

Forresters Beauty Academy want to ensure the highest standards of training takes place with every course. Our students will be required to go through and learn via their online manual and pass a theory test prior to undertaking any practical training. Our student will be provided with a detailed and comprehensive course manual (on-line) and required to pass an online theory test per each part of the manual. This ensures students can attend the practical course well prepared and have a lot of background knowledge prior to it. The practical training will be structured around the course material provided in your e manual.

Forresters Beauty Academy's educators are dedicated to ensuring you get the most out of your learning journey with Forresters Beauty Academy. You will be able to gain insurance straight away from one of recommended companies.

The emphasis is placed on the student understanding the practicalities of providing a professional treatment. They will be shown how to practically carry out their desired course treatment. They will then be expected to carry out the treatment themselves on a model. The student will be assessed by their educator in charge of the session and will be required to demonstrate to them of their competence and understanding on the day. The student may also have to submit three examples of treatments given, in a prescribed case-study format, to be passed and awarded their certificate.

## **OUR COUSES:**

### **MANICURE – COURSE STRUCTURE**

**There are no pre – requisites for the Manicure course as this course is a foundation for all other nail courses**

**\*Minimum age for course: 16 years old\***

**Online learning hours: 4 + online theory test**

**Practical hours: 6 + case-study**

Part 1 – Anatomy and physiology of the Nails (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Soak, file/shape
- Cuticle work
- Hand exfoliation
- Hand mask
- Hand massage
- Application of Nail polish

### **PEDICURE - COURSE STRUCTURE**

**There are no pre – requisites for the Pedicure course as this course is a foundation for all other nail courses.**

**\*Minimum age for course: 16 years old\***

**Online learning hours: 4 + online theory test**

**Practical hours: 6 + case-study**

Part 1 – Anatomy and physiology of the Nails (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Soak, file/shape
- Cuticle work
- Foot exfoliation
- Foot mask

- Foot massage
- Application of Nail polish

Online learning hours:

Practical learning hours:

### **GEL POLISH - COURSE STRUCTURE**

**The pre – requisites for the Gel Polish course, is the Manicure course as this course is a foundation for all other nail courses.**

**\*Minimum age for course: 16 years old\***

**Online learning hours: 3 + online theory test**

**Practical learning hours: 4 + case-study**

Part 1 – Anatomy and physiology of the Nails (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Soak, file/shape
- Cuticle work
- Application of Gel Polish
- Application of French Gel Polish
- Removal of Gel Polish

### **BUILDER GEL IN A BOTTLE – COURSE STRUCTURE**

**The pre – requisites for the Builder Gel in a Bottle course, is the Manicure course as this course is a foundation for all other nail courses.**

**\*Minimum age for course: 16 years old\***

**Online learning hours: 6 + online theory test**

**Practical learning hours: 6 + case-study**

Part 1 – Anatomy and physiology of the Nails (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Soak, file/shape
- Cuticle work
- Application of Builder Gel
- Removal of Builder Gel

### **SPRAY TANNING - COURSE STRUCTURE**

**There are no pre – requisites for the Spray Tan course as this course is a foundation for all other body courses.**

**\*Minimum age for course: 16 years old\***

**Online learning hours: 2 + online theory test**

**Practical learning hours: 4 + case-study**

Part 1 – Anatomy and physiology of the Body and Skin (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Body Preparation
- Colour Selection
- Spray Tan Techniques
- Trouble Shooting
- Manual Tanning
- Machine Maintenance

### **WAXING – COURSE STRUCTURE**

**There are no pre – requisites for the Waxing course as this course is a foundation for all other body courses.**

**\*Minimum age for course: 16 years old\***

**Online learning hours: 6 + online theory test**

**Practical learning hours: 6 + case studies**

Part 1 – Anatomy and physiology of the Body and Skin (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Body Preparation
- Full Leg and Half Leg

- Underarm and Forearm
- Bikini Line and Stomach
- Facial Waxing
- Hot and Warm Wax

### **INTIMATE WAXING – COURSE STRUCTURE**

**The pre-requisites for the intimate waxing course is the waxing course as this is the foundation to all other advanced waxing courses.**

**\*Minimum age for course: 16 years old\***

**Online learning hours: 6 + online test**

**Practical learning hours: 6 + case studies**

Our Intimate Waxing Course is designed for those who are trained in warm waxing, and would like to further enhance their waxing treatments. You will be taught specialized, female intimate waxing treatments and learn the theoretical knowledge, as well as safety procedures involved in practicing these treatments to an industry-standard.

What this course covers:

Health, safety & hygiene

Consultation techniques

Contraindications

Brazilian wax procedure

Hollywood wax procedure

Aftercare advice

### **FACIAL – COURSE STRUCTURE**

**There are no pre – requisites for the Facial course as this course is a foundation for all other face courses.**

**\*Minimum age for course: 16 years old\***

**Online learning hours: 6 + online theory test**

**Practical learning hours: 6 + case study**

Part 1 – Anatomy and physiology of the Face and Skin (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Face Preparation
- Skin Analysis and Mapping
- Cleanse
- Exfoliation
- Facial massage
- Facial mask
- Tone and Moisturise

**MICRODERMABRASION -COURSE STRUCTURE:**

**The pre requisites for Microdermabrasion is our Facial course as this the foundation for all other Facial courses.**

**\*Minimum age for course: 18 years old\***

**Online learning hours: 4 + online theory test**

**Practical learning hours: 6 + case study.**

Our Microdermabrasion Course will allow you to competently offer this service to your clients and help them achieve resurfaced, rejuvenated skin. You will be taught the crystal based microdermabrasion technique, as well as how to accurately perform the treatment

you will be shown how to carry out a full client consultation throughout the course of this hands-on, practical training day.

