**TEXT, UNIFORM and KIT LIST**

**LEVEL 2 BEAUTY THERAPY COURSES:**

**VTCT Evidence file – individual units (7.50) or full Diploma (35.00 for 9 units)**

**CENGAGE Textbooks - 40% Discount:**

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|  | The Official Guide to Level 2 VRQ  Lorraine Nordmann, Hugh Baird College  576pp  Published by Cengage Learning, ©2014  **Available Now**  £27.99 |

**FACIALS**:

* The Official Guide to Level 2 VRQ
* Uniform
* **Facial kit which includes**: sponges; mask brush; mitts; headband; cleansing brush; wooden spatulas; cotton wool pads; tissues; cotton buds
* **Skincare product range**: cleanser; toner; moisturiser; masks (setting/ non setting); massage oil/cream; exfoliator

**MANICURE AND PEDICURE**:

* The Official Guide to Level 2 VRQ
* Uniform
* **Manicure and pedicure kit which includes**: hand soak bowl; emery boards; wooden orange sticks; wooden spatulas; cuticle knife; hoof stick; nail buffer; nail scissors; cuticle nippers; hard skin remover; foot bath; cotton wool pads; tissues; cotton buds; mitts; heated mitts/ boots; vinyl gloves (optional)
* **Manicure/ pedicure product range and nail colours**: hand/ foot sanitiser; buffing paste; cuticle cream; cuticle remover; hand / foot cream; hand/ foot exfoliator; hand/ foot soak; hand/ foot mask; range of nail colours; top and base coat

**LASH AND BROW TREATMENTS**:

* The Official Guide to Level 2 VRQ
* Uniform
* **Lash and brow kit which includes**: tweezers; tint brush; tint bowl; cotton wool pads; tissues; cotton buds
* **Lash and brow tinting product range:** eye cleanser; range of tint colours (brown, grey, black, blue); peroxide

**DEPILATION**:

* The Official Guide to Level 2 VRQ
* Uniform
* **Wax kit which includes:** wax pot; wax strips; wooden spatulas; cotton wool pads; tissues; vinyl gloves
* **Waxing product range**: warm wax; hot wax; pre wax lotion; post wax lotion; surgical spirit

**MAKEUP**:

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| --- | --- |
|  | Penny Delamar, Founder, The Delamar Academy, Ealing Film Studios, London  352pp  Published by Cengage Learning, ©2016  **Available Now**  £27.99 |

Or The Official Guide to Level 2 VRQ

* Uniform
* **Makeup kit which includes:** brushes; headband; foundation sponges; spatulas; cotton wool pads; tissues; cotton buds
* **Makeup product range**: full makeup kit including corrective; brush cleaner

**LEVEL 3 MASSAGE THERAPY COURSES:**

**(Waiting for VTCT evidence file)**

**CENGAGE Textbooks - 40% Discount:**

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|  | The Official Guide to Level 3 *(Revised Edition)*  Lorraine Nordmann, Hugh Baird College  586pp  Published by Cengage Learning, ©2014  **Available Now**  £35.99 |

**MASSAGE:**

* The Official Guide to Level 3
* Uniform
* **Massage kit which includes**: Couch; towels; oil dispenser; cotton wool pads; spatulas
* **Massage product range**: massage oil (almond); massage cream; foot sanitiser

**STONE MASSAGE:**

* The Official Guide to Level 3
* Uniform
* **Stone massage kit which includes** Couch; Stone tank and selection of hot and cold stones; towels; oil dispenser; cotton wool pads
* **Stone massage product range**: massage oil (almond); pre-blended massage oils (optional); foot sanitiser

**PRE BLENDED AROMATHERAPY:**

* The Official Guide to Level 3
* Uniform
* **Pre-blended kit which includes**: Couch; Towels; oil dispenser; cotton wool pads
* **Pre-blended aromatherapy product range**: pre-blended face and body oils for relaxation, uplifting, sense of well-being, stimulating; foot sanitiser

**INDIAN HEAD MASSAGE:**

* The Official Guide to Level 3
* Uniform
* **Indian head kit which includes**: Table top support; towels; oil dispenser
* **Indian Head massage product range**: pre-blended oils for relaxation, sense of wellbeing, uplifting, improvement of hair and scalp condition

**EPILATION:**

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|  | *The Official Guide to Electro-epilation*  Gill Morris, Managing Director of the GMT Group and a founding member of HABIA  Janice Brown, Managing Director of House of Famuir and a HABIA Industry Forum Member  280pp  Published by Cengage Learning, ©2012  **Available Now**  £32.99 |

* Or The Official Guide to Level 3
* Uniform
* **Epilation kit which includes**: Blend epilation machine; needle holder; range of needles (sizes 2/3/4); epilation tweezers; tissues; cotton wool pads; vinyl gloves
* **Epilation product range**: pre-epilation sanitizer; post-epilation soothing lotion

**LEVEL 3 COMPLEMENTARY THERAPIES:**

**(ETS or Cengage)**

**MASSAGE**:

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|  | Mark F. Beck, American Massage Therapy Association  992pp  Published by Cengage Learning, ©2011  **Available Now**  £39.99 |

* Uniform
* **Massage kit which includes:** Couch; Towels; oil dispenser; cotton wool pads; spatulas
* **Massage product range**: massage oil (almond); massage cream; foot sanitiser

**AROMATHERAPY**:

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| [Essential Training Solutions:](http://www.essential-training.co.uk/productaromab.php) **[Aromatherapy DOWNLOAD £8.99](http://www.essential-training.co.uk/productaromab.php)** |

* Uniform
* **Aromatherapy kit which includes:** Couch; Towels; oil dispenser; measure cup; cotton pads
* **Aromatherapy product range**: full essential oil kit- Lavender, Clary sage, Marjoram, Rosemary, Thyme, Basil, Patchouli, Neroli, Petitgrain, Bergamot, Chamomile, Roman, Chamomile, German, Eucalyptus, Tea tree, Geranium, Pepper, black, Fennel, Rose, damask; carrier oils – Almond, Peach Kernel, Grapeseed, Avocado, Macadamia, Evening Primrose, Wheatgerm, Jojoba; foot sanitiser

CHECK SUPPLIERS

**REFLEXOLOGY**:

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| [Essential Training Solutions: Aromatherapy DOWNLOAD £8.99](http://www.essential-training.co.uk/productreflexb.php) |

* Uniform
* **Reflexology kit which includes**: Couch/ reclining chair; Towels; pillows; cotton pads
* **Reflexology product range:** foot cream; foot sanitizer; vinyl gloves

**ANATOMY AND PHYSIOLOGY**:

|  |  |
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|  | Milady,  33pp  Published by Cengage Learning, ©2013  **Available Now**  £11.99  Essential Training Solutions: Manual - £29.99 |

Essential Training Solutions: Manual - **Just £15.99**

**HEALTHY EATING AND WELLBEING:**

**LEVEL 4 QUALIFICATIONS:**

**SKIN BLEMISH REMOVAL**:

* Uniform
* **Epilation kit which includes**: Blend epilation machine; needle holder; range of needles (sizes 5-10); epilation tweezers; tissues; cotton wool pads; vinyl gloves
* **Epilation product range**: pre-epilation sanitizer; post-epilation soothing lotion

**L4 STRESS MANAGEMENT STRATEGIES:**

**LEVEL 4 AROMATHERAPY**

**LEVEL 4 REFLEXOLOGY**

**LEVEL 4 DIPLOMA IN COMPLEMENTARY THERAPIES**