

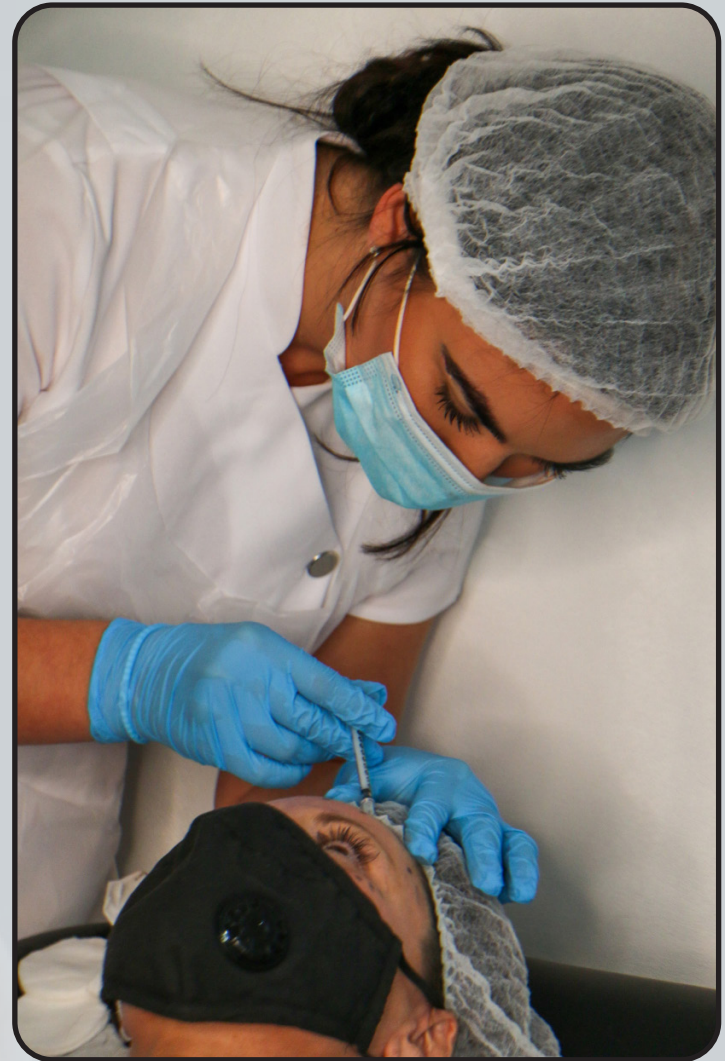


# **SPMU BROW HEAVEN COURSE OVERVIEW**

*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 taught a full clinical set  
up and client consultation to help kick start your clinic.





# 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

Classes start at 9am prompt.

