercialism and professionalism



## CERTIFICATE IN LASER AND LIGHT TREATMENTS - LEVEL 4

Designed for beginners and experienced practitioners to broaden experience and knowledge whilst gaining a recognised qualification; to align with industry standards and insurance recommendations.

This course covers manufacturer training, Core of Knowledge and the full range of Laser Light and IPL hair removal and skin rejuvenation treatments.

Studied as a standalone qualification. Due to the nature of the treatments learnt it can be an advantage to have prior knowledge of the anatomy and physiology of skin and hair.

### ENTRY REQUIREMENTS

5 GCSEs grades A to C or equivalent or a Level 2 diploma for beauty specialist or nursing degree. Exemptions may be made for adult returners with experience in the work place.

### DURATION

5 days spread over one week. Additional home study is required for portfolio evidence and revision.

### FEES

All training and course material Awarding Body Registration and Examination fees £1,645.

### KEY



### COURSE CONTENT INCLUDES:

- Core of knowledge
- Manufacturer training for Laser and IPL: Hair removal, skin rejuvenation including red veins, pigmentation, anti-ageing and scarring, acne and rosacea
- Anatomy, physiology, science and cosmetology related to each treatment
- Client care and communication in the beauty related industries
- Management of health and safety and security in the salon

## DIPLOMA IN PERMANENT HAIR REDUCTION AND SKIN REJUVENATION - LEVEL 4

Suitable for beginners and experienced practitioners to align with industry standards and insurance recommendations.

This course covers manufacturer training, Core of Knowledge, a full range of Laser Light and IPL hair removal and skin rejuvenation treatments, epilation, advanced epilation and micro dermabrasion.

Studied as a standalone qualification.

It can be an advantage to have prior knowledge of the anatomy and physiology of skin and hair.

### ENTRY REQUIREMENTS

5 GCSEs grades A to C or equivalent or a Level 2 diploma for beauty specialist or nursing degree. Exemptions may be made for adult returners with experience in the work place.

### DURATION

15 days spread over 3 months. Additional home study is required for portfolio evidence, research and revision.

### FEES

All training and course material Awarding Body Registration and Examination fees £3,345.

### KEY



### COURSE CONTENT INCLUDES:

- Core of knowledge
- Manufacturer training for Laser and IPL: Hair removal, skin rejuvenation including red veins, pigmentation, anti-ageing and scarring, acne and rosacea
- Epilation
- Advanced Epilation
- Micro Dermabrasion
- Anatomy, physiology, science and cosmetology related to each treatment
- Management of health and safety and security in the salon
- Physiology of ageing



## CERTIFICATE IN NAIL TECHNOLOGIES - LEVEL 2

This course teaches a full range of hand and foot treatments using various systems; liquid and powder, gel or wraps.

Designed to industry standards aligned with the National Occupational Standards, IBHA deliver over and above the required curriculum to enable students to work to a commercial standard whether employed self-employed. Students can go on to further study either within the nail or beauty sector.

### ENTRY REQUIREMENTS

3 GCSEs grades A to C or equivalent. However, exemptions may be made for adult returners with experience in the work place.

### COURSE DURATION

16 days spread over 2 months plus 1 assessment day. Additional home study is required for portfolio evidence, research and revision.

### FEES

All training and course materials, manicure and pedicure tools, nail art and nail enhancement kit, Awarding Body Registration and Examination fees £960.

### KEY



### COURSE CONTENT INCLUDES:

- Manicure and pedicure from basic to advanced treatments including varnish application
- Applying and the maintenance of nail enhancements or extensions
- Nail Art application
- Anatomy and physiology related to treatments
- Health and safety practice in the salon
- Exceptional standards on client care and communications
- Commercialism and professionalism working in the beauty related industries

## AWARD IN GEL POLISH TECHNIQUES - LEVEL 2

This course is suitable for those with a manicure qualification and will teach both practical and theoretical skills needed to perform this treatment on family and friends or even as a professional nail technician.

During the course students will have the opportunity to test your skills on clients and learn hints and tips on how to apply gel polish without lifting, chipping or cracking.

### ENTRY REQUIREMENTS

No prior knowledge required.

### COURSE DURATION

1 day only.

### KEY



### COURSE CONTENT INCLUDES:

- Detailed nail and skin analysis, contra-indications
- Consultation techniques
- Tools and product knowledge
- Apply light cured gel polish
- Light curing equipment
- Removal of gel polish

### FEES

All training and course materials £99  
Kit required: None  
Awarding Body Registration fees apply.

# Become a professional nail technician

This advanced qualification enables students to work as a nail technician self-employed or employed within the spa or beauty industry.

Designed to industry standards aligned with the National Occupational Standards, IBHA guarantee to deliver over and above the required curriculum to enable students to work to a commercial standard whether employed or in their own business. Students studying this course can go on to further study either within the nail technician sector or beauty therapy industry.

