



MANUAL FACIAL CERTIFICATE

Start Date: April 3, 2024
Duration: 300 hours
5 months
Availability: Part-Time
Cost: \$4,000.00

COST INCLUDES:

- Professional Training Kit
- Textbooks
- Manuals
- Uniform

The CIDESCO Manual Facial Certificate at Reflections Spa Institute is designed to provide candidates with the necessary skills and qualifications to work efficiently and effectively as skincare therapists specializing in manual facial treatments. This 300-hour course focuses on equipping students with comprehensive knowledge and expertise in facial treatments, including cleansing techniques, skin analysis, deep cleansing with steamers and exfoliation products, facial massage, mask applications, and day care application.

Syllabus

Introduction, Natural Sciences, Anatomy and Physiology, Skin Dermatology, Hygiene and First Aid, Aesthetic Treatments, Cosmetic Products, Cosmetic Surgery, Nutrition and Diet, Professional Ethics, Occupational Health and Safety, Commercial and Business Studies, Retail Development, Project Cases



HOLISTIC MASSAGE DIPLOMA

Start Date: January 17, 2024

Duration: 371 hours
5 months

Availability: Full-Time

Cost: \$5,000.00

COST INCLUDES:

- Professional Training Kit
- Textbooks
- Manuals
- Uniform

The CIDESCO Holistic Massage Diploma at Reflections Spa Institute is a comprehensive program designed to provide learners with the knowledge, skills and understanding to perform Holistic Massage Therapy treatments. This program is suitable for individuals who are new to Holistic Massage Therapy as well as experienced practitioners. Upon completion of the program, learners will have the necessary skills and competence for employment as a massage therapist.

Syllabus

Health, Safety and Hygiene, Client Consultation, Professional Practice Skills, Holistic Massage Therapy, Anatomy and Physiology



BEAUTY & SPA MANAGEMENT DIPLOMA

Start Date: March 6, 2024

Duration: 300 hours
4 months

Availability: Online

Cost: \$4,500.00

COST INCLUDES:

- Textbooks
- Manuals
- Live Sessions

The CIDESCO Beauty & Spa Management Diploma at Reflections Spa Institute offers individuals the opportunity to gain a comprehensive understanding of management within the beauty and spa industry. This program is suitable for anyone interested in pursuing a career in beauty and spa management, regardless of prior beauty or spa training. The course covers essential topics such as business planning and marketing, operational management and inventory management.

Syllabus

Introduction, Beauty and Spa Trends and Technology, Operational Management, Leadership, Continued Professional Development, Inventory Control, Marketing and Customer Relations, Human Resources, Finance, Business Plan



TEACHER TRAINING CERTIFICATE

Start Date: March 6, 2024

Duration: 160 hours
4 months

Availability: Online

Cost: \$5,000.00

COST INCLUDES:

- Textbooks
- Manuals
- Live Sessions

The CIDESCO Teacher Training Certificate at Reflections Spa Institute is designed to provide knowledge and practical competence in education and training assessment. This program is suitable for individuals currently teaching or training, assessors who would like to obtain a teaching qualification, and for those who have just entered the realm of teaching. Participants will develop all of the necessary knowledge, skills and understanding to work in teaching and training.

Syllabus

Understanding Roles, Responsibilities and Relationships in Education and Training, Understanding and Using Inclusive Teaching and Learning Approaches, Facilitate Learning and Development in Groups, Understanding the Principles and Practices of Assessment.



ANATOMY & PHYSIOLOGY CERTIFICATE

Start Date: May 2, 2024

Duration: 150 hours
3 months

Availability: Online

Cost: \$4,500.00

COST INCLUDES:

- Textbooks
- Manuals
- Uniform

The CIDESCO Anatomy and Physiology Certificate at Reflections Spa Institute is a fully online course designed to provide candidates with the necessary theoretical knowledge in anatomy and physiology. This certificate program focuses on equipping students with a comprehensive understanding of the structure and functions of the human body as it relates to the field of beauty and spa therapy. By completing this course, students will acquire essential knowledge that is vital for success in the beauty and spa industry.

Syllabus

Introduction, Anatomy and Physiology, Foundation of Chemistry, Cells of the Human Body, Tissues of the Human Body, Integumentary System, Cardiovascular System, Lymphatic and Immune System, Nervous System, Endocrine System, Skeletal System, Muscular System, Respiratory System, Digestive System, Reproductive System



MANICURE AND PEDICURE CERTIFICATE

Start Date: January 16, 2024

Duration: 195 hours
4 months

Availability: Full-Time

Cost: \$4,300.00

COST INCLUDES:

- Professional Manicure and Pedicure Training Kit
- Textbooks
- Manuals
- Uniform

The CIDESCO Manicure & Pedicure Certificate offered by Reflections Spa Institute is a comprehensive training course designed to equip learners with the necessary skills to provide professional nail care and treatments for the hands and feet. This program focuses on implementing and maintaining safe, hygienic, and effective working practices in the beauty and spa industry. Students will acquire both practical and theoretical skills required for successful employment as a manicurist/pedicurist.

Syllabus

Introduction, Implementing and Maintaining Effective Health and Safety and Hygiene Working Practices, Consultation, Assess, Plan and Prepare for Nail Services, Providing Manicure and Pedicure Treatments, Assessment Approach, Glossary - Manicure and Pedicure, Case Studies



AESTHETICS DIPLOMA

Start Date: September 16, 2024
Duration: 800 hours
9 months / 1 Year
Availability: Full-Time / Part-Time
Cost: \$21,030.00

COST INCLUDES:

- Professional Aesthetics Training Kit
- Textbooks
- Manuals
- Uniform

The CIDESCO Aesthetics Diploma at Reflections Spa Institute is a comprehensive program designed to equip aspiring aestheticians with the knowledge and skills necessary to succeed in the field of aesthetics. This diploma program covers a wide range of essential areas, including skin care, waxing, manicures, pedicures, anatomy and physiology, skin science, electrotherapy, and makeup. Upon completion of this program, students will be accredited and will leave as highly knowledgeable and qualified aestheticians.

Syllabus

Natural Sciences, Anatomy and Physiology, Skin Dermatology, Hygiene and First Aid, Aesthetic Treatments, Cosmetic Products, Cosmetic Surgery, Nutrition and Diet, Professional Ethics, Occupational Health and Safety, Commercial and Business Studies, Retail, Development, Project Cases