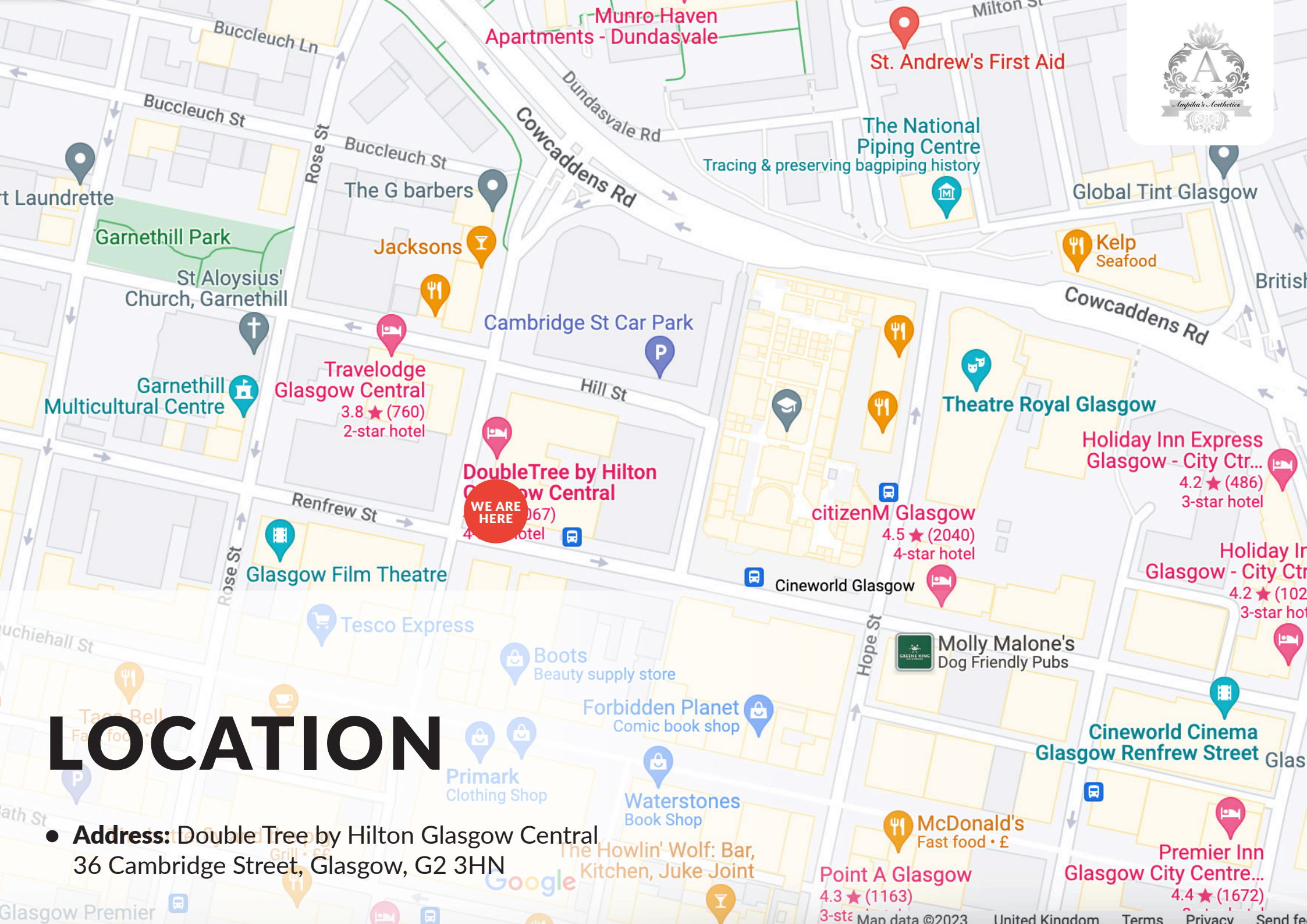
You are to arrive at 8:50am ready to start each day.

The course will finish at approximately 6pm however may vary depending on your course content.

Lunch break is 1pm - 2pm.







# LOCATION

- **Address:** Double Tree by Hilton Glasgow Central  
36 Cambridge Street, Glasgow, G2 3HN

Google

Point A Glasgow  
4.3 ★ (1163)  
3-star hotel

Premier Inn  
Glasgow City Centre...  
4.4 ★ (1672)  
3-star hotel

St. Andrew's First Aid

The National  
Piping Centre  
Tracing & preserving bagpipin history

Global Tint Glasgow

Kelp  
Seafood

Theatre Royal Glasgow

Holiday Inn Express  
Glasgow - City Ctr...  
4.2 ★ (486)  
3-star hotel

citizenM Glasgow  
4.5 ★ (2040)  
4-star hotel

Cineworld Glasgow

Molly Malone's  
Dog Friendly Pubs

Cineworld Cinema  
Glasgow Renfrew Street

Forbidden Planet  
Comic book shop

Waterstones  
Book Shop

Primark  
Clothing Shop

Tesco Express

Glasgow Film Theatre

Travelodge  
Glasgow Central  
3.8 ★ (760)  
2-star hotel

DoubleTree by Hilton  
Glasgow Central  
4.0 ★ (1067)  
4-star hotel

Cambridge St Car Park

Jacksons

The G barbers

Garnethill Park

St Aloysius'  
Church, Garnethill

Garnethill  
Multicultural Centre

Laundrette

Munro Haven  
Apartments - Dundasvale

Point A Glasgow  
4.3 ★ (1163)  
3-star hotel

McDonald's  
Fast food • £

The Howlin' Wolf: Bar,  
Kitchen, Juke Joint

Glasgow Premier

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# TRANSPORT

- **By bus/train:** You can get to DoubleTree by Hilton Glasgow Central by bus and train. The nearest bus stop is Buchanan Bus Station. The bus stop is 0.4 miles / 0.6 km from DoubleTree by Hilton Glasgow Central. The nearest train station is Glasgow Queen Street and Glasgow Central Station. The train station is 0.5 miles / 0.8 km from DoubleTree by Hilton Glasgow Central. Glasgow Queen Street Station is 0.5 miles walking distance to the hotel. Glasgow Central Station is 0.6 miles walking distance to the hotel. If travelling from UK bus station, Buchanan Bus Station will be your main stop for Glasgow. See <http://www.spt.co.uk/bus/bus-stations/buchanan-bus-station/> for accessibility. We have bus stops located on Renfrew Street (at the side of the hotel) that can connect you to local bus routes.
