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# Short Course Information



- SAAHST short courses and workshops are designed to equip the learner with the necessary skills to build their own business as well as expand their current expertise.
- Duration of the courses varies, with a theoretical and practical assessment according to the specific timetable and the course enrolled for.
- Once all short course or workshop prerequisites have been met, proof of completion will be issued.
- Dress code for all short courses is comfortable, yet professional and practical.
- Light lunch is included for full day courses, refreshments will be given for half day courses.
- Requirements are included in the course fee, except for the courses in aesthetics, hair and photography, (see additional information below).
- Take note that prerequisites or course requirements are applicable to certain short courses and workshops, (see additional information below).

## ADDITIONAL INFORMATION

Contact our administration office for further information related to:

\*(1) CPD point.

\*\* (2) Excludes training requirements.

\*\*\* (3) Prerequisite - relevant experience, training or industry related qualification required.



# BIO SCULPTURE



**R 15 500**

10 Days

## NAIL TECHNOLOGY

### Short course consists of:

- ETHOS
- BIO GEL
- EVO
- BI-OLYGEL
- GEMINI
- BIO SPA manicure and pedicure
- Nail art

\*This short course can also be done as individual workshops.



# NAILS

## BIO SCULPTURE CAREER TRAINING

R 8 990

5 Days

Training includes natural nail care, Bio Gel and EVO training.

## BIO SCULPTURE GEL TRAINING

R 5 600

3 Days

A scientifically formulated pure gel range which varies from flexible to solid, BIOGEL is suitable for every nail type and is excellent for extending and strengthening nails.

## BIO SCULPTURE EVO TRAINING

R 4 600

2 Days

EVO boasts the latest technology in gel formulation. Infused with vitamin A and E, EVO Oxygenating Base & Build leaves the nail nourished and rehydrated.

## BIO SCULPTURE <sup>\*\*\* (3)</sup> BI-OLYGEL TRAINING

R 2 300

2 Days

BI-OLYGEL is a UV gel, strengthened with acrylic paste to bring out the best properties of both gel and acrylic systems, creating a firm hard gel that is easy and quick to apply.

## BIO SCULPTURE SPA TRAINING

Manicure and Pedicure

R 2 500

2 Days

Inspired by nature, BIO SCULPTURE's tranquil SPA treatment range can be used in salons or at home. Products are infused with essential nutrients to rejuvenate the health and beauty of your skin and nails.

## NAIL ART TRAINING

R 2 000

1 Day

Training focuses on the fundamentals of nail art, you will learn how to easily apply technique's and how to advance your skill to further your art, incorporating a variety of popular trends



R 22 660

5 Days

## EYEBROW AND EYELASH ARTISTRY

### Short course consists of:

- Eyebrow and eyelash tinting
- Eyebrow and eyelash Henna
- Eyebrow shaping
- Eyebrow and eyelash lamination
- Eyelash extensions

\*This short course can also be done as individual workshops.



# BROWS AND LASHES

## EYEBROW AND LASH TINT AND SHAPE

R 2 500

1 Day

During this workshop you will learn the technique of applying colour to lashes and brows to darken them in order to appear longer and more voluminous. Learn how to map and shape the eyebrow professionally.

## EYEBROW AND EYELASH HENNA

R 4 800

1 Day

Henna is used to not only stain the skin beneath the eyebrow but also the brow hair, creating a shadow and fullness to the brow area.

## EYEBROW AND LASH LAMINATION

R 6 500

1 Day

Lamination or lift is a semi-permanent treatment that aims to enhance the beauty of natural lashes and brows by lifting and curling the lashes giving them a longer fuller appearance.

## EYELASH EXTENSIONS

R 8 860

2 Days

Eyelash extensions are semi-permanent individual lashes that are applied by hand to your natural lashes enhancing the length, thickness and fullness of natural lashes.





## MAKEUP ARTISTRY

R 9 900

4 Days

### Short course consists of:

- Day and night makeup
- Makeup contouring
- Bridal and event makeup
- Fantasy makeup

\*This short course can also be done as individual workshops.





