

COCO

COLLEGE OF BEAUTY THERAPY

Beauty Therapy, Body and Laser Programme



COURSE SYLLABUS

Aesthetic Treatments Diploma

- **Manicure:** Regular painting techniques, French manicure, hand massage and warm oil/paraffin wax application
- **Pedicure:** Including foot scrub, foot massage and luxury spa pedicures
- **Facial and Skin Care:** Incorporating massage, mixing and application of face masques, steaming and extraction and product knowledge
- **Waxing:** using both hot wax and strip methods
- **Eyelash and eyebrow services:** including eyelash and eyebrow tinting and shaping.
- **Introduction to Basic Make-up** application
- **Electrical Facial Treatments:** including Micro-current - Non surgical lift, Vacuum suction, Galvanic and Faradic E.M.S. machines

Electrical Epilation Diploma

- Causes of Hair Problems
- Structure & Dynamics of Skin and Hair
- Bacteria
- Hygiene & Sterilisation
- Principles of Electricity
- Electrolysis Hair Removal
- Thermolysis Hair Removal
- Blend Hair Removal
- Dermatology, Skin Diseases & Disorders
- Treatment Procedures
- Safety Precautions
- First Aid
- Professional Techniques
- All Methods of Hair Removal, Temporary & Permanent
- Anatomy & Physiology

Electrical Epilation must be completed in order to progress on to laser programme

Body Therapy Diploma

- Swedish Body Massage
- Hot Stone Massage
- Indian Head Massage
- Figure Analysis
- **Electrical Body Treatments** - including Micro-current, Vacuum Suction, Galvanic, Faradic E.M.S. ('Stendertone'), G5 massage, infra-red (pre massage warming treatment) and Audio sonic (sound-wave pain-relief)
- Additional training in advanced Massage Techniques

MANDATORY STUDIES

- Anatomy and Physiology of the entire body
- Client Consultation
- Record Keeping
- Contraindications to therapies
- Retail Sales
- Foundational Salon Management
- Product Knowledge
- Diet and Nutrition

CIBTAC Laser and Intense Pulse Light Diploma

COURSE SYLLABUS

Core knowledge of electromagnetic spectrum; protons; light amplification by stimulated emission of radiation (Laser) and intense pulsed light (IPL).

The difference between laser and IPL light therapy, and methods of applications for hair removal and skin rejuvenation treatments.

The anatomy and physiology of integumentary, endocrine, circulatory and lymphatic system in relation to light therapy treatments.

You will learn how to prepare and demonstrate Laser and IPL treatments including: preparation of the therapist, client, working area, full consultation, tissue analysis & Fitzpatrick scale, contraindications, aftercare advice, clinical outcome, clinical side effects, full treatment protocol, recording and evaluation of the treatment - all in compliance with Laser and IPL local rules and legislations procedure.

You will learn how to perform skin rejuvenation treatments including:

- Skin rejuvenation treatments that improve the appearance of all visible signs of aging caused by sun damage such as brown spots (pigmentation), redness (thread veins), uneven skin texture and lines & wrinkles
- Pigment removal: Pigmented lesions such as sun spots and freckles can be successfully removed creating a more flawless, youthful and glowing appearance
- Red Vein removal: Long term solution for facial problems such as red flushing (Rosacea), reducing superficial telangiectasia, treating spider naevi and Campbell De Morgan spots (blood spots)
- Acne: Greatly reduces the number and severity of active lesions, lessening the inflammation (by speeding up the healing process) and the frequency of break-outs

COURSE DELIVERY

Underpinning knowledge will be delivered by lectures. Practical knowledge will be fully achieved during your clinical practice which will be arranged with your tutor. The Salon has a large database of clients; should you wish to accelerate the assessment process then family & friends may be introduced to come in for treatments (at a special reduced rate). Students have to come in prepared for clinical practice days as advised by the tutor and must strictly adhere to our guideline policy.

GENERIC STUDIES

- Anatomy and physiology of the human body
- Client Consultation
- Contraindications to therapies
- Individual customization of treatments
- Retail sales
- Chemistry and Cosmetic Science
- Theory of Cosmetic Surgery
- Dermatology
- Diet and Nutrition
- Basic First Aid

ADDITIONAL STUDIES

- Certificate in Shellac and Gelish application
- Certificate in Spray and Manual Self Tanning
- Nimue skin technology, blemish control facials and anti-aging with the use of AHA's and peels
- Decléor Facial Treatments
- Decléor Body Treatments

Qualifications Gained

On successful completion of the course, students will receive 6 individual qualifications.

