

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in General Beauty Therapy

Foundation Level



LAPT — London Academy of Professional Training

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Reference BE-CBT-F • Beauty Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	BE-CBT-F
AWARD	Certificate
ASSESSMENT	445 marks — 267 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Facial Treatments 4 chapters · 20 classes 90 marks • 1 Chapter 1 — Understanding Skin Anatomy and Physiology — 5 classes › 1.1 Exploring the Layers of the Skin › 1.2 Identifying Skin Types and Conditions › 1.3 Understanding Skin Functions and Responses › 1.4 Analyzing the Role of Skin in Beauty Therapy › 1.5 Applying Skin Anatomy Knowledge in Treatments • 2 Chapter 2 — Skin Analysis Techniques and Tools — 5 classes › 2.1 Understanding Skin Types and Conditions › 2.2 Identifying Common Skin Concerns › 2.3 Utilizing Skin Analysis Tools Effectively › 2.4 Conducting a Comprehensive Skin Assessment › 2.5 Interpreting and Recording Skin Analysis Results • 3 Chapter 3 — Cleansing, Exfoliation, and Toning Procedures — 5 classes › 3.1 Understanding Skin Types for Effective Cleansing › 3.2 Selecting and Using Cleansing Products › 3.3 Mastering Techniques for Exfoliation › 3.4 Applying Toning Techniques for Skin Balance › 3.5 Integrating Cleansing, Exfoliation, and Toning in Routine • 4 Chapter 4 — Application of Facial Treatments and Aftercare — 5 classes › 4.1 Understanding Skin Types and Conditions › 4.2 Selecting Appropriate Facial Products › 4.3 Performing a Basic Facial Treatment › 4.4 Customizing Treatments for Individual Needs › 4.5 Implementing Post-Treatment Aftercare	2 Hair Removal Techniques 4 chapters · 20 classes 65 marks • 1 Understanding Hair Growth and Types — 5 classes › 1.1 Exploring the Phases of Hair Growth › 1.2 Identifying Different Hair Types › 1.3 Analyzing Factors Affecting Hair Growth › 1.4 Comparing Hair Growth Patterns Across Body Areas › 1.5 Assessing Suitability of Hair Removal Techniques for Various Hair Types • 2 Manual Hair Removal Techniques — 5 classes › 2.1 Understanding Manual Hair Removal Techniques › 2.2 Preparing the Skin for Hair Removal › 2.3 Mastering Techniques: Tweezing and Threading › 2.4 Exploring Waxing Methods: Strip and Hot Wax › 2.5 Applying Aftercare for Optimal Results • 3 Chemical and Heat-Based Hair Removal Methods — 5 classes › 3.1 Understanding Chemical Hair Removal: Mechanisms and Safety › 3.2 Exploring Heat-Based Hair Removal: Tools and Techniques › 3.3 Comparing Chemical and Heat-Based Methods: Benefits and Limitations › 3.4 Practicing Chemical Hair Removal: Step-by-Step Application › 3.5 Mastering Heat-Based Hair Removal: Techniques for Different Body Areas • 4 Aftercare and Skin Health Post-Hair Removal — 5 classes › 4.1 Understanding Skin Reactions Post-Hair Removal › 4.2 Identifying Common Complications and Management › 4.3 Implementing Effective Aftercare Procedures › 4.4 Exploring Products for Skin Health Support › 4.5 Evaluating Long-term Skin Care Strategies
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3

Introduction to Beauty Therapy

4 chapters · 20 classes

65 marks

• 1 Understanding the Basics of Beauty Therapy — 5 classes

- › 1.1 Discovering the Role of a Beauty Therapist
- › 1.2 Exploring Key Tools and Equipment in Beauty Therapy
- › 1.3 Understanding Essential Hygiene and Safety Practices
- › 1.4 Learning Basic Skin Care Techniques
- › 1.5 Applying Fundamental Client Consultation Skills

• 2 Skin Analysis and Care Techniques — 5 classes

- › 2.1 Understanding Skin Types and Functions
- › 2.2 Identifying Common Skin Conditions
- › 2.3 Conducting a Basic Skin Analysis
- › 2.4 Applying Daily Skin Care Practices
- › 2.5 Selecting Products Based on Skin Needs

• 3 Introduction to Beauty Treatments and Protocols — 5 classes

- › 3.1 Understanding Basic Beauty Treatments
- › 3.2 Exploring Tools and Equipment in Beauty Therapy
- › 3.3 Demonstrating Proper Hygiene and Safety Protocols
- › 3.4 Identifying Client Needs and Treatment Selection
- › 3.5 Practicing Basic Techniques in Beauty Treatments

• 4 Client Consultation and Communication Skills — 5 classes

- › 4.1 Understanding the Importance of Client Consultation
- › 4.2 Building Effective Communication Skills in Beauty Therapy
- › 4.3 Identifying and Addressing Client Needs and Preferences
- › 4.4 Practicing Active Listening and Questioning Techniques
- › 4.5 Applying Consultation Skills in Real-World Scenarios