# MAKEUP

## DAY AND NIGHT MAKEUP

R 6 900

1 Day

Step by step makeup application Workshop on how to transform day makeup into night makeup. Also includes makeup kit, consulting and how to choose products that suit your skin tone, practical tips and tricks.

## MAKEUP CONTOURING

R 6 900

1 Day

Contouring is all about the art of shading and highlights used to refine, sculpt and slim your face with different shades of foundation and powder. This Workshop will enable the learner to apply contouring techniques which is necessary for photography, TV and film.

## BRIDAL AND EVENT MAKEUP

R 6 900

1 Day

Great bridal makeup Workshop focusing on the consulting process and the application of makeup. Different eyeshadow looks and practice of natural makeup application as well as stronger makeup application. Includes basic contouring for weddings.

## FANTASY MAKEUP

R 6 900

1 Day

A Workshop where you can express your creative side. This will inspire you to think out of the box, play around with colour and give you absolute freedom of expression. Fantasy makeup will push your boundaries and give you the confidence to try new things and grow as a makeup artist.



# MASSAGE

## BODY MASSAGE

2 Days R 3 500

This short course teaches the history of massage and the five classical massage movements enabling the learner to perform a body massage.

## BABY MASSAGE

1 Day R 2 500

Simple and effective workshop providing the parent or caregiver with the massage techniques required to perform a massage to calm and relax the baby, improve blood flow and the bond between baby and parent.

## BAMBOO MASSAGE <sup>\*\*\* (3)</sup>

1 Day R 3 500

During this workshop different bamboo stalks are used to massage the body. This induces a feeling of wellbeing and relaxation. \*Prerequisite: Introduction to body massage.

## AFRICAN RUNGU MASSAGE <sup>\*\*\* (3)</sup>

1 Day R 3 500

Learn the art of using Rungu, a wooden throwing club that is carved out of natural eucalyptus wood, used by the Massai African Tribe. The therapist uses this club to perform a deeply relaxing, yet stimulating full body massage.

## CALABASH MASSAGE <sup>\*\*\* (3)</sup>

1 Day R 3 500

A body massage workshop utilizing different types of calabashes to provide an interesting and relaxing experience.

## SCALP MASSAGE

1 Day R 3 500

Learn to perform a massage on the head, neck and face with the purpose of manipulating muscles to soothe away stress and tension, leaving the client feeling refreshed, relaxed and with a renewed clarity of mind.



# MASSAGE

## HOT STONE MASSAGE <sup>\*\*\* (3)</sup>

1 Day R 4 500

This workshop will provide you with the skills needed to perform a massage to the body utilizing heated stones, resulting in a nurturing and enhanced therapeutic effect.

## EAR CANDLING TREATMENT

1 Day R 3 500

This workshop will teach the learner an ancient healing technique that is helpful for a variety of ailments, e.g. sinusitis, tinnitus and mild ear infections. Ear candling is non-toxic, non-invasive and safe. It is suitable for all ages. A special candle that is about 22cm long is inserted into the ear and burns while the head is massaged with small petrissage movements.

## HAIR REMOVAL



## SUGARING

2 Days R 6 685

Short course equipping the learner with the skills to perform a hair removal service using a sugar paste that was adapted from an ancient hair removal technique. This technique uses all-natural ingredients, providing a gentle, less painful and effective method of hair removal.

# PERMANENT MAKEUP AESTHETICS

## Option 1

Full comprehensive training



**R 45 000**

**5 Days**

Comprehensive training in all three Permanent make up techniques. Create beautiful eyebrows or crisp, clean lines for eye liner and lips using Micro Blading, Embroidery or Machine Techniques. No Prior PMU experience required.

