

2017

# COURSE GUIDE

SPA, WELLNESS, &  
BEAUTY PROFESSIONALS,

Come Learn with Us!



wellness & beauty  
**LEARNING CENTER**  
by universal companies®

## WHO WE ARE:

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Universal Companies has served the spa and beauty industry since 1982! In addition to being an international distributor of products, equipment, and supplies, we also provide education, spa development services, retail consultation, and more.

## ABOUT THE WELLNESS & BEAUTY LEARNING CENTER:

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Universal Companies opened the Wellness & Beauty Learning Center to create a dynamic community of life-long learners within the spa, beauty, and wellness industries. We host a wide range of unique classes at our 6,200 sq. ft. facility, which features classrooms and fully equipped spa treatment rooms for live demonstrations and hands-on training.

## WHERE WE'RE LOCATED:

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Just outside of Los Angeles!

19106 Normandie Avenue Suite #4,  
Torrance, California.

## REGISTRATION AND QUESTIONS:

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Register online at

[www.universalcompanies.com/reg](http://www.universalcompanies.com/reg)

or call **1.800.558.5571**.





**WE ARE AN NCEA  
CERTIFIED  
TRAINING FACILITY!**

The National Coalition of Estheticians (NCEA) certification meets the highest standards of practice and is recognized across the United States. By investing in NCEA certification, skin care professionals ensure their success. To earn certification, licensed estheticians must complete 1,200 hour job tasks and pass the NCEA Certification Exam.

## Invest in Yourself!

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Power up! Increase your knowledge and skill level with the courses that are right for you. As spa professionals, you take care of others every day. Take time to invest in yourself and your career by joining us for fun, hands-on learning. Courses are color-coded into Learning Paths to help you identify the right courses and level of experience required to successfully complete them.

### LEARNING PATHS:

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**Beauty** – Learn contouring, advanced special effects, bridal, and more from celebrity artists.

**Business Skills** – Improve marketing, financial planning, menu development, retail mastery, and more.

**Mani/ Pedi** – Explore the latest treatments for hands and feet, including nail art and add-on services.

**Massage CEUs** – Master new techniques and modalities while earning credit hours with NCBTMB!

**Skin Care** – Now offering CEUs! Learn how to perform or perfect your esthetic services, including peels and treatment modalities, in addition to enhancing them with facial equipment.

**Spa Therapies** – Diversify your menu with aromatherapy, holistic treatments, and trending services.

**Waxing** – Learn new waxing techniques, increase speed, master Brazilian, and discover a variety of innovative waxing products.

**Wellness** – Discover how to include wellness in the workplace and improve your clients' and your own wellbeing with meditation, self-care, and more.





In honor of our  
35th Anniversary,

Get **35% OFF**  
**ALL CLASSES**  
Promo code: **35Strong**

**All Levels •**  
Appropriate for all levels of experience and skill.

**Beginner • •**  
Perfect for recent graduates or those just getting involved.

**Advanced • • •**  
Great for those with professional experience who want to learn advanced techniques.

## BEAUTY

<p>Wednesday, 6/21/2017 10 am – 2 pm <b>All Levels •</b></p>	<p><b>Beauty</b> <b>FREE: Dancing with the Stars Sunless Tanning 101</b> Get a head to toe flawless tan using Dancing with the Stars by Norvell!</p>	<p>FREE</p>
<p>Thursday, 6/22/2017 10 am – 2 pm <b>All Levels •</b></p>	<p><b>Beauty</b> <b>FREE: Ultimate Lip Therapy for Estheticians</b> Learn the hottest add on service and increase revenue!</p>	<p>FREE</p>
<p>Monday, 7/17/2017 9 am – 4:30 pm <b>Advanced • • •</b></p>	<p><b>Beauty</b> <b>HD Volume Lashes</b> Learn to create longer, fuller, HD Lashes!</p>	<p>\$699</p>
<p>Wednesday - Thursday, 8/9-8/10/2017 9 am – 3:30 pm <b>All Levels •</b></p>	<p><b>Beauty</b> <b>Fantasy &amp; Theatre Makeup Master Class</b> Learn how to create beautiful, fantasy looks!</p>	<p>\$199</p>
<p>Tuesday, 10/17/2017 10 am – 2 pm <b>All Levels •</b></p>	<p><b>Beauty</b> <b>FREE: Ultimate Lip Therapy for Estheticians</b> Learn the hottest add on service and increase revenue!</p>	<p>FREE</p>
<p>Sunday, 12/3/2017 9 am – 4:40 pm <b>Advanced • • •</b></p>	<p><b>Beauty</b> <b>HD Volume Lashes</b> Learn how to create longer, fuller, HD lash extensions!</p>	<p>\$699</p>

