



Beauty Training School

2016 Prospectus



Specialists in 1 - 3 Day Intensive  
Beauty Courses & Workshops

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# About Lash and Thread

Lash and Thread is a professional beauty training school run by Gina and Caroline who both hold extensive beauty and teaching qualifications. We are totally dedicated to offering first class beauty courses to all of our students and pride ourselves in the relationships' we have built over the years.

We welcome both experienced therapists and new comers to the beauty industry and ensure all are treated equally.

We offer comprehensive training giving you the skills you need to succeed in this exciting industry and ensure we are always on hand to offer after course guidance and support. Our classes are kept small, friendly and relaxed and we offer free extra tuition to all students if it's ever needed.

All courses are suitable for beginners unless stated otherwise

Our courses cover the relevant theory and practical required to work in the beauty industry and students will be emailed a comprehensive manual for their course.

This includes :

Health & Safety, Contra-indications, Client consultation, Relevant anatomy, Aftercare

Product information, Tools & equipment, Business start up information

All materials are included for all courses. All prices are inclusive of VAT

On successful completion of a course students will receive a Lash and Thread Diploma which is fully accredited by The Guild of Beauty Therapists enabling them to work professionally.

## *Courses we offer*

### *Eyes*

Semi-Permanent Eyelash Extensions ~ 3D Volume Lashes ~ Eyelash and Brow Tinting  
Semi-Permanent Mascara ~ Lash Lift & Colour ~ Eyebrow Extensions ~ Eyebrow  
Enhancement

### *Hair Removal*

Threading ~ Hot & Warm Waxing ~ Advanced Waxing

### *Nails*

Manicure & Pedicure ~ Manicure Online ~ Acrylic Extensions ~ Gel Extensions  
Gel Polish ~ Gel Nail Art ~ Nail Art ~ Nail Wraps

### *Face & Body*

Facials ~ Foundation Makeup ~ Bridal Makeup ~ Vintage Makeup ~ Spray Tanning

### *Holistics*

Swedish Massage ~ Hot Stone Massage ~ Indian Head Massage ~ Hopi Ear Candling  
Reflexology ~ Aromatherapy Massage

### *Hair*

Micro Fusion Bonding & Micro Rings Hair Extensions ~ Hair up courses

### *Male Treatment Courses*

Man-Kind Grooming Course ~ Male Waxing ~ Male Intimate Waxing

### *Workshops*

Henna ~ Hair Up ~ Face Painting

# Eye Treatments

## Eyelash Extensions

On this course you will learn how to offer this exciting and highly lucrative treatment to your clients giving them longer, thicker and more beautiful lashes. Using the latest techniques our lash technicians will show you how to apply and remove the lashes.

Lash kits available to purchase (optional)

Course Price - £165 1 day

## 3D Volume Lash Extensions

Volume Lashes are the latest new Eyelash treatment to hit an already amazing Lash industry. This exciting new technique, first developed in Russia, has taken Lash Extensions to a new level and is sweeping the industry worldwide.

Experienced Lash Technicians can now offer their clients a more beautiful look by applying between 2 (2D) and 6 (6D) lashes to each natural lash. This is great for clients with fewer lashes as will add volume.

Lash kits available to purchase (optional)

Previous Lash experience required

Course Price - £150 1 day

## Eyelash & Brow Tinting

A great add on treatment, you will learn how to professionally tint the eyelashes and eyebrows using a range of colours. You will also learn how to shape and tweeze the eyebrows.

Course Price - £85 ½ day

## Lash Lift & Colour

Using the latest Lash Lift system eyelash perming has now become popular again and can offer a more beautiful and natural curl for the client. We have added the colour (lash tint) to this treatment to give your clients an even bigger wow factor.

Course Price - £120 ½ day

## *Semi-Permanent Mascara*

Semi Permanent Mascara is the fantastic new eye enhancement treatment hitting the beauty industry. This beautiful therapy will create an amazing and natural look for your clients lashes adding more volume, length, curl and colour. Smudgeproof waterproof and a great alternative to eyelash extensions. A must have treatment for all modern salons and mobile therapists.

Course Price - £85 ½ day

## *Eyebrow Extensions*

Eyebrow Extensions are the latest revolutionary eyebrow enhancement to hit the beauty industry. This fantastic new treatment is a great way to offer clients new shape to existing eyebrows and great for filling in sparse areas and gaps or recreating eyebrows lost due to injury or illness.

