



## Course Details

10X Year 11 young women. 12<sup>th</sup> September will be to briefly call in and introduce myself to the young people. Week 1 commences 19<sup>th</sup> September. Tuesday 1.00pm - 2.45pm x12

- **Session 1**            Facials part 1 - The need to cleanse; how to cleanse; tone and moisturise. Demo's on each other and skin analysis.
- **Session 2**            Facials part 2 - Masks & massage; look at bought masks and their benefits. Also using fresh products make biological masks. Cover basic massage movements to use in own routine. Work on facial prescriptions.
- **Session 3**            Manicure basics - Filing, cuticle work, scrubs and massage; how to stop biting nails; polish.
- **Session 4**            Because You're Worth it - discussion and practical work covering what beauty is, using images, dvd clips, photographs etc.
- **Session 5**            Make - up - demos and tips. Young people can bring in own make up to experiment with.
- **Session 6**            Quicky pedicures - filing, hard skin removal, cuticle work and polish (more can be added if young people want and feel comfortable).  
½ way through course - look at plan for final night. Who? Where? Food?
- **Session 7**            Diet & Eating - food groups, try different fresh fruit and vegetables, wholemeal breads, smoothies, juices. Make meal out of selected foods.
- **Session 8**            Nail Art - fingers and toes; demos and practices.
- **Session 9**            Exercise - why? What's good for us, gentle exercises, Practical with a DVD.
- **Session 10**          Yes you can!! - looking at scenarios where we need to be confident. Games such as Give Us A Clue, quiz's. Discuss ho we can build confidence and when we might need it the most (job interviews, college).
- **Session 11**          Prep for final night. Evaluation.
- **Session 12**          Final night. Presentation of certificates and goody bags.

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This format is subject to change depending on needs of young people.

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