# BUSINESS SKILLS

Wednesday -Thursday,  
4/12-4/13/2017  
9 am – 5 pm  
**Advanced** • • •

## Business Skills BIMA Level 1

Globally expand your beauty and wellness brand!

See Ad

Tuesday, 5/16/2017  
9 am – 3:30 pm  
**All Levels** •

## Business Skills FREE: Resumé Workshop

Build a winning resumé today!

FREE

Wednesday - Friday  
6/7/2017-6/9/2017  
9 am – 5 pm  
**Advanced** • • •

## Business Skills BIMA Level 2

Globally expand your beauty and wellness brand!

See Ad  
p. 6

Sunday, 7/16/2017  
9 am – 4:30 pm  
**All Levels** •

## Business Skills Marketing for Solopreneurs

Learn how to grow your business from marketing experts.

\$125

Sunday, 7/23/2017  
9 am – 3:30 pm  
**All Levels** •

## Business Skills Business Success for the Creative Mind

Learn how to strengthen your creative business!

\$55

Thursday, 7/27/2017  
9 am – 3:30 pm  
**All Levels** •

## Business Skills FREE: Goal Getter Workshop

Set Goals and Grow your Success!

\$99

Monday - Wednesday,  
8/14-8/16/2017  
9 am – 5 pm  
**Advanced** • • •

## Business Skills InSPAration Management LEAP Seminar for Spa Leaders with Dori Soukup

Learn how to boost your business and generate more revenue!

See Ad  
p. 9

Sunday, 9/24/2017  
9 am – 3:30 pm  
**All Levels** •

## Business Skills Communication & Soft Skills for Professionals

Speak confidently and professionally!

\$55

Monday - Tuesday,  
9/25-9/26/2017  
9 am – 6 pm  
**All Levels** •

## Business Skills Blogging Boot Camp

Learn how to create a blog that grows your business!

\$199



# Globally Expand Your Beauty & Wellness Brand!

76% of global buying power is outside of the United States. Want to capture it? The Beauty Industry Market Access Program (BIMA) can show you how.

**BIMA** helps you expand your business by making it very attractive to domestic and international distributors. By enrolling in this educational program, you'll position your brand for strong international growth by learning essential skills, including effective sales, marketing, operational systems, and export strategy

## Level 1: Domestic Brand Development,

April 12-13, 9AM-5PM

This two-day course focuses on key principles required to build a successful brand, such as developing products, setting prices, finding manufacturing and packaging resources, building equity with legal protections, navigating regulatory compliance, and more.

**Price: \$1150 per company and \$450 for each additional participant from same company.**

## Level 2: International Brand Development,

June 7-9, 9AM-5PM

The Level 2 program provides a pathway to develop company intelligence to effectively market products beyond the US borders, navigate the registration requirements outside the US, scale operations for growth, recruit and manage international distribution, select markets, qualify distributors, and more.

**Price: \$1400 per company and \$600 for each additional participant from same company.**

Register Online: <http://www.beautyindustryprogram.com/>

For more information about BIMA: 310-802-7880 or [info@Beautyindustryprogram.com](mailto:info@Beautyindustryprogram.com)

All Access Pass includes both sessions: \$2500 per person and \$600 per each additional participant from same company.

