

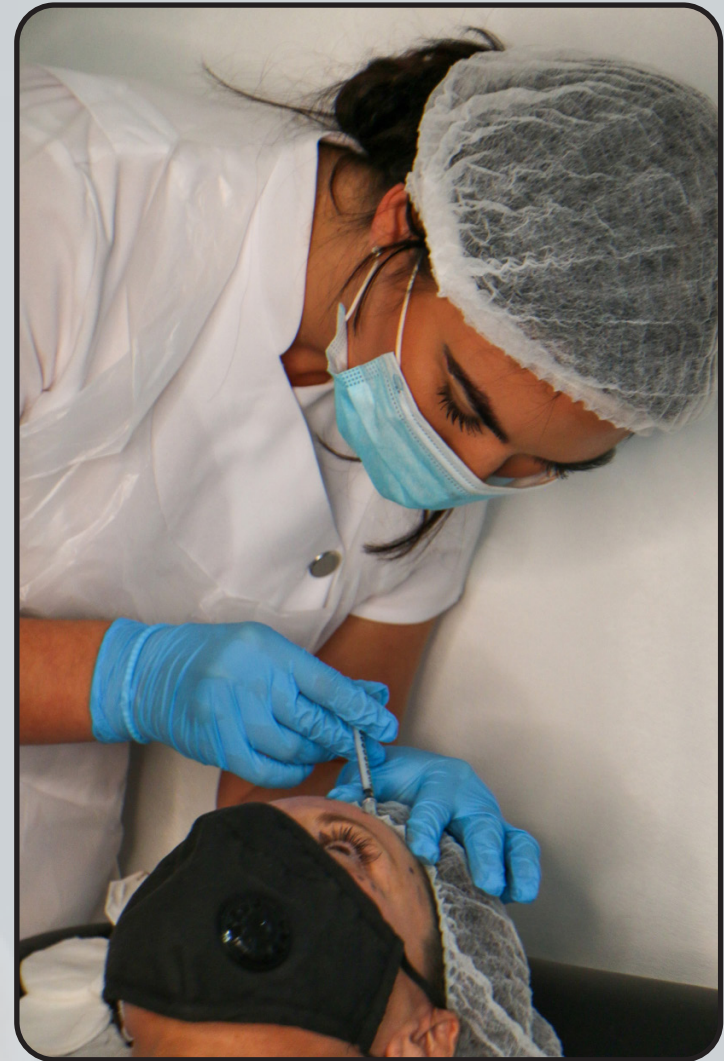


# SPMU BROW HEAVEN COURSE OVERVIEW

*By Ampika's Aesthetics*

# AM I ELIGIBLE?

- No experience required. Total beginners accepted.
- A good understanding of written/spoken English in order to complete assignments.





# QUALIFICATION AWARDED

Upon completion of the course, you will gain CPD accreditation in the following:

 **SPMU Brow Heaven**

Along with this, you will also be given live models to perform your case studies on before graduation.





# TIMETABLE

## This is a 4 day course

- Day one is done virtually with your online trainer
- Second, third and fourth days are practical days set at one of our training schools



# TIMETABLE

## Areas that will be covered:

- Legislations and Health and Safety
- History of Micropigmentation, types, importance and purpose of eyebrows
- Anatomy and Physiology
- Wound Healing, eye anatomy and physiology, skin types, face and eyebrow shapes, practical demonstration on skin pads
- Colour theory, consultation/health forms, aftercare advice, patch testing, process, licensing and troubleshooting
- Practical treatments on live models using microblading and SPMU techniques

# ARRIVAL

All classes start at 9am prompt. You are to arrive at 8:50am ready to start each day.

The courses finish at approximately 5:30pm each day but may vary depending on your course content.

