

Sunshine H&B Academy

Training prospectus



Welcome to our training prospectus

Do you want to successfully launch an exciting new career?

Or maybe add some additional services to boost your career and CPD?

At Sunshine H&B Academy we know how important training is and that's why we only give high standards when training.

The academy and the Professional Beauty Direct have teamed up to ensure the highest level of training is given.

We dedicate ourselves in helping therapists gain the most of their ability, encourage and guide beginners through every course.

After the course you will still continuous support and guidance, so if you are unsure on something or you just need reassurance don't hesitate the contact the academy. This can be done either:

Phone/ Text: 0715971081

Email: rhian@sunshinehairandbeauty.co.uk

We will endeavor to response to your queries within one working day.

The courses have been accredited by: The Professional Beauty Direct.

High quality education and upgraded skills are perfect when it comes to career ambitions and aspirations, whether you are a beginner or working at a professional level, our courses can help you to:

- ❖ Kick start a new career.
- ❖ Expand your knowledge, skills, confidence and motivation.
- ❖ Increase the number and type of services offered to clients.
- ❖ Keep up to date with current fashion and trends.
- ❖ Improve your customer satisfaction ratings.

Contact Information:

www.sunshinehairandbeauty.co.uk
rhian@sunshinehairandbeauty.co.uk

07515971081

www.facebook.com/Sunshinehairbeauty
www.twitter.com/SunshineH_B

There are many different ways to book.

You can book via email, online, Facebook, Beauty Finder. There is a £50 deposit to be made when booking the course.

Once you have booked onto the course a confirmation email will be sent, regarding all details and if you need to bring/purchase any materials.

Key:

B – Ideal for beginners

C – Certificate on attendance, issued by the guild of beauty therapists.

K – Kit is required.

M – Model required

CPD – CPD hours

The legal Bit

Once completed training we strongly advise that you obtain the appropriate insurance. The Guild of Beauty Therapists is brilliant insurance and offers value for money and specialise in different services.

Models

The models that are required must be over 16 years old. Some courses are 18 years old. Please check when booking the course. Each model needs to have completed and signed a model indemnity form. When colours are being applied, you must comply with manufacturer's instructions and do a patch/skin test 48 hours before the chemical treatment takes place.

The same rule apply to any chemical service such as Eyebrow tint, Eyelash tint, Eyelash extension (glue used) and Hair tint.

Requirements

You are expected to be dressed appropriately for the course you have chosen, wearing a tunic if required. It is your responsibility to provide the correct materials needed for each course.

See kit lists.

Sunshine H&B Academy would like to stress how important it is to purchase the correct insurance. Whether you are a student only practicing on friends/family or as a profession, you just don't know what is around the corner and it's not worth taking risks.

Always make sure you read the manufacturer's instructions and where applicable carry out a patch/skin test 48 hours before the chemical treatment. Please ensure that you repeat a skin test every 6 months and keep records of these tests. Also if you change your brand, ensure you do another patch/skin test.

Manicure Course

Price: £240.00

Time: 10am – 4pm

Course structure:

Client Consultation

Contra – indication & Contra - Actions

Anatomy & Physiology of the skin

Anatomy & Physiology of the nail

Anatomy & Physiology of the bones of the hand

Anatomy & Physiology of the muscles of the hand

Preparation

Technique (practical)

Treatment Adaptions

Aftercare

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full manicure and then be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K

Starter kit included.



Pedicure Course

Price: £240.00

Time: 10am – 4pm

Course structure:

Client Consultation

Contra - indications & Contra - Actions

Anatomy & Physiology of the skin

Anatomy & Physiology of the nail

Anatomy & Physiology of the bones of the foot

Anatomy & Physiology of the muscles of the feet

Preparation

Technique (practical)

Treatment Adaptions

Aftercare

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full pedicure and then be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V

Starter kit included.



