

PEMBROKE BEAUTY COLLEGE

create your future

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PEMBROKE

about the college

Pembroke College was established in 1987 and is ideally situated in the heart of Limerick at 123 O Connell Street. Its central location makes the college easily accessible to all students.

Pembroke College is a licensed CIDESCO, CIBTAC & ITEC College and has been to the forefront in training women and men of the South and Mid Western region for rewarding careers in the Beauty and Body Therapy Industry. The college has gained a reputation within the industry for producing therapists of the highest standard. Through constant dedication to training and development it is now regarded as the most prestigious school in the South and Mid West of Ireland. Pembroke graduates get jobs!!!

WHY CHOOSE PEMBROKE ?

usefull info

- Located in the heart of Limerick City, just a 7 minute walk from Colbert Railway and Bus station.
- Small class numbers, max 14 students per class. Our highly experienced tutors offer first class tuition in all aspects of the industry.
- Students train with and experience top quality professional salon brands.
- Great career prospects, 99% of our students are employed within three months of graduating.

QUALIFICATIONS AT PEMBROKE

coursre information

C.I.D.E.S.C.O – Le Comite International d’Esthetique et de Cosmetologie

The Worlds standard for Beauty and Spa Therapy

C.I.D.E.S.C.O. Founded in 1946 in Brussels with their Head Office in Zurich, Switzerland, the CIDESCO Diploma is the world’s most prestigious qualification for Aesthetics and Beauty Therapy. It is the world’s top beauty organisation and their examination sets the highest standard of excellence. CIDESCO is recognised in over 40 countries across 5 continents.



C.I.B.T.A.C. – Confederation of International Beauty Therapy and Cosmetology

Based in the UK, CIBTAC has been producing beauty, complementary and spa therapy graduates of the highest calibre since 1977. CIBTAC was created from an identified need to provide relevant high-quality training within the beauty, complementary and spa industry.



I.T.E.C. – International Therapy Examination Council

ITEC provides leading international qualifications, specialising in Beauty and Spa therapy, complementary therapies and sports and fitness training with centres in 39 countries. It was founded to provide an independent examination system covering all aspects of Beauty therapy.





CIDESCO BEAUTY AND BODY THERAPY FULL TIME DAY COURSE

course information

Qualification : CIDESCO, CIBTAC, ITEC

Aim of Course

This course is designed for students who can attend the college on a full time basis. Attending full time allows the student to study in depth all aspects of facial therapy, body therapy and electrolysis hair removal. This course is run over one academic year course. It commences in September and ends in June with externally accessed examinations leading to ITEC, CIBTAC and CIDESCO diplomas. The prestigious CIDESCO Diploma is awarded to students who have passed the CIDESCO examinations, both theory and practical and given proof of having gained at least 600 hours work experience in a Beauty Salon/Centre or Spa.

Entry Level: Leaving Certificate standard or an equal standard of education is required for this course.

Syllabus : Facial Therapy:

Anatomy & physiology: General study of the subjects to include cells, tissues and the main systems of the body, concentration on the face, head and neck areas.

Skin: Study of the structure and function of the skin, including skin disorders and diseases.

Cleansing and toning: Use of milks and creams, facial steamers and preparation of masks and their uses.

Facial massage: Full facial massage sequence from the décolleté right up to the scalp.

Eye treatments: Eyebrow shaping, eyelash and eyebrow tinting.

Electrical treatments: That includes steam and ozone, high frequency, galvanic, vacuum suction, infra red, radiant heat, ultra-violet and faradism.

Make up: The practice and art of day, evening, special occasion and bridal make up. Corrective techniques, colour planning and preparation of the skin prior to application.

Manicure and pedicure: Structure of the nail, nail diseases and disorders, manicure and pedicure procedure, hand and foot massage.

Waxing: Depilatory waxing, warm strip wax technique and hot/film peel off wax technique for sensitive areas of the body.

Syllabus : Body Therapy

Anatomy& physiology: Skeletal system, muscular system, vascular system, lymphatic system, neurological system, respiratory system, digestive system, genito-urinary system, endocrine system and the special senses.

Body massage: Full body Swedish massage sequence and technique, description and application of massage movements, contraindications and effects.

