



CAPITAL
H A I R & B E A U T Y

Training Courses
2022

Welcome

Here at Capital Hair & Beauty, we understand the importance of high quality training. Whether you're a beginner looking to start a career in the ever growing hair and beauty industry, or you have an established business and want to increase your offering to clients, our courses are designed to suit every need. We offer a wide range of reputable courses, all of which are tailored to ensure you receive the best, most relevant training available.

Whether you require training in spray tanning, nails, holistics, waxing or simply want to refresh your hair colouring and cutting skills, we have an impressive selection of options available through both local independent specialists and national training companies. If you can't find a course to suit you in your local area, we even have a selection of online courses available, allowing you to study at your own pace from wherever suits you best.

Completing a training course in hair, nails or beauty can lead to a number of exciting career opportunities. Whether you're looking to kick-start a new career, or growing your existing business, doing a course in hair and/or beauty is a great place to begin. Have a look through our 2022 brochure and see where we can take you.

Why train at Capital?

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-  Over 40 Accredited Courses
-  Suitable For All Levels
-  Nationwide Training Facilities
-  CPD Standard Courses
-  Trade Only Since 1954

Important Information

Accredited Training Courses

Once you complete your course you will be awarded a certificate of attendance. Courses may be accredited by one or more of the following bodies. Many of our courses include Continued Professional Development (CPD) points or hours.



Insurance

It is your responsibility to check with your potential/existing insurance provider and/or county council to ensure you are able to gain your public liability, business insurance and any council license requirements before booking a training course through Capital Hair & Beauty.

Dress Code

Please wear professional attire when attending a training course. This could be a tunic if you have one, or a black top and black trousers.

Terms & Conditions

By booking a training course place you are agreeing to the following:

- It is your responsibility to ensure you or the person(s) you are booking on the course meets the requirements as detailed within the course details before booking.
- Courses booked online are provisional; you'll be emailed within 24 hours (weekdays only) to confirm your booking. As spaces are limited we cannot initially guarantee there are places left on the course.
- Available places displayed online are an indication and not a guarantee that the amount of places are available.
- Advertised trainer is correct at time of booking, we reserve the right to change the trainer without notice at any time.

Course Cancellation Policy

Most courses are refundable up to 8 days prior to the start date of the course (please check before you book). After this point courses are non-refundable and non-transferable under any circumstances. You may send a substitute delegate providing they meet the course criteria. We reserve the right to cancel the course date, in this case we will notify you at least 7 days prior to the event and advise you of an alternative date and/or venue or provide you with a full refund. In the event of a course cancellation with less than 7 days' notice, a new course date or refund will be organised for you however in this instance Capital Hair & Beauty are NOT liable for travel expenses, childcare, potential loss of income or any potential associated costs.

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Brows, Lashes & Makeup



Beginners Makeup

Course Brief:

Take the first step towards becoming a professional makeup artist with our Beginners Makeup course. Experiment and learn to create three full makeup looks - Minimal & Natural, Classic Bridal and a Special Occasion evening look. You'll complete the theory in your own time via an online learning portal. Your practical will be completed face to face with an educator.

Skill Level:   

This course is suitable for beginners or those wishing to update their skills.

Important Info:

Students and models must be 18+. Please bring a model for your practical. They need to arrive at 11am for morning sessions and 3.30pm for the afternoon sessions. Please check beforehand they have no contra-indications to the treatment. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for use on the course. Please bring a laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm
or 2.30pm-6.30pm



Lash Lift, Curl & Tint

Course Brief:

This course will give you the skills and knowledge required to successfully perform a lashcurl, lashlift & lash/brow tinting services. You'll complete your theory in your own time via an online learning portal. Your practical will be face to face with an educator at your chosen venue on your chosen date.

Skill Level: ● ○ ○

Suitable for beginners and those wishing to update their skills.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for use on the course. You'll work on each other for the practical, so ensure you have no contra-indications to the treatment. Should you not be able to have the treatment due to medical reasons, arrange to bring a model. Please bring a laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm
or 2.30pm-6.30pm



Marvelash Extensions

Course Brief:

This course will give you the skills and knowledge to successfully perform a Marvelash eyelash extension service. You'll complete your theory in your own time via an online learning portal. Your practical will be face to face with an educator.

