



Kilkenny College
of
Beauty & Sports Therapy

Kilkenny College of Beauty & Sports Therapy



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As Beauty Therapy is an ever expanding profession, our aim is to meet the demands for fully qualified Aestheticiennes by offering the highest standards of training.

At Kilkenny College of Beauty & Sports Therapy we pride ourselves in small class groups and providing personal attention to each ensuring students reach their highest potential in the shortest time possible.

The field of Beauty Therapy is a rewarding and satisfying career for those who are dedicated to helping others to look and feel better. Our college provides all the up-to-date modern equipment and technology and employs the latest teaching techniques.

We offer our students every assistance in gaining employment on completion of their studies.

Lynn Dowling

(Principal)

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CHOICE OF DAYTIME COURSES:

I.T.E.C., C.I.B.T.A.C., C.I.D.E.S.C.O. Diplomas Available

ABT Accredited Courses Also Available

FACE & BODY THERAPY

NAIL TECHNOLOGY

BEAUTY SPECIALIST

LASH & BROW TECHNOLOGY

MAKE UP

COURSES AVAILABLE INDIVIDUALLY ON REQUEST.

CHOICE OF NIGHT COURSES:

Leading to Diplomas in I.T.E.C. and C.I.B.T.A.C.



Kilkenny College of Beauty & Sports Therapy are registered providers of the following:

DIPLOMAS AND CERTIFICATES

1. **I.T.E.C.** The International Therapy Examination Council, was founded to provide an independent bona fide professional examination system covering aspects of Therapy and Beauty whose examinations are recognised both nationally and internationally. Today the examinable subjects have been expanded to cater for the increased demand and diversification of interest in the field of Beauty and Physical Therapy and now almost every English speaking country in the world is involved with the **I.T.E.C.** system.

2. **C.I.B.T.A.C. (Confederation of International Beauty Therapy and Cosmetology)** is the examination board of the British Association of Beauty Therapy and Cosmetology Limited (**B.A.B.T.A.C.**). Their main aim is to strive for the improvement of and promote, ethical, professional and educational standards, and maintain the highest possible level.

3. **C.I.D.E.S.C.O. (Comite International D'Esthetique De Cosmetologie)** was founded in 1946 to further the professional competence and integrity of the Beauty Therapist as well as developing a closer liaison with the medical profession, cosmetic chemist and other professional bodies with whom the beauty specialist now works. It affords constant contact internationally to maintain world-wide standards of knowledge of techniques.

N.B. End of course examinations are conducted by external professional examiners.



ITEC



Commercial Beauty Therapy and Photographic Make Up Certificate "Straight to Salon Qualification"



Monday-Wednesday 9.30-4.30 (Some Fridays)

COURSE OVERVIEW

This course was designed to meet industry demands. It is uniquely designed to give you the International ITEC Beauty specialist qualification you require whilst also including numerous on trend techniques which are now sought after by clients and employers alike. This qualification will ensure you are trained to the highest possible standard at Kilkenny College of Beauty & Sports Therapy. We have added additional qualifications to this Commercial Beauty Therapy Package to make you as employable as you can be on graduation.

CAREER PROSPECTS

Successful students will be eligible for work in all aspects of the beauty industry. As a graduate of this course you are uniquely trained to meet industry demands. Graduates with their international diploma can target careers in cruise liners and airlines.

COURSE COVERS THEORY/PRACTICAL INCLUDING:

- Facials and skincare
- Lash Lift
- Semi- Permanent lash extensions
- Ultimate precision brow techniques/tinting
- Threading
- Gel polish
- Spray Tan
- Eye treatments
- Waxing /specialized waxing
- Photographic Make up
- Manicure/Pedicure/Gel and Acrylic Nails

QUALIFICATIONS:

ITEC Beauty Specialist, CIBTAC Facial Therapy

ITEC Award in the Art of Photographic make up

Kilkenny College of Beauty and Sports Therapy Certificate in Spray Tanning

Kilkenny College of Beauty and Sports Therapy Certificate in Threading

Kilkenny College of Beauty and Sports Therapy Certificate in Ultimate precision brow techniques

Kilkenny College of Beauty and Sports Therapy Certificate in Lash lift

Kilkenny College of Beauty and Sports Therapy Certificate in Specialised waxing

Kilkenny College of Beauty and Sports Therapy Certificate in Gel Polish

Kilkenny College of Beauty and Sports Therapy Certificate in Semi Permanent Lash extensions

Kilkenny College of Beauty Therapy Certificate in Gel and Acrylic Nails.

EXTRA-CURRICULAR COURSES (optional and at an additional fee):

Make up artistry, gel nails, acrylic nails, nail technician, advanced gel polish with use of electric file and numerous make up masterclass.

- Subject to client requests in Student Salon.
- CIDESCO can be added to this course

Beauty Therapy and Body Therapy Diploma Course



Full Time Course

OVERVIEW: Students can become fully qualified Face & Body Therapists in just 8 months at Kilkenny College of Beauty & Sports Therapy. This course is delivered by day and offers an environment to promote standards of excellence with a maximum intake of 14 students. This course leads to internationally recognized qualifications from ITEC / CIBTAC and CIDESCO. This programme allows graduates to enter a career in Beauty Therapy with highest standards and lays a foundation to enable our therapists to engage in extra curriculum courses for continual professional development.