Diet and nutrition: A thorough understanding of this subject, including fat, carbohydrates, proteins, fibre, minerals, vitamins, dietary disorders and deficiency diseases.

Exercises, figure correction: Isotonic and isometric exercises, recognition of figure faults. Deportment and posture.

Body Electrical treatments: To include faradism, galvanic, vacuum suction, gyratory massage, ultra-violet rays and heat treatments.

Electricity: Basic science, types of current, alternating and direct currents and their uses and application within body therapy treatments.

Syllabus : Electrolysis is a method of removing individual hairs from the face or body. It is the only medically proven method of permanent hair removal.

- | | |
|---------------------------|---|
| - Anatomy and physiology. | - Structure of the skin and hair. |
| - Endocrine system. | - Principles and techniques of electrolysis. |
| - Short wave diathermy. | - Cause of superfluous hair growth. |
| - Galvanic. | - Dermatology of the skin diseases/disorders. |

CIDESCO Project: students are also required to research and write a project of at least 4000 words on a topic/subject relevant to the study of Beauty Therapy prior to sitting their CIDESCO exam along with some case histories also.



COURSE: PART TIME BEAUTY THERAPY / AESTHETICS WITH FACIAL ELECTRICALS

course information

Qualification : CIBTAC, ITEC

Aim of Course

This course is designed for anyone who cannot commit to full time study due to work or family commitments. Students attend two evenings per week and cover all aspects of facial therapy and facial electrical therapy with studies leading to internationally recognised ITEC and CIBTAC Beauty Therapy diplomas.

Entry Level

Leaving Certificate standard or an equal standard of education is required for this course, however experience will be considered for mature students who wish to return to study. A person displaying a high level of interpersonal skills in particular excellent communication and listening skills, patience, tact and diplomacy and time keeping and a well groomed appearance is an advantage.

Syllabus:

Anatomy & physiology: General study of the subjects to include cells, tissues and the main systems of the body, concentration on the face, head and neck areas.

Skin: Study of the structure and function of the skin, including skin disorders and diseases.

Cleansing and toning: Use of milks and creams, facial steamers and preparation of masks and their uses.

Facial massage: Full facial massage sequence from décolleté right up to the scalp.

Eye treatments: Eyebrow shaping, eyelash and eyebrow tinting.

Electrical treatments: In include steam and ozone, high frequency, galvanic, vacuum suction, infra red, radiant heat, ultra-violet and faradism.

Make up: The practice and art of day, evening, special occasion and bridal make up. Corrective techniques, colour planning and preparation of the skin.

Manicure and pedicure: Structure of the nail, nail diseases and disorders, manicure and pedicure procedure, hand and foot massage.

Waxing: Depilatory waxing, warm strip wax technique and hot/film peel off wax technique for sensitive areas of the body.

General: First aid, hygiene, business management, professional ethics, consultation, electricity.

ANATOMY PHYSIOLOGY AND MASSAGE

course content

Qualification

ITEC/CIBTAC Diploma in anatomy, physiology and Massage.

Aim of Course

To enable candidates to obtain a diploma in Anatomy and Physiology as a pre-requisite to training in additional therapy treatments as well as enabling candidates to perform safe and effective massage treatments.

Entry Level

A person displaying a high level of interpersonal skills in particular excellent communication, listening skills, empathy, patience, tact, diplomacy and time keeping with a well groomed appearance and mature disposition.

Syllabus

- Cells/Tissues
- Skeletal System / Muscular System
- Vascular System / Circulatory System / Lymphatic System
- Digestive System / Respiratory System
- Excretory / Urinary System
- Endocrine System / Neurological System
- Accessory Organs
- Consultation / Assessment / Aftercare
- Practical Body Massage

Other Subjects

- Skin Structure and Functions
- Skin Diseases
- Health and Hygiene
- Nutrition
- Business Studies

During this course you will learn about the concept and history of massage. You will find out about the physiological and psychological effects of massage while learning how to select the correct medium and treatment plan for a client.



