



college

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www.younique.ie

younique
college of beauty & holistics



foreword

If you're looking for an exciting career in Beauty and Holistics, we can provide high calibre candidates with the very best training and resources available. Younique College of Beauty & Holistics has been delivering the best beauty tuition in Northern Ireland for over 8 years and since then over 600 students have graduated from the college.

We offer a broad range of courses, all of which are delivered to the highest educational standards by our team of experienced and dedicated tutors. Year after year, our student satisfaction and exam success rates continue to grow as we constantly improve and update course content and teaching methods. We deliberately keep classes small to ensure personal attention for each and every student, helping you develop your knowledge and professionalism and build your confidence to make you ready for a rewarding career in beauty and holistics, wherever it may take you.

This prospectus outlines all the courses we have on offer. Take your time to consider all of the options and should you have any questions or would like some advice, please contact us and we'd be happy to help. Should you decide to study with us, I hope you find your chosen course enjoyable and that you will be proud to be a student of Ireland's leading College of Beauty.

Principal, Aine Larkin

Aine Larkin

full-time beauty therapy

CIDESCO/CIBTAC/ITEC INTERNATIONAL DIPLOMA

CIBTAC is the international examination board for the education and training of Beauty and Holistic Therapists. Recognised worldwide, a CIBTAC diploma allows therapists to work all over the world. In the first 27 weeks of the course, students study and complete exams in the following:

CIBTAC Aesthetic Treatments Diploma (includes: Waxing on all areas of the body, Pedicure, Manicure, Eyelash and eyebrow tinting, Eyebrow shaping, Facial massage, Face masks, Electrical facial treatments, Professional makeup, Theory of skin structure, functions and diseases, structure of the nail and nail bed and Theory of hair growth cycles)

CIBTAC Body Diploma (includes: Anatomy and physiology, Swedish body massage, Indian head massage, Slimming treatments, Figure diagnosis, Electrical body treatments, Audio sonic and Infrared)

ITEC Electrical Epilation Diploma in short wave diathermy and blend methods (includes: Hair anatomy, Endocrine system, Vascular system, Causes of superfluous hair, Consultation and contra indications, Needles, Technique of electrical epilation and Aftercare and homecare)

CIBTAC Generic Studies (includes: Anatomy and physiology of all the body, Health and hygiene, Contra indications to therapies, Theory of electricity for beauty treatments, How to become a commercial salon, Presenting a business plan, Product knowledge and retail sales, Record keeping and Client counselling) and cosmetic science.

On completing these diplomas, students go on to study for what is considered the ultimate qualification in the beauty industry - the CIDESCO Diploma. Highly regarded worldwide and the only European beauty diploma with full accreditation in the USA, this diploma greatly enhances a beauty therapist's career prospects to help you find employment in the top salons, spas, health clubs and 5 star hotels or to provide you with experience and skills to set up your own business.

In week 37, students take their CIDESCO examination which includes: Natural Science, Cosmetic Science, Facial exam, Body exam, Multiple choice papers, Thesis, plus 1 additional subject.

Duration

37 weeks full-time

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 16 or over on commencing the course.

Includes uniform, complete course notes, waxing kit, manicure and pedicure kit, make-up and brush kit and use of college skincare products, equipment and accessories in classes.



beauty specialist

ITEC DIPLOMA

Designed for those wishing to have a professional training in beauty on a part-time basis, this diploma covers the following areas: Waxing on all areas of the body, Pedicure, Manicure, Eyelash and eyebrow tinting, Eyebrow shaping, Facial massage, Face masks, Optional electrical facial treatments, Professional makeup, Theory of skin structure, functions and diseases, Structure of the nail and nail bed, Theory of hair growth cycles. Students also complete modules in Professional Conduct and Business Awareness. Exams are taken at the end of the course examined by an external examiner.

Duration

September - June (Class times Tuesday and Thursday, 6.00pm - 9.30pm or Saturday, 9.30am - 5.00pm)

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 18 or over on commencing the course.

Includes uniform, complete course notes, waxing kit, manicure and pedicure kit, make-up and brush kit and use of college skincare products, equipment and accessories in classes.

anatomy and physiology

ITEC INTERNATIONAL DIPLOMA

Students will study the skeletal, muscular, reproductive, digestive, nervous, circulatory, lymphatic, respiratory, endocrine and urinary systems as well as look at skin, cells and tissues in depth and complete a module in Professional Conduct and Business Awareness.

Duration

50 hours

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 16 or over on commencing the course.

aromatherapy

ITEC INTERNATIONAL DIPLOMA

This course involves a detailed study of oils and their uses; mixing and blending oils; massage procedures; contra indications; legislations/consent and aftercare advice as well as a Professional Conduct and Business Awareness module.

Duration

80 hours

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 16 or over on commencing the course. Students must have or be currently completing the Diploma Anatomy and Physiology and the Diploma in Body Massage (option to study concurrently).