Waxing Course

Price: £284.00

Time: 10am – 4pm

Course structure:

Introduction & Different Methods of Hair Removal

Consultation

The Skin, the Hair & the Endocrine System

Contra-Indications & Contra-Actions

Warm Waxing Technique

Half Leg

Full Leg, Bikini & Abdomen Waxing

Underarm, Facial Waxing & Forearm

Aftercare

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full waxing areas and then be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V

Starter kit included.



Lash & Brow Treatments Course

Price: £180.00

Time: 10am – 5pm

Course Structure:

Client Consultation

Preparation

Eyebrow Shape

Eyelash and Eyebrow tinting

Strip lash application

Contra indications and contra actions

Treatment Adaptions

Aftercare

The student will be assessed by the lecturer of the session, they will get shown how to carry out eyelash, eyebrow tint and eyebrow shape and then be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V

Starter kit included.



Facial Course

Price: £244.00

Time: 10am – 4pm

Course Structure:

Anatomy & Physiology

Contraindications and Contra Actions

Skin Conditions

Preparation

Skin Types & Product Selection

Treatment

Facial Technique, Cleanse, Tone

Facial Technique Massage

Facial Technique Mask, Moisturise & Eye

Care

Treatment Adaptations & Aftercare

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full facial and then be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V

Starter kit included.



Indian Head Massage Course

Price: £258.00

Time: 10am – 4pm

Course Structure:

Anatomy & Physiology

Massage Benefits

Preparation

Marma Pressure Points & Chakras

Technique – Upper Back & Shoulder

Massage Technique – Upper Arm & Neck Massage

Massage Technique – Head and Face massage

Treatment Adaptations & Aftercare

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full Indian head massage and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V

Starter kit included.



Make – Up Course

Price: £216.00

Time: 10am – 4pm

Course Structure:

Hygiene, Health & Safety

Related Anatomy & Physiology

Equipment & Products

Preparation of Treatment Room, Trolley and Client

Contra-indications & Contra-actions

Client Consultation

Skin Cleansing, Toning & Moisturising

Day, Evening & Corrective Techniques

Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full make – up application and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V

Starter kit included.



Bridal Make – Up Course

Price: £216.00

Time: 10am – 4pm

Course Structure:

Hygiene/Health & Safety

Equipment & Materials

Preparation of Room, Trolley & Client

Contra Indications & Contra Actions

Client Consultation

Specific Techniques for Bridal Make-Up

The effects of lighting

How Black & White Photographs affect the Make-Up

The Make-Up Consultation and Trial

3 Practical Bridal Make-Ups and adaption for different skin tones

Various Bridal looks and their effects

Make-Up for Mature Clients, Mother of the Bride

Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full Bridal make – up application and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V

Starter kit included.



Hair up Course

Price: £156.00

Time: 10am – 4pm

Course Structure:

Hygiene/Health & Safety
Equipment & Materials
Preparation of Room, Trolley & Client
Contra Indications & Contra Actions
3 Classic Styles – French Pleat with or without Curls
Chignon – Side, Central and Low
Top Knot
Half Up & Half down Curls
French Plaits
Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full hair up and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V



Bridal Hair up Course

Price: £180.00

Time: 10am – 4pm

Course Structure:

Hygiene/Health & Safety
Equipment & Materials
Preparation of Room, Trolley & Client
Contra Indications & Contra Actions
Blow – drying curls
Classic Messy Bun
Barrel Curls
Half up Half down with curls
Smooth Chignon
Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full Bridal hair up and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V



Gel Polish Course

Price: £110.00

Time: 10am – 2pm

Course Structure:

Hygiene, Health & Safety
Equipment & Products
Preparation of Treatment Room, Trolley and Client
Client Consultation
Preparation of the Nail
Practical Tuition in the Application of gel polish
French application
Removal Techniques
Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full gel polish application and be expected to carry the treatment out. On completion the student will receive a certificate. Manicure is essential to be able to carry out this treatment.

