

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Advanced Certificate in Holistic Beauty Treatments

Practitioner Level



LAPT — London Academy of Professional Training

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Reference BE-CBT-P • Beauty Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	BE-CBT-P
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1

Advanced Skincare and Facial Therapies

5 chapters · 30 classes65 marks

• 1 Understanding Skin Physiology and Anatomy — 6 classes

› 1.1 Exploring the Layers: Understanding Skin Structure

› 1.2 The Role of Cells: Key Components in Skin Physiology

› 1.3 Investigating Skin Functions: Protection, Regulation, and Sensation

› 1.4 Analyzing Skin Types and Conditions: Identifying Individual Needs

› 1.5 The Impact of Lifestyle: Nutrition, Stress, and Skin Health

› 1.6 Integrating Knowledge: Applying Anatomy and Physiology to Treatments

• 2 Advanced Skin Analysis Techniques — 6 classes

› 2.1 Understanding Skin Structure and Function

› 2.2 Identifying Skin Types and Conditions

› 2.3 Utilizing Advanced Skin Diagnostic Tools

› 2.4 Conducting In-Depth Skin Assessments

› 2.5 Interpreting Skin Analysis Results

› 2.6 Applying Customized Facial Treatment Plans

• 3 Innovative Ingredients and Product Formulation — 6 classes

› 3.1 Understanding Active Ingredients in Skincare

› 3.2 Exploring Innovative Natural Extracts

› 3.3 Analyzing the Role of Peptides and Enzymes

› 3.4 Identifying Skin-Compatible Formulation Technologies

› 3.5 Experimenting with Custom Product Blending

› 3.6 Evaluating Market Trends and Product Efficacy

• 4 Mastering Advanced Facial Therapy Techniques — 6 classes

› 4.1 Understanding Skin Anatomy and Physiology

› 4.2 Identifying and Categorizing Skin Types

› 4.3 Exploring Advanced Facial Treatment Modalities

› 4.4 Practicing Techniques for Light Therapy and Microdermabrasion

› 4.5 Integrating Aromatherapy and Custom Facial Masks

› 4.6 Evaluating Treatment Effectiveness and Client Feedback

• 5 Integrating Holistic Practices in Skincare — 6 classes

› 5.1 Exploring the Principles of Holistic Skincare

› 5.2 Understanding the Role of Aromatherapy in Facials

› 5.3 Applying Herbal Remedies for Skin Health

› 5.4 Integrating Mindfulness Techniques into Skincare Routines

› 5.5 Customizing Facial Treatments with Ayurvedic Practices

› 5.6 Evaluating the Impact of Holistic Methods on Skin Wellness

• 1 Understanding Client Needs and Preferences in Beauty Therapy

— 6 classes

- › 1.1 Discovering the Importance of Client Consultation
- › 1.2 Identifying Individual Client Needs and Preferences
- › 1.3 Mastering Effective Communication Techniques
- › 1.4 Analyzing and Interpreting Client Feedback
- › 1.5 Customising Beauty Treatments for Specific Client Profiles
- › 1.6 Evaluating and Refining Client Consultation Practices

• 2 Communication Skills and Building Client Rapport — 6 classes

- › 2.1 Understanding the Importance of Communication in Client Consultations
- › 2.2 Identifying and Interpreting Client Needs through Active Listening
- › 2.3 Building Trust and Establishing Rapport with Clients
- › 2.4 Mastering Non-Verbal Communication Techniques
- › 2.5 Customising Communication Strategies for Diverse Clients
- › 2.6 Applying Effective Communication Skills in Real-Life Consultations

• 3 Analyzing Skin and Hair Types for Custom Treatment Plans — 6

classes

- › 3.1 Understanding Skin Type Characteristics
- › 3.2 Identifying Hair Types and Textures
- › 3.3 Assessing Client Skin Conditions
- › 3.4 Evaluating Hair Health and Concerns
- › 3.5 Tailoring Treatment Plans for Skin
- › 3.6 Customizing Hair Care Solutions

• 4 Holistic Approaches to Beauty Treatment Customisation — 6

classes

- › 4.1 Understanding Holistic Beauty Principles
- › 4.2 Identifying Clients' Holistic Needs
- › 4.3 Integrating Mind-Body Connection in Consultations
- › 4.4 Customising Treatments Based on Lifestyle Analysis
- › 4.5 Applying Natural Ingredients in Treatment Plans
- › 4.6 Evaluating Treatment Success through Client Feedback

• 5 Ethical Considerations and Professional Conduct in Client Customisation — 6 classes

- › 5.1 Understanding Ethical Principles in Client Customisation
- › 5.2 Identifying Ethical Dilemmas in Beauty Treatments
- › 5.3 Applying Professional Conduct Standards in Consultations
- › 5.4 Respecting Client Confidentiality and Privacy
- › 5.5 Communicating Transparently and Honestly with Clients
- › 5.6 Navigating Cultural Sensitivities and Inclusivity in Customisation