CAREER PROSPECTS

Successful students will be eligible for work in all aspects of the beauty industry. Graduates with their international diplomas can target careers in cruise liners and airlines. Commercial hours need to be completed before issuing CIDESCO Diploma.

COURSE COVERS THEORY/PRACTICAL INCLUDING

- Facials and skincare
- Eye treatments
- Waxing
- Make up
- Manicure/Pedicure
- Anatomy and physiology
- Body massage
- Electrotherapy

QUALIFICATIONS

- ITEC beauty specialist
- CIBTAC face and body therapy
- CIDESCO international diploma
- Kilkenny College of Beauty and Sports Therapy Certificate in Spray Tanning
- Kilkenny College of Beauty and Sports Therapy Certificate in threading
- Kilkenny College of Beauty and Sports Therapy Certificate in Ultimate precision brow techniques
- Kilkenny College of Beauty and Sports Therapy Certificate in Advanced massage techniques with introduction to reflexology

Extra-Curricular courses (optional and at an additional fee): Make up artistry, 3 week gel polish, nail technician, specialized waxing, spray tan and henna brows.

Diploma in Body Therapy



1 full day or 2 mornings per week 9.30-12.30

COURSE OVERVIEW

Participants will gain an understanding of and practical skills in massage and other treatments such as electrical body treatments. These treatments are used for the purposes of relaxation, stress release, slimming and weight loss. In addition there are lectures covering the business aspects of working as a body therapist. Successful graduates will be awarded International certification by CIBTAC.

CAREER PROSPECTS

This is an excellent course to begin a career in a beauty spa. There is currently a huge demand for massage therapists and this course leads to endless opportunities for self employment, sports clubs, fitness centres and mobile therapy.

QUALIFICATIONS

CIBTAC Body Therapy Diploma

SUBJECTS

- Anatomy & Physiology
- Body Massage
- Heat Treatments
- Diet & Exercise
- Faradism
- High Frequency Current
- Salon Management
- Client & Public Relations
- First Aid

Extra Curricular courses (optional and at additional costs)

Diet and nutrition, Indian head massage and Thermal Auricular therapy.

Beauty Therapy Diploma Course



Part Time Course: Monday and Thursday Evenings 6.30 - 9.30pm
Day time option also available.

OVERVIEW: Students can become fully qualified Beauticians in only 8 months by night at Kilkenny College of Beauty & Sports Therapy. Our courses are delivered in a student friendly environment with maximum numbers of 14 students to ensure the highest standards are achieved. Beauty Therapy offers endless opportunities and is your gateway to lifelong education with an abundance of extra courses available.

CAREER PROSPECTS: Successful students will be eligible for work in all aspects of the beauty industry. Graduates who receive their international qualification will be eligible for employment and home and abroad including cruise liners and airlines.

COURSE COVERS THEORY AND PRACTICAL OF:

- Facials and skincare
- Eye treatments
- Waxing
- Make up
- Manicure/Pedicure
- Electrical Machines
- Anatomy and physiology

QUALIFICATIONS:

- ITEC beauty specialist
- CIBTAC facial therapy

EXTRA-CURRICULAR COURSES (optional and at an additional fee: HD brows, Make up artistry, 3 week gel polish, nail technician, specialized waxing and spray tan.

- CIDESCO qualification can also be added.

CIDESCO Diploma in Beauty Therapy



(POST GRADUATE)

Part - time / Upgrade course - 40 hours

This course offers qualified face and body therapists with other awarding bodies (ITEC/ CIBTAC) and a minimum of 3 years commercial experience the opportunity to gain the prestigious CIDESCO International qualification.

This refresher course is tailor made to each student's needs ensuring that they have covered all subjects in the CIDESCO Beauty Therapy Syllabus.

Successful students will help to broaden their scope for employment in the industry by adding CIDESCO to their list of qualifications. Some teaching organisations also require their tutors to be CIDESCO qualified in order to be recognised for employment in their establishments.

Course Covers Theory and practical of - dependant on student requirements:

Facials and skincare

Waxing

Manicure/Pedicure

Electrical Machines

Anatomy and Physiology of the body

Eye treatments

Make up

Body Treatments

Body Massage

QUALIFICATIONS

- CIDESCO International Diploma

Diploma in Electrolysis



1 evening per week (contact us for more details)

COURSE OVERVIEW

Participants will gain an understanding of, and practical skills in, the techniques of electro epilation using short-wave diathermy and blend epilation. The course will train you to the highest standards in this medically proven form of permanent hair removal. This is the foundation for advanced electrolysis courses for red vein removal or skin tag removal. Successful graduates will be awarded certification by CIBTAC & ITEC.

CAREER PROSPECTS

Electrolysis is still one of the most successful methods of permanent hair removal and good electro therapists are sought after. Electrolysis is a much needed qualification to advance to areas like red vein treatment etc. Post qualification graduates can embark on a career in skin and aesthetics clinics or beauty salons

QUALIFICATIONS

ITEC and CIBTAC diploma in electrolysis

SUBJECTS

- Anatomy and Physiology of Skin & Hair
- The Vascular & Endocrine System
- Common Skin Diseases
- Causes of Hirsutism
- Theory & Practice of Epilation
- Care and maintenance of equipment

Spray Tan Course



COURSE DURATION 1 DAY

COURSE OVERVIEW

This is an excellent add on course for therapists or a course for those wishing to get a start in the industry. It has potential to boost your earning abilities in an ever popular tanning society.