COURSE: ITEC REFLEXOLOGY COURSE

course information

Often mistaken for a foot massage, the ancient art of reflexology accesses these nerve endings which are linked to every organ and system of the body. Through skilful manipulation a reflexologist can help to unblock the flow of energy in organs and rebalance entire systems.

It is particularly useful for stress related conditions as it helps to discharge the negative effects of stress and stimulate the body's own healing. Reflexology is now so widely recognised for its therapeutic effects it is covered by most of Ireland's private health insurers.

Qualification : ITEC

Aim of Course

The aim of this course is to provide students with training which will allow them to work confidently as a professional Reflexologist. This course covers all aspects of Reflexology from the History of Reflexology, Philosophy of Complementary Therapies, Anatomy & Physiology, Mapping the Feet, Client Care and Aftercare. Students attend one weekend per month and cover all aspects of reflexology theory and practical.

Entry Level : ITEC or CIBTAC Anatomy & Physiology Diploma.

Course Content:

Students are taken through the history and philosophy of this age-old therapy.

- History of Reflexology
- The reflex zones and the related reflex areas
- Techniques of Reflexology
- Reflexology Zones
- Philosophy of Complimentary Medicines
- Client Care
- Contra-indications to treatment
- Case Studies with reactions and follow-up

INDIAN HEAD MASSAGE COURSE

course content

Our Indian head massage training course is a 1 day course that will teach you how to safely and effectively give a stress-busting massage to the neck, shoulders, scalp and face. You will learn a flexible skill that you can use in the spa, salon or home environment.

Indian head massage is an ancient Indian ritual practised for over a thousand years, it works on the energy of chakras and is a great way of relieving stress and its effects on the systems of the body. Tension is relieved through relaxation of the muscles, and improved circulation to the brain helps to clear the mind and improve hair and scalp conditions.

The treatment involves massage through the clothes to the upper back, shoulders, upper arms, neck and scalp, with the client remaining in an upright position.

Indian Head massage is both subtle and deep, leaving the client feeling deeply relaxed and rejuvenated.

Course Content

- History of Indian Head massage
- Contra-indications
- Classifications of massage movements
- Massage routine
- Chakras
- Use of oils
- Contra-actions

Course Benefits

- We will provide the oils needed.
- Friendly and Informal classes.
- Small classes means more individual attention from your tutor.

Entry requirements:

A diploma in Beauty/Body Therapy/Anatomy & physiology is required to attend this course.

On completion you will receive a Pembroke Beauty & Body Therapy Certificate in Indian Head Massage.



GEL NAIL TECHNICIAN COURSE

course information

Gel nails are the newest technology in nail enhancements and need UV light in order for the products to cure. They are famed for their flexibility and high shine. They are very popular with women all around the world & can even be used on the toes for a long lasting polish effect.

All theory & practical work is covered in this course using our Astonishing Nails Gel system. Many of our graduate nail technicians work in salons or have even started their own mobile businesses with great success. We have a technical support line that you can call any time during your training. Your kit, exam and manual are all included in this course.

On this professional course you will learn:

- Hygiene & salon safety
- Using a UV lamp
- Anatomy & Physiology of the natural nail
- Nail diseases & disorders
- Nail preparation
- Tip application
- Creating an Arch/Apex
- French & Natural looks
- Dealing with Nail Biters
- Maintenance: Refills & Re-whites
- Marketing & how to build your client base

ITEC CERTIFICATE IN MANICURE AND PEDICURE

course content

This Manicure & Pedicure course is the essential starting point to pursue a career as a hand and nail expert. Learners will acquire all the practical skills and knowledge to carry out full professional hand and foot treatments including Polish and French manicure.

- Structure of the nail and skin
- Nail diseases and disorders
- Shaping, cuticle removal and application of enamel
- Salon Hygiene
- Use of specialised nail treatments such as hot oil, paraffin wax, hand masks, thermal mittens and boots
- Understand products and tools such as emery boards, cuticle cream, hoof stick, pedicure rasp, buffing paste, etc
- How to file nails correctly according to shape
- Use of base coat, buffing, enamel and top coat
- Manicure & pedicure procedure
- Hand and foot massage
- Application of Nail Enamel & French Manicure
- Case studies with reaction and follow-up must be submitted

“ I Currently am working in Portugal for the summer all thanks to Helen, Joan and Ann Marie . Couldn't thank them enough. Tough year but worth every second ”

- Fiona (former student)



UV POLISH COURSE

course information

Experience the revolutionary new hybrid nail polish now taking the nail industry by storm. During this ½ day training course you will learn how to apply this coloured hybrid polish overlay to natural nails. These hybrid nail polishes last 2-3 weeks on fingernails and 6-8 weeks on toenails.

