

Download Indian Head Massage A Practical Guide

Hairdressing Beauty Industry Authority

This Hairdressing & Beauty Level 1 course will suit you if you are new to the industry and have little or no experience of hairdressing and barbering and you are looking to be a Hairdressing Assistant, with the inclusion of the manicure unit you will experience working within the beauty therapy profession. Massage is the manipulation of soft tissues in the body. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body stress or pain. This is a course aimed at young people who are not in employment, education or training. This is a hands-on practical course where you can gain new experiences and to support your community. North East Scotland College is one of Scotland's largest colleges offering high quality full and part-time education and training in a supportive learning environment.