## PLEASE NOTE THE TIMINGS OF THE COURSE WILL CHANGE TO THE FOLLOWING FROM OCTOBER 1ST 2023:

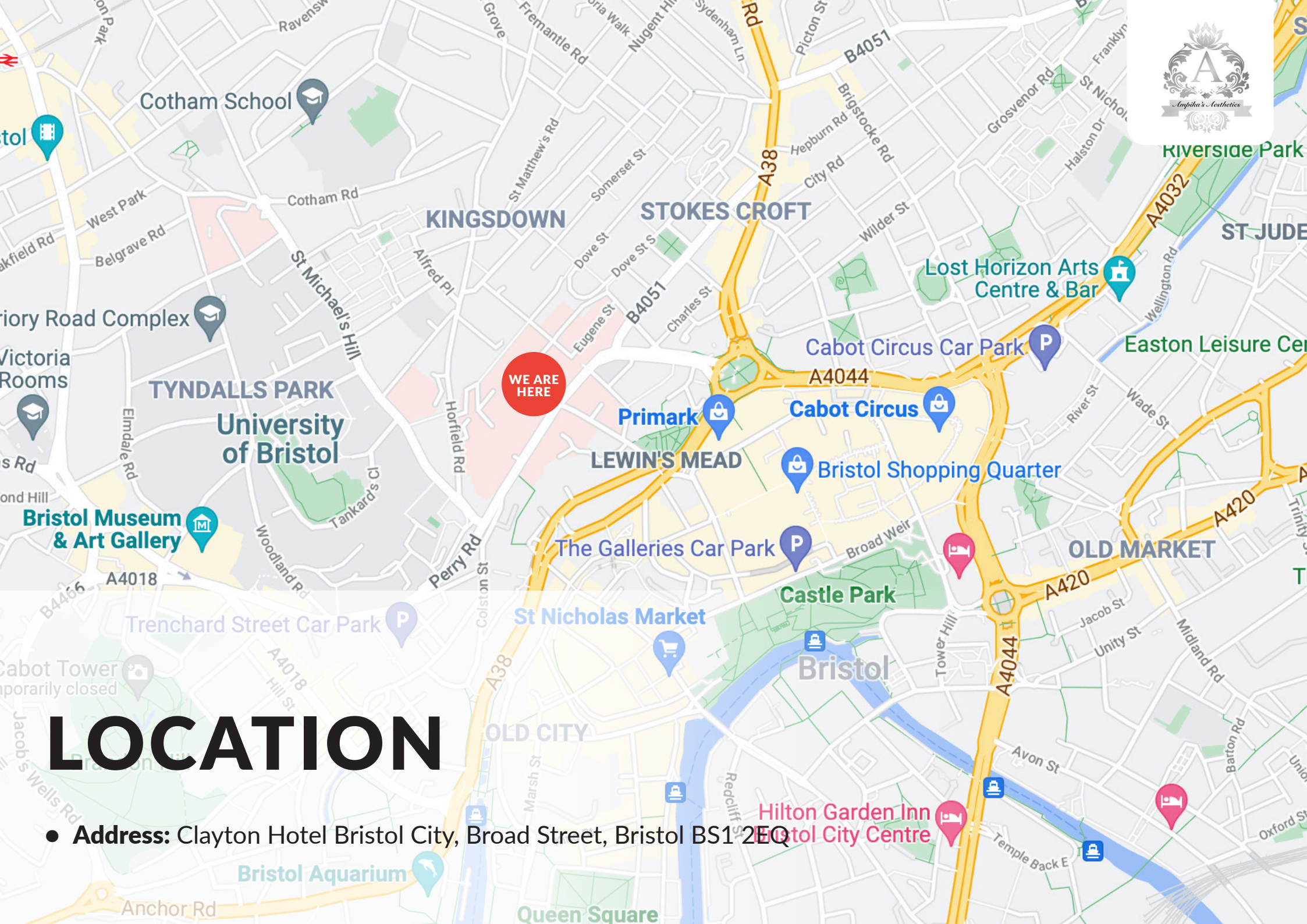
The first day of the course will start at 11am and end at 7pm. There are two breaks throughout your first day. The first break is 3pm - 3.30pm and the second break is at 5pm - 5.30pm.

The second and third day will run from 9am - 5.30pm with one lunch break which is 1pm - 1.30pm.

Please bring your own food and refreshments as we are limited on time as we are providing a large amount of models for you to learn and train upon.

Please arrive 10 minutes early each day.





# LOCATION

● **Address:** Clayton Hotel Bristol City, Broad Street, Bristol BS1 2EQ



# TRANSPORT

- **Airport Transfers**

A bus service is available for transport from Bristol International airport. Bristol Airport Flyer runs 7 days per week, every 20 minutes. The nearest stop to the hotel is C1 Rupert Street & C2 Anchor Road. The hotel is located 600 yards from the main street.

- **From Bristol Temple meads Train station**

A short 15-minute walk away approx. 0.8 miles. Exit the station onto the station approach road. Turn right onto temple gate. At the next junction follow Victoria Street until you reach Bristol Bridge. After crossing Bristol Bridge follow the high street for approx. 200 yards until it meets Broad Street. The hotel is located at the bottom of Broad Street.

- **Coming from the M4 London**

Take Junction 19 for the M32. Follow the M32 until it meets the A4032 and A4044. Follow this road until the James Barton roundabout, take the 1st exit. Veer left with the road, take the left turn after the old Fire station onto Bridwell Street. Take a left onto Nelson Street, your first right and right again. The entrance to Nelson Street car park will be in front of you.







