



TRAINING ACADEMY

A LITTLE BIT ABOUT THE TRAINER...

Eliza has been in the Spa & Beauty industry for 17 years and has trained and qualified with over 10 different product brands. She has worked in a variety of settings from beauty salons and health clubs to day spa and hotels. Her most recent project was the design, build and opening of the award winning spa at The Norfolk Mead Hotel including creating their bespoke treatment menu and delivery of training to all staff. Eliza holds NVQ Levels 2 & 3 in Beauty Therapy and has completed her Level 3 Award in Education & Training.



Testimony - *"I thrive on unlocking students' potential and enabling them to be the best possible version of themselves. It's a joy to equip them with the tools and knowledge to build their confidence and watch them grow into highly skilled, successful therapists."*

Specialising in Oncology, Pregnancy & Waxing.

Bure Beauty, Rossis, Tungate, North Walsham, Norfolk, NR28 0JQ
treatments@burebeauty.co.uk
07557050195



COURSES AVAILABLE

- **ONCOLOGY & LYMPHATIC MASSAGE**
- **PREGNANCY MASSAGE**
- **THAI HOT HERBAL COMPRESS MASSAGE**
- **INTIMATE WAXING**
- **LASH LIFTING**

If you are interested in a course that is not listed above, please do get in contact.

Oncology & Lymphatic Massage

Duration: 1 day

Cost: £300 per person

Requirements: Must already hold an existing massage qualification i.e. Aromatherapy/Swedish massage including Anatomy & Physiology or NVQ Level 3 in Beauty Therapy.



Course content: Living with or beyond cancer is such a testing time, and one where a little pamper and relaxation is most greatly needed. Why not offer your clients a wholesome massage with tailored pressure to aid aches & pains. This course covers in-depth knowledge of cancer and cancer treatments along with side effects clients may experience. It is mainly theory based but does contain some practical including lymphatic drainage massage techniques. You will become familiar with oncology terminology and be equipped to understand what is safe and what may require medical approval for treatment. This course will explain different stage and grading systems along with how cancer can occur and spread. You will also be shown how to adapt your treatments to give clients maximum comfort depending on their personal circumstances. Successful completion of the course is determined by Q&A's and x3 case studies to be carried out in student's own time following initial training (these can be practical or theoretical case studies). This course is extremely rewarding and will enable your business to be more inclusive.

Pregnancy Massage

Duration: 1 day

Cost: £160 per person

Requirements: Must already hold an existing massage qualification i.e. Aromatherapy/Swedish massage including Anatomy & Physiology or NVQ Level 3 in Beauty Therapy.



Course content: This course covers the process a woman's body goes through during pregnancy and how we can help as therapists. It will also detail how massage can positively impact babies in utero. You will become familiar with pregnancy terminology, the three stages of gestation, and what questions to ask. This course is made up of both theoretical and practical training and will cover how to perform a full body massage including a bump massage. This treatment is extremely well received by those going through the huge undertaking that is pregnancy.

Thai Hot Herbal Compress Massage

Duration: 1 day

Cost: £150 per person

Requirements: Must already hold an existing massage qualification i.e. Aromatherapy/ Swedish massage including Anatomy & Physiology or NVQ Level 3 in Beauty Therapy.



Course content: This treatment is deeply relaxing and very cost effective, it uses Asian steamed compresses to push warmth into the body and is combined with manual massage. In this course, you will learn the history of Thai massage including SEN lines and herbal medicinal benefits. This treatment is a simpler alternative to hot stones massage, offering a more effective way of introducing heat to help relieve tight, knotted muscles. You will learn how to make your own compresses along with how to heat and massage with them. This course is made up of both theoretical and practical training.

Female Intimate Waxing

Duration: 1/2 Day

Cost: £150 per person

Requirements: Must already hold an existing waxing qualification or NVQ Level 2 in Beauty Therapy.



Course content: This course will show you how to use hot wax to successfully remove all hair from the pubic area. You will understand trends such as Hollywood and Brazilian and be shown best positions to retain discretion. Hot wax is a lot less painful in comparison to warm strip wax and gives less irritation and erythema meaning you gain repeat business. Build your confidence in waxing and have your clients tell you it was the least painful wax they've ever had!

Lash Lifting

Duration: 1/2 Day

Cost: £120 per person

Requirements: Must already hold an existing eye treatment qualification or NVQ Level 2 in Beauty Therapy.

Course content: Learn how to use perming solutions to permanently lift the lashes from the base giving effects lasting 4-6 weeks whilst avoiding frizzy ends. This is a very popular treatment to offer and gives a more natural effect with low maintenance compared to lash extensions. Give your clients a natural lift to open and enhance the eye area.



COURSE INFORMATION

Each course lasts no more than one day and includes training materials and certification giving you peace of mind that you can obtain full insurance and have a reliable source of information to return to should you have any questions in the future. Courses can be booked individually if you are looking to add to your CV, or for groups depending on how many treatment rooms you have to hold the practical training. Learners will practise on each other where possible in order to experience what the treatment feels like. Depending on the number of students, training can be performed at Bure Beauty within Rossis, or at your premises. Certification is received once trainer is satisfied with the competency of the student. All courses are accredited by Associated Beauty Therapists.

TO BOOK

Contact Eliza for available dates or any other queries you may have.

treatments@burebeauty.co.uk

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TERMS & CONDITIONS

Written theory is provided electronically though may be printed by the student if they wish.

All course content remains the property of Bure Beauty and must not be copied or sent to others.

50% payment is required as a booking deposit with the remaining balance to be settled on the training date.

2 weeks cancellation period applies or a loss of the 50% deposit will be incurred.

Any medical conditions or learning difficulties are requested to be disclosed prior to training

Successful certification cannot be guaranteed and is entirely dependent upon student's demonstration of competency.

It is the student's responsibility to obtain relevant insurance following training in order to safely and legally offer any procedure.



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