Includes uniform, aromatherapy oil kit, text book and use of equipment and accessories in classes.



holistic body massage

ITEC INTERNATIONAL DIPLOMA

This course involves a detailed study of Massage technique, Posture, Pressure, Contra indications, Hygiene procedures, Aftercare, Effects of massage, Legislations and First Aid. A module in Professional Conduct and Business Awareness is mandatory.

Duration

50 hours

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 16 or over on commencing the course. Students must have or be currently completing the ITEC Diploma Anatomy and Physiology (option to study concurrently).

Includes uniform, text book and use of college equipment and accessories in classes.



diet and nutrition

ITEC INTERNATIONAL DIPLOMA

Covering all aspects of diet and nutritional requirements the Diploma in Diet and Nutrition involves in-depth studies of the digestive system, diseases and disorders, dietary requirements, carbohydrates, fats, proteins, vitamins, minerals, nutritional values, intolerances, special dietary needs and effects and additives and their effects on the body to help therapists whose holistic therapy clients require diet changes and diet plans.

Duration

100 hours

Entry Requirements

Students must be 16 or over on commencing the course and must have an ITEC Diploma in Complimentary or Body Treatments (option to study concurrently) as well as an excellent standard of English and Science (GCSE or equivalent).

Includes uniform, use of college library and accessories in college.



hot stone massage

ITEC INTERNATIONAL DIPLOMA

Students will explore how using hot and cold stones can provide a luxurious and healing massage, studying the following areas: The Holistic Approach, History and concepts, Chakras, Auras, Consultation, Contra indications, Client care, Practical procedures, Effects of treatment, Aftercare, First aid. Students are also obliged to complete a module in Professional Conduct and Business Awareness.

Duration

50 hours

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 16 or over on commencing the course. Students must have or be currently completing the ITEC Diploma in Anatomy and Physiology in addition to a Diploma in Body Massage or Level 3 Diploma in Body Treatments (option to study concurrently).

Includes uniform and use of college equipment and accessories in classes.



indian head massage

ITEC INTERNATIONAL DIPLOMA

This diploma in the ancient Indian technique of head massage covers subjects including: The Holistic approach, Concepts and effects of treatments, Common ailments, Contra indications, Massage movements, Structure of hair, Scalp conditions and Aftercare conditions. Students are also obliged to complete a module in Professional Conduct and Business Awareness.

Duration

50 hours

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 16 or over on commencing the course. Students must have or be currently completing the ITEC Diploma in Anatomy and Physiology (Option to study concurrently).

Includes uniform and use of college equipment and accessories in classes.



nail treatments

CIBTAC INTERNATIONAL DIPLOMA

This diploma covers a range of manicure and pedicure nail treatments covering the following subjects; Nail structure, Contra indications, Practical procedure, Hygiene and sterilisation, Ingredients of nail products, Nail types and shapes, Advice and aftercare.

Duration

7 weeks

Entry Requirements

An excellent standard of English is required and students must be aged 16 or over on commencing the course.

Includes T-shirt, text book, manicure kit and use of college equipment and accessories in classes.

nail technology

CIBTAC INTERNATIONAL DIPLOMA

This course provides extensive training in nail extensions including study of nail systems, product understanding, application and practical experience of building acrylic nails, fill-ins, contra indications, hygiene procedures and business studies. Knowledge of gel and fibreglass systems included.

Duration

5 weeks

Entry Requirements

An excellent standard of English is required and students must be aged 16 or over on commencing the course. Students must also hold a qualification in manicure.

Includes t-shirt, acrylic kit, use of college gel and fibreglass kits and other equipment and accessories in classes.

hopi ear candling

CIBTAC INTERNATIONAL DIPLOMA

A study of the popular (Thermal Auricular Therapy) Hopi Ear Candling Technique, the diploma covers the following subjects; History of treatment, Contra indications, Anatomy and physiology of the upper respiratory system, Hygiene, Aftercare, Effects of treatment and First aid.

Duration

8 hours

Entry Requirements

An excellent standard of English is required and students must be aged 18 or over on commencing the course.

electrical epilation

CIBTAC DIPLOMA

A study of the use of electrolysis, the diploma covers the following subjects: Study of hair, Practical techniques, Hygienic procedures, Business studies, Contra indications and Treatment plans.

Duration

80 hours

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 18 or over on commencing the course. A Level 2 qualification is also required.



red vein treatments

ITEC DIPLOMA

Includes Certificate in Skin Tag Removal

This diploma provides students with knowledge and a professional qualification in order to practice red vein treatment and skin tag removal.

Duration

25 hours / 3 days

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 18 or over on commencing the course. Students must also have a diploma in Epilation.

spa treatments

ITEC INTERNATIONAL DIPLOMA

Essential for work in the spa industry, this diploma is a detailed study of a wide range of popular spa therapies, covering subjects including History of spas, Exfoliation, Steam-sauna, Body masks/wraps, Seawater/seaweed treatments, and Hydrotherapy treatments. Students carry out a practical exam based on assessment of detailed case studies at the Younique Spa.