# ACCOMMODATION

- **The Clayton Hotel**  
Broad Street, Bristol, BS1 2EQ  
*Ampika's Aesthetics training Location*
- **Mercure Bristol Grand Hotel**  
Broad Street, Bristol, BS1 2EL  
*Travel time: 1 minute walk to Ampika's Aesthetics*
- **Rock & Bowl Motel**  
Broad Street, Bristol, BS1 2EQ  
*Travel time: 2 minute walk to Ampika's Aesthetics*
- **Bristol Harbour Spa Hotel**  
53-55 Corn Street, Bristol, BS1 1HT  
*Travel time: 2 minute walk to Ampika's Aesthetics*
- **Premier Inn Bristol City Centre**  
Lewins Mead, Bristol, BS1 2NT  
*Travel time: 3 minute walk to Ampika's Aesthetics*





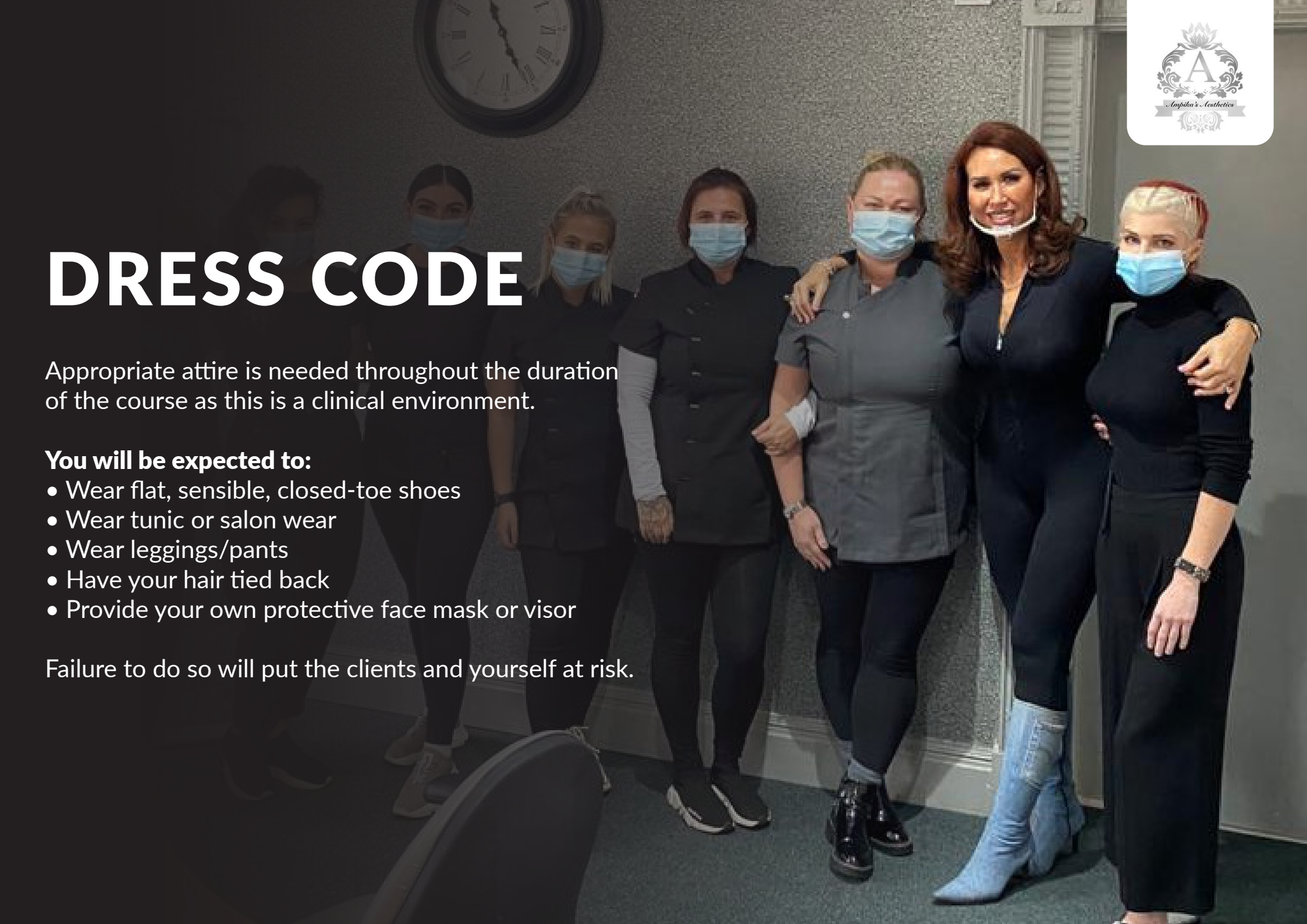
# DRESS CODE


Appropriate attire is needed throughout the duration of the course as this is a clinical environment.

**You will be expected to:**

- Wear flat, sensible, closed-toe shoes
- Wear tunic or salon wear
- Wear leggings/pants
- Have your hair tied back
- Provide your own protective face mask or visor

Failure to do so will put the clients and yourself at risk.





If you have any further questions, please contact  
us via email at [ampikasaesthetics@gmail.com](mailto:ampikasaesthetics@gmail.com)  
or call us on 0333 996 2690

*Ampika Pickston*