Skill Level: ● ● ○

Suitable for beginners. Previous knowledge of lash application is desired but not essential.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for use on the course. You'll work on each other for the practical, so ensure you have no contra-indications to the treatment. Should you not be able to have the treatment due to medical reasons, arrange to bring a model. Please bring a laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm
or 2.30pm-6.30pm



Brow & Lash Masterclass

Course Brief:

This masterclass will give you the knowledge to offer a unique eye treatment package to your clients. Using popular, leading professional brands Lash FX and Hi Brow, this course will teach you everything needed to carry out an amazing brow lamination with tint, and a lash lift with tint. These highly profitable treatments will boost business with amazing results every time, together with boosting profits upselling retail products to clients.

Skill Level:



Students must hold a qualification in hairdressing, NVQ/VRQ 2 in Beauty, or qualification and experience in brow tinting and shaping.

Important Info:

Students must be 18+. Students must bring a model (or 2 models). The model/1st model must arrive by 10.55am for the Brow Lamination and tint and then must be back/2nd model arrive by 1.30pm for the Lash Lift and tint. Models (18+) must have a patch test at least 48 hours before treatment – this is carried out in store. Models must not be wearing eyelash extensions.

Equipment Needed:

All products will be provided for you to use on the course.

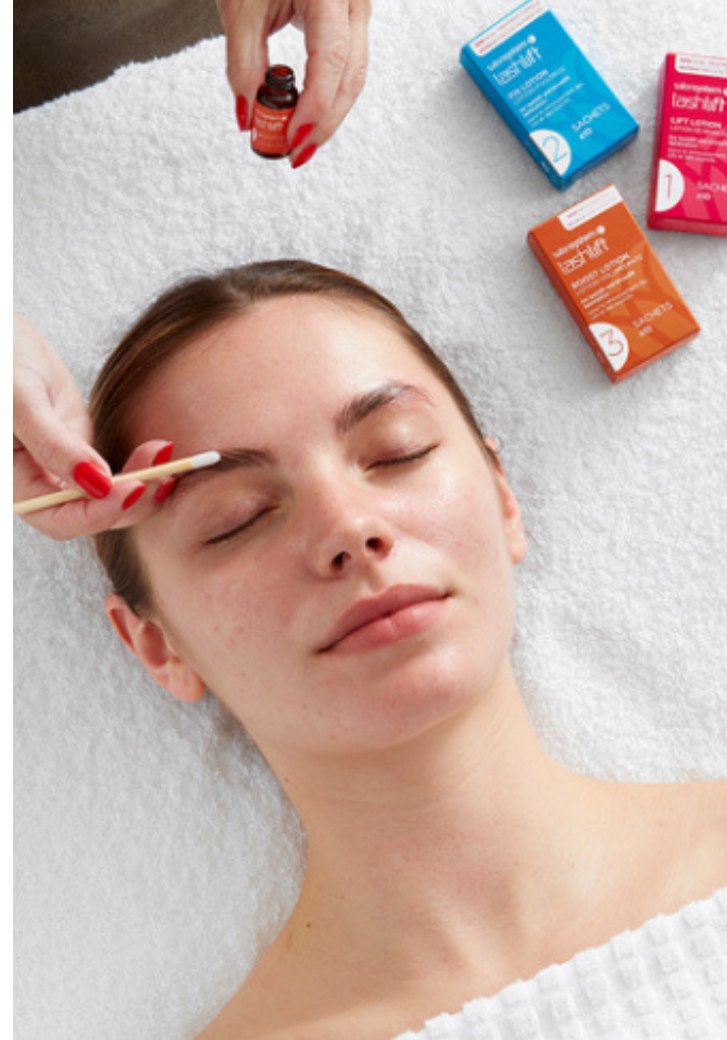
£175
+ VAT

Online Theory: N/A

In Store Practical: 10am-4pm

T01049

www.capitalhairandbeauty.co.uk/training



salonsystem

Browlift Lamination & Tint

Course Brief:

Learn how to create Salon System's three signature brow lamination looks: classic, brushed and fluffy & feathery. Complete the treatment with a brow tint. Your practical will be face to face with an educator at Capital Hair & Beauty.

Skill Level:



This course is suitable for beginners.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for use on the course. You'll work on each other for the practical, so ensure you have no contraindications to the treatment. Should you not be able to have the treatment due to medical reasons, arrange to bring a model. Please bring a laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm
or 2.30pm-6.30pm

T01020

www.capitalhairandbeauty.co.uk/training



Eyebrow Threading

Course Brief:

Ideal for beginners, learn how to achieve the perfect brow shape using the ancient art of Threading. You will learn how to create the perfect shaped brow to suit the individual client's face shape and brow design. A very hands on course to build confidence plus plenty of advice on how to turn your new skills into a profitable business.