COURSE CONTENT

- How spray tan works on skin
- Practical Tanning techniques
- Product knowledge

CERTIFICATION

Kilkenny College of Beauty Therapy and Sports Therapy spray tanning certificate (ABT Insurance Accredited).

Advanced Waxing



COURSE DURATION 1 DAY

COURSE OVERVIEW

This is a must for all therapists. Advanced waxing has now become “the norm” and therapists will find this training extremely beneficial in understanding the methods and techniques for intimate waxing. This adds earning power to your business and ensures you can offer the most up to date treatments to your clients.

PRE REQUISITES

Waxing certificate level 2.

COURSE CONTENT

- Hollywood waxing
- Californian waxing
- Brazilian waxing
- Contra indications
- Aftercare
- Waxes used and contents

CERTIFICATION

Kilkenny College of Beauty and Sports Therapy Certificate in advanced waxing

ABT Accredited Microneedling



COURSE OVERVIEW

This course is an advanced aesthetic treatment which helps induce collagen production and skin tightening. It produces micro channels which initiates collagen production but also increases absorption of products into the skin. This treatment reduces the appearance of lines, wrinkles, acne, pigmentation and broken capillaries

CAREER PROSPECTS

Successful students will be eligible to work with microneedling treatments in aesthetic clinics and skin care clinics. This is an excellent advanced treatment to add to your treatments to offer at your clinic.

PRE REQUISITES

ITEC Beauty Specialist level 3 diploma or equivalent

COURSE CONTENT

- Practical use of Microneedling on varied skin conditions.
- Wrinkle and fine lines reduction
- Theory of Microneedling, effects and benefits,aftercare etc

QUALIFICATIONS

ABT accredited Derma Pen Certificate

ITEC Certificate in Microdermabrasion



COURSE OVERVIEW

This course is an advanced beauty treatment using aluminium crystals to give deep exfoliation and resurface the skin. This treatment shows excellent results on minimising fine lines and wrinkles, improving scar tissue, comedonal acne, uneven skin texture and stretch marks.

CAREER PROSPECTS

Successful students will be eligible to work with microdermabrasion treatments in aesthetic clinics and skin care clinics. This is an excellent advanced treatment to add to your treatments to offer at your clinic.

PRE REQUISITES:

- ITEC Beauty Specialist level 2 diploma or equivalent
- ITEC level 3 in facial electrical treatments or equivalent

COURSE CONTENT:

- Practical use of Microdermabrasion on varied skin condition such as acne scarring, pigmentation and fine lines.
- Use on numerous skin conditions
- Wrinkle and fine lines reduction
- Theory of Microdermabrasion, effects and benefits

QUALIFICATIONS:

ITEC level 3 certificate in microdermabrasion

ITEC Diploma in Laser and Intensed Pulsed Light Treatments



COURSE OVERVIEW

This course is an intensive course for those interested in learning more advanced beauty treatments. This course trains you in the treatment of varied skin conditions such as skin rejuvenation, red vein removal, solar pigmentation, acne vulgaris, acne rosacea and cambell de morgan spots. You will also learn the ever popular skill of hair removal. We boast the use of British made Pulsar IPL intensed pulsed light which is the most technologically advanced system offered in todays market place. This system has been treating unwanted hair removal since 1997 with exceptional results in private hospitals and dermatology departments. It also offers the industries only pointy applicator for more precise and successful treatments on thread veins, solar spots and wrinkles.

CAREER PROSPECTS

Successful students will be eligible to work with IPL treatments in beauty salons or aesthetic clinics. This is an internationally recognized diploma. This is an excellent service to add to services in beauty salons and skin care clinics.

PRE REQUISITES:

- ITEC Beauty Specialist level 2 diploma or equivalent

COURSE CONTENT:

- Practical application of IPL on many of the skin conditions listed
- Skin rejuvenation
- Thread vein treatment
- Acne Vulgaris/rosacea treatment
- Solar lentigines
- Wrinkle and fine lines reduction
- Hair removal
- Electromagnetic spectrum
- Science of wavelength of light
- Understand how light works on skin conditions and hair

QUALIFICATIONS:

ITEC level 4 Diploma in Laser and Intensed pulsed light treatments

Diploma in Media, Fashion and Photographic Make Up Artistry



Part - time course - Tuesday 6.30 - 9.30pm
(Day time option also available)

OVERVIEW The course offers extensive skills in the expanding industry of makeup artistry. This curriculum covers an expanse of makeup techniques including theatre, media, photographic, bridal, Avant garde and high fashion. This course will train students to the highest standards of makeup artistry whilst also giving the opportunity to complete ITEC international diploma as part of this course. During studies students will be given the opportunity to complete a portfolio with a visiting photographer coming to the class to take photos. Students will also experience a workshop with hairstylist to prepare them for fashion shoots.

CAREER PROSPECTS Successful students can progress to employment in media, beauty salons, photosets, freelance, mobile makeup artists, department store counters like MAC and Inglot. Students can also choose to work abroad with their international ITEC make up certificate..

SUBJECTS

- Photographic and media make up
- Male make up
- Bridal make up
- Corrective make up
- Special effects
- Cosmetic ingredients and properties
- HD make up

QUALIFICATION

- Kilkenny College of Beauty & Sports Therapy Diploma in media, fashion and photographic make up artistry
- ITEC international certificate in Make up
- ITEC award in the art of photographic make up

Extracurricular courses available (optional and at additional costs)

Spray Tan, Victoria Vynn 3 week Gel polish training, Gel and acrylic Nails, make up artistry masterclass and henna brows.

