



SOMA SENSE ACADEMY (Pty) LTD Certificates of Competence Modular courses

Our short courses are specifically designed to suit students who can't study full time. Upon completion of any of our short courses, the student will receive a Soma Sense Certificate of Competence. All short courses include a training kit/product needed to complete the program. Most of our courses are aligned with SETA unit standards and are therefore an investment in your future!

START YOUR BEAUTY THERAPY DREAM-BOARD BY CHOOSING FROM OUR SELECTION OF TRAINING MODULES BELOW :

***Please Note: Soma Sense Academy reserves the right to adjust fees and costs in case of unforeseen increases.**

Nail Technology:

Nail technology refers to the techniques, tools, and other products used to treat and take care of nails, while also making them look aesthetically pleasing. This field involves cosmetic beauty treatments for fingernails and toenails.

Acrylic System

- Duration 5 sessions
- Including Training cost, study material and kit
- This course requires case studies after completion of 5 sessions at Soma Sense, and successfully completing exams.

Gel System

- Duration 5 sessions
- Including Training cost, study material and kit
- This course requires case studies after completion of 5 sessions at Soma Sense, and successfully completing exams.

Nail Technology Short Course (Acrylic & Gel)

- Duration 10 sessions
- Including Training cost, study material and kit
- This course requires case studies after completion of 5 sessions at Soma Sense, and successfully completing exams.



Optional Extras:

- Sculpting (Acrylic and/or Gel)
- Fiber & Silk System
- Gel Polish

Makeup Techniques:

Makeup is cosmetics such as lipstick or powder applied to the face, used to enhance or correct the appearance. In this course we will cover day, evening as well as bridal (special occasion) makeup techniques.

- Duration *Sessions will be confirmed upon registration*
- Including Training cost, study material and kit
- This course requires case studies after completion of sessions at Soma Sense, and successfully completing exams.

Skin Therapy:

Skin care therapy involves beauty treatments for the face. This course covers a basic facial routine: Cleanse, Skin Analysis, Exfoliation, Mask, Massage, and Tone & Moisturise.

- Duration 8 sessions
- Including Training cost, study material and products needed.
- This course requires case studies after completion of 8 sessions at Soma Sense, and successfully completing exams.

Manicure & Pedicure:

Manicure - Cosmetic treatment of the hands involving shaping and often painting of the nails, removal of the cuticles, and softening of the skin. Pedicure - a cosmetic treatment of the feet and toenails. Both treatments are done for cosmetic and/or therapeutic purposes.

- Duration 6 sessions
- Including Training cost, study material and kit
- This course requires case studies after completion of 6 sessions at Soma Sense, and successfully completing exams.

Swedish Massage:

This course teaches the history of massage and the five classical massage movements. A full body massage as well as the anatomy of bones and muscles are covered. This is the basis of all other massage courses.

- Duration 6 sessions
- Including Training cost, study material and kit
- This course requires case studies after completion of 6 sessions at Soma Sense, and successfully completing exams.

Stone Therapy Massage:

This course can only be done after completion of the Swedish Massage course. It covers the use of heated stones to massage the body for a deep and relaxing massage.

- Duration 4 sessions
- Including Training cost, study material and kit

- This course requires case studies after completion of 4 sessions at Soma Sense, and successfully completing exams.

Waxing:

Waxing is a form of semi-permanent hair removal which removes the hair from the root. Almost any area of the body can be *waxed*, including eyebrows, face, legs, arms, back, abdomen, knuckles and feet.

- Duration 6 sessions
- Including Training cost, study material and kit
- This course requires case studies after completion of 6 sessions at Soma Sense, and successfully completing exams.

Lash & Brow Tint:

This course covers brow shaping, tinting brows and lashes to enhance the appearance of the face.

- Duration 3 sessions
- Including Training cost, study material and kit
- This course requires case studies after completion of 3 sessions at Soma Sense, and successfully completing exams.

Eyelash Extensions:

Eyelash extensions are used to enhance the length, curliness, fullness, and thickness of natural eyelashes. This course covers the proper and professional techniques, as well as safe and hygienic application of eyelash extensions.

- Duration 4 sessions
- Including Training cost, study material and kit
- This course requires case studies after completion of 4 sessions at Soma Sense, and successfully completing