Skill Level: ● ○ ○

This course is suitable for beginners.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for you to use on the course. You will work on each other for the practical so please grow hair on legs, arms and brows. Ensure you have no contra-indications to the treatment. Should you not wish to have the treatment, you should bring a model. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm
or 2.30pm-6.30pm

T01041

www.capitalhairandbeauty.co.uk/training



salonsystem

Marvelbrow Sculpt, Colour & Correct

Course Brief:

Salon System's Marvelbrow is a unique system that corrects unruly, over-tweezed, greying and misshapen brows. The concept combines a scientific approach to brow shaping with treatments to sculpt, define, lengthen and thicken for a more natural, youthful appearance.

Skill Level: ● ○ ○

This course is suitable for beginners.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for you to use on the course. You'll work on each other for the practical. Ensure you have no contra-indications to the treatment. You must perform a patch test (as guided in your online learning) 48 hours prior to your practical training. Should you not wish to have the treatment, bring a model. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm
or 2.30pm-6.30pm

T01042

www.capitalhairandbeauty.co.uk/training



Waxing & Tanning



sienna 

Spray Tanning

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Course Brief:

Sienna X is the No 1 Professional Tanning brand. Renowned in the industry for their unique application technique, superior formulations and expertise in helping therapists grow and maintain profitable spray tanning businesses. You will complete an online module as well as an in-store practical.

Skill Level:



This course is suitable for beginners.

Important Info:

Students must be 16+. You must create an account and then contact Sienna X on contactcentre@sienna-x.co.uk with your account details so the module can be enabled on your account and you can complete your online learning prior to attending the in-store practical. Students will work on each other so please wear loose, dark clothing.

Equipment Needed:

All products will be provided for use on the course.

£95
+ VAT

Online Theory: 1 Hour

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In Store Practical: 10.30am-4pm

T01050

www.capitalhairandbeauty.co.uk/training



salonsystem

Just Wax Essential Waxing

Course Brief:

This course is essential for anyone wishing to offer this popular beauty treatment or to refresh their knowledge. The emphasis is placed on acquiring practical competence using Just Wax Warm Wax. You will complete your theory in your own time via an online learning portal. Your practical will be face to face with an educator.

Skill Level: ● ○ ○

Suitable for beginners and those wishing to update their skills.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for you to use on the course. You will work on each other for the practical session, so please ensure you have minimum hair growth. Should you not be able to have the treatment you can arrange to bring a model. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm
or 2.30pm-6.30pm

T01016

www.capitalhairandbeauty.co.uk/training



salonsystem

Just Wax Intimate Waxing

Course Brief:

This is a professional waxing course for experienced waxing technicians, using Salon System Multiflex Wax for those who want to master the art of Hollywood and Brazilian Waxing techniques. You'll complete your theory in your own time via an online learning portal. Your practical will be face to face with an educator.

Skill Level: ● ○ ○

Open to students with a warm waxing certificate or previous experience.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for you to use on the course. You will need to bring a model for your practical, they should arrive at 11.30am for morning sessions and 4pm for the afternoon sessions. Please check beforehand they have no contra-indications to the treatments. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm
or 2.30pm-6.30pm

T01017

www.capitalhairandbeauty.co.uk/training



Ear Piercing



Ear Piercing

Course Brief:

Learn about and practice ear piercing on this exciting online course. This course gives you a detailed account of the products used, processes involved and laws surrounding ear piercing, as well as the opportunity for students to practice piercing of the ear lobe.

Skill Level: ● ○ ○

This course is suitable for beginners.

Important Info:

This is an online course taught by a Caflon educator over a Zoom video call. Once you have purchased the course you will be contacted by Caflon within 48 - 72 hours to book a date for your Zoom training. Once your video training is complete you will be required to do a theory quiz online. You will then be sent your certificate in the post. Students must be 16+. You must arrange to have a model with you for the course (aged 16+, ID may be required) to pierce their 1st, 2nd or 3rd ear lobe hole. Check with your local authority before attending this course as you may have to pay a registration fee for piercing in your salon.

Equipment Needed:

You must purchase either the Caflon Introduction Kit or the Caflon Starter Kit to be able to complete this course. You will also need to purchase the Caflon Registration Book. Please ensure you purchase the kit of your choice and the registration book as soon as you book your place on the course. Please ensure you have a fully charged laptop, tablet or smartphone to complete your Zoom video training and theory quiz on.