4

Makeup Techniques

4 chapters · 20 classes

85 marks

• 1 Chapter 1 — Understanding Skin Types and Undertones — 5 classes

- › 1.1 Identifying Basic Skin Types
- › 1.2 Analyzing Common Skin Concerns
- › 1.3 Discovering Undertones and Their Importance
- › 1.4 Matching Makeup Products to Skin Types
- › 1.5 Customizing Makeup for Different Undertones

• 2 Chapter 2 — Fundamental Makeup Application Techniques — 5 classes

- › 2.1 Understanding Facial Structures and Skin Types
- › 2.2 Selecting and Applying Foundation for Different Skin Tones
- › 2.3 Mastering Eyeshadow Blending Techniques
- › 2.4 Perfecting Eyeliner Application and Styles
- › 2.5 Achieving a Flawless Lip Makeup Look

• 3 Chapter 3 — Enhancing Facial Features: Eyes, Lips, and Cheeks — 5 classes

- › 3.1 Mastering Eye Makeup Techniques: From Basics to Bold
- › 3.2 Defining the Perfect Brow: Shaping and Styling Tips
- › 3.3 Art of Lip Enhancement: Colour Selection and Application
- › 3.4 Blusher and Bronzer: Techniques for Sculpting Cheeks
- › 3.5 Creating Harmonious Looks: Coordinating Eyes, Lips, and Cheeks

• 4 Chapter 4 — Creative and Advanced Makeup Styles — 5 classes

- › 4.1 Exploring Avant-Garde Makeup Concepts
- › 4.2 Mastering Color Theory for Creative Looks
- › 4.3 Applying Fantasy Makeup Techniques
- › 4.4 Incorporating Mixed Media in Makeup Artistry
- › 4.5 Designing Themed Makeup Styles for Special Events

5

Nail Care

4 chapters · 20 classes

65 marks

• 1 Anatomy of the Nail and Common Conditions — 5 classes

- › 1.1 Understanding Nail Anatomy: Structure and Growth
- › 1.2 Identifying Nail Layers: Matrix to Free Edge
- › 1.3 Exploring Nail Functions: Protect and Sensation
- › 1.4 Recognizing Common Nail Conditions: Signs and Symptoms
- › 1.5 Preventing and Managing Nail Disorders

• 2 Nail Care Tools and Hygiene Practices — 5 classes

- › 2.1 Understanding Basic Nail Care Tools and Their Uses
- › 2.2 Mastering the Safe Handling of Nail Instruments
- › 2.3 Implementing Effective Hygiene Practices in Nail Care
- › 2.4 Sterilizing and Sanitizing Nail Care Equipment
- › 2.5 Applying Nail Care Tools Safely and Efficiently

• 3 Basic Nail Treatments and Techniques — 5 classes

- › 3.1 Understanding Nail Anatomy: The Foundation of Nail Care
- › 3.2 Demonstrating Basic Manicure Techniques
- › 3.3 Exploring Cuticle Care and Maintenance
- › 3.4 Mastering Nail Shaping: Tools and Techniques
- › 3.5 Applying Polish with Precision: Tips and Tricks

• 4 Advanced Nail Enhancements and Designs — 5 classes

- › 4.1 Understanding Advanced Nail Enhancement Techniques
- › 4.2 Mastering Acrylic and Gel Application Methods
- › 4.3 Exploring Intricate Nail Art Designs
- › 4.4 Applying Advanced Nail Shaping Skills
- › 4.5 Ensuring Durability and Long-lasting Nail Enhancements

• 1 Understanding Professionalism in Beauty Therapy — 5 classes

- › 1.1 Defining Professional Conduct in Beauty Therapy
- › 1.2 Exploring the Importance of First Impressions
- › 1.3 Demonstrating Effective Communication Skills
- › 1.4 Building Client Trust and Rapport
- › 1.5 Applying Professional Ethics in Client Interactions

• 2 Effective Communication and Building Client Rapport — 5 classes

- › 2.1 Understanding the Basics of Professional Communication
- › 2.2 Developing Active Listening Skills
- › 2.3 Mastering Body Language and Non-Verbal Cues
- › 2.4 Building Trust and Rapport with Clients
- › 2.5 Applying Effective Communication Techniques in Client Scenarios

• 3 Client Consultation and Service Customization — 5 classes

- › 3.1 Understanding Client Needs: The Basics of Effective Consultations
- › 3.2 Active Listening Techniques for Beauty Therapists
- › 3.3 Conducting a Thorough Skin and Hair Analysis
- › 3.4 Customizing Beauty Treatments to Meet Client Preferences
- › 3.5 Building Trust and Professional Rapport with Clients

• 4 Handling Client Feedback and Professional Conflict Resolution — 5 classes

- › 4.1 Understanding Client Feedback: The Basics
- › 4.2 Interpreting Client Responses and Reactions
- › 4.3 Strategies for Collecting Constructive Feedback
- › 4.4 Techniques for Resolving Professional Conflicts
- › 4.5 Implementing Feedback for Improved Client Relations