Course Price - £135 1 day

## *Eyebrow Enhancement*

Achieving the perfect eyebrow has now become a highly important part of any beauty routine. Using a variety of methods our brow enhancement course will show students how to create beautiful brows for their clients and offer advice on how to maintain their new look. This is a highly sought after treatment and will prove lucrative to both salons and mobile therapists.

Course Price - £130 1 day



# Hair Removal

## Threading

Learn this amazing and natural art of hair removal highly sought after by clients. On the course you will be taught 3 different techniques and shown how to thread the eyebrows and face.

(Max 4 students per class)

Price - £100 ½ day

## Hot & Warm Waxing

Our waxing course is designed for beginners to waxing and will teach you how to wax the face, under arms, legs and bikini line. You will be taught how to use both hot & warm wax on the course.

Price - £110 1 day

## Advanced Waxing

This course is more advanced and requires students to already hold a certificate in waxing. You will learn how to offer a Brazilian and Hollywood to your clients.

Price - £100 ½ day



# Nails

## Manicure & Pedicure

On this course you will be taught the correct techniques for treating natural nails. You will learn how to clean and shape the nails and the correct procedure for manicures and pedicures. You will also be taught how to perform a hand and foot massage. This course is the best place to start if you want to go on to train in Gel and Acrylic extensions.

Course Price - £150 1 day

The Manicure Course may be taken separately for £75

## Online Manicure

Our Online Manicure course is most suited to students with no previous experience who wish to attend the Gel or Acrylic Extensions courses. Students who complete this course will not be able to offer Manicures as a separate treatment but will be able to offer extensions. This course is sent via email and completed at home before the extensions course.

Course Price - £45

## Gel Polish

Join the nail revolution and offer your clients this next generation manicure and pedicure. Gel UV polish is hard wearing and offers your clients chip free nails. Your clients will love the variety of high shine colours and the quick and easy 10 minute removal. The market has many Gel UV polish brands for you to choose from. We will show you a variety on this course. You will also learn how to offer a mini manicure to your clients to complete the treatment.

Course Price - £70 ½ day

## Gel Polish Nail Art

Gel Polish has become highly popular in the nail industry offering clients beautiful, long lasting nail wear. On this half day course students will discover new techniques of gel polish application and how to create stunning designs. Our highly skilled nail tutor will teach you various styles including Shellac Rockstar, shatter nail foil, carving swirls, sponge nail art and animal print.

Course Price - £70 ½ day

## *Nail Art*

Nail Wraps are the latest trend to hit the nail industry. These amazing foils come in a fantastic choice of designs and will last your client for weeks. Our specially designed course will teach students how to offer a dry manicure and pedicure and apply the nail wraps to both natural and extended nails. We use a variety of brands on our course for you to try.

Course Price - £45 ½ day

## *Nail Wraps*

Nails are the latest craze to hit the nail world. These amazing foils come in fantastic choices of colours and designs and are loved by the celebs ! Our specially designed course will teach students new to nails how to offer a dry manicure & pedicure and apply the nail wraps as a treatment. We use various different brands on the course including Minx & Trendy.

Course Price - £45 ½ day

## *Nails Extensions*

### *Gel Nail Extensions*

Gel nail extensions are becoming very popular and a good alternative to acrylic nail extensions. They are odourless, natural looking and come in many different varieties and colours. Gel nail extensions are hard wearing and glossy. Your clients will love the look and feel of these natural looking nails.

Gel Extensions only - £150 1 day

Gel Extensions + Home study manicure - £195

### *Acrylic Nail Extensions*

Acrylic Nail Extensions are an extremely popular form of nail enhancement. They are natural, strong and very durable. On this intensive one day course our highly skilled nail technician will guide you through the process and techniques of applying these extensions to a high standard

Acrylic Extensions only - £150 1 day

Acrylic Extensions + Home study manicure - £ 195

We require you to have a Manicure and Pedicure certificate to attend these courses.

For students with no previous experience we have a Manicure & Pedicure home study course which may be purchased as extra and completed before the Nail Extensions Course.



# Male Treatment Courses

## Man-Kind Grooming Course

Men are now enjoying treatments such as massages, facials, manicures and pedicures, waxing and hot shaves.