### Here's what you'll learn:

- How to build a global brand
- How to operate an efficient business
- Financing and payment insurance
- Pricing and distribution strategies

- Global sales structure and promotion
- Leveraging merging market opportunities
- Export compliance and international shipping
- Web, digital, and social strategies

\*Please note: Seating is limited to first 20 registered. Brand Development Level 1 is not prerequisite for Level 2; however, a pre-interview with a course facilitator is required to attend Level 2 if the company does not take Level 1.



## BUSINESS SKILLS

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Sunday, 10/15/2017

9 am – 6 pm

All Levels •

### Business Skills

**Marketing Bootcamp presented  
by The Glam Agency**

Learn from the beauty marketing experts: The Glam Agency!

\$499

Monday, 10/23/2017

9 am – 3:30 pm

All Levels •

### Business Skills

**Business Success for the Creative Mind**

Learn how to strengthen your creative business!

\$55

Thursday, 11/16/2017

10 pm – 2 pm

All Levels •

### Business Skills

**FREE: Resumé Workshop**

Build a winning resumé today!

FREE

Monday, 12/11/2017

9 am – 3:30 pm

All Levels •

### Business Skills

**Getting Started: Your 2018 Marketing Plan**

Build your 2018 marketing calendar.

\$99

Sunday, 12/17/2017

9 am – 3:30 pm

All Levels •

### Business Skills

**Vision Board Workshop & Social**

Build your Vision Board for 2018!

\$35

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## MANI/PEDI

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Wednesday, 7/12/2017

10 am – 2 pm

All Levels •

### Mani/Pedi

**FREE: IBX Nail System Certification**

Learn how to achieve healthy, strong nails with IBX!

FREE

Wednesday, 10/4/2017

10 am – 2 pm

All Levels •

### Mani/Pedi

**FREE: IBX Nail System Certification**

Learn how to achieve healthy, strong nails with IBX!

FREE



## MASSAGE CEU

Sunday, 6/25/2017

9 am – 3:30 pm

All Levels •

### Massage CEU

#### Himalayan Salt Therapies

Learn all about salt therapy and salt stone massage!

\$99

Sunday - Monday,

8/20-8/21/2017

9 am – 3:30 pm

Advanced • • •

### Massage CEU

#### Prenatal Massage Certification

Learn prenatal massage and services for pregnant clients!

\$199

Monday, 10/9/2017

9 am – 3:30 pm

All Levels •

### Massage CEU

#### Fire & Ice: Signature Treatment for Massage Therapists Workshop

Learn the Fire & Ice Treatment from start to finish!

\$25

Monday, 10/16/2017

9 am – 3:30 pm

All Levels •

### Massage CEU

#### Himalayan Salt Therapies

Learn all about salt therapy and salt stone massage!

\$99

Monday, 11/13/2017

9 am – 3:30 pm

Advanced • • •

### Massage CEU

#### Tandem Massage Therapies

Learn how to perform tandem massage!

\$25



**35% OFF**  
**ALL CLASSES**  
Promo code: **35Strong**



# LEARN THE SKILLS TO GROW YOUR SPA BUSINESS BY AS MUCH AS 45% IN 3 DAYS!

## Key Course Topics Include:

1. The Secrets to Economical Marketing
2. How To Manage Your Finances
3. How To Boost Your Sales
4. How To Build Your Dream Team
5. How To Become A Leader
6. How To Enhance Your Guest Experience

## InSPAration Management Leap Ahead Leadership Seminar

August 14, 15, and 16, 2017,  
9AM-5PM

Want to learn how to boost your business?  
Attend this 3-day seminar!

Taught by **Dori Soukup**, founder and CEO, LEAP Ahead offers a proven blueprint that you can use to effectively and efficiently operate your spa.

**InSPAration Management** is a committed team of experts, consultants, and coaches who are dedicated to helping the spa and salon industry improve their business and generate more revenue.

**\$2,950** per person\*

Course includes an additional \$2,000 worth of exclusive resources and take-home materials!

Register online at  
[inspirationmanagement.com](http://inspirationmanagement.com)

\*Not available for the 35% off class discount.

"Every day, we can learn something new. Keep learning. The industry is changing and there is constantly new competition. You must keep learning, and **LEAP Ahead** is your answer!"