£30
+ VAT

Online Theory & Practical: 2 Hours

In Store Practical: N/A



Full Body Massage

Course Brief:

Learn a basic full body massage to promote relaxation, health and wellbeing. Designed for therapists qualified in Anatomy & Physiology, you'll cover the main sections of the body using different massage techniques and oils for effectiveness. You'll complete theory in your own time via an online learning portal. Your practical will be completed face to face with an educator.

Skill Level: ● ● ○

Suitable for therapists who hold a certificate in Anatomy and Physiology.

Important Info:

Students and models must be 18+. You'll work on each other for the practical so ensure you don't have any contra-indications to the treatment. Should you not wish to have the treatment, bring a model. It's advised not to take part in this course if you/your model have a pre-existing back condition. You'll receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

Please bring 2 large bath towels. Everything else will be provided for you. Please bring a laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm
or 2.30pm-6.30pm



Beginners Facial

Course Brief:

Learn how to provide this key treatment, recognising skin types to guide clients on what Kaeso products to use. You'll be guided on how to give clients a facial for their skin type and learn a facial massage routine. You'll complete your theory in your own time via an online learning portal. Your practical will be face to face with an educator.

Skill Level: ● ○ ○

This course is suitable for beginners.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for you to use on the course. You will work on each other for the practical. Ensure you have no contra-indications to the treatment. If you can't have the treatment due to medical reasons you can bring a model. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm
or 2.30pm-6.30pm

T01021

www.capitalhairandbeauty.co.uk/training



Dermaplaning Facial

KIT INCLUDED

Course Brief:

This exciting course will teach you how to carry out what is fast becoming the most in-demand beauty treatment, Dermaplaning. Learn how to remove the skin's top-most layer containing dead cells and vellus hair, leaving the skin radiant, glowing and allowing makeup to glide on smoothly.

Skill Level: ● ● ●

This course is suitable for those who hold an NVQ 3 in Beauty/are qualified in Microblading or Micropigmentation/are a doctor, nurse or dentist. You must bring proof of your qualifications.

Important Info:

Students must be 18+. You must arrange for a model (18+) to arrive at 1.15pm. The model must not be suffering from severe acne, lupus or similar, not recently had laser treatments, not undergoing chemotherapy or radiotherapy, not be taking blood thinning medication (aspirin etc), not using steroid creams on the face and not have diabetes unless controlled.

Equipment Needed:

All materials will be provided for you on the day. You will also receive a kit to take home. The kit includes blades, a handtool, a blade disposal box, cleanser, skin balm and an enzyme peel face mask.

£295
+ VAT

Online Theory: N/A

In Store Practical: 10am-3.30pm

T01043

www.capitalhairandbeauty.co.uk/training



Gellux Workshop

Course Brief:

This course will give you the skills and knowledge to successfully perform a Gellux Gel Polish service. You'll complete the theory in your own time via an online learning portal. Your practical will be face to face with an educator.

Skill Level: ● ○ ○

This course is suitable for beginners.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for you to use on the course. You will work on each other for the practical. Ensure you have no contra-indications to the treatment. If you can't have the treatment due to medical reasons you can bring a model. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£145
+ VAT

Online Theory: 3 Hours

In Store Practical: 10am-2pm

or 2.30pm-6.30pm



TMC Gel Workshop

Course Brief:

This intensive course is designed to establish the skills required to competently perform the application and removal of gel nail polish. Learn to apply The Manicure Company gel colours and a French manicure.

Skill Level: ● ○ ○

This course is suitable for beginners.

Important Info:

Students must be 18+. Students will be working on each other, so please ensure all nail extensions and gel polish have been removed. Please bring lunch. Arrive at 9.45am for a prompt start.

Equipment Needed:

Please purchase either the TMC Gel Polish Kit (with UV lamp) and TMC Gel Off Solution or the TMC Gel Polish Kit (without lamp), TMC Gel Off Solution and TMC Cuticle Oil and bring your own lamp.

£95
+ VAT

Online Theory: N/A

In Store Practical: 10am-2.30pm



TMC Soft Gel Tips

Course Brief:

Soft Gel Tips that offer quick, strong and beautiful nail enhancements. Learn how to apply tips/extensions to the nail followed by the application of The Manicure Company Soft Gel Tips range.