Duration

12 weeks

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 16 or over on commencing the course. A diploma in Body Treatments or equivalent is required.

Includes uniform and kit for use in treatment.



fashion make-up

CIBTAC DIPLOMA

This course gives students an understanding of makeup application and learn professional techniques for photographic and fashion makeup. The course covers subjects including: Anatomy of the face and neck, Makeup plans, Colour wheel, Photographic: colour, black and white, Fashion makeup and Henna makeup and designs.

Duration

90 hours

Entry Requirements

An excellent standard of English and an artistic flair is required and students must be aged 16 or over on commencing the course.

Includes uniform, book, makeup kit and brushes.

Students will be expected to provide the following

Cotton wool, tissues, towels and any stationary items they may require, e.g. pens, paper, folders.

theatre & media make-up

ITEC DIPLOMA

*Includes CIBTAC Photographic Diploma

This course gives students an advanced knowledge of makeup application and the chance to learn how to use makeup for fashion, the theatre and the media and forms a good basis for those seeking free-lance work in any makeup sector. The course covers the following subjects: Advanced Techniques, Shading and Colouring, Photographic Makeup, Lighting, Henna, The Colour Wheel, Portfolio, Colour, Lighting, Hair Design, TV, Film, Script, Prosthetics and Historical Makeup.

Duration

September - June

Entry Requirements

An excellent standard of English and an artistic flair is required and students must be aged 16 or over on commencing the course.

Includes brushes, makeup kit, t-shirt and exam fees.

sports massage

ITEC INTERNATIONAL DIPLOMA

This diploma covers the importance of, effects of and techniques used in, sports massage covering the following subjects; the muscular system, Joints, Diseases and disorders, Injury prevention and management, Healing processes, Sports massage techniques and Thermotherapy cryotherapy.

Duration

100 hours

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 16 or over on commencing the course. Level 3 Holistic Massage or Body Treatments is also required.

Includes uniform, complete course notes.

reflexology

ITEC INTERNATIONAL DIPLOMA

Students study all aspects of related zones of the feet covering the following topic areas in depth; Structure of the foot, Disorders of nails and feet, Practical on hands and feet, Consultation and consent, Understanding reflex zones and Aftercare. Students also complete a module in Professional Conduct and Business Awareness.

Duration

75 hours

Entry Requirements

An excellent standard of English and Science (GCSE or equivalent) is required and students must be aged 18 or over on commencing the course. A diploma in Anatomy and Physiology is also required.

Includes uniform, use of college equipment and accessories in classes.



accredited courses

WE ALSO OFFERS A RANGE OF ACCREDITED COURSES THROUGHOUT THE YEAR.

Advanced Waxing

1 day training in the latest waxing techniques including Brazilian, Hollywood, California.

NB: Students must also hold a qualification in waxing and will be asked to present a photocopy on the day. Students are required to bring their own model. Price includes 1 bag of wax pellets.

Nail Art & Gel Nails

½ day training in the latest designs and techniques for nail art. Students build a portfolio on their designs

NB: Students may be required to bring their own model.

Recreational Makeup

6 week fun and interesting course for all ages, training in the latest colour trends and techniques, how to apply your own makeup and improve your confidence.

Tanning Treatments

A course to bring you up to date in the latest tanning treatments covering spray-on and direct application techniques, skin preparation and maintenance of tan. Designed to give confidence and practical ability to the therapist.

Eyelash Perming

1/2 day course.

NB: Students are required to bring their own model.

Eyelash Extensions

1 day course in eyelash extensions.

NB: Students are required to bring their own model.

The training kit for this course is extra.

Thai Hot Compress

1 day course focusing on techniques in oriental massage.

Advanced Massage Techniques

1 day training in advanced techniques to make your massage more interesting and less strenuous on the wrists.

NB: Students are required to bring their own model.

Teenage Summer Programme

A 5 day course (Mon-Fri) this course, designed for those aged 14 or over, provides a fun and interesting insight into the beauty and holistic industry, covering skincare, makeup and nails.

Micropigmentation

Techniques in semi-permanent makeup

Body Piercing

TBC - Covers ear, nose, eyebrow and naval piercing.

Refresher Courses

1 day course designed for the qualified therapist who has either not yet worked in or been out of the industry for a while and wants to regain practical experience and confidence in particular areas; Body Massage, Skincare & Eye, Reflexology, Waxing, Wraps/Inch Loss, Manicure & Pedicure / Makeup, Aromatherapy, Hot Stones, Indian Head Massage.



interested?

IN BECOMING AN ACCREDITED BEAUTY THERAPIST

If you are enrolling for any of the courses on offer at Younique College of Beauty & Holistics, please fill in the form enclosed with this prospectus or contact the college if you have any queries. Please note that when enrolling on a course(s), deposit(s) must be paid to secure your place credit facility available.

Contact Us

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