



Aesthetic Vegan Beauty Non- Professional Courses 2021

Course Title	Course code	Time	Group Numbers	Location
Ageless Aging Facial	AVB.AAF2 1	2 hours	Groups of 10	Online
Aromatherapy around the Home	AVB.AAH2 1	2 hours	Groups of 10	Online
Body Products	AVB.BP21	2 hours	Groups of 10	Online
Bath Bombs	AVB.BB21	2 hours	Groups of 10	Online
Hair Care	AVB.HC21	2 hours	Groups of 10	Online
Soap Making	AVB.SM21	2 hours	Groups of 10	Online
Sugaring at Home	AVB.SAH2 1	2 Hours	Groups of 10	Online
Number of Sessions	1(one)			
Start Date		End Date		
Tutor	Janet Lee	Assistant Tutor	Helen Olukoga	

A.V.B Course Overview

Sugaring at Home: Prepare skin and perform sugaring on yourself. Safely and with perfect results, taking the difficulty out of home treatment on yourself. This course does not teach or prepare you to use sugar on another person. The professional course for sugaring is available from AVB.

Ageless Aging Facial: How to understand the outside influences in our environment that speed up aging. What we can do with some simple home treatments and routines to slow the signs of aging without a need to purchase expensive lotions. Moving towards scientific and therapeutic vegan methods.

Aromatherapy Product Making: Learn how to understand the outside influences in our environment that pollute our homes and our bodies. What we can do with some simple home treatments and routines to slow these effects without a need to purchase expensive products that are generic, and probably adds to the harm. Moving towards scientific and therapeutic vegan methods.

1. What will I learn on the course?

Sugaring at Home:

- Ensure your skin is safe to perform a sugaring treatment.
- Perform a sugaring treatment safely
- Maintain your skin in between treatments.

Ageless Facial:

- Understand the wheel of life and the environmental factors that can have an influence on how they affect aging skin.
- Further understanding of sleep, hydration and breathing
- Analyse the skin and performing a facial routine

Aromatherapy Product Making:

- Gain an understanding of the base material used in the making of these bespoke products
- The Health & Safety evaluation for the bespoke base.
- Guided steps in making a product suitable for your needs.
- The finished product.

2. What will I be doing in class?

Sugaring at Home:

- Learn to use the kit provided prior to the course commencing,
- Learn how to perform a self-consultation.
- Learn of the precautions to take to ensure the treatment is safe.
- Observe and perform a short sugaring treatment on yourself,
- Learn how to get out of any sticky situations or trouble with the sugar paste.
- How to clean the skin with the sugar, removing residue and finishing the treatment.
- Be invited to a private Facebook group only available to course members for one year.

All other online courses:

- Learn through demonstration, practice and interactive online information slides.
- Be invited to a private Facebook group after the course where videos of the techniques and the class slides will be available for a year.
- Allowing the participants to continue the treatments at home*

3. What kind of feedback will I be given by the Tutor?

Sugaring at Home:

- The course is held online and the basic technique is given during the 2 hour course.
- The tutor will observe your technique after demonstrating on a zoom call.
- Feedback will be delivered directly.
- Online support you are able to access the videos and information.

All other online courses:

- The course is online and requires the participants to be available on the zoom call with the video on for the tutor to demonstrate and then observe the participant perform the treatment.
- The tutor can observe, and give feedback on how to improve the techniques demonstrated.

4. Are there any entry or equipment requirements?

All online courses:

- No entry requirement, this is a non-accredited course
- Access to a zoom app and device camera

- Mic to be muted initially during demonstration

5. Does the course have features I need to be aware of (workload, level of fitness, stamina, etc?)

Sugaring at Home:

- This course is available to everyone regardless of fitness levels.
- Participants will be expected to be able to perform the sugaring treatment on themselves after demonstrations, then be able to practice safely, the sugaring treatment at home on themselves.

All other online courses:

- No, the course is open to everyone regardless of fitness levels.
- Perform a facial routine taught step by step and take a simple Cleanse, tone and moisturise routine (CTM)*

6. What do I need to bring with me to the class?

Sugaring at Home:

- The kit that is sent to you by post before the online class.
- Sit in a well-lit area
- Floor protection such as a towel under and around your chair as the sugar may drip on the floor.
- Wear loose clothing as you will need to be able to pull trouser legs up or sleeves up, in order to practice the sugaring treatment on yourself.
- Get yourself a drink and get comfortable.

Ageless Facial:

- All participants enrolled will need to complete an online consultation form. This will generate an order for a package of equipment (kit) for the course, specific to the participants skin type.
- Once the pack is received a zoom link for the course will be generated and a date and time confirmed.
- A paper and pen to take notes, online slides will be provided.* attending the zoom call on camera with make-up removed to allow us to begin demonstrations as soon as possible.

All other online courses:

- A paper and pen to take notes, online slides will be provided.*

7. Where will I take this course?

These courses are completely online, allowing participants to take the non accredited course anywhere in the world.

Wanting to take a course as a special event or party, contact us for bespoke parties.

- All course participants are eligible to join a Facebook group for one year, giving top up of the techniques and videos for a year, information and techniques change and updates will be placed onto the Facebook page as necessary. A nominal fee will be charged to participants wishing to stay in the group for an additional year. For further inquiries and information contact aestheticveganbeauty@gmail.com.