Key:

M C B K V



Eyelash Extension Course

Price: £295.00

Time: 10am – 4pm

Course Structure:

Hygiene, Health & Safety
Related Anatomy & Physiology
Equipment & Materials
Preparation of Treatment Room, Trolley & Client
Contra-indications & Contra-actions of Eye Treatment
Client Consultation
Application of individual Lashes
Clusters and strip lashes
Removal
Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full set of eyelash extensions and be expected to carry the treatment out. On completion the student will receive a certificate. Eye treatments is essential

Key:

M C B K V



Eyelash Perming Course

Price: £155.00

Time: 10am – 2pm

Course Structure:

Hygiene, Health & Safety

Related Anatomy & Physiology

Equipment & Materials

Preparation of Treatment Room, Trolley & Client

Contra-indications & Contra-actions of Eye Treatment

Client Consultation

Patch Test

Lash Perm

Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full eyelash perm and be expected to carry the treatment out. On completion the student will receive a certificate. Eye Treatments is essential.

Key:

M C B K V

Before



After



Eyelash Lifting Course

Price: £150.00

Time: 10am – 2pm

Course Structure:

Hygiene, Health & Safety

Related Anatomy & Physiology

Equipment & Materials

Preparation of Treatment Room, Trolley & Client

Contra-indications & Contra-actions of Eye Treatment

Client Consultation

Patch Test

Lash lift

Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full eyelash lift and be expected to carry the treatment out. On completion the student will receive a certificate. Eye Treatments is essential

Key:

M C B K V



Spray Tanning Course

Price: £120.00

Time: 10am – 2pm

Course Structure:

Hygiene, Health and safety
Equipment & Materials
Preparation of Room & Client
Contra-indications & Contra-actions
Tan Zoning Order
Product Information
Maintenance of Machine
Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full spray tan and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V



Acrylic Extension Course

Price: £210.00

Time: 10am – 4pm

Course Structure:

Hygiene, Health & Safety

Related Anatomy & Physiology

Equipment & Products

Preparation of Treatment Room, Trolley and Client

Contra-indications & Contra-actions

Client Consultation

Preparing the Natural Nail

Practical Tuition in Tip Application and Acrylic Overlay

Maintenance Procedures

Removal Techniques

Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full set of Acrylics and be expected to carry the treatment out. On completion the student will receive a certificate. Manicure is essential.

Key:

M C B K V



UV Gel Extensions Course:

Price: £210.00

Time: 10am – 4pm

Course Structure:

Hygiene, Health & Safety

Related Anatomy & Physiology

Equipment & Products

Preparation of Treatment Room, Trolley and Client

Contra-indications & Contra-actions

Client Consultation

Preparing the Natural Nail

Practical Tuition in Tip Application and UV Gel Overlay

Maintenance Procedures

Removal Techniques

Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out a full set of UV Gel's and be expected to carry the treatment out. On completion the student will receive a certificate. Manicure is essential.

Key:

M C B K V



Nail Art Course:

Price: £72.00

Time: 10am – 1pm

Course Structure:

Hygiene, Health & Safety

Equipment & Products

Preparation of Treatment Room, Trolley and Client

Client Consultation

Preparing the Natural Nail

Practical Tuition in Nail Art Techniques

Striping, Blending, Glitter, Freehand Designs,
application of Gems and Dotting

Removal Techniques

Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out nail art and be expected to carry the treatment out. On completion the student will receive a certificate. Manicure is essential.

Key:

M C B K V



Nail Art 2 Course:

Price: £72.00

Time: 10am – 1pm

Course Structure:

Hygiene, Health & Safety

Equipment & Products

Preparation of Treatment Room, Trolley and Client

Client Consultation

Preparing the Natural Nail

Practical Tuition in Nail Art Techniques

Application of flat decorations, Transfers, foils, stamping and Hollywood design.

Removal Techniques

Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out nail art and be expected to carry the treatment out. On completion the student will receive a certificate. Manicure is essential.

Key:

M C B K



Swarovski Crystals Course:

Price: £72.00

Time: 10am – 1pm

Course Structure:

Hygiene, Health & Safety

Equipment & Products

Preparation of Treatment Room, Trolley and Client

Client Consultation

Preparing the Natural Nail

Practical Tuition in Swarovski crystal Techniques

Removal Techniques

Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out Swarovski crystals and be expected to carry the treatment out. On completion the student will receive a certificate. Manicure or Pedicure is essential.