--Attendee



**Dori Soukup**  
founder and CEO

**INSPIRATION**  
MANAGEMENT

## SKIN CARE

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Monday, 4/3/2017  
9 am – 3:30 pm  
**All Levels** •

**Skin Care**  
**Understanding Cosmetic & Skincare Ingredients** \$55  
Learn ingredients and their functions!

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Monday - Wednesday,  
4/17-4/19/2017  
9 am – 5:30 pm  
**Advanced** • • •

**Skin Care**  
**The Vodder Institute's Manual Lymphatic Drainage Basic Neck & Face 3 Day** \$650  
Learn Manual Lymphatic Drainage from The Vodder Institute!

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Wednesday, 4/26/2017  
9 am – 3:30 pm  
**Advanced** • • •

**Skin Care**  
**FREE: TCA Peel Certification** FREE  
Become certified to perform the TCA Peel!

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Thursday, 4/27/2017  
9 am – 6 pm  
**Advanced** • • •

**Skin Care**  
**NCEA Certification Exam Preparation Course** \$550  
Become NCEA Certified!

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Sunday, 4/30/2017  
9 am – 3:30 pm  
**Advanced** • • •

**Skin Care**  
**Vivid Glow Micropeel** \$55  
Learn how to get beautiful results with the Vivid Glow protocol!

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Sunday, 5/7/2017  
9 am – 3:30 pm  
**All Levels** •

**Skin Care**  
**Advancements in Treating Hyperpigmentation** \$85  
Learn how to treat hyperpigmentation for all skin types!

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Wednesday, 5/10/2017  
9 am – 3:30 pm  
**All Levels** •

**Skin Care**  
**FREE: Advanced Exfoliation Methods** FREE  
Learn all about chemical peels and exfoliation methods!

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Thursday, 5/11/2017  
9 am – 3:30 pm  
**All Levels** •

**Skin Care**  
**FREE: Mask of the Month Workshop** FREE  
Experience and learn all about our feature mask of the month!

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Wednesday, 5/17/2017  
9 am – 3:30 pm  
**All Levels** •

**Skin Care**  
**FREE: LED Light Therapy Certification** FREE  
Learn about LED Therapy and how it works!

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Saturday - Tuesday,  
5/20-5/23/2017  
9 am – 5:30 pm  
**Advanced** • • •

### Skin Care

#### The Vodder Institute's Manual Lymphatic Drainage Advanced Neck & Face 3 Day

Learn Manual Lymphatic Drainage from The Vodder Institute!

\$650

Wednesday, 5/24/2017  
9 am – 6 pm  
**Advanced** • • •

### Skin Care

#### NCEA Certification Exam Preparation Course

Become NCEA Certified!

\$550

Sunday, 6/4/2017  
9 am – 3:30 pm  
**All Levels** •

### Skin Care

#### Holistic Esthetics & Herbal Skincare

Learn to perform beautiful, holistic, natural facial services!

\$55

Monday, 6/5/2017  
9 am – 3:30 pm  
**All Levels** •

### Skin Care

#### Understanding Vitamins & Their Purpose in Advanced Skincare

Learn about vitamins and their role in skin health!

\$55

Thursday, 6/15/2017  
9 am – 3:30 pm  
**Advanced** • • •

### Skin Care

#### FREE: Control Corrective Jessner Peel Certification

Become certified to perform the Jessner Peel!

FREE

Monday, 6/26/2017  
9 am – 3:30 pm  
**All Levels** •

### Skin Care

#### Understanding Cosmetic & Skincare Ingredients

Learn ingredients and their functions!

\$55

Wednesday, 6/28/2017  
9 am – 6 pm  
**Advanced** • • •

### Skin Care

#### NCEA Certification Exam Preparation Course

Become NCEA Certified!

\$650

Thursday, 6/29/2017  
10 am – 2 pm  
**All Levels** •

### Skin Care

#### FREE: Mask of the Month Workshop

Experience and learn all about our feature mask of the month!