## Option 2

Eye and lip liner fundamental training



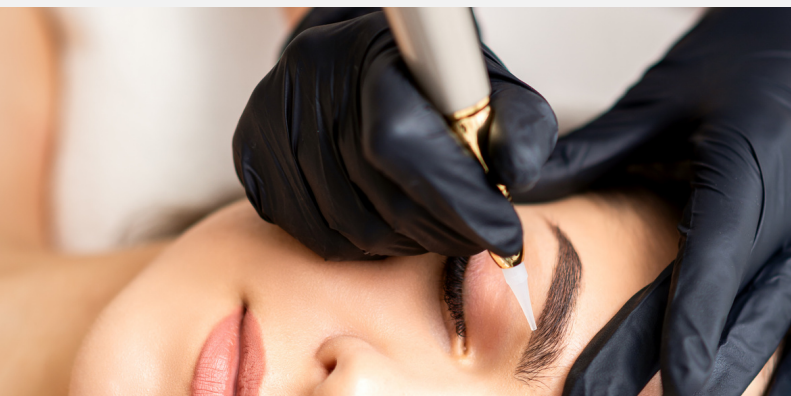
**R 30 000**

**3 Days**

Short Course equipping the learner with the necessary skills to perform permanent makeup for eye and lip liner using Embroidery and Machine Techniques. Training you to correct uneven lips and to create a fuller or thinner lip line to best suit your client's needs.

## Option 3

Microblading fundamental training



**R 30 000**

**3 Days**

Short Course training for the brow specialist, enabling the learner to create beautifully shaped eyebrows with a 3D powdered effect or creating an Ombre effect using Microblading and Embroidery Techniques. For those who want to offer their clients so much more than just PMU.



# AESTHETICS

## PERMANENT MAKEUP

Correction and removal

R 30 000

2 Days

A tattoo removal process to effectively remove pigments by utilising both chemical and plasma pen extraction techniques.

## PERMANENT MAKEUP

Correction and removal

R 17 500

2 Days

A tattoo removal process to effectively remove pigments by chemical extraction.

## MICRONEEDLING<sup>\*(1)</sup>

Introduction training

R 6 500 <sup>\*\*<sup>(2)</sup></sup>

1 Day

A treatment utilising the skin's natural healing processes. The training is suited to professionals offering anti-aging treatments.

## MICRONEEDLING<sup>\*(1)</sup>

Fundamental training

R 11 500 <sup>\*\*<sup>(2)</sup></sup>

2 Days

A treatment utilising the skin's natural healing processes. The training is suited to professionals offering anti-aging and skin rejuvenation treatments.

## MICRONEEDLING

Advanced training

R 6 500 <sup>\*\*<sup>(2)</sup></sup>

1 Day

A treatment utilising the skin's natural healing processes. The training is suited to professionals offering anti-aging and skin rejuvenation and Alopecia treatments.

## AESTHETIC TRAINING

Contact the administration office for all training requirements and specifications related to all aesthetic training courses as prerequisites may apply.

**INTRODUCTION TRAINING**<sup>\*(1)</sup> 3 Days R 22 000<sup>\*\*<sup>(2)</sup></sup>

Plasma pen training is a unique way to achieve unique skin improvements through skin tightening and wrinkle reduction utilising electric arc electro-fulguration.

**LESION REMOVAL**<sup>\*\*<sup>(2)</sup></sup> 2 Days R 11 500

Lesion removal treatment utilising electric arc electro-fulguration to remove skin lesions effectively through electro cauterization.

**ADVANCED TRAINING**<sup>\*\*<sup>(2)</sup></sup> 2 Days R 16 000

Plasma pen training is a unique way to achieve unique skin improvements through skin tightening and wrinkle reduction utilising electric arc electro-fulguration, skin lesions are effectively removed through electro cauterization.



## INTRODUCTION TO STYLING

<sup>\*\* (2)</sup>  
1 Day R 1 500

A practical workshop introducing basic hairdressing skills such as creative styling techniques and pin-ups.

## BRAIDING AND DREADLOCKS

1 Day R 1 500

Out of the ordinary braiding and dreadlocks teaches modern skills on both Caucasian and Ethnic hair styles.

## ADVANCED COLOURING TECHNIQUES



R2 300 <sup>\*\* (2)</sup>  
1 Day

This workshop will improve your existing hair colouring skills by incorporating advanced creative and fashion colouring techniques to take your expertise to the next level (This course is ideal for hair technicians working full time in the industry). \*Prerequisite: one year experience in the hair industry.