Course Content

- What is UV/LED polish?
- Properties of UV/LED polish?
- Product knowledge.
- Client aftercare & retail opportunities.
- Building a client base.

Includes manual, training & certificate. Pembroke College provide all working material on the day.

Duration: 3 hours, only 8 students per class...≠

TANNING

course information

Spray tanning is one of the most popular treatments in the salon world today. This one-day spray tanning course will focus on the practical elements of spray tanning, contra- indications, aftercare, health and safety, common mistakes and how to fix them!

For the salon and mobile therapist it can be a very profitable treatment that's quick and easy to do with the proper training.

All equipment and products required for training will be supplied by Pembroke College.

On completion learners are awarded a Pembroke College certificate in Spray tanning.

ITEC CERTIFICATE IN MAKEUP COURSE.

course content

This is the foundation module of any Makeup Artistry course and is essential when trying to obtain work within the Industry, This beginners course provides training in the application of Corrective, Day, Evening, Bridal and Special Occasion Make up as well information on skin and skin diseases and disorders.

- Day make up.
- Evening make up.
- Party make up.
- Special Occasions.
- Mature make up.
- Face Shapes Contouring (Cream & Powder).
- Eyeliner Flicks.
- Corrective Techniques.
- Colour theory. colour wheel and color selection.
- Skin Tones.
- Make up Ingredients.
- Cleansers, toners, moisturisers
- Skin analysis.
- Skin types.
- Building a professional make up kit.
- Lighting.
- Best brushes and equipment.
- Health & safety & hygiene.
- Ethical behaviour.

“I completed my Indian head massage course on Sunday with Sandra. It was brilliant! I really enjoyed the course and could not recommend it highly enough!! Sandra makes the course enjoyable and easy to learn with great tips. I am looking forward to doing many more courses with them in the future. Thanks again!”

-Ruth (former student)



CLASSIC ONE BY ONE EYELASH EXTENSION COURSE

course information

The One by One eyelash extension treatment is done by attaching one single eyelash extension to the natural eyelash, using extension glue. One by One eyelash extensions are synthetic, individual, permanently curled hairs. They are waterproof and easy to apply with the specially designed tweezers.

The adhesive, which was specially designed for this purpose, stays soft and flexible and does not damage the natural lashes.

Features & benefits

- One by One eyelash extensions stay on for 3 to 4 weeks.
- Refill is recommended after 3 weeks.
- Eyes will stand out more.
- Client aftercare & retail opportunities.
- Not damaging the natural lashes.
- Ultra-light weight.
- Natural look, indistinguishable from natural lashes.
- Full cure after only 24 hours.

RUSSIAN VOLUME EYELASH EXTENSIONS

course content

This course is for lash technicians who have already mastered classic one by one lash application and wish to offer their clients a bit more. The Russian Volume eyelash extension treatment is a treatment where multiple lash extensions are attached to one natural eyelash.

People often talk about 2D, 3D, 4D etc. eyelash extension treatment, but the official name is Russian Volume. The amount of D's represents the amount of eyelash extensions that will be placed on the natural eyelash.

The Russian Volume lash extensions are synthetic, permanently curled hairs. The lash extensions are waterproof and easy to apply. The extension adhesive, which was specially designed for this purpose stays soft and flexible and does not damage the natural lashes.

Features & benefits

- No need to use an eyelash curler.
- The Russian Volume eyelash extensions stay on for 3-4 weeks.
- Refill is recommended after 3 weeks.
- Eyes will stand out more.
- Not damaging the natural lashes.
- Ultra-light weight.
- Natural look, indistinguishable from natural lashes.
- Full cure after only 24 hours.