Certificate in Make Up



COURSE OVERVIEW

This course is an excellent start in the field of makeup. We offer a fully accredited International ITEC certificate in makeup. This is a very popular career at present and a great way for you to make your clients look and feel great. Learn the theoretical and practical aspects of makeup including those added ingredients which enhance different looks. Learn the tricks of the trade and on completion be confident and capable of embarking on a career in this area.

CAREER PROSPECTS

On completion you will attain a fully accredited ITEC international Certificate in makeup. This is an excellent start into the amazing world of makeup artistry. Many of our graduates attain employment in Beauty Salons, Spas and popular make up brands counter attendant like Mac and Inglot. Free lancing, self-employment and mobile therapy are among the most popular careers after this qualification. Many of our graduates have progressed to specialise in Makeup and continue their education in Makeup Artistry.

QUALIFICATIONS

ITEC Certificate in Make up

SUBJECTS

- Colour matching
- Perfect eyeshadow blending
- Ingredients present in Makeup and their functions
- Make ups most suited to skin types
- Hygiene and sanitisation procedures for makeup application
- Practical make up application

Extra Curricular courses (optional and at additional costs)

Make up artistry, make up masterclass, Brow precision techniques, Threading, Gel polish training, Spray Tanning

Make up Hobby Course



Kilkenny College of Beauty and Sports Therapy do your own make up
Duration - 2 Evenings

Learn to do your own make up

This is one just for you ladies, to help you look and feel a million dollars every time you leave the house. Learn the tricks of the trade-how to get that flawless foundation, those perfect brow lines, contouring for the perfect selfie and lashes to die for. You can use your own make up and our kits so no need for added expense. This course is fun but yet informative. It will focus on all those things that take your make up from ponderous to perfection!! Amazing course to do with your friends, club mates or other moms. (discounts offered for group bookings and times/days tailored).

FOCUS AREAS

- Foundation matching-skin tone and type
- Contouring
- False lash application
- Perfect Eye line application
- Brow filling and most appropriate products
- Application of glitters and pigments
- Discounted prices available on Inglot kits but not necessary
- Endless tips on make-up purchase and application.

Optional additional courses (additional cost):

Spray tan and gel polish application hobby course.

Make Up Hobby Course Masterclass



Kilkenny College of Beauty and Sports Therapy Make up Hobby Masterclass
Duration - 1 Evening 6.30-9.30

Learn to do your own make up

This is one just for you ladies, to help you look and feel a million dollars every time you leave the house. Learn the tricks of the trade-learn to develop your contouring technique, specific shadow trends, developing the winged eye liner and more advanced eye shadow application. You can use your own make up and our kits so no need for added expense. This course is fun but yet informative. It will focus on all those things that take your make up to another level making it more dramatic for those nights out. Amazing course to do with your friends, club mates or other moms.

PRE REQUISITES

Make up hobby course or reasonable prior knowledge in make up application

FOCUS AREAS

- Develop contouring technique
- Winged eye liner
- Advanced shadow application and trends
- Develop brow carving technique
- Develop your application of glitters and pigments
- Discounted prices available on Inglot kits but not necessary
- Endless tips on make-up purchase and application.

Optional additional courses (additional cost):

Spray tan and gel polish application hobby course.

ITEC

Nail Technician Diploma



Part-Time- Monday
Evening course option also available or refresher course option

OVERVIEW This is the perfect ITEC Diploma course to launch an ever-popular career as a nail technician. This is a broad-spectrum nail technician course. It includes all aspects necessary to become a skilled technician. The curriculum includes Gel nails, Acrylic nails and Nail Art. This course will be delivered to the highest standards including tip and form application, French white application and salon nail art designs. On completion graduates will have all the necessary skills to go directly to the work place.

CAREER PROSPECTS This is an ever-expanding industry with an increasing shortage of technicians with broad spectrum skills. Graduates can enjoy careers in nail bars, department store nail bar, freelance, beauty salons and spas.

Extra curricular courses (optional and at additional costs)

One stroke nail art, 3D nail art, 5 shape nails, Victoria Vynn 3 week Gel polish training.

Qualification

- Kilkenny College of Beauty & Sports Therapy Gel & Acrylic Nail Certification. (ABT Insurance Accredited)
- ITEC diploma in nail technology *(optional for qualified manicurists)

Subjects

- Gel Nails
- Acrylic nails
- Nail Art

Manicure



COURSE OVERVIEW

This is an excellent opportunity for anyone wishing to endeavour on a career on a very much on trend profession of nail technology. This opens the door to many opportunities in this field. You will become a fully certified manicurist with an ITEC certificate in Manicure and ready to offer your clients endless nail and hand treatments.

CAREER PROSPECTS

This will lead to many possibilities for employment in beauty salons, nail bars, self-employment and mobile therapy. It is also the first qualification to endeavour on further training in gel and acrylic nails, nail art, gel polish training and shellacs.

SUBJECTS

- Anatomy and physiology of the hands and nails
- Nail diseases and disorders
- Ingredients present within products used on the hands and nails
- Practical procedure for manicure and the perfect nail paint

QUALIFICATION:

- ITEC certificate in manicure

Extra Curricular courses (optional and at additional costs)

Gel and acrylic nails, Gel polish training, One stroke nail art, salon Nail designs, electric file course, 3D nail Art and nail shaping courses.