There has also been an increase in how often men are having these treatments...1 in 3 stating they are enjoying monthly pamper sessions.

Our guys reveal they are using these treatments before significant events such as job interviews, important work meeting, pre-holiday and of course before getting married

Man-Kind is a treatment you can offer your male clients which includes everything they will need for a good pampering.

Course includes: Man Manicure, Facial, Trimming and Brows

Course Price: £190 - 1 Day - 10am til 5pm plus 3 hours home study and assessment

## Male Waxing

Male Waxing is becoming more and more popular throughout the beauty industry and offering this treatment is a great way for therapists and salons to increase their clientele.

This course is aimed at both experienced therapists and beginners and will teach techniques for waxing the chest, back, face and arms.

Course Price: £150 - 1 Day

## Male Intimate Waxing

Coming Soon



# Workshops

## Henna

Mehndi is the traditional art of using Henna to paint the hands, feet and body.

This beautiful art was mainly used as part of an Indian bride or grooms wedding preparations but has now found its way into many other areas and is used by many for body decoration or just for fun.

Our half day workshop will teach you how to apply some basic patterns giving you the start needed to master this beautiful craft.

All materials are supplied for the day.

Workshop Cost: £30 - ½ Day

## Hair Up

Beautiful hair up styles are extremely popular throughout the beauty industry as well as with mums and girls at home.

Our half day course will teach students some amazing styles that can be used professionally for brides or just for fun.

From pleats to plaits and waterfall braids this workshop is great fun for any hair up enthusiast

All materials are supplied for the day.

Workshop Cost: £30 - ½ Day

## Face Painting

Face Painting has become a great form of body art and is amazing fun for both children and adults alike.

Our half day workshop will teach you the basic application and design skills so you can take on many different designs.

All materials are supplied for the day.

Workshop Cost: £30 - ½ Day

# Makeup

## Foundation

This intensive one day course is suitable for all abilities and no experience is required. You will learn how to apply a natural look and an evening look. It is a great place to start for students wishing to begin a career in makeup.

Before the course you will be sent a home study manual with a question paper. This is to be completed at home and brought with you to your course. This allows us to spend as much time practicing on the day as possible.

On the day you will cover client consultations, tools & equipment, how to identify skin types and the makeup procedure. All aspects of applying products from concealer to lipstick is covered along with tips from the trade !

This is an intensive and highly enjoyable course for anyone interested in makeup. We encourage students to bring a camera along to take photographs for your portfolios.

Course Price - £150 1 day + 3 hours home study

## Bridal

This intensive one day course will show students with some basic makeup experience how to gain the skills and confidence to offer this very special service to brides. The bride's makeup is as important to her as her wedding dress so learning how to deal with different situations is essential in offering a high quality service.

You will learn how to offer different looks depending on the time of the day as well as how to use highlighting and shading to enhance the face. You will also learn tips on long lasting makeup and creating great looks for photographs.

We will discuss with you the importance of trial runs and how to conduct your client consultation and the advice on skin preparation etc you will need to be offering your bride.

This is a highly enjoyable course for anyone wishing to start a career in wedding day makeup.

A certificate in basic makeup application is required for this course.

Course Price - £175 1 day

# Face & Body

## Facials

On this course you will learn how to analyse skin types and offer clients skin care advice. You will also learn how to cleanse, exfoliate, mask and massage the face.

Course Price - £100 1 day

## Spray Tanning

Our Spray Tanning course teaches students how to offer this highly popular treatment using a spray gun. You will learn how to prep the skin and use all the equipment required to give a beautiful tan to your clients. A fun and lucrative treatment to offer.

We currently use Fakebake products on our course.

Course Price - £90 ½ day

# Holistics

## Swedish Massage

Our Swedish Massage course is the foundation to any massage and is suitable for beginners to the treatment. Students can then go on to study the many massage treatments now available. On the course you will learn how to massage the whole body relieving stress and tension and deeply relaxing clients, enhancing their health and well being. An anatomy & physiology manual will be sent to you to study before the course.

Course Price - £145 1 day + home study

## Hot Stone Massage

Hot Stone Massage is a highly popular treatment using massage and warm stones together in harmony with each other. The warm stones are placed on the client's body allowing the heat to penetrate the skin giving an intense, relaxing feeling to the client. This whole body treatment eases stress and tension in the mind as well as the body.