“Great college, very welcoming and so very helpful through all of the training, best training thought here at pembroke. Tutors and principle just amazing, loved every minute of my course , would definetly recommend Pembroke college if Persuing a career in Beauty Therapy.”

- Sophia (former student)



LASH LIFTING COURSE

course content

Lash lifting is a low-maintenance lash perm that lifts and enhances a client's natural lashes for up to 6 weeks!

Using silicone shields and a series of cream solutions, lash lift curls, sets and conditions natural lashes, leaving your client with a long lasting, natural looking lift. Lash lifting lifts up eyelashes from the roots and makes them appear longer and healthier! It is suitable for both long and short lashes.

Benefits of the course:

- It can be offered as a stand-alone treatment or as a prior treatment in preparation for eyelash extensions for clients with straight lashes.
- Lash lifting results are immediate, no adhesive, no extensions and no need for mascara
- Ideal for those seeking a more natural look, the treatments can take as little as 45 minutes and the effects are instant.
- Your natural lashes will promote the benefit of lash lifting for up to 6-8 weeks.

“Just graduated from Pembroke and had a wonderful year there Joan Helen and Ann-Marie were fantastic couldn't ask for better tutors!would definitely recommend Pembroke”

-Megan (former student)

HOT STONE MASSAGE COURSE

course information

Hot stone massage is the application of warmed Basalt stones combined with manual massage to provide the client with a deeply relaxing therapeutic experience. Basalt stones are the stone of choice because basalt retains heat better than any other type of stone and they have a smooth texture. This one day course will enable you to gain many extra skills to add to your existing routine as a massage therapist.

Pre requisite: applicants must hold a diploma in Anatomy, physiology & Massage or currently studying it.

On completion you will receive a Pembroke Beauty & Body Therapy Certificate in Hot Stone Massage.

THREADING COURSE

course information

Threading has been around for many years, starting in the Middle East and made its way to the West and Eastern areas. Threading is less painful than tweezing because it is done so quickly. Unlike tweezing, eyebrow threading can remove an entire row of hairs instead of only one. It is less expensive than other procedures such as waxing and laser hair removal and the results can last up to 2-3 weeks.

This one day course will equip you with the skills and knowledge to start practising the art of threading on your clients which has many benefits over traditional hair removal treatments. This is a great opportunity to gain the skills of threading. It does not hurt like waxing, it does not result in rashes and allergies like in creams, and it is not as tedious as tweezing.

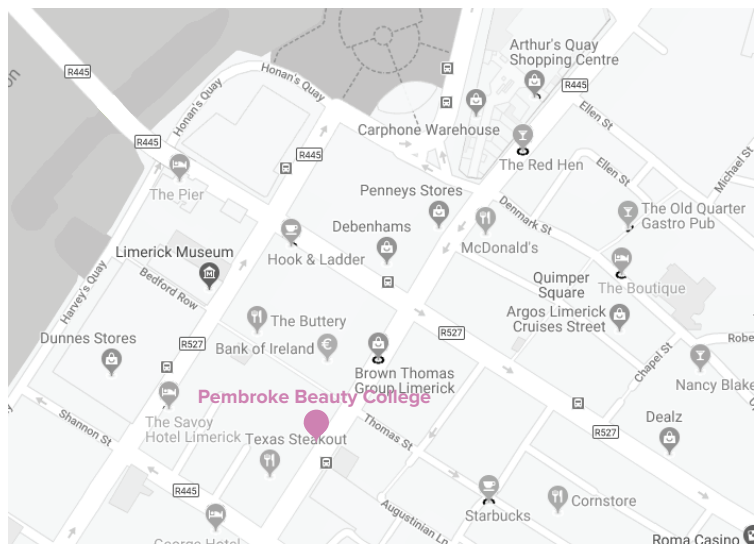
Pre-requisite: Learners must have a qualification in Beauty therapy, waxing or hairdressing to attend the course.

HOW TO APPLY

three steps to a beautiful career

1. Call 061 410628 or email info@pembrokebeautycollege.ie
2. Schedule an appointment to meet our Principal so that they can give you a guided tour and ensure that you are on the right career path.
3. Get your starting date and all the info and get ready to travel on a path to a beautiful new career.

GREAT CENTRAL LOCATION



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