Gel Polish Training Course



COURSE DURATION 1 DAY

COURSE OVERVIEW

This is an excellent course for beauty therapists and nail technicians alike to add to your earning potential. This is one of the most popular treatments on the market and this will give you the knowledge and certification you need to offer to your clients. Victoria Vynn is an American brand relatively new to Ireland but rapidly making its mark on the Market.

CAREER PROSPECTS

This is an excellent add on course for qualified technicians or is a great qualification to get you started in the nail technician world.

PRE REQUISITES

None required

COURSE CONTENT

- Learn the practical application of the polish system and removal.

CERTIFICATION

Kilkenny College of Beauty & Sports Therapy Gel Polish Certificate.

Advanced Sculpted Nail Shaping Course



COURSE DURATION 1 DAY

COURSE OVERVIEW

This is an excellent course for technicians to improve their techniques. This course gives technicians specific skills in form application to produce the perfect square, almond shape etc.. This teaches the technician exact position and shaping of sidewalls as well as developing the perfect apex at the exact position to suit the shape of sculpted nail. This course can really transform your nails to sheer perfection and eye catching nails.

PRE REQUISITES

Some experience in gel or acrylic nails

CERTIFICATION

Kilkenny College of Beauty and Sports Therapy certificate in sculpted nail shapes

Salon Nail Art



COURSE OVERVIEW

Learn simple techniques to produce eye catching salon nail art. Designs that can be done in minutes transforming your clients nails and adding to your earning potential.

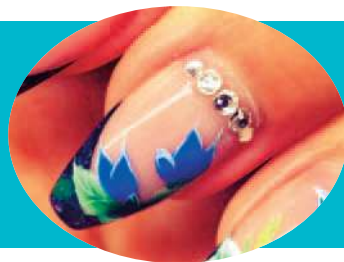
PRE REQUISITES

None required

QUALIFICATIONS

Kilkenny College of Beauty and Sports Therapy Salon Designs Certificate

Beginner Gel Nails Certificate



Part-Time
Day & Evening Options Available
Contact the college for upcoming courses

COURSE OVERVIEW

This is an excellent course for therapists wishing to enter the field of nail technology. This course will be delivered to the highest standards including tip and form application. On completion graduates will have all the necessary skills to go directly to the work place.

PRE REQUISITES

None required

CAREER PROSPECTS

This is an ever-expanding industry with an increasing shortage of technicians with broad spectrum skills. Graduates can enjoy careers in nail bars, department store nail bar, freelance, beauty salons and spas.

EXTRACURRICULAR COURSES (optional and at additional costs)

Acrylic nails, One stroke nail art, 3D nail art, 5 shape nails, Victoria Vynn 3 week Gel polish training, Certificate in advanced gel polish with electric file.

COURSE CONTENT

- Gel Nails theory and practical application
- Form and tip application
- Nail structure
- Nail diseases and disorders

CERTIFICATION

Kilkenny College of Beauty and Sports Therapy Gel nails certificate (ABT Insurance Accredited).

Certificate in Advanced Gel Polish with Electric File



COURSE DURATION 1 DAY

COURSE OVERVIEW

This course is leading the way in gel polish application. This is a brand new craze to hit Ireland. This is what people refer to as the “no gap” gel polish. Clients can get up to 10 days with little or no regrowth showing. The use of electric file allows complete lifting of the cuticle to get that polish right under. This give you extra earning power as clients will soon see they get longer from your gel polish. This course also directs you in the use of thicker base coats to give a “mini overlay”.

CAREER PROSPECTS

This is an excellent add on course for qualified technicians or manicurists. It is also a great qualification to get you started in the nail technician world.

PRE REQUISITES

None required but some experience in gel or gel polish is helpful.

COURSE CONTENT

- Learn to apply a mini overlay.
- Learn the prepare nails and cuticles with an electric file.
- Learn how to get the gel polish right under the cuticle.
- Learn how to finish off your gel polish and clean up using electric file.

CERTIFICATION

Kilkenny College of Beauty and Sports Therapy Advanced gel polish with use of electric file. (ABT Insurance Accredited).

Eye Lash and Eye Brow Technician



COURSE OVERVIEW

This is one of our most on trend courses. The lash and brow business is booming and perfect brows have become the necessary accessory to every outfit. Long lashes now provide excellent regular income to many lash technicians as clients return regularly for lashes which become a necessity. This takes students right through from start to finish with no prior requisites.

CAREER PROSPECTS

Graduates will be part of a much sought after profession with the current popularity in attending brow bars. Graduates can also apply for positions in beauty salons. Self employment and mobile therapy is also popular choices for lash and brow technician.

QUALIFICATIONS

ITEC Certificate in Eye brow treatments and eye lash extensions.
Kilkenny College of Beauty & Sports Therapy Cert in Threading
Kilkenny College of Beauty & Sports Therapy Cert in Precision Brows.

SUBJECTS

- Eye brow and eye lash tinting
- Eye brow shaping
- Eye lash perming
- Permanent eye lash extensions
- Strip and individual lash application
- Promotion and selling to clients
- Threading

EXTRA CURRICULAR COURSES (Optional and at additional cost)

Henna Brows, Gel polish and Make Up workshop

Ultimate precision brow techniques



COURSE DURATION 1 DAY

COURSE OVERVIEW

This really is as the name suggest " The ultimate" for anyone seeking employment in the ever popular and expanding field of brow technology. This is an excellent add on for any waxing therapist.

