

# Back to Basics Courses

Grooming etiquette is something many people take for granted

How we groom ourselves affects how we **present ourselves**, and can affect those around us  
Let your **image speak positively** for you and help you **succeed in your professional and social life**.



**When you look good, you feel great!**

Experience the transformation with The Back to Basics Courses at Helia-D International Health and Beauty Training College.

**Who can join these exciting courses?** Everyone needs to look and feel good about themselves.

All ages relate when skincare is an essential part of us.

## Hands and Feet

Feel confident putting your best foot and beautiful hands forward with easy but necessary steps for grooming your hands and feet.

In this workshop you are guided in using equipment and products professionally for nail shaping, painting and general care of your nails and skin of your hands and feet.

### **Course Contents:**

Practical guidelines of home care, Massage for hands and feet, Equipment, Nail shapes, Correct techniques, for filing and cutting of nails, Different types of nails and shaping, Nail enamel application & Removal and Growth of the nail.

**Price:** R 399.00

**Time:** One Saturday 09h00 – 15h00

**Certification:** Certificate of attendance Back to Basics Finishing School – Hand & Feet

**Payment requirements:** Bank deposits only for tuition and kits



## Basic On-site Massage

Allow us in this workshop to guide you in de-stressing the tense muscles of the back and neck.

On this day we present an introduction to basic movements and muscle manipulations, performed through the clothes, lasting for 15 – 20 minutes. Onsite massage is aimed to relax the client, de-stressing and relieving general muscular tension, rejuvenating and re-vitalising the client.

### **Course Contents:**

Historical overview of massage, Benefits of massage, Posture & hand fitness, Complications to massage, Massage mediums for use, Massage movements, Effects of massage on the body

**Price:** R 399.00



**Time:** One Saturday 09h00 – 15h00

**Certification:** Certificate of attendance Back to Basics Finishing School – Basic On-site Massage

**Payment requirements:** Bank deposits only for tuition and kits

### Make-up Techniques

The art of makeup is never easy, but with our revolutionary one day makeup workshop it can be much easier than you think. We provide you with make-up tips to refresh your look. This is a skill as well as an art that can be learnt by anyone and, with our guidance, any woman or teen can learn to use these cosmetics tips to make the most of her own natural features. This workshop also provides you with guidelines on the application of corrective techniques, based on the analysis of facial features, skin colour and colour codes.



#### **Course Contents:**

Basic terminology , Equipment, material and products ,Colour Coding, Corrective techniques , Practical application , Common application mistakes

**Price:** R 399.00

**Time:** One Saturday 09h00 – 15h00

**Certification:** Certificate of attendance Back to Basics Finishing School – Make-up Techniques

**Payment requirements:** Bank deposits only for tuition and kits



### Basic Skincare

**"You never get a second chance to make a first impression."**

The care you give to your skin depends to a large extent on the type of the skin you have. During this one day course the basic skincare principles will be discussed, followed by specific recommendations based on the type of skin you have to delay signs of ageing. Products, equipment and materials will be incorporated to achieve the final result.



#### **Course Contents:**

Contra-Indications To Skincare And Eye Treatments, Skin Cleansing, Cleansing Treatment, Toning Preparations, Skin Types, Skin Conditions, Exfoliation, Eyebrow Shapin, Masking & Moisturizing.

**Price:** R 399.00

**Time:** One Saturday 09h00 – 15h00

**Certification:** Certificate of attendance Back to Basics Finishing School – Basic Skincare

**Payment requirements:** Bank deposits only for tuition and kits



**Let us better your life!**

**Contact us:**

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