Namaste

healinghands prana academy & spa has been established for over 20 years, by Daksha Paternott whose vast experience in running 2 spa’s and the Prana academy, has enabled her to put together a business package that is unrivalled in the Beauty Industry today.

Prana Academy & Spa
287 Regents Park Road N3 3JY
Tel: 020 8346 6609
Mob: 07825 642 065

daksha@beautyschoollondon.com
www.beautyschoollondon.com
Testimonial
My experience was so good that I ended up doing both level 2 and Level 3. The quality of training at Prana Academy to be exceptional and courses are taught practically, with no time wasting. My teacher Leena even helped me to set up my own home salon. I have recommended Prana Academy to so many of my friends. Dilek Guldal.

Booking Terms and Conditions:
£130 VTCT Exam Fee is payable for each course and is not included in the course price. The full course fee is required when you book. 14 day cancellation notice must be given or you will lose 50% of the total course fee. If you don’t finish your course, or are more than 40% absent, you will lose your course fee and will not be issued with a course diploma.

VTCT Fast Track Courses

AB20026 NVQ Level 2 Diploma in Beauty Therapy General
Special offer £2,100 £1,600
Course Duration 12 weeks
1 day a week (Tuesdays)
Course Content
Facials • Manicure & pedicure
Waxing • Eye treatments • Make up

AB4O163 VTCT Level 4 Certificate Laser and IPL Hair Removal & Skin Rejuvenation
Special offer £1,600 £1,200
Course Duration - 3 days
(Sunday, Monday, Tuesday)

AB4O394 VTCT Level 4 Award Laser and IPL Hair Removal
Special offer £1,095 £800
Course Duration - 3 days
(Sunday, Monday, Tuesday)

If you have more than 4 laser therapists that need Level 4 qualification we can come to you to do the training.

AB3O133 VTCT Level 3 Diploma in Beauty Therapy Treatments
Special offer £2,400 £1,800
Course Duration 12 weeks
1 day a week (Sundays)
Course Content
• Facial Electricals
• Body Massage
• Hot Stone Therapy
• Body Electricals
• Pre Blended Oil Massage

For more information or to book please call Lucy 0208 346 6609
Courses for Therapists with Overseas Qualifications

AB20026 NVQ Level 2 Diploma in Beauty Therapy General
Special offer £2,100 £1,200
Course Duration 6 days (Sunday, Monday, Tuesday)

AB30133 VTCT Level 3 Diploma in Beauty Therapy Treatments
Special offer £2,400 £1,400
Course Duration 6 days (Sunday, Monday, Tuesday)

Level 4 Laser Qualification for Therapists who already have a Laser Supplier Certificate

AB40163 VTCT Level 4 Certificate Laser and IPL Hair Removal & Skin Rejuvenation
Special offer £1,600 £800
Course Duration - 1-2 days

AB40394 VTCT Level 4 Award Laser and IPL Hair Removal
Special offer £1,095 £595
Course Duration - 1 day (Tuesday)

For more information or to book please call Lucy 0208 346 6609
Botox and Dermal Fillers Courses

For Beauty Therapists

As a beauty therapist you are legally able to provide in the UK Botox and Dermal Fillers to your clients.

- You have a deep knowledge of facial aesthetics.
- You have already a good understanding of the anatomy and physiology

In most cases you already have a large client base that come to you who have botox and dermal filler elsewhere.

With proper training and guidance you will be able to safely administer botox and dermal filler to your clients. Quality training, guidance and insurance are the only things you need to increase in your income and client satisfaction.

Botox and Dermal Filler Training & Insurance cover is only provided to the level 3 qualified Beauty Therapist

1 Day Theory & Medical Protocol Training
1 Day Botox Practical Training £1,300
1 Day Dermal Fillers Practical Training £1,200

Special Show offer

Book both courses for £2600 £2,000

Training duration 3 days

Botox training courses covers the most popular facial areas.

- Glabellar wrinkles
- Crow’s feet wrinkles
- Forehead wrinkles

The course includes the following topics:

- Medical hygiene
- Injection techniques
- Facial anatomy
- Physiology of skin and facial muscles
- Pharmacology of Botox & Dermal Filler
- How to store and prepare Botox for injection
- Clinical examination and the aesthetics consultation
- How to manage complications

For more information or to book please call Daskha 07825 642065
Cosmetic Procedures - 1 day training courses

Glo Advanced Chemical Peels
30% Salicylic, Enzyme Peel
20% Lactic Acid, Jessner Peel
1 day course
Special offer £250 £150

Enzyme Peel
The GloEnzyme peel is specifically geared for clients with sensitive and/or reactive skin. This is a great beginner peel that can be done on a regular basis. Enzyme Peel is a skin nourishing peel with fruit enzymes and salicylic acid help break down dead cells for smoother skin. PH: 3.38

Lactic Peel
Lactic Peel regenerates and restores the skin’s natural hydration and has no aggressive peeling.