PRE REQUISITES

Beauty specialist or equivalent with eye brow tinting and waxing.

COURSE REQUIREMENTS

Entrants are required to have achieved a certificate in waxing.

COURSE CONTENT

- Eyebrow waxing
- Precision shaping
- High definition brow tinting

CERTIFICATION

Kilkenny College of Beauty and Sports Therapy Certificate
in Ultimate Precision Brow Techniques (ABT Insurance Accredited).

Threading Course



COURSE DURATION 1 DAY

COURSE OVERVIEW

This covers the ever expanding and popular treatment of brow threading. Perfect brows are becoming the most popular accessory and threading is one of the best techniques to achieve this affect. Threading can be used on many different areas and this course shows you the techniques required. This course is most suitably combined with the Ultimate Brow techniques Course.

PRE REQUISITES

None required.

CAREER PROSPECTS

This is an excellent course for those wishing to specialise in brow shaping.

COURSE CONTENT

- Threading techniques
- Intro to brow shapes

CERTIFICATION

Kilkenny College of Beauty and Sports Therapy certificate in Threading Techniques (ABT Insurance Accredited).

Semi-Permanent Eye Lash Extensions



COURSE DURATION 1 DAY

COURSE OVERVIEW

This is a necessary add on course for every beauty therapist but can also be a stand alone course as its ever increasing in popularity. Semi permanent Eye lash extensions are becoming a necessary accessory those who are trend and fashion conscious. They can provide regular income as they need to be maintained monthly. This course covers all aspects to produce a highly skilled lash technician.

PRE REQUISITES

None required

SUBJECTS

- Theory of lash extensions and application
- Practical knowledge of lashes
- Practical application of semi permanent lashes.
- Eye lash refilling
- Eye lash removal
- Contra indications
- Hygiene

CERTIFICATION

Kilkenny College of Beauty and Sports Therapy Eye Lash Extension Certificate (ABT Insurance Accredited).

Russian and Tahitian Lash Technician



COURSE DURATION 1 DAY

COURSE OVERVIEW

This course offers the newest technique in eye lash extensions for the fullest effect. This allows you to apply numerous lashes to each natural lash to create 3/4/5D effects. Tahitian are a variant of Russian lashes but as they are individually applied are excellent for the more mature lady or those with gaps in the lashes. This semi-permanent eye lash extension course is an excellent course to increase your earning power as monthly maintenance will be required by your clients.

PRE REQUISITES

Prior experience needed in lash application

COURSE CONTENT

- Application of Russian/tahitian lashes
- Theory of semi-permanent eye lash extensions
- Refilling
- Lash removal
- Hygiene
- Contra indications

CERTIFICATION

Kilkenny College of Beauty and Sports Therapy certificate in Russian and Tahitian Lash application.
(ABT Insurance Accredited).

Lash Lift



COURSE OVERVIEW

Lashes are really on trend at present and hence the return of lash lift. The alternative to lash extensions, working with those lashes you've got. Develop the techniques to create that extra curl and lift to a client's natural lashes. Learn the theory behind its application and how it works to give clients that added volume, thickness and getting those eyes open that extra bit. It gives a long lasting effect. This is an inexpensive treatment and has potential to add hugely to your earning power.

CAREER PROSPECTS

Excellent add on for beauty therapists with the current trends in eye lashes.

COURSE CONTENT

- Practical and theoretical application of lash lift
- Contra indications
- Hygiene

PRE REQUISITES

Level 2 Beauty Specialist or equivalent experience

QUALIFICATIONS

The Kilkenny College of Beauty and Sports Therapy Certificate in Lash Lift

Henna Brows



COURSE OVERVIEW

Henna offers an alternative to eyebrow tinting with long lasting effects as it tints the hair for up to 6 weeks whilst also tinting the skin for up to 3 weeks. It offers a defined precision brow whilst also camouflaging any gaps in the eye brows. Henna has an added advantage of having a wide variety of colours available and so henna brows are customised to suit your client.

CERTIFICATION

Kilkenny College of Beauty and Sports Therapy Henna Brows Certificate.

ITEC

Holistic Massage Diploma



Part time course- Saturday 9.30-4.30 (Other days available)

COURSE OVERVIEW

This course is an intensive course for those interested in becoming massage therapists. No previous experience or qualifications required. This is an interesting and informative course if you wish to enter the field of holistic therapies. This course trains students to the highest level in Swedish massage whilst also equipping them with the knowledge of the body structures under which they work. Successful students will enjoy a career with an International ITEC qualification.

CAREER PROSPECTS

Graduates of Holistic massage diploma course can go directly to employment in numerous careers like spas, beauty salons, gyms, freelance, nursing homes, respite centres or self-employment. This is also the gateway to eligibility for many complementary therapies like aromatherapy, reflexology of Indian head massage.

COURSE CONTENT

- Anatomy and physiology of the body
- Practical massage therapy
- The history of massage
- Business and marketing studies
- Holistic massage theory

CERTIFICATION

ITEC international diploma in Holistic massage

Extracurricular courses available (optional and at additional costs)

Indian head massage, Thermal auricular therapy etc.

Indian Head Massage



Part time course - 1 Day

COURSE OVERVIEW

This is as always an extremely popular treatment for Hairdressers, Holistic therapists and Beauty Therapists alike. It is an excellent holistic treatment for reduction of stress and tension. This is a treatment to offer on its own or to complement your current treatments for extra income.