Skill Level: ● ○ ○

This course is suitable for beginners and existing technicians wishing to learn a new system.

Important Info:

Students must be 18+. Students will be working on each other, so please ensure all nail extensions and gel polish have been removed. Please bring lunch. Arrive at 9.45am for a prompt start.

Equipment Needed:

Please purchase/bring along the following items to use on the course:

TMC Soft Gel Tips Starter Kit, TMC Gel Off Solution, TMC PH Bond, TMC Ultra Primer, Nail File 100/150 grit, white block file, lint free wipes, cuticle pusher, cuticle clippers, cuticle oil, LED nail lamp and gel polishes including top and base coat (optional).

£125
+ VAT

Online Theory: N/A

In Store Practical: 10am-4pm



TMC Acrylic Extensions

Course Brief:

Learn how to apply tips/extensions to the nail followed by the application of The Manicure Company acrylic range.

Day 1 - Theory, health & safety, practical demonstration, application of tips.

Day 2 - Acrylic application, infills/re-balance, troubleshooting.

Skill Level: ● ○ ○

This course is suitable for beginners (days 1 & 2) and existing technicians wishing to learn a new system (day 2). Existing technicians must be confident in application of tips.

Important Info:

Students must be 18+. Students will be working on each other, so please ensure all nail extensions and gel polish have been removed. Please bring lunch. Arrive at 9.45am for a prompt start.

Equipment Needed:

Please purchase the TMC Acrylic Training Kit, TMC Cuticle Clippers, TMC Gel Off Solution and TMC Dappen Dish to use on the course.

£125
+ VAT
PER DAY

Online Theory: N/A

In Store Practical: 10am-4.30pm



TMC Hard Gel & Builder Base

Course Brief:

Learn how to apply tips/extensions to the nail followed by the application of TMC Hard Gel and Builder Base.

Day 1 - Theory, health & safety, practical demonstration, application of tips.

Day 2 - Hard Gel application on one hand, Builder Base on the other. infills and re-balance.

Skill Level: ● ○ ○

This course is suitable for beginners (days 1 & 2) and existing technicians wishing to learn a new system (day 2). Existing technicians must be confident in application of tips.

Important Info:

Students must be 18+. Students will be working on each other, so please ensure all nail extensions and gel polish have been removed. Please bring lunch. Arrive at 9.45am for a prompt start.

Equipment Needed:

Please purchase the TMC Hard Gel & Builder Base Kit, TMC Cuticle Clippers, TMC Prep & Wipe, TMC UV/LED No Wipe Top Coat, Sanding Block Grit 100/100, UV Lamp and Tip Cutters.

£125
+ VAT
PER DAY

Online Theory: N/A

In Store Practical: 10am-4.30pm



O·P·I

Beginners Manicure

Course Brief:

Start your manicure career with industry experts OPI. This course is perfect for those with no previous experience, looking to start a new career path or add new skills. Learn how to use and apply OPI ProSpa manicure products, OPI Nail Lacquer and OPI Nail Envy and offer professional manicure treatments.

Skill Level: ● ○ ○

This course is suitable for beginners.

Important Info:

Students must be 18+. Students will be working on each other, so please ensure all nail extensions and gel polish have been removed. You will receive your pre-course reading around 2 weeks prior to the course date from the store you're doing the course at. Please ensure you thoroughly read through the manual prior to attending the in-store training. Please bring lunch. Arrive at 9.45am for a prompt start.

Equipment Needed:

All materials will be provided for use on the course.

£150
+ VAT

Online Theory: 1 Hour

In Store Practical: 10am-4pm

T01058

www.capitalhairandbeauty.co.uk/training



O·P·I

GelColor Workshop

Course Brief:

Join the OPI Education Team to learn more about OPI's GelColor and its application procedure. This class is suitable for those new to gel polish, or those looking to update their skills or move to a new brand.

Skill Level: ● ● ○

Suitable for students who have attended OPI Beginners Manicure or who hold a manicure qualification.

Important Info:

Students must be 18+. Students will be working on each other, so please ensure all nail extensions and gel polish have been removed. Please bring lunch. Arrive at 9.45am for a prompt start.

Equipment Needed:

All materials will be provided for use on the course. The course price includes a FREE kit worth £99! The kit contains 4 OPI Gel Colors (Big Apple Red, Bubble Bath, Funny Bunny and Strawberry Margarita). It also includes Nas 99, Bond Aid, Pro Spa Nail and Cuticle Oil and Expert Touch Lacquer Remover.