• 1 Foundations of Ethical Practices in Beauty Therapy — 6 classes

- › 1.1 Understanding Core Ethical Principles in Beauty Therapy
- › 1.2 Identifying Ethical Issues in Client Interactions
- › 1.3 Exploring Cultural Sensitivity and Inclusivity in Treatments
- › 1.4 Implementing Confidentiality and Data Protection Measures
- › 1.5 Recognizing Ethical Dilemmas and Making Informed Decisions
- › 1.6 Applying Ethical Practices in Real-World Beauty Scenarios

• 2 Understanding Regulatory Frameworks and Compliance — 6

classes

- › 2.1 Exploring the Foundations of Regulatory Frameworks in Beauty
- › 2.2 Identifying Key UK Regulations in Holistic Beauty Treatments
- › 2.3 Understanding Compliance Obligations for Beauty Practitioners
- › 2.4 Analyzing Case Studies of Regulatory Compliance in Beauty
- › 2.5 Implementing Ethical and Safety Standards in Practice
- › 2.6 Evaluating the Impact of Compliance on Beauty Business Success

• 3 Implementing Safety Protocols and Risk Management — 6 classes

- › 3.1 Understanding the Importance of Safety Protocols
- › 3.2 Identifying Common Risks in Beauty Treatments
- › 3.3 Implementing Safety Protocols: Step-by-Step Guide
- › 3.4 Recognizing and Managing Allergic Reactions
- › 3.5 Conducting a Risk Assessment for Beauty Treatments
- › 3.6 Creating an Emergency Response Plan for Practitioners

• 4 Sustainable and Environmentally Friendly Practices — 6 classes

- › 4.1 Understanding Sustainability in Beauty Treatments
- › 4.2 Identifying Eco-Friendly Ingredients and Products
- › 4.3 Exploring the Impact of Packaging on the Environment
- › 4.4 Implementing Waste Reduction Strategies in the Salon
- › 4.5 Choosing Sustainable Suppliers and Partners
- › 4.6 Applying Ethical Practices in Client Consultations

• 5 Ethical Client Consultation and Aftercare — 6 classes

- › 5.1 Understanding Ethical Consultation Principles
- › 5.2 Identifying Client Needs and Expectations
- › 5.3 Practicing Active Listening and Empathy
- › 5.4 Establishing Trust and Confidentiality
- › 5.5 Implementing Customized Aftercare Plans
- › 5.6 Evaluating Client Feedback and Continuous Improvement

• 1 Principles of Holistic Massage — 6 classes

- › 1.1 Understanding the Foundations of Holistic Massage
- › 1.2 Exploring the Benefits of Holistic Massage
- › 1.3 Identifying Key Techniques in Holistic Massage
- › 1.4 Practicing Basic Holistic Massage Movements
- › 1.5 Integrating Breathing and Relaxation in Massage
- › 1.6 Assessing Client Needs for Tailored Holistic Massage

• 2 Anatomy and Physiology for Massage — 6 classes

- › 2.1 Exploring Human Anatomy: Muscles and Bones in Massage
- › 2.2 Mapping the Nervous System: Understanding Nerve Pathways
- › 2.3 Examining the Circulatory System: Enhancing Blood Flow through Massage
- › 2.4 Integrating Physiology: How Body Systems Interact during Massage
- › 2.5 Assessing Client Anatomy: Tailoring Massage to Individual Needs
- › 2.6 Applying Anatomical Knowledge: Hands-On Practice in Holistic Massage

• 3 Holistic Massage Techniques — 6 classes

- › 3.1 Understanding Holistic Massage: Concepts and Benefits
- › 3.2 Exploring Essential Oils and their Benefits in Massage
- › 3.3 Demonstrating Basic Techniques: Swedish Massage Movements
- › 3.4 Mastering Advanced Techniques: Deep Tissue and Acupressure
- › 3.5 Integrating Energy Work: Chakra and Meridian Balancing
- › 3.6 Creating Personalized Massage Experiences: Client Assessment and Adaptation

• 4 Energy Flow and Balance in Massage — 6 classes

- › 4.1 Understanding the Concept of Energy Flow in Holistic Massage
- › 4.2 Identifying Energy Blockages in the Body
- › 4.3 Techniques to Enhance Energy Balance in Massage
- › 4.4 Applying Pressure Points to Stimulate Energy Channels
- › 4.5 Integrating Breathing Techniques to Support Energy Flow
- › 4.6 Evaluating the Effectiveness of Energy Balancing in Massage Therapy

• 5 Customized Holistic Massage Therapies — 6 classes

- › 5.1 Understanding Client Needs for Customized Therapies
- › 5.2 Identifying and Selecting Holistic Techniques
- › 5.3 Integrating Aromatherapy into Massage Sessions
- › 5.4 Adapting Pressure and Rhythm for Client Comfort
- › 5.5 Applying Energy Balancing Techniques
- › 5.6 Evaluating and Adjusting Treatment Plans