The stress of modern life, poor diet and lifestyle and pollution can all unbalance and block our energy. Indian Head Massage is an invaluable way to rebalance us, encourage healing and prevents diseases from occurring.

CAREER PROSPECTS

This can be used in multiple areas of employment such as health spas, beauty salons, hair salons, freelance, on site massage etc.

CERTIFICATION

Kilkenny College of Beauty & Sports Therapy Indian Head Certificate.
(ABT Insurance Accredited).

Diet and Nutrition



Part Time-One day per week for 8 weeks
Times 9.30-4.30

COURSE OVERVIEW

Participants will learn how diet affects health, how to ensure a balanced diet, how to use diet to maintain and improve health and about common eating disorders. Learn about the anatomy and physiology of the digestive system along with the effects and benefits of nutrients in the body, including imbalances within.

This is an excellent qualification alongside other Complementary or Beauty Therapy qualifications. Successful graduates will be able to give safe and effective advice to clients about healthy eating and using diet to promote and enhance their health. The course is suitable for anyone who wishes to gain an increased understanding of the role of diet in maintaining health.

CAREER PROSPECTS

This qualification equips therapists with a higher level of knowledge in diet and nutrition to complement their other treatments and enable them to give general dietary advice. This can also be an excellent add on course for those in the fitness and health world or as a standalone for personal knowledge to apply to your own lifestyle.

CERTIFICATION

Kilkenny College of Beauty and Sports Therapy Certificate in Diet and Nutrition
ITEC Certificate in Diet and Nutrition for Complementary Therapists (for those who previously hold a therapy qualification, alternately ITEC Holistic massage can be added to this course at a reduced price)

Reflexology



Course takes place on Saturdays - Contact us for more options

COURSE OVERVIEW

This is one of the most popular and powerful complementary therapies. It equips the learner with the skills needed in both the practical and theoretical aspects of reflexology. This course prepares the learner to carry out reflexology on the public. Students learn the history of this ancient therapy and learn the reflex areas for common ailments and how to help treat them. Learners will also complete a module learning Anatomy and Physiology of the body and Business studies to aid them in their career.

CAREER PROSPECTS

Successful graduates with this very popular international diploma can seek employment in care homes, respite centres and beauty salons. Reflexology also opens opportunities for self-employment and mobile therapy. Successful graduates, with their ITEC international diploma will be able to seek employment at home and abroad.

CERTIFICATION

ITEC Diploma in Reflexology

Extra-Curricular Courses (Optional and at an additional cost)

Indian head massage and Thermal Auricular Therapy

Thermal Auricular



1 Day Workshop

COURSE OVERVIEW

Learners will study the history of thermal auricular Therapy. Learners will be equipped with the knowledge and benefits of thermal Auricular therapy. They will learn how to perform the treatment correctly and safely and how to interpret the contents of the burnt candle.

PRE-REQUISITES

None Required.

CAREER PROSPECTS

This is an excellent add on course for any complementary therapist. Graduates can seek employment in spas, beauty salons and mobile therapy. It is also a very popular qualification for self employed therapists

CERTIFICATION

Kilkenny College of Beauty Therapy certificate in Thermal Auricular Therapy, (ABT Insurance Accredited).

ITEC Sports Therapy Level 4



Part time - Weekends 9.30 - 4.30

COURSE OVERVIEW

This course is designed to meet the demands of the popular and ever increasing Sports Industry. This course includes theoretical and practical aspects of sports therapy. It includes the aims of treatment and treatment options during acute, sub-acute and chronic stages of injury. It enables Learners to acquire the necessary skills in order to provide Sports Massage Therapy treatments to the general public and to gain employment in the Sports Industry. It focuses on advanced knowledge of anatomy, physiology and pathology of the body that may influence the massage methods used to prevent and manage injury.

CAREER PROSPECTS

In a rapidly expanding industry this course provides opportunities for employment in varied institutes including, Gyms, Health Clubs, Sports facilities, Own Sports Massage clinic or working with Sports Clubs. Living in a society where sports and physical wellness has become of paramount importance, Sports Massage Therapists are becoming a much sought after profession.

COURSE CONTENT:

- Techniques to prevent and manage injuries
- Advanced Anatomy and physiology of the body
- Techniques used on soft tissue
- Treatment modalities to support soft tissue repair
- Massage techniques to prevent and manage injury
- Pre and Post event massage techniques
- Swedish body massage routine.

QUALIFICATIONS:

ITEC Level 4 Certificate in Sports Massage Therapy

ITEC Level 3 Diploma in Sports Massage

ITEC Level 3 in Diet and Nutrition may be added at an additional cost

ITEC Diploma in Education and Training



Part - time course - One Day per Month

COURSE OVERVIEW

This course offers students practical and theoretical knowledge in the teaching and learning sector by internationally recognised awarding body - ITEC. (Level 5)

CAREER PROSPECTS

Successful students will gain the necessary skills and knowledge in order to provide and deliver education to learners and to gain employment in education of various sectors such as beauty and body therapy, Complementary Therapies Sports, Fitness and Hairdressing.