£165
+ VAT

Online Theory: N/A

In Store Practical: 10am-4pm

T01059

www.capitalhairandbeauty.co.uk/training

KIT INCLUDED



Curls & Waves Workshop

Course Brief:

Learn how to create perfect waves, curls and movement. Through interactive demos and practical training you will be guided through at least 4 different techniques and will create a 'photo finish' look. You will complete your theory in your own time via an online learning portal. Your practical will be completed face to face with an educator.

Skill Level: ● ○ ○

Suitable for students with basic hair styling skills and experienced hairdressers looking to update their skills.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course. You have the option of bringing a model (at 12.30pm or 5pm depending on the time of your course).

Equipment Needed:

A basic styling kit consisting of combs, brushes and clips along with a set of flat irons and a conical wand. All other materials will be provided on the day. Please bring a laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 1 Hour

In Store Practical:

10am-2pm or 2.30pm-6.30pm



Plaiting & Braiding

Course Brief:

Focus on the fast paced and trend driven plaiting and braiding skills during this hands-on practical workshop. You will learn how to do rope plaits and fashion plaits using two, three and four strands. You will be guided from the foundation to the more creative. A perfect course for any aspiring prom or wedding hair stylist.

Skill Level: ● ○ ○

Open to hairdressers looking to update their skills and those with an interest in hair styling.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products and equipment will be provided for the duration of the course. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 1 Hour

In Store Practical:

10am-4pm

T01035

www.capitalhairandbeauty.co.uk/training



Retro & Vintage Hair Styling

Course Brief:

Roll it, set it, style it, using modern techniques to create the classic looks of the golden vintage age hitting the latest fashion trends in hair styling and up do's. You will complete your theory in your own time via an online learning portal. Your practical will be completed face to face with an educator.

Skill Level: ● ○ ○

Suitable for students with basic hair styling skills and experienced hairdressers looking to update their skills.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All materials will be provided on the day. Please bring a laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 1 Hour

In Store Practical:

10am-2pm or 2.30pm-6.30pm

T01055

www.capitalhairandbeauty.co.uk/training



Classic Bridal Hair Styling

Course Brief:

This Classic Bridal hair up course will focus on traditional and classic bridal hairstyles. You will learn 4 key bridal styles including, rolls, knots, buns and the application of hair ornamentation. The perfect bridal/prom and event hair course to build confidence in hair up.

Skill Level: ● ○ ○

Suitable for hairdressers updating their skills or those with an interest in hair styling.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for you to use on the course. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 2 Hours

In Store Practical:

10am-2pm or 2.30pm-6.30pm

T01024

www.capitalhairandbeauty.co.uk/training



Trend Bridal Hair Styling

Course Brief:

This trend-led course brings bridal techniques in line with current trends and fashions. Push back the classic, review and master bridal/event hair techniques through a guided interactive session with an expert educator who has a wealth of industry and commercial knowledge.

Skill Level: ● ○ ○

Suitable for hairdressers updating their skills or those with an interest in hair styling.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

All products will be provided for you to use on the course. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 2 Hours

In Store Practical:

10am-2pm or 2.30pm-6.30pm

T01023

www.capitalhairandbeauty.co.uk/training



Big Bouncy Blowdry

Course Brief:

Learn how to create big bouncy blowout looks. Focus on creating volume, curls, discuss product application, and specific techniques to get the look and make it last. You will be guided through an interactive session with an expert educator.

Skill Level: ● ○ ○

Suitable for hairdressers updating their skills or those with an interest in hair styling.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

Please bring a hairdryer, brushes, combs and section clips. There is optional use of a model for the last practical. Models should be 18+ with no longer than shoulder length hair. Models should arrive at 12pm or 4.30pm depending on the start time of your course. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 2 Hours

In Store Practical:

10am-2pm or 2.30pm-6.30pm

T01025

www.capitalhairandbeauty.co.uk/training



Keratin Smoothing Treatment

Course Brief:

Give your clients smoother more manageable hair. Understand the methods of the Keratin Blow-dry that reduces frizz, tames and smooths the hair. This course is a practical hands-on technique focused training session delivered by expert educators.