- CIBTAC Aesthetic Treatments Diploma
- CIBTAC Electrical Epilation Diploma
- CIBTAC Laser and Intense Pulse Light Diploma
- CIBTAC Body Therapy Diploma
- CIBTAC Indian Head Massage Diploma
- CIBTAC Hot Stone Massage Diploma

PRE-REQUISITES

- The minimum age for entry to this beauty qualification course is 18 years. There is no upper age limit
- A high level of English is required. You must be able to speak, read, write and understand English fluently
- No previous experience required, although a good general education is essential for this demanding beauty therapy course
- An informal face-to-face interview is required to discuss the course in detail

Price €10,800

FULL TIME

Monday to Friday: 9.30am - 5pm

Aesthetic Treatments Diploma



The CIBTAC Aesthetic diploma is an international qualification that is recognised in 26 countries worldwide. CIBTAC are proud to produce therapists of the high quality who are passionate and who have a forward thinking approach to this exciting and ever evolving industry.

COURSE SYLLABUS

AESTHETICS

- **Manicure:** Regular painting techniques, French manicure, hand massage and warm oil/paraffin wax application
- **Pedicure:** Including foot scrub, foot massage and luxury spa pedicures
- **Facial and Skin Care:** Incorporating massage, mixing and application of face masques, steaming and extraction and product knowledge
- **Waxing:** using both hot wax and strip methods
- **Eyelash and eyebrow services:** including eyelash and eyebrow tinting and shaping.
- **Introduction to Basic Make-up** application
- **Electrical Facial Treatments:** including Micro-current - Non surgical lift, Vacuum suction, Galvanic and Faradic E.M.S. machines

MANDATORY STUDIES

- Anatomy and Physiology of the entire body
- Client Consultation
- Record Keeping
- Contraindications to therapies
- Retail Sales
- Foundational Salon Management
- Product Knowledge
- Diet and Nutrition

ADDITIONAL STUDIES

- Certificate in Shellac and Gelish application
- Certificate in Spray and Manual Self Tanning
- Nimue skin technology, blemish control facials, and anti-ageing with the use of AHA's and peels
- Decléor Facial Treatments

Qualifications Gained

On successful completion of this CIBTAC course, students will receive the following qualifications;

- CIBTAC Aesthetic Treatments Diploma
- Certificate in the Application of Shellac & Gelish Polish
- Certificate in Spray and Manual Self Tanning

PRE-REQUISITES

- The minimum age for entry to this beauty qualification course is 18 years. There is no upper age limit
- A high level of English is required. You must be able to speak, read, write and understand English fluently
- No previous experience required, although a good general education is essential for this demanding beauty therapy course
- An informal face-to-face interview is required to discuss the course in detail

Price €4,600

PART-TIME

Monday and Tuesday : 9.30am - 5pm

Monday and Tuesday night : 6pm - 9.30pm

Electrical Epilation Therapy Diploma



COURSE SYLLABUS

- Causes of Hair Problems
- Structure & Dynamics of Skin and Hair
- Bacteria
- Hygiene & Sterilisation
- Principles of Electricity
- Electrolysis Hair Removal
- Thermolysis Hair Removal
- Blend Hair Removal
- Dermatology, Skin Diseases & Disorders
- Treatment Procedures
- Safety Precautions
- First Aid
- Professional Techniques
- All Methods of Hair Removal, Temporary & Permanent
- Anatomy & Physiology

MANDATORY STUDIES

- Client Consultation
- Record Keeping
- Contraindications to therapies
- Retail Sales
- Foundational Salon Management
- Product Knowledge

Qualifications Gained

On successful completion of this CIBTAC course, students will receive the following qualification;

- CIBTAC Electrical Epilation Therapy Diploma

PRE-REQUISITES

- The minimum age for entry to this beauty qualification course is 18 years. There is no upper age limit
- A high level of English is required. You must be able to speak, read, write and understand English fluently
- No previous experience required, although a good general education is essential for this demanding beauty therapy course
- An informal face-to-face interview is required to discuss the course in detail

Electrical Epilation must be completed in order to progress on to laser programme.