Students must hold a basic massage (or Swedish massage) qualification to attend this course

Course Price - £130 1 day

## *Hopi Ear Candle*

Hopi Ear Candling is also known as thermal auricular therapy and has many health benefits. It is also a therapeutic treatment and can aid many ailments of the head, ear, nose and throat. You will learn the main benefits of this relaxing treatment including pressure point massage and Hopi candle application. A great holistic add on treatment which your clients will enjoy. All course materials included.

Course Price - £75 ½ day

## *Indian Head Massage*

Indian Head massage works on the energy of chakra's and aims to relieve everyday stresses and strains. It also increases circulation and helps loosen tight muscles. This treatment is a traditional Indian massage that includes a variety of massage techniques and movements. A delightful treatment to offer your clients.

Course Price - £130 1 day

## *Reflexology*

Reflexology is a natural, highly effective form of therapeutic foot massage which uses the feet to treat the entire body. It is an alternative medicine and works differently to conventional medicines in whereas it aims to treat the root of the health problem restoring balance and harmony to the whole body. The treatment should be thought of as a preventative method aiming to trigger the body back to a state of equilibrium and to promote good health and well being. Reflexology is highly beneficial here as it reduces stress and induces relaxation which the body requires to reach a healthy state. It activates the body's own natural healing powers to increase circulation to the internal organs through the feet.

Course Price - £325 3 day's + 3 hours home study

## *Aromatherapy Massage*

Aromatherapy Massage is a gentle, holistic treatment using a blend of aromatic and botanical essential oils to massage the back, neck, shoulders, arms and legs. These highly fragranced oils will offer your client a relaxing and therapeutic treatment with both calming and healing properties.

Course Price - £130 1 day

# Hair

## *Hair Extensions*

Hair extensions have become extremely popular and a fantastic add on treatment for hairdressers and beauty therapists wanting to extend their skills. You will be taught how to apply and remove Micro Fusion Bonds and Micro Rings, 2 of the most popular and current methods of Hair Extensions.

This course is aimed at complete beginners.

Course Price - £210 1 day

Micro-Bonds only - £175

## *Bridal Hair Up*

This one day introduction course will give you an in depth knowledge of Bridal Hair Up styles and is a great add on to the Bridal Makeup Course. Our dedicated Hair tutor will cover all you need to know in order to create beautiful hair styles for your bride and her bridal party.

You will cover techniques such as the Hellana, Classic French Twist and the Ballerina Bun.

Course Price - £150 1 day



# Frequently Asked Questions

## ***Do I need beauty experience to attend a course ?***

No . Most of the courses at Lash and Thread are aimed at beginners and cover all the basics. The exceptions are Hot Stone Massage and Advanced Waxing & Gel extensions.

## ***Can I obtain insurance after the course ?***

Yes , on completion of a course you will receive a Lash and Thread Diploma which is fully accredited by The Guild of Beauty Therapists enabling you to gain insurance . You will receive a discount voucher if obtaining insurance through the Guild.

## ***How do I book a course ?***

To book a course please visit our website to complete the online registration form or fill out the enclosed application form and post it to us.

## ***How do I pay for the course ?***

A deposit of £50 per course is required. The balance is due a week before the course.

If emailing an application we will send you details on how to transfer a deposit online.

## ***Do I need to purchase a kit ?***

No. All course materials are included in the course price.

Some courses have kits available for students' to purchase on the day if you wish.

## ***Do I need a model ?***

As part of your learning students are required to work on each other for most courses so no model is required unless you are unable to have the treatment. Your model may be worked on by another student depending on numbers.

Some courses will always require a model – These are :

Intimate Waxing / 3D Volume Lashes / Brow Enhancement

## ***Do I get a discount if I book a few courses ?***

*Yes, there are many packages available on our website with discounted prices, or you may put your own package together of 3 or more courses and receive a 10% discount off the total*

## ***If I book with a friend will we receive a discount ?***

*Yes , you will both receive a 10% discount if booking on the same course*

# Course Locations

Lash and Thread  
Unit 1 Braybon Yard  
(off Lauriston Road)  
Brighton  
BN1 6SN

# Contact us

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Telephone - 01323 561111 Caroline 0797 350 2829

~ For course dates please visit our website ~

~ To book a course please email us or fill out the attached application form and return ~