Skill Level: ● ● ●

Open to students qualified to NVQ/VRQ Level 2 or equivalent or those who have 2 or more years colouring experience.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

Please bring variable heat straighteners with ceramic plates that heat to over 185°. Please purchase the Keratin Smooth Silver Smoothing Kit (100ml). A model is required for this course from 10.30am or 3pm (no longer than shoulder length hair, aged 18+). The treatment is lengthy and will take up to 3hrs to perform. Models can't be pregnant, and contra-indications must be considered as described in your online learning. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 2 Hours

In Store Practical:

10am-2pm or 2.30pm-6.30pm

T01027

www.capitalhairandbeauty.co.uk/training



Cutting & Barbering



Classic Cutting

Course Brief:

With interactive demonstrations and practical learning, this cutting course provides a solid foundation to those who need to refresh their skills or have just completed a hairdressing qualification and want to boost their confidence. The course is practically focused.

Skill Level: ● ● ○

Open to students qualified to NVQ/VRQ Level 2 or equivalent or those who have 1 or more years cutting experience who want to progress their cutting skills.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

Please bring your working scissors, combs, dryer and basic styling kit. A 16 inch training head or a model with shoulder length hair, who must be aged 18+ at 11.30am/4pm depending on your course start time (models are optional, a training head is recommended). Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 2 Hours

In Store Practical:

10am-2pm or 2.30pm-6.30pm



Short Hair Cutting

Course Brief:

This hands on workshop will develop your short hair cutting skills. Get to grips with ladies crops and textured short styles. With interactive demos followed by a hands-on practical workshop where you will work to practice your skills with the assistance of an experienced educator.

Skill Level: ● ● ○

Open to students qualified to NVQ/VRQ Level 2 or equivalent or those who have 1 or more years cutting experience who want to progress their cutting skills.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

Please bring your working scissors, combs, dryer and basic styling kit. A 14 inch training head or a model with short hair, who must be aged 18+ at 11.30am/4pm depending on your course start time (models are optional, a training head is recommended). Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 2 Hours

In Store Practical:

10am-2pm or 2.30pm-6.30pm

T01028

www.capitalhairandbeauty.co.uk/training



Advanced Ladies Hair Cutting

Course Brief:

Asymmetry, disconnections and creative techniques all combine to make commercial styles. An educator will guide you through your creation on a training head and then assist you in making a more 'high street' creative cut.

Skill Level: ● ● ○

Open to students qualified to NVQ/VRQ Level 2 or equivalent or those who have 1 or more years cutting experience who want to progress their cutting skills.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

Please bring your working scissors, combs, dryer, basic styling kit and a 16 inch training head. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 2 Hours

In Store Practical:

10am-2pm or 2.30pm-6.30pm

T01030

www.capitalhairandbeauty.co.uk/training



Foundation Barbering

Course Brief:

Realise the potential of adding 'barber style' services to your work. This course shows you how simple and easy adding barbering techniques are and how to maximise earning potential.

Skill Level: ● ● ○

Open to students qualified to NVQ/VRQ Level 2 or equivalent who want to explore barber style techniques to use in their work.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

Please bring your working scissors, combs, dryer, basic styling kit and a short hair training head. Live models are optional and may be used. Model 1 at 12pm and model 2 at 1.30pm. You may choose any combination of live models and training heads (models must be male, 18+ with 3.5cm of hair). Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 2 Hours

In Store Practical:

10am-3pm

T01033

www.capitalhairandbeauty.co.uk/training



Male Facial Hair Waxing & Grooming

Course Brief:

Waxing, threading, tinting and shaping: master the latest trends in male grooming. Offer your male clients the ultimate finish to their haircut. You will be guided through these highly profitable, fast and effective treatments that will grow your client base and boost your earnings.

Skill Level: ● ● ○

Open to students qualified to NVQ/VRQ Level 2 or equivalent in haidressing, barbering or beauty therapy or who have at least 2 years commercial experience in one of those areas.

Important Info:

Students must be 18+. You will initially be required to work on each other so hair should be grown on arms, legs, nostrils and ears. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

Please bring your working scissors, combs, dryer, basic styling kit. Please bring a model (male, 18+) at 1pm. Model should have facial hair, be skin tested for beard/brow tinting and be able to have hair removal on nostrils, brows, temples, upper cheeks and ears. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 1.5 Hours

In Store Practical:

10am-3pm

T01034

www.capitalhairandbeauty.co.uk/training



Hair Colouring



Colour Correction

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Course Brief:

Resolve colour correction problems in a hassle free and profitable way. This course will show you how to maximize earning potential by building confidence in resolving colour problems followed by completing one corrective lightening and one corrective darkening to develop your technique.