FREE

Sunday, 7/9/2017  
9 am – 3:30 pm  
**All Levels** •

### Skin Care

#### Esthetics Equipment: Combination Treatments for Maximum Results

Learn how to combine treatments with equipment for big results!

\$55

# SKIN CARE

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Thursday, 7/13/2017  
10 am – 2 pm  
[All Levels](#) •

## Skin Care

### FREE: Mask of the Month Workshop

Experience and learn all about our feature mask of the month!

FREE

Thursday, 7/20/2017  
10 am – 2 pm  
[All Levels](#) •

## Skin Care

### FREE: DermaRadiance Training

A natural microdermabrasion using flowers and herbs.

FREE

Wednesday, 7/26/2017  
9 am – 6 pm  
[Advanced](#) • • •

## Skin Care

### NCEA Certification Exam Preparation Course

Become NCEA Certified!

\$550

Monday, 7/31/2017  
9 am – 3:30 pm  
[All Levels](#) •

## Skin Care

### Holistic Esthetics & Herbal Skincare

Learn to perform beautiful, holistic, natural facial services!

\$55

Wednesday, 8/23/2017  
10 am – 2 pm  
[All Levels](#) •

## Skin Care

### FREE: Mask of the Month Workshop

Experience and learn all about our feature mask of the month!

FREE

Thursday, 8/31/2017  
10 am – 3:30 pm  
[All Levels](#) •

## Skin Care

### FREE: 3 Pumpkin Facials for Fall Workshop

Learn how to implement these great facials for fall!

FREE

Wednesday, 9/13/2017  
9 am – 6 pm  
[Advanced](#) • • •

## Skin Care

### NCEA Certification Exam Preparation Course

Become NCEA Certified!

\$550

Thursday, 9/14/2017  
10 am – 2 pm  
[All Levels](#) •

## Skin Care

### FREE: Nutritional Aesthetics Workshop

Learn about the Nutritional Aesthetics Alliance.

FREE

Thursday, 9/28/2017  
9 am – 6 pm  
[Advanced](#) • • •

## Skin Care

### NCEA Certification Exam Preparation Course

Become NCEA Certified!

\$550

Thursday, 10/12/2017  
9 am – 3:30 pm  
[All Levels](#) •

## Skin Care

### FREE: Acne for All Ages featuring Control Corrective

Treat acne regardless of the client's age or skin type!

FREE

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Wednesday,  
10/25/2017  
9 am – 6 pm  
**Advanced** • • •

**Skin Care**  
**NCEA Certification Exam Preparation Course** \$550  
Become NCEA Certified!

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Thursday, 10/26/2017  
9 am – 3:30 pm  
**All Levels** •

**Skin Care**  
**FREE: Topics in Chemical Peels & Combining Peels for Results** FREE  
Learn how to combine treatments for maximum results!

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Sunday, 11/12/2017  
9 am – 3:30 pm  
**Advanced** • • •

**Skin Care**  
**Advancements in Treating Hyperpigmentation** \$85  
Learn how to treat hyperpigmentation for all skin types!

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Wednesday,  
11/15/2017  
9 am – 6 pm  
**Advanced** • • •

**Skin Care**  
**NCEA Certification Exam Preparation Course** \$550  
Become NCEA Certified!

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Sunday, 12/10/2017  
9 am – 3:30 pm  
**Advanced** • • •

**Skin Care**  
**FREE: Control Corrective Jessner Peel Certification** FREE  
Become certified to perform the Jessner Peel!

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## SPA THERAPIES

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Monday, 5/8/2017  
9 am – 3:30 pm  
**All Levels** •

**Spa Therapies**  
**Aromatherapy for Professionals** \$125  
Learn about essential oils for use in a professional environment.

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Monday, 6/19/2017  
9 am – 3:30 pm  
**All Levels** •

**Spa Therapies**  
**Creating Signature Treatments with Raw Ingredients** \$99  
Create your own custom products and treatments!