Price €2,800

PART-TIME

Wednesday 9.30-5pm

Body Therapy Diploma

COURSE SYLLABUS

BODY THERAPY

- Swedish Body Massage
- Hot Stone Massage
- Indian Head Massage
- Figure Analysis
- Electrical Body Treatments - including Micro-current, Vacuum Suction, Galvanic, Faradic E.M.S. ('Stendertone'), G5 massage, infrared (pre massage warming treatment) and Audio sonic (sound-wave pain-relief)
- Additional training in advanced Massage Techniques

MANDATORY STUDIES

- Anatomy and Physiology of the entire body
- Client Consultation
- Record Keeping
- Contraindications to therapies
- Retail Sales
- Foundational Salon Management
- Product Knowledge
- Diet and Nutrition

ADDITIONAL STUDIES

- Decléor Body Treatments

Qualifications Gained

On successful completion of this CIBTAC course, students will receive the following qualifications;

- CIBTAC Body Therapy Diploma
- CIBTAC Indian Head Massage Diploma
- CIBTAC Hot Stone Therapy Massage Diploma

PRE-REQUISITES

- The minimum age for entry to this beauty qualification course is 18 years. There is no upper age limit
- A high level of English is required. You must be able to speak, read, write and understand English fluently
- No previous experience required, although a good general education is essential for this demanding beauty therapy course
- An informal face-to-face interview is required to discuss the course in detail

Price €3,800

PART-TIME

Thursdays 9.30am - 5pm.

Laser and Intense Pulse Light Diploma



COURSE SYLLABUS

Core knowledge of electromagnetic spectrum; protons; light amplification by stimulated emission of radiation (Laser) and intense pulsed light (IPL).

The difference between laser and IPL light therapy, and methods of applications for hair removal and skin rejuvenation treatments.

The anatomy and physiology of integumentary, endocrine, circulatory and lymphatic system in relation to light therapy treatments.

You will learn how to prepare and demonstrate Laser and IPL treatments including: preparation of the therapist, client, working area, full consultation, tissue analysis & Fitzpatrick scale, contraindications, aftercare advice, clinical outcome, clinical side effects, full treatment protocol, recording and evaluation of the treatment - all in compliance with Laser and IPL local rules and legislations procedure.

You will learn how to perform skin rejuvenation treatments including:

- Skin rejuvenation treatments that improve the appearance of all visible signs of aging caused by sun damage such as brown spots (pigmentation), redness (thread veins), uneven skin texture and lines & wrinkles
- Pigment removal: Pigmented lesions such as sun spots and freckles can be successfully removed creating a more flawless, youthful and glowing appearance
- Red Vein removal: Long term solution for facial problems such as red flushing (Rosacea), reducing superficial telangiectasia, treating spider naevi and Campbell De Morgan spots (blood spots)
- Acne: Greatly reduces the number and severity of active lesions, lessening the inflammation (by speeding up the healing process) and the frequency of break-outs

COURSE DELIVERY

Underpinning knowledge will be delivered by lectures. Practical knowledge will be fully achieved during your clinical practice which will be arranged with your tutor. The Salon has a large database of clients; should you wish to accelerate the assessment process then family & friends may be introduced to come in for treatments (at a special reduced rate). Students have to come in prepared for clinical practice days as advised by the tutor and must strictly adhere to our guideline policy.

Qualifications Gained

On successful completion of this CIBTAC course, students will receive the following qualification;

- **CIBTAC in Laser and Intense Pulsed Light Treatments Diploma**

INCLUSIVE OF FOUR MANDATORY UNITS:

- Management of health, safety and security in the salon
- Client care and communication in beauty related industries
- Laser and light treatments for hair removal
- Laser and light treatments for skin rejuvenation

PRE-REQUISITES

- The minimum age for entry to this beauty qualification course is 18 years. There is no upper age limit
- A high level of English is required. You must be able to speak, read, write and understand English fluently
- No previous experience required, although a good general education is essential for this demanding beauty therapy course
- An informal face-to-face interview is required to discuss the course in detail

Price TBC

PART-TIME