Skill Level:



Open to students qualified to NVQ/VRQ Level 2 or equivalent who have colour experience.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

Please bring a 14-16-inch colour responsive training head and the colour products of your choice to work with on the day (lightener, developers & colour shades) along with a basic hairdressing kit; brushes, combs, clips and hairdryer. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 1.5 Hours

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In Store Practical:

10am-3.30pm



Bleaching & Lightening

Course Brief:

Brush up on your colouring techniques and get to grips with a range of lightening skills. A perfect course for those looking to review, refresh and update their skills and feel confident with the process of creating brilliant bleaches and blondes.

Skill Level: ● ● ○

Open to hairdressers who want to refresh their knowledge of lightening.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

Please bring a 14–16-inch colour responsive training head and the colour products of your choice to work with on the day (lightener, developers & colour shades) along with a basic hairdressing kit; brushes, combs, clips and hairdryer. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 3 Hours

In Store Practical:

10am–3pm

T01031

www.capitalhairandbeauty.co.uk/training



Freehand & Balayage

Course Brief:

Freehand Colour Techniques create ultimate colour results and master freehand colouring. Revive colour services in the salon with trend-led colour application techniques. This course is a practical hands-on technique focused training session delivered by expert educators.

Skill Level: ● ● ●

Open to students qualified to NVQ/VRQ Level 2 or equivalent or those who have 2 or more years colouring experience.

Important Info:

Students must be 18+. You will receive a Welcome Email from Training Solutions within 48 hours of purchasing your course. This will tell you how to access your online portal and complete the online part of the course.

Equipment Needed:

A 14–16-inch colour responsive training head. A basic hairdressing kit; brushes, combs, clips and hairdryer. All other products and equipment will be supplied. Please bring a fully charged laptop, tablet or smartphone so you can access your online portal and receive your certificate.

£135
+ VAT

Online Theory: 3 Hours

In Store Practical:

10am–3pm

T01026

www.capitalhairandbeauty.co.uk/training

Training Rooms

We have training facilities in 40 of our stores. Each room can accommodate 6-8 students depending on the store. Many of the rooms have backwash facilities for hair courses as well as styling chairs and mirrors, nail stations, desks, beauty couches, chairs, tables and refreshment facilities.

The rooms are well lit, well ventilated and comfortable - the perfect setting for your training course and the start of your training journey with us. To book your course, either visit our website www.capitalhairandbeauty.co.uk/training or contact your local store.

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Capital Brighton



Capital Croydon



Capital Southampton

How to book

Browse our range of courses in this booklet and if you would like any further information, contact your local store (details below) or visit our website www.capitalhairandbeauty.co.uk/training



ENGLAND

Aintree	01515 251515
Aldershot	01252 325609
Ashford	01233 501400
Bournemouth	01202 763442
Bracknell	01344 483444
Brierley Hill	01384 483338
Brighton	01273 900111
Bristol	01179 512222
Chelmsford	01245 280820
Chester	01244 390844
Crawley	01293 550052
Croydon	02086 813815
Dagenham	02085 931883
Derby	01332 342228
Eastbourne	01323 508040
Gillingham	01634 365005
Harrow	02088 637371
Hayes	02085 733941
High Wycombe	01494 448836
Hoddesdon	01992 440866
Hove	01273 327215
Ipswich	01473 253313
Kingston	02085 499058
Lee	02083 189421
Leeds	01132 796303
Lincoln	01522 512250
Manchester	01618 191660
Mansfield	01623 654736
Newcastle	01914 144773
Norwich	01603 630747
Nottingham	01159 789115
Oxford	01865 775223

Peterborough	01733 561193
Portsmouth	02392 660400
Slough	01753 693812
Southampton	02380 553380
Stockport	01614 775479
Tunbridge Wells	01892 526333
Walsall	01922 616111
Wolverhampton	01902 351515
Worthing	01903 507304

SCOTLAND

Aberdeen	01224 620430
Carlisle	01228 544134
East Kilbride	01355 232224
Edinburgh Seafield	01316 699987
Edinburgh Sighthill	01314 534300
Glasgow Baird Street	01415 524505
Glasgow Hillington	01418 838876

WALES

Cardiff (Salon Connection)	02920 484000
Merthyr Tydfil (Salon Connection)	01685 350777
Neyland (Salon Connection)	01646 600150
Swansea (Salon Connection)	01792 700800

NORTHERN IRELAND

Belfast	02890 681538
Derry	02871 371222