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Monday, 7/10/2017  
9 am – 3:30 pm  
**All Levels** •

**Spa Therapies**  
**Facial Massage Techniques** \$99  
Enhance your facial services with your hands!

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Wednesday, 7/19/2017  
10 am – 2 pm  
**All Levels** •

**Spa Therapies**  
**FREE: Treating Stretch Marks & Cellulite** FREE  
Learn how to treat stretch marks and cellulite!

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**WELLNESS**  
FOR CANCER

# Wellness for Cancer **TRAINING** COMES TO LA!

Join us at  
**the Wellness & Beauty Learning Center**

for a four-day training that includes hands-on practicums  
for spa directors, massage therapists, and estheticians.

**August 27-30**

\$350/person before July 1st

\$499/person after July 1st

Register and learn more today at  
[www.universalcompanies.com/reg](http://www.universalcompanies.com/reg)

## Why Cancer Aware Training Is Valuable

Wellness for Cancer is for spas and wellness facilities that want to increase their level of comfort and confidence in delivering safe and nurturing services to clients who have experienced cancer.

Cancer triggers a complex array of stressors, which become a part of a cancer patient or survivor's daily life. Training provides the knowledge of options, present conditions, and appropriate adjustments that enable you to adapt your client services. Join us in LA as we learn together!



**Julie Bach** is the Executive Director for Wellness for Cancer, an educational program under Spa4ThePink, a registered 501c(3) organization. Julie has been a spa owner since 2001, is a licensed esthetician and manicurist, certified health coach, yoga teacher and holds a Masters of Business Administration from Harvard University. Learn more about Wellness for Cancer at [wellnessforcancer.com](http://wellnessforcancer.com).

## SPA THERAPIES

Wednesday, 8/2/2017  
9 am – 3:30 pm  
**Beginner** • •

**Spa Therapies**  
**Introduction to Ayurveda** \$125  
Learn all about Ayurveda and how to offer these services!

Thursday, 8/3/2017  
9 am – 3:30 pm  
**All Levels** •

**Spa Therapies**  
**Ayurvedic Therapies: Shirodhara** \$125  
Learn about Shirodhara!

Sunday, 8/13/2017  
9 am – 3:30 pm  
**All Levels** •

**Spa Therapies**  
**Aromatherapy for Professionals** \$125  
Learn about essential oils for use in a professional environment.

Sunday - Wednesday,  
8/27-8/30/2017  
9 am – 4:30 pm  
**Advanced** • • •

**Spa Therapies**  
**Wellness for Cancer Training** See Ad  
For spa and wellness facilities that want to increase their level of comfort and confidence in delivering safe and nurturing services to clients who have experienced cancer

Sunday - Monday,  
9/17-9/18/2017  
9 am – 3:30 pm  
**All Levels** •

**Spa Therapies**  
**Transformative Esthetics with Linda Bertaut** \$595  
Learn how to transform the energy in esthetics services with Linda!

Thursday, 10/5/2017  
10 am – 2 pm  
**All Levels** •

**Spa Therapies**  
**FREE: Eco-Fin Brand Certification Workshop** FREE  
Learn how to perform various Eco-Fin treatments!

Sunday, 10/22/2017  
9 am – 3:30 pm  
**All Levels** •

**Spa Therapies**  
**Aromatherapy for Professionals** \$125  
Learn about essential oils for use in a professional environment.

Monday, 10/30/2017  
3 pm – 8 pm  
**All Levels** •

**Spa Therapies**  
**FREE: Trick or TREATments DIY Workshop & Social** FREE  
Get dressed up and join us for a fun workshop and social!

Monday, 12/4/2017  
9 am – 3:30 pm  
**All Levels** •

**Spa Therapies**  
**Aromatherapy for Professionals** \$125  
Learn about essential oils for use in a professional environment.

## WAXING

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Sunday, 4/23/2017

9 am – 3:30 pm

All Levels •

### Waxing

#### Brazilian Waxing Workshop

Learn how to perform a Brazilian wax from start to finish!

\$99

Monday, 5/1/2017

9 am – 3:30 pm

Advanced • • •

### Waxing

#### Advanced Speed Waxing

Increase your speed and master your technique!