## ADVANCED HAIR CUTTING



R 1 500 <sup>\*\* (2)</sup>  
2 Days

This short course focuses on using the very latest cutting techniques, including fashion hair cutting and razor cutting. Using these newly acquired skills you will be able to provide a fresh and innovative approach to hairdressing on your return to the salon.



## HAIR EXTENSIONS



**R 6 500**  
**1 Day**

Develop and broaden your hairdressing skills. The method includes either full or partial head extensions and will provide the learner with the knowledge and confidence to apply extensions (This course is ideal for hair technicians working full time in the industry).

## GENT'S HAIR CUTTING



**R 1 500** <sup>\*\* (2)</sup>  
**1 Day**

Expand your knowledge and skills to cut men's hair into a variety of fashion looks and trends. You will learn how to use your imagination by incorporating fashion cutting techniques, scissor over comb techniques, razor cutting, texturing and clipper cutting.

## HOT TOWEL AND SHAVING



**R 4 500**  
**5 Day**

Ideal for recently qualified stylists who want to perfect their barbering skills. This Short Course would include client analysis, consultation, hot towel treatment, a shaving service and after care.

# TRADE TEST

## PRE-TRADE TEST TRAINING



**R 1 700**

We specialize in pre-trade test training to prepare applicants to enter for the trade test in order to become fully qualified according to national requirements. Our pre-trade test training courses are focused on the practical and theoretical aspects of the trade and focuses specifically on requirements still needed to pass their trade test in Hairdressing. (Hairdressing Technician, Hair Stylist [Ladies Caucasian], Afro Hairdressing, Barbering [Gent's]).

## TRADE TEST



**R 4 300**

To qualify as a hairdresser, you must obtain your trade test certificate in order to be legally qualified. The trade test is a practical observation in which all criteria of the hairdressing qualification is evaluated by a NAMB (National Artisan Moderation Body) registered assessor. Prior learning requirements: 4 years or more in the industry OR formal hairdressing training at an accredited Service Seta Institution. (Hairdressing Technician, Hair Stylist [Ladies Caucasian], Afro Hairdressing, Barbering [Gent's]).

- ARPL R7 000





R 5 800

5 Days

## IMAGE CONSULTING

### Short course consists of:

- Colour analysis and style
- Body type and personal style
- Wardrobe planning
- Style and shopping

Dressing appropriately is more than picking the right clothes for the right occasion, it's finding out who you are and dressing deliberately. First impression is a powerful form of communication and can assist you in creating the best perception. \*This short course can also be done as individual workshops.



# IMAGE CONSULTING

## COLOUR ANALYSIS

**R 1 500**

**1 Day**

Understanding that colours are an important part of developing your image and personal style, you will learn how to harmonize your total look with confidence

## BODY TYPE AND PERSONAL STYLE

**R 1 500**

**1 Day**

Discovering your best illusion lines will acquaint you with the principle solutions for your figure.

## WARDROBE PLANNING

**R 1 500**

**1 Day**

Learn how to empower your wardrobe with the best style selections. Wardrobe planning enables you to create a personalized style with flair.

## STYLE AND SHOPPING

**R 1 500**

**2 Days**

Gain principles that are imperative to efficient sourcing of wardrobe items and accessories that will flatter and transform your image.





R 10 000  
6 Days

## LIVING SPACES

### Short course consists of:

- Living rooms
- Dining rooms
- Kitchens
- Bathrooms
- Bedrooms
- Patios

Discover inspiration for a variety of living spaces. Design your own room layout according to professional standards and learn to choose the correct materials and finishes for the required surfaces. Includes how to do basic measuring and planning for the room. \*This short course can also be done as individual workshops.

# DECORATING

## LIVING ROOMS

1 Day R 1 800

Learn how to design your living room with these tips on style, colour, lighting, furniture and more so you can create a perfect space you love.