Lactic Acid which is naturally present in our skin works from the inside out, enabling the skin to slough off the deadened skin layers and stimulate fresh, healthy skin cells. Lactic Peel is excellent for re-texturing acne scarring, hyper-pigmentation, environmentally damaged, and dehydrated skin. PH: 2.30

Salicylic Peel
An antiseptic, anti-inflammatory, antibacterial exfoliant that deeply cleanses pores, heals acne, and smooths the skin. An excellent peel for instant results on for oily, congested skin and grade II acne. Salicylic peel is also infused with Cranberry Extract, BioAstin. PH: 2.24

Jessner Peel
The Glo Jessner Peel is a synergy of effective acids that help reduce the appearance of hyperpigmentation conditions such as: Melasma, Chloasma, photo-aging, freckles, acne scarring, and mild cases of Rosacea. The Glo Jessner Peel will smooth skin texture, retain moisture, reduce hyperpigmentation, help retain collagen structure and alleviate inflammation. PH: 2.00

Skin Needling Courses
1 day courses
Dermal Rollers
Special offer £250 £150
Mesotherapy
Special offer £295 £250

Skin Tag, Mole & Red Vein Removal
Advanced Electrolysis Method
1 day course
Special offer £495 £250

Advanced Laser Courses
1 Day Courses
Laser Red Vein Removal with the N:d Yag laser £250
Laser Rejuvenation using the IPL Laser £250
Laser Tattoo Removal using the Q switched laser £295
Laser Core of Knowledge £150

For more information or to book please call Lucy 0208 346 6609
Eastern Courses

1 Day Eastern Courses

Thai Oil Massage £130
Thai massage is a popular treatment in today's spa's, and is a must have course to secure employment in a spa. You will be trained to work on the couch, and learn to give a deep tissue massage using your forearms, elbows, knuckles and give deep pressure without any effort.

Thai Foot Massage £130
Thai foot massage is much more than a foot massage. You will learn a complete routine that covers feet, legs, back and scalp.

Chakra Stone Massage £120
A healing and chakra balancing massage using hot stones, crystals and eastern massage techniques. You will learn the theory of crystals, chakras, and how to deliver a healing massage to reduce your client's stress levels.

Reiki/Seichem 1 £120
Reiki 1 attunement will help to remove your energy blocks, bring balance and restore your equilibrium. You will learn read and sense aura's, self-healing techniques, and how to give a 45 minute hands on Reiki session.

Ayurveda Marma Point Massage £130
This Ayurveda treatment starts with a Marma Point Massage to balance the Doshas, followed by Shirodhara, where a steady stream of warm oil is poured onto the third eye and forehead for 10/15 minutes to totally calm the mind and body. You will also learn the theory of the Ayurveda Doshas and how to treat the Dosha imbalances.

VTCT Level 3
- Anatomy Physiology
- Pre-Blended Aromatherapy Oil Massage
  1 day a week for 4 Weeks £395
  VTCT Exam Fee £130

Show Offer
3 for 2 or
All 5 for £450

For more information or to book please call Leena 07970 683849
VTCT Teacher Training Qualification

AG30202 VTCT Level 3
Assessor Training
2 Days Assessors
Training Course - £950
If you are an experienced beauty therapist and want to progress to teaching and assessing then this is the course for you. There is no requirement to have teaching qualifications now if you want to do this course.

At Prana Academy we offer an outstanding training package, which includes essential teacher training, such as lesson planning, scheme of work, student management and also how to be an effective Assessor.

All our fast track courses require you to learn all your theory, and do course assignments at home.

AG40221 VTCT Level 4
Certificate in Internal Verifier
2 Days internal verifier
Training £1,200
VTCT Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice (QCF) is practical-based training within the Prana Academy. You will receive 2 days hands on training, internal verifying our Assessors, who will be carrying out portfolio compiling and student observations.

All our fast track courses require you to learn all your theory, and do course assignments at home.

Business Packages for Colleges

If you an experienced therapist and want to take the next step to open your own training school, let us set it up for you.

- We provide you with all the training material required to offer VTCT qualifications
- Get you and your teachers qualified as Assessors and IV
- Train you to teach and verify your students in house
- Provide you with teaching power points and hand out manuals for your students

For more information or to book please call Lucy 0208 346 6609
For more information on courses please see our website www.beautyschoollondon.com
Advanced Cosmetic Procedure Training

Cryolipolysis, Cavitation and Radio Frequency
1 Day Course £500

Semi-Permanent Eyebrows
2 Days Training £1600
Eyebrow Starter Kit £800

All the cosmetic procedure courses are covered by a leading insurance company. For more information please email dakshapaternott@yahoo.com or see website.