\$35

Monday, 7/24/2017

9 am – 3:30 pm

All Levels •

### Waxing

#### Brows to Brazilian Workshop

Everything you need to know about waxing in one class!

\$99

Sunday, 10/8/2017

9 am – 3:30 pm

All Levels •

### Waxing

#### Brazilian Waxing Workshop

Learn how to perform a Brazilian wax from start to finish!

\$99

Sunday, 11/5/2017

9 am – 3:30 pm

All Levels •

### Waxing

#### Brazilian Waxing Workshop

Learn how to perform a Brazilian wax from start to finish!

\$99

Wednesday,

10/18/2017

10 am – 2 pm

All Levels •

### Waxing

#### FREE: Nufree Certification Workshop

Learn everything about Nufree Hair Removal System!

FREE

## WELLNESS

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Sunday,

4/2/2017

9 am – 3:30 pm

All Levels •

### Wellness

#### Guided Meditations for Practitioners

Experience meditation like never before!

\$25

Sunday, 7/30/2017

9 am – 3:30 pm

All Levels •

### Wellness

#### Migraine Miracle

Learn an alternative therapy for migraines!

\$125

Thursday, 8/17/2017

9 am – 3:30 pm

All Levels •

### Wellness

#### Vibrational Sound Healing

Learn how to perform sound treatments for deep relaxation

\$199



## WELLNESS

Thursday, 8/24/2017

9 am – 3:30 pm

All Levels •

### Wellness

#### FREE: Creative Journaling Workshop

Learn creative journaling to manage stress and boost motivation!

FREE

Sunday, 9/10/2017

9 am – 4:30 pm

All Levels •

### Wellness

#### Introduction to Reflexology

Learn how to master this alternative therapy!

\$149

Sunday, 10/1/2017

9 am – 3:30 pm

All Levels •

### Wellness

#### Healing for the Healer: The Practice of Compassion and Self-Care

Learn how practicing self-care and compassion is critical to your well-being and business.

\$55

Monday, 10/2/2017

9 am – 3:30 pm

All Levels •

### Wellness

#### Hard-Wired for Empathy: Understanding the Brain and Body Connection

Understand how to better practice empathy by learning the brain/body connections.

\$55

Thursday, 10/19/2017

10 am – 4 pm

All Levels •

### Wellness

#### Vibrational Sound Healing

Learn how to perform sound treatments for deep relaxation.

\$199

Sunday, 10/29/2017

9 am – 4 pm

All Levels •

### Wellness

#### Introduction to Reflexology

Learn about this revolutionary healing therapy!

\$199

Monday, 11/6/2017

9 am – 3:30 pm

All Levels •

### Wellness

#### Migraine Miracle

Learn an alternative therapy for migraines!

\$125

Tuesday, 12/5/2017

9 am – 3:30 pm

All Levels •

### Wellness

#### FREE: Detox & Cleanse Workshop

Detox and cleanse for vitality!

FREE

## ALL PATHS

Wednesday,

10/11/2017

10 am – 2 pm

All Levels •

### All Paths

#### FREE: Sanitation & Safety with Barbicide Brand Certification

Become Barbicide Brand Certified!

FREE



# DON'T MISS OUT ON THIS YEAR'S **FREE** CLASSES!

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See your course list for all the details.

## BEAUTY

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**FREE: Dancing with the Stars Sunless Tanning 101**

**FREE: Ultimate Lip Therapy for Estheticians**

## BUSINESS SKILLS

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**FREE: Resume Workshop**

## MANI/PEDI

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**FREE: IBX Nail System Certification**

## SKIN CARE

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**FREE: TCA Peel Certification**

**FREE: Advanced Exfoliation Methods**

**FREE: Mask of the Month Workshop**

**FREE: LED Light Therapy Certification**

**FREE: Control Corrective Jessner Peel Certification**

**FREE: DermaRadiance Training**

**FREE: 3 Pumpkin Facials for Fall Workshop**

**FREE: Nutritional Aesthetics Workshop**

**FREE: Acne for All Ages featuring Control Corrective**

**FREE: Topics in Chemical Peels & Combining Peels for Results**





## SPA THERAPIES

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