Key:

M C B K V



Hair Extensions (Micro Ring) Course:

Price: £216.00

Time: 10am – 4pm

Course Structure:

Hygiene/Health & Safety

Equipment & Materials

Preparation of Room, Trolley & Client

Contra Indications & Contra-Actions

Hair Growth Cycle

Consultation & Expectations

Hair Types & Conditions

Hair & Scalp Disorders

Planning, Preparation, Minimising Risk & Damage (Practical)

Application (Practical)

Aftercare

Maintenance (Practical)

Removal (Practical)

The student will be assessed by the lecturer of the session, they will get shown how to carry out Micro Ring method and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V



Hair Extensions (Pre Bonded) Course:

Price: £216.00

Time: 10am – 4pm

Course Structure:

Hygiene/Health & Safety

Equipment & Materials

Preparation of Room, Trolley & Client

Contra Indications & Contra-Actions

Hair Growth Cycle

Consultation & Expectations

Hair Types & Conditions

Hair & Scalp Disorders

Planning, Preparation, Minimising Risk & Damage (Practical)

Application (Practical)

Aftercare

Maintenance (Practical)

Removal (Practical)

The student will be assessed by the lecturer of the session, they will get shown how to carry out Pre Bonded method and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V



Hair Extensions (Tape in) Course:

Price: £216.00

Time: 10am – 4pm

Course Structure:

Hygiene/Health & Safety

Equipment & Materials

Preparation of Room, Trolley & Client

Contra Indications & Contra-Actions

Hair Growth Cycle

Consultation & Expectations

Hair Types & Conditions

Hair & Scalp Disorders

Planning, Preparation, Minimising Risk & Damage (Practical)

Application (Practical)

Aftercare

Maintenance (Practical)

Removal (Practical)

The student will be assessed by the lecturer of the session, they will get shown how to carry out Tape in method and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V



IBX Nail Treatment Course:

Price: £100.00

Time: 10am – 12.30pm

Course Structure:

Hygiene/Health and safety
Equipment and Materials
Contra Indications & Contra Actions
Client Consultation
Nail Preparation
Application of the treatment
Removal of the treatment
Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out A full IBX treatment method and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V



Body Wrap Course:

Price: £216.00

Time: 10am – 2pm

Course Structure:

Hygiene, Health and Safety
Equipment & Materials
Preparation of Room, Trolley & Client
Contra-indications & Contra-actions
Pre-treatment Procedures
Measuring & Re measuring
The Treatment
Aftercare Advice

The student will be assessed by the lecturer of the session, they will get shown how to carry out A body wrap and be expected to carry the treatment out. On completion the student will receive a certificate.

Key:

M C B K V



Kit lists:

Manicure:

Black foam file 240 grit
3 way shine block
Cuticle oil 15ml Cuticle
Remover 28g
Cuticle Massage Cream 28g
Manicure Bowl
Cuticle Nippers
Cuticle Pusher
Nail Wipes 200 pack
Manicure kit

Pedicure:

Black foam file 240 grit
3 way shine block
Cuticle oil 15ml Cuticle
Remover 28g
Cuticle Massage Cream 28g
Inflatable Pedicure bath
Foot file
Cuticle Nippers
Cuticle Pusher
Nail Wipes 200 pack
Pedicure kit

Waxing:

Waxing Starter kit
Cotton Pads
Talcum Powder Straight Tweezers

Lash & Brow:

Eyelash and Eyebrow tinting kit
Tweezers
Vaseline
Cotton Pads
Bowl
Eye Make-up Remover

Facial:

Cotton pads
Mask Brush
Sponges Large & Small
Bowl
Try me kit (Soothing, Nourishing and Equalizing)

Indian Head Massage:

Massage Oil (Selection)
Sectioning clips

Contact Details

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