

# Introduction to Hairstyling and Indian Head Massage

## Course Overview

This non-accredited course runs from City Skills Centre, each Wednesday, 9:45 - 12:15 for 8 weeks, starting on 20 November and finishing on 29 January 2024. This course is designed as a tutor-led beginner's course and is suitable for those interested in gaining basic skills and knowledge of Haircare, Styling and Indian Head Massage.

## What you will learn

During this course you will learn: - Understand health and safety, safe working practices, COSHH regulations - Gain confidence in communicating with others - Learn basic techniques to improve the condition, health and look of your hair - Gain an understanding of the products and equipment used to prevent breakage and damage to the hair structure - Discover hair styling techniques suitable for various face shapes - Create different hairstyles including braiding, plaiting, and updo's - Learn the benefits of Indian Head Massage and chakra balancing - Learn basic techniques to relieve tension built up in the head, face, neck and shoulders.

## Entry Requirements

This course is designed as an Introduction to Hairstyling and Indian Head Massage and is suitable for those that have not completed an introductory hairdressing or hairstyling course before. You will be required to take part in the practical sessions to meet your learning outcomes. You must be aged 19+ and be able to complete a short workbook on a weekly basis with the help of your tutor.

## How you will be assessed

There are no formal assessments, exams or coursework. Your tutor will informally assess your progress each week. You will receive a certificate of course completion based on your progress in class and attendance.

## Course Fees

The cost of the course is £90.00. However, you will not be required to pay a fee for this course if you are in receipt of one of the following benefits: - Universal Credit - JSA or ESA (Employment and Support Allowance Work Related Action Group) There will be no fees if you earn less than £25,000.

## Course Progression

You can only complete this course once. On completion of this course, you may progress onto one of the other Adult Engagement and Progression courses. Your tutor will advise and discuss the various progression routes available to you. You can also access the College Careers Team to support your progression.

## What Happens Next

Apply online via the College website. You will be contacted to attend an interview if required or sent a conditional offer according to the course's entry requirements. You will then be invited to enrol for your chosen course.

## Course Details

Course Code	P00453
Start Date	19/11/2025
Study Hours	Part Time
Duration	8 weeks
Campus	City Skills Centre
Level	Entry

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