• 1 Understanding the Role of Portfolios in Beauty Therapy — 6 classes

- › 1.1 Exploring Portfolios: An Introduction to Their Importance in Beauty Therapy
- › 1.2 Analyzing Portfolio Components: Structure and Essential Inclusions
- › 1.3 Developing a Professional Portfolio: Best Practices and Tips
- › 1.4 Bridging Skills with Portfolios: Demonstrating Competency in Beauty Therapy
- › 1.5 Reflecting on Practice: Using Portfolios for Self-Improvement
- › 1.6 Tailoring Portfolios: Customizing for Different Beauty Therapy Roles

• 2 Creating a Professional Portfolio: Design and Content — 6 classes

- › 2.1 Understanding the Importance of a Professional Portfolio
- › 2.2 Identifying Key Components of a Holistic Beauty Portfolio
- › 2.3 Structuring Your Portfolio for Maximum Impact
- › 2.4 Choosing and Showcasing Your Best Work
- › 2.5 Incorporating Reflective Practice into Portfolio Design
- › 2.6 Finalizing and Presenting a Professional Portfolio

• 3 Documenting Holistic Beauty Treatments: Best Practices — 6 classes

- › 3.1 Understanding the Importance of Documentation in Holistic Beauty
- › 3.2 Identifying Key Components of Treatment Documentation
- › 3.3 Exploring Different Methods for Capturing Client Data
- › 3.4 Implementing Effective Record-Keeping Techniques
- › 3.5 Analyzing Case Studies of Holistic Treatment Documentation
- › 3.6 Reflecting on Personal Documentation Practices and Improvement

• 4 Reflective Practice: Techniques for Continuous Improvement — 6 classes

- › 4.1 Understanding Reflective Practice in Beauty Therapy
- › 4.2 Exploring Self-Assessment Techniques for Practitioners
- › 4.3 Implementing Journaling for Professional Growth
- › 4.4 Analyzing Case Studies for Reflective Learning
- › 4.5 Applying Feedback for Continuous Improvement
- › 4.6 Developing a Personal Reflective Practice Plan

• 5 Integrating Portfolio and Reflection for Professional Growth — 6 classes

- › 5.1 Understanding Portfolios and Reflective Practice
- › 5.2 Exploring the Components of a Professional Portfolio
- › 5.3 Developing Skills for Effective Reflection
- › 5.4 Integrating Reflection into Portfolio Development
- › 5.5 Applying Reflective Practice for Personal Growth
- › 5.6 Evaluating Portfolios for Continuous Professional Improvement

• 1 Understanding Wellness in Beauty Therapy — 6 classes

- › 1.1 Exploring Wellness Concepts in Beauty Therapy
- › 1.2 Identifying Holistic Health Practices
- › 1.3 Integrating Mindfulness in Beauty Treatments
- › 1.4 Assessing Client Wellness Needs
- › 1.5 Designing Wellness-Focused Beauty Plans
- › 1.6 Applying Holistic Techniques in Treatments

• 2 Holistic Approaches to Client Care — 6 classes

- › 2.1 Understanding the Principles of Holistic Beauty
- › 2.2 Exploring the Connection Between Wellness and Beauty
- › 2.3 Identifying Client Needs Through Holistic Assessment
- › 2.4 Integrating Mindfulness Techniques into Beauty Treatments
- › 2.5 Customizing Treatments with Herbal and Natural Remedies
- › 2.6 Applying Holistic Approaches in Client Care Scenarios

• 3 Integrating Nutrition and Skincare — 6 classes

- › 3.1 Exploring the Connection Between Nutrition and Skin Health
- › 3.2 Identifying Essential Nutrients for Glowing Skin
- › 3.3 Analyzing the Impact of Hydration on Skin Appearance
- › 3.4 Evaluating the Role of Antioxidants in Skincare
- › 3.5 Designing a Balanced Diet for Optimal Skin Wellness
- › 3.6 Integrating Nutritional Advice into Beauty Treatment Plans

• 4 Wellness Techniques for Stress Reduction — 6 classes

- › 4.1 Understanding Stress: Recognising Symptoms and Sources
- › 4.2 Exploring Mindfulness: Techniques for Daily Practice
- › 4.3 Incorporating Breathing Exercises: Techniques for Relaxation
- › 4.4 Applying Aromatherapy: Selecting Essential Oils for Calming Effects
- › 4.5 Integrating Yoga: Simple Poses for Alleviating Tension
- › 4.6 Implementing Guided Imagery: Creating Stress-Reduction Visualizations

• 5 Advanced Applications of Wellness in Beauty Treatments — 6 classes

- › 5.1 Exploring Holistic Approaches in Beauty Therapy
- › 5.2 Identifying the Benefits of Wellness Integration
- › 5.3 Implementing Mindfulness Techniques in Treatments
- › 5.4 Utilizing Aromatherapy for Enhanced Client Experience
- › 5.5 Customizing Treatments to Support Client Wellbeing
- › 5.6 Evaluating Client Feedback and Adjusting Strategies