What this course covers:

Health, safety & hygiene

Consultation techniques

Contraindications

Theory related to microdermabrasion treatments for clients

Performing crystal-based microdermabrasion treatments\*

Aftercare advice

\*This course does not cover the diamond-tip microdermabrasion methods, only the popular crystal-based technique and so will only be insurable using crystal-based machines.

## **MAKE UP – COURSE STRUCTURE**

**There are no pre – requisites for the Make Up course as this course is a foundation for all other face courses.**

**\*Minimum age for course: 16 years old\***

**Online learning hours: 4 + online test**

**Practical learning hours: 6**

Part 1 – Anatomy and physiology of the Face and Skin (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Face Preparation



- Skin Analysis and Mapping
- Cleanse
- Tone and Moisturise
- Different Make up looks

### **EYELASH LIFTING – COURSE STRUCTURE**

**The pre - requisites for the Eyelash Lifting course, is the Eye Enhancements course as this course is a foundation for all other eye courses.**

**\*Patch test must be carried out 48 hours prior to course\***

**\*Minimum age for course: 16 years old\***

**Online learning hours: 6 + online theory test**

**Practical learning hours: 4 + case study**

Part 1 – Anatomy and physiology of the Eyes and Skin (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Eye Preparation
- Cleansing of Eyelashes
- Application of Eyelash Lifting Products
- Removal of Eyelash Lifting Products

### **EYE ENHANCEMENTS - COURSE STRUCTURE**

**There are no pre – requisites for the Eye Enhancements course as this course is a foundation for all other eye courses.**

**\*Patch test must be carried out 48 hours prior to the course\***

**\*Minimum age for course: 16 years old\***

**Online learning hours: 6 + online theory test**

**Practical learning hours: 5 + case studies**

Part 1 – Anatomy and physiology of the Eye and Skin (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Eye Preparation
- Eyelash Tinting
- Eyebrow Tinting
- Eyebrow Shaping including waxing

### **BROW LAMINATION – COURSE STRUCTURE**

**The pre – requisites for the Brow Lamination course, is the Eye Enhancements course as this course is a foundation for all other eye courses.**

**\*Patch test must be carried out 48 hours prior to course\***

**\*Minimum age for course: 16 years old\***

**Online learning hours: 6 + online theory test**

**Practical learning hours: 4 + case study**

Part 1 - Anatomy and physiology of the Eyes and Skin (comprising 7 sub-sections.)

Part 2 - The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 - Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Eye Preparation
- Cleansing of Eyebrows
- Shaping of Eyebrows
- Application of Lifting Lotion
- Application of Fixing Lotion
- Tinting the Eyebrows
- Application of Nourishing Lotion

## **FULL BODY MASSAGE – COURSE STRUCTURE**

**Pre – requisites for the Full Body Massage course are a relevant Anatomy & Physiology accreditation.**

**\*Minimum age for course: 18 years old\***

**Online learning hours: 3 + online theory test**

**Practical learning hours: 5 + case study**

Part 1 – Anatomy and physiology of the Body and Skin (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Body Preparation
- Oil Selection
- Massage Techniques
- Pressure Points

### **DEEP TISSUE MASSAGE – COURSE STRUCTURE**

**Pre – requisites for the Deep Tissue Massage course are Anatomy& Physiology accreditation.**

**\*Minimum age for course: 18 years old\***

**Online learning hours: 3 + online theory test**

**Practical learning hours: 5 + case-study**

Part 1 – Anatomy and physiology of the Body and Skin (comprising 7 sub-sections.)

Part 2 – The Treatment (comprising 9 sub-sections.)

Part 3 – Hygienic working standards (comprising 8 sub-sections.)

Part 4 – Statutory Regulations and requirements (comprising 5 sub-sections.)

Within the 9 sub – sections of this course, in the practical you will learn:

- Body Preparation
- Oil Selection
- Massage Techniques
- Pressure Points

### **ANATOMY & PHYSIOLOGY- COURSE STRUCTURE**

**There are no pre-requisites for this course. Suitable for complete beginners to beauty.**

**\*Minimum age for course: 16 years old\***

**Online learning hours:**

The Online Anatomy & Physiology Course is ideal for those who may be looking to progress onto further specialised training. This is essential knowledge for all professionals working within beauty therapy.

This course is completed online at your own pace, fully supported by comprehensive training manuals and multiple choice theory tests all completed through your online student portal.

Theory covered within this Online course includes:

Hair, Skin & Nails

Skeletal System

Muscular System

Nervous System

Endocrine System

Respiratory System

Cardiovascular System

Lymphatic System

Digestive System

Course structure

This course is completed entirely as home-study, including online multiple-choice theory tests making this an ideal route for those who wish to study flexibly around other commitments. Guided through your Online Student Portal, you will learn the essential knowledge within all aspects of anatomy and physiology. You will have access to support from a tutor by email throughout your studies as required.