## ENTRY REQUIREMENTS

5 GCSEs grades A to C or equivalent. However, exemptions may be made for adult returners with experience in the work place.

## COURSE DURATION

16 days spread over 2 months plus 1 assessment day. Additional home study is required for portfolio evidence, research and revision.

## FEES

All training and course material, enhancement kit, Awarding Body Registration and Examination fees £2,580.

## COURSE CONTENT INCLUDES:

- Enhance and maintain nails using UV gel systems
- Enhance and maintain nails using liquid and powder systems
- Monitor procedures to safely control work operations

## 2 OF THE FOLLOWING OPTIONAL UNITS:

- Develop a range of creative nail images
- Plan and create nail art designs
- Plan and provide airbrush designs for nails
- Prepare and complete nail overlays using electric files
- Enhance and maintain nails using wraps
- Contribute to the planning and implementation of promotional activities
- Contribute to the financial effectiveness of the business

## KEY



## CERTIFICATE IN EPILATION - LEVEL 3

Become a qualified electrologist. Electrolysis is a traditional method of hair removal that is still as popular in salons today as it was 30 years ago.

After completing this course, you will be able to provide electrolysis as a standalone treatment or as a compliment to the beauty specialist qualification.

Short wave diathermy and blend methods are taught in this course.

### ENTRY REQUIREMENTS

5 GCSEs grades A to C or equivalent. However, exemptions may be made for adult returners with experience in the work place. Or Level 2 beauty specialist or equivalent.

### COURSE DURATION

3 days. Additional home study is required for portfolio evidence, research and revision.

### FEES

All training and course materials £1,200

Kit required: Epilation needle holder £20

Awarding Body Registration and Examination fees apply.

### COURSE CONTENT INCLUDES:

- The benefits and contraindications of electrolysis
- Shortwave diathermy and blend methods of electrolysis
- Practical and theory knowledge over and above the required standards
- Anatomy and physiology related to treatments
- Commercialism and professionalism
- Exceptional standards on client care and communications

### KEY



## AWARD IN SKIN BLEMISH REMOVAL - LEVEL 4

This course is a vocationally related qualification focused on carrying out advanced electrical epilation techniques to treat skin tags, milia, telangiectasia, spider naevi and blood spots.

Students will learn advanced skills needed to carry out a thorough consultation, formulate an individual treatment plan and provide aftercare advice. Health, safety and hygiene are also key elements of this qualification.

### ENTRY REQUIREMENTS

Level 3 certificate in electrical epilation required.

### COURSE DURATION

2 days.

### FEES

All training and course materials £395

Kit required: None

Awarding Body Registration fees apply.

### COURSE CONTENT INCLUDES:

- Communicate and behave in a professional manner
- Follow health and safety working practices
- Position yourself and the client correctly throughout the treatment
- Use products, tools and equipment to suit client treatment needs
- Adapt the advanced epilation techniques to suit client needs and skin conditions
- Complete the treatment to the satisfaction of the client
- Record and evaluate the results of the treatment
- Provide suitable aftercare advice

### KEY



# Advanced technology for results driven facial treatments

This course will equip Learners with the knowledge and skills required to provide a range of electrical beauty treatments to complement the beauty specialist qualification.

## ENTRY REQUIREMENTS

Level 2 beauty specialist qualification required.

## COURSE DURATION

16 days spread over several weeks, plus additional home study for projects, portfolio evidence, research and revision.

## FEES

All training and course materials £895

Kit required: None

Awarding Body Registration and Examination fees apply.

## COURSE CONTENT INCLUDES:

- Benefits and contraindications of the specified facial treatments; galvanic, high frequency, micro-current, vacuum suction, faradic and micro-dermabrasion
- Practical and theory knowledge over and above the required standards
- Anatomy and physiology related to treatments
- Cosmetic science related to treatments
- Commercialism and professionalism
- Exceptional standards of client care and communication

## KEY



Learn how to apply eyelash extensions involving the use of single eyelashes, including application, maintenance and removal along with suitable aftercare advice for clients.

## ENTRY REQUIREMENTS

Level 2 beauty specialist qualification required.

## COURSE DURATION

1 day introduction followed by 1 day assessment.

## FEES

All training and course materials £265

Kit required: None

Awarding Body Registration and Examination fees apply.

## KEY



## COURSE CONTENT INCLUDES:

- Application of individual lash extensions
- Maintenance of individual lash extensions/infills
- Hygiene, health and safety
- Consultation
- Client care, homecare and maintenance advice

## Become a qualified assessor

This qualification provides a sound platform for learners wishing to progress to a practical assessor's qualification that is required for teaching and training in Further Education, private training establishments and work places with apprenticeship schemes.

### ENTRY REQUIREMENTS

Commercial experience and qualifications in your chosen profession. Students must be at least 19 years of age.

### COURSE DURATION

2 days with additional home study for projects, portfolio evidence and research.

