

## Sussex Beauty Training School

### Courses for Everyone! Jan – May 2011

	<b>Jan 2011</b>	<b>Feb 2011</b>	<b>March 2011</b>	<b>April 2011</b>	<b>May 2011</b>
Couples Massage	Sat 15 <sup>th</sup> 10 – 3pm Cost: £20			Sat 2 <sup>nd</sup> 10-3pm Cost: £20	
Ear Candles for everyone		Weds 16 <sup>th</sup> 6.30pm- 9.30pm Cost: £15			Mon 9 <sup>th</sup> 6.30pm- 9.30pm Cost: £15
Make Up Workshop	Mon 24 <sup>th</sup> 6.30pm- 9.30pm Cost £20				
Posture and relaxation			Weds 9 <sup>th</sup> 6.30- 8.30pm Cost: £10		

Our 'Courses for Everyone' are designed for anyone to attend and enjoy gaining knowledge and skills they can use in their day to day life.

If you require any further information about what each workshop includes please give us a call - we would be delighted to hear from you.

*Easy Access from M23/A23 – Less than one hour from London by Train and a 5 minute stroll from Burgess Hill Station.*

*Local Bed and Breakfast in the vicinity.*

**Call us for more information: 01444 233060**  
**43 Silverdale Road, Burgess Hill, West Sussex**

## **Courses for Everyone! - Workshop Information**

### **Couples Massage**

A great day out with your other half or your friends to learn basic massage and relaxation tips and techniques to safely use at home. A completely practical day. Wear comfy clothes – a vest top would be a good idea so you can have a lovely shoulder massage!!

### **Ear Candles**

An introduction to this fascinating complementary therapy. Ear candle treatments can help relieve migranes, tinnitus, painful ears prior and after flying. We will show you how to safely give this treatment to friends and family. An additional cost of £6 will be charged to cover each pair of ear candles used. You will give and receive a treatment and gain an insight into the history, precautions and benefits.

### **Make Up**

Gain an insight on the different types of make up available and check you are using make up to suit your skin type. Learn how to adapt your make up for various occasions such as weddings, parties, mature skin etc. A fun practical day – bring your own make up bag. Other brands and tools will be available to use on the day.

### **Posture and Relaxation**

Are you aware that you are slouching in front of the TV or PC? Are you getting aches and pains? Are you finding it hard to unwind or switch off? This informal practical workshop will teach you some valuable relaxation techniques and postural exercises that can be easily put into practise at home. Some basic self-massage and stretching techniques will also be taught. Wear comfy clothing for this fun, social day.

*Refreshments such as Tea, coffee, herbal tea and biscuits are provided. During day courses there will be a short break for some lunch (not enough time to go into town), so we suggest you bring your own. A microwave oven is on the premises for your use.*

*If you require more information please give us a call: 01444 233060*