REQUIREMENTS

Candidates are required to have 3 years commercial experience, 150 hours work placement post course are also required

Course Covers Theory and practical of:

- Developing teaching methods and portfolio
- Philosophy of learning and group dynamic
- Determining different teaching and learning styles
- Administration in Education
- Liaising with awarding bodies
- Communication techniques and Professionalism

QUALIFICATION

- ITEC Diploma in Education and Training

Certificate in Assessing Vocational Achievement



Part - time - Mondays

COURSE OVERVIEW

This course is suitable for tutors of city and guilds, VTCT and ITEC. Continual assessment is becoming the chief form of evaluation and assessment in all walks of life and within the Beauty Therapy industry recent progressions have brought this to the fore. Examining bodies have introduced large numbers of awards based on continual assessment making this award a must have for beauty therapist tutors wishing to assess vocational awards. This award is equally important for other trainers who will be in this role of assessing whether it be hairdressers or holistic therapists. This is a very practically orientated certificate.

PRE-REQUISITES

None Required.

COURSE CONTENT:

- Real life learning environment assessing
- Feedback on assessing
- Principal and practices of assessing
- Assessment information management

QUALIFICATIONS:

ITEC certificate in assessing vocational achievement.



RULES AND REGULATIONS:

- Mobile Phones are prohibited in class unless class related
- The College is not responsible for possessions/valuables brought onto the premises by students
- Security Cameras are in operation in the Reception area at all times.
- No smoking or use of e-cigarettes allowed on or around the premises.
- No chewing gum or eating allowed on the premises
- Uniform must be worn and MUST NOT be worn outside the college except traveling to and from the course. Uniform is College embroidered tunic or polo shirt (no long sleeve tops allowed underneath. Black or Navy closed toe and heel flat shoes, coat and trousers must be worn. Shoes must be flat with toe and heel in.
- Students must leave their classroom clean and tidy. Ensure ALL windows and doors are closed when leaving. Ensure all bins are emptied, sinks wiped down, trolleys wiped down. Floor in treatment room swept and moped as appropriate.
- Neat dress and appearance are required at all times, grooming and personal hygiene are essential. Light day make up is required daily and short, polish/false system free, well groomed nails. Hair must be tied off shoulders and off face as per tutor instruction.
- The Principal reserves the right to terminate any student's course in the event of misconduct.
- Attendance is an important part of all courses at Kilkenny CBST. 90% attendance is required in order to complete exams and pre-assessments are compulsory to be eligible to sit final examinations, awarding bodies will NOT permit students that do not have required hours to sit examinations.
- Exam fees must be paid 8 weeks before exams or examining bodies will not accept their registration and student will be unable to do their exams.
- It is students responsibility to attend all classes or workshops as missed content will not be repeated and may result in forfeit of some certificates.
- Punctuality is of paramount important as students arriving late can cause disruption to other students and teachers.
- Students are required to provide their own models for exams. Exam dates are no negotiable as they are set by the examining body. Kilkenny College of Beauty and Sports Therapy are not responsible for students who do not attend exams or are unable to provide suitable models. The external examiner has final say on the suitability of models.
- Students Must participate in all classes unless there are medical reasons in which a cert must be provided.

Terms & Conditions



- All payments are non refundable and non transferable.
- Once a course has started all tuition fees must be paid in full.
- Offers are only applicable as per dates stated.
- Only one offer can be used at any given time.
- All tuition fees, unless otherwise stated exclude exam fees, kits, uniforms and books.
- All courses commence subject to minimum numbers, if minimum numbers are not met then course will not commence.
- All tuition fees must be paid in full in order for student to be booked for exams.
- All courses are subject to change due to ongoing amendments and updates by examining bodies. Kilkenny College of Beauty and Sports Therapy reserves the right to amend course content at any time in line with these changes.
- The principal reserves the right to expel or suspend students.
- Examining bodies reserve the right to refuse to accept students for examination if criteria has not been fulfilled.
- The principal reserves the right to refuse to accept students for examination if criteria has not been fulfilled.
- Commercial salon experience is subject to client demand and if these hours cannot be fulfilled by the college the student may need to get work experience hours elsewhere.
- Days, duration and times of courses are subject to change due to ongoing changes by the exam boards.
- There will be days allocated during the academic year for national wholesale beauty show, staff development and EQA visits.
- Exam dates are set by external bodies and allocated times for student exams are final. It is a students responsibility to ensure they are aware of times and dates of their exams and provide a suitable model.
- As and from November 2018 Diploma in Media fashion and photographic make up artistry will run every Tuesday night 6.30-9.30. This course will only take holidays at Christmas only and will continue through all other breaks. Course will continue until May but students will be given the option to do some exams in January.
- Students must ensure that they are aware of dates for all modules required for their course:
 - 1) Holistic massage:- Unit 22, holistic massage and Anatomy and physiology
 - 2) Nail technology:- Unit 2, Manicure and Nail Technology.
- Commercial Beauty and photographic make up course is subject to day off subject to workshop schedule and Commercial salon.
- All information correct at time of printing but all courses are subject to change



Student Commercial Salon

COMMERCIAL SALON RUN BY OUR SENIOR CIDESCO STUDENTS AND SUPERVISED BY A TUTOR.

Price List

<i>Luxury Manicure with heated mitts</i>	€10
<i>1 Hour Facial</i>	€25
<i>Mini Facial</i>	€15
<i>Pedicure</i>	€10
<i>Half Leg Wax</i>	€10
<i>Make-Up</i>	€10
<i>Spray Tan</i>	€10
<i>Indian Head Massage</i>	€10
<i>Back Massage</i>	€10
<i>Full Body Massage</i>	€25
<i>Eye Lash Tint</i>	€5
<i>Eye Brow Tint and Shape</i>	€5

** prices as of January 2018*



Call us Today to book your appointment!

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