## DINING ROOMS

1 Day R 1 800

Simple and effective workshop designed to breathe new life into your dining room with simple and effective decorating ideas.

## KITCHENS

1 Day R 1 800

Start to enjoy spending time with family and friends by implementing your dream kitchen design ideas.

## BATHROOMS

1 Day R 1 800

Looking for bathroom design ideas. Explore a range of bathroom designs from contemporary to classic to find the design that works for you.

## BEDROOMS

1 Day R 1 800

Discover bedroom ideas and design that inspire creativity and discover the design secrets for creating the perfect bedroom. Single day workshops can be specified for the following categories, main bedroom, guest bedroom, young adults, children, toddler and baby rooms.

## PATIOS

1 Day R 1 800

Design tips for expressing your design aesthetic outside, shopping for patio furniture, using color, creating semi-enclosed areas or creating an idyllic terrace to enjoy the afternoon sunshine.





## CRITICAL DESIGN THINKING

R 3 500

3 Days

Incorporate critical design thinking with practical application when planning projects. Design planning of floors, walls and curtains. Project these designs in existing interiors.

## SPACE PLANNING AND ERGONOMICS

R 3 000

2 Days

Learn to do measurements on scale when designing floor plans and doing space planning. Preparing presentation boards for an interior design concept demonstration to a client.

# COMPUTER TRAINING

## OFFICE 2016 FOR BEGINNERS

<sup>\*\*</sup>(2)  
1 Day R 1 500

Learn the beginners' level of Office 2016. Get started with Office, learn how to download, install, create files, add, edit, and format text. In Microsoft Excel, create and manage worksheets and workbooks; manage data cells and ranges; create tables; perform operations with formulas and functions; and create charts and objects. Create and manage documents in Microsoft Word: format text, paragraphs, and sections; create tables and lists; create and manage references; and insert and format graphic elements. Microsoft PowerPoint includes creating and managing presentations; inserting and formatting text, shapes, and images; inserting tables, charts, smart art, and media; applying transitions and animations; and managing and finalizing presentations. \*Upon completion a certificate from Microsoft will be issued. Classes take place in the evening from 18:00 - 20:00.

## BASIC COMPUTER TRAINING

<sup>\*\*</sup>(2)  
2 Days R 2 500

This Short Course introduces you to the fundamentals of computing, explains the components of a computer, explores operating system basics, and shows you how to use a mouse and a keyboard. Course Modules include: Introduction to Computers, Common Computer Terminology, Computer performance and features, Computer Operating systems, Career Opportunities and Module Completions. \*Upon completion a certificate from Microsoft will be issued. Classes take place in the evening from 18:00 - 20:00.





# PUBLIC SPEAKING

## PUBLIC SPEAKING SHORT COURSE 3 Days R 4 500

The most frequent tool used is the spoken word. It can be an overwhelming and daunting task to talk or give a presentation in front of other people. In this short course, we will give you tools and techniques that will help you become a better public speaker. We will focus on the correct body language, gestures and use of mannerisms necessary to mesmerize and capture audiences. This course will change the way you look at yourself and you will gain the confidence you need to become the best public speaker you can be.

## PUBLIC SPEAKING WORKSHOP 1 Day R 1 500

Terrified to speak in public, and have limited time? Our public speaking workshop will enable you to conquer your fear. This workshop will teach you how to engage your audience in a way that will leave them with a lasting impression.







# Project Management Fundamentals

This course will assist you in working within a project team and develop a clear understanding of key project definitions, project management methodology and the project life cycle.

**R 2 300**  
1 Day

## This workshop consists of:

- Key project management definitions and jargon.
- The responsibilities of the project manager.
- The difference between operations management and project management.
- The project life cycle.
- The planning process of a project.
- The four major project constraints.
- How to draw up basic project documentation.
- How to use work breakdown structures (WBS), milestones, project budgets, schedules and risk management.
- Project delivery through continuous monitoring, reporting, risk management and continuous communication.