### FEES

All training and course materials £399

Awarding Body Registration and Examination fees apply.

### COURSE CONTENT INCLUDES:

- Principles and requirements of assessment
- Different types of assessment methods
- How to plan assessments
- How to involve learners and others in assessment
- How to make assessment decisions
- Quality assurance of the assessment process
- How to manage information relating to assessment
- Legal and good practice requirements in relation to assessment

### KEY



This course will enable students to gain the necessary practical and theoretical skills in order to provide intimate waxing using hot wax systems for female clients and is a progression from standard waxing techniques.

### ENTRY REQUIREMENTS

Level 2 waxing qualification required.

### COURSE DURATION

1 day introduction followed by 1 day assessment.

### FEES

All training and course materials £140

Kit required: None

Awarding Body Registration and Examination fees apply.

### COURSE CONTENT INCLUDES:

- Advanced waxing techniques for female clients
- Practical and theory knowledge over and above the required standards
- Commercialism and professionalism
- Exceptional standards for client care and communication

### KEY







IBHA partners with the Amethyst Trust to meet the needs of the public who have had or are undergoing treatment for cancer and are seeking massage, relaxation and pampering therapies in spas and salons. We teach therapists of all disciplines how to provide professional massage therapy safely, with confidence and competence and ensure that they are fully insured to do so.

Formed by and Julie Speed and Debbie Moore of the International Beauty and Holistic Academy and John Holman of John Holman Therapy Solutions, the Amethyst Trust represents over 70 years of combined industry experience.

Amethyst Trust provides high quality training to learn massage techniques and adaptations in a confident, caring, safe and effective way for individual therapists, salons and spas. This training course is endorsed by Penny Brohn UK and approved by Habia our industry standard. It is also fully insurable.

#### ENTRY REQUIREMENTS

Level 3 massage qualification or equivalent required.

#### COURSE DURATION

One day only.

#### FEES

Including training and course materials:

- Individual therapist £258
- 2-6 therapists from the same business £190.80 each
- 6-10 therapists from the same business £172.80 each
- 10+ therapists from the same business £162 each

For larger groups and colleges Amethyst Trust can train your staff at your location please enquire.

#### KEY



#### COURSE CONTENT INCLUDES:

This is a one day comprehensive course covering theory and practical considerations when offering massage therapies to clients who have either experienced or are in treatment for cancer.

This course will cover:

- Dispelling the myths around massaging clients with cancer
- The benefits of massage therapy for clients with cancer
- Extending consultation skills to ensure safe treatment planning and appropriate contraindications of the specified treatments
- Traditional massage considerations and adaptations - knowledge over and above the normal massage qualification specifications
- Practical massage applications
- Introduction to the Hydrotherm and Wavestone Massage Systems
- Exceptional standards on client care and communications
- Medical terminology
- Commercialism and professionalism
- Marketing support
- Insurance requirements
- The next steps – should you want to progress further

#### INSURANCE

A 'top up' insurance policy is available to trainees of the Amethyst Trust to enable them to carryout massage on people with experience of cancer.



# Booking your course is easy

IBHA run most courses regularly and due to our small class size we can be flexible with dates.

1. Firstly decide which course is best for you, our tutors are available to meet with you or discuss your needs over the phone if that is easier.
2. Decide how you would like to pay, some courses allow for easy payment options.
3. Complete an Application Form - found on the website and send to the IBHA address below along with your 25% deposit.
4. Upon booking you will be required to pay a 25% deposit to secure your place on the course. This deposit is non-refundable, please see IBHA Terms and Conditions.
5. The remaining balance will be due 30 days before your course begins and payment can be made by cash, bank transfer, debit or credit card. (Unless an easy payment programme has been agreed beforehand).
6. Your course reservation will then be confirmed by email along with all relevant course information.

Terms and conditions apply to all course bookings, please visit [www.ibha.co.uk](http://www.ibha.co.uk)

## COURSE PAYMENT OPTIONS:

Payment can be made by cash, credit card or bank transfer (BACS) direct to the Academy.

### Advanced Learner Loans

Government funded loans to help you pay for your chosen course. Available to anyone over 19 years of age and eligibility doesn't depend on your income, there are no credit checks. This service allows you to buy now and pay later, when you earn a salary of £21,000.

For more information go to: [www.gov.uk/advanced-learner-loan/overview](http://www.gov.uk/advanced-learner-loan/overview)

### Professional and Career Development Loans

Professional and Career Development Loans are Bank loans to help you pay for your chosen course to improve your career or work prospects. Loans are offered at a reduced interest rate and the Government pays interest while you're studying.

This loan can be used for certain courses and can also be used to top up the Advanced Learner Loan if that loan doesn't cover the total cost of the course.

For more information go to: [www.gov.uk/career-development-loans/overview](http://www.gov.uk/career-development-loans/overview)

## HOW TO FIND US

IBHA is located on the 2nd floor of  
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