# PHOTOGRAPHY



**R 6 000**<sup>\*\* (2)</sup>

12 Evenings - 17:30 to 19:30

Improve your photography skills and further enhance your knowledge of your camera. This workshop will explore exposure settings: Aperture, shutter speed, ISO, the functional purpose of them and the visual effects. We will cover camera equipment and camera settings by learning how to set up your camera and how to use all necessary settings such as: Light metering modes, exposure settings, focusing modes, lenses, composition and more. This course also includes the Introduction to Lightroom workshop.



## OUTDOOR FLASH PHOTOGRAPHY

R 2 000 <sup>\*(2)</sup>

1 Day

This workshop introduces the concepts of TTL, Manual flash photography as well as shutter sync speed. You will learn how the hot shoe flash works and how to modify the characteristics of light that it produces by adding accessories and bouncing the flash. Finally, the techniques of using the flash off camera and balancing it with ambient light will be taught, allowing you to alter the direction and quality of light on your subject.

## INTRODUCTION TO STUDIO PORTRAITURE

R 2 800 <sup>\*(2)</sup>

1 Day

This practical hands-on workshop is perfect for the photographer who has a basic knowledge of camera work as well as exposure, and who would like to take their first steps into studio photography. Aspects such as lighting equipment, technical settings as well as the studio environment will be discussed. By the end of the workshop you will setup lighting and photograph a model under the supervision of a professional photographer, gaining the applied knowledge and self-confidence to shoot on your own in the studio.



## GET TO KNOW YOUR CAMERA

R 600 <sup>\*(2)</sup>

4 Hours

Discover the abilities of your DSLR/Mirrorless camera. This workshop is hands on, with demonstrations on how to get the best of your camera and apply techniques with Aperture, Shutter speed, ISO and focusing on methods to improve your images.

## INTRODUCTION TO PHOTOSHOP

R 2 250 <sup>\*(2)</sup>

3 Evenings - 17:30 to 20:30

New to editing and image manipulation? Whether you want to enhance your holiday snapshots or isolate and change the colour of the sky in a landscape photo, start here to become confident with this impressive software.

## INTERMEDIATE PHOTOSHOP

R 3 750 <sup>\*(2)</sup>

5 Evenings - 17:30 to 20:30

After mastering the basics, delve into the tools and techniques for complex editing tasks such as Dodging and Burning, Calculations and Frequency Separation.



# PHOTOGRAPHY

## INTRODUCTION TO LIGHTROOM



R 2 250 <sup>\*(2)</sup>

3 Evenings - 17:30 to 20:30

Lightroom has become the industry standard for photographers and content creators to produce striking images, access the potential of RAW image files and to stay organized. Establish an efficient workflow, correct exposure and colour and learn how to use the available tools.

## INTRODUCTION TO LIGHTROOM FOR DESKTOP OR MOBILE



R 2 250 <sup>\*(2)</sup>

3 Evenings - 17:30 to 20:30

Do you want to process your images on the go? For a simplified experience learn how to use the mobile and desktop version of Lightroom that still offers the same RAW processing ability.





## REFRESHER TRAINING

**R 500**

Any difficulties experienced during training will be addressed, as well as preparation for your practical exam. Examination fee included.

## EXAMINATION

**R 500**

Appointments for the exams are made during the refresher course and should be completed within six months of the training. (If written within six months after completion of a course no examination fee will be charged). The required experiential hours should be handed in on the day of the exams.



# What to expect during training

## Training times.

09:00	-	09:30	Welcome
09:30	-	11:00	Theory
11:00	-	11:30	Tea break
11:30	-	13:30	Practical demonstration
13:30	-	14:30	Lunch break
14:30	-	16:00	Practical



## CORONA (COVID-19) regulations

The following protocols have been implemented due to the Corona (COVID 19) virus pandemic:

- All participants are to complete a screening questionnaire that must be sent 24 hours prior to the training date.
- Should you have any symptoms, your training will be postponed to the next available training date on the calendar.
- The wearing of a mask is compulsory and social distancing must be maintained.



# Contact us

## Address

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## Website

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018 294 9000

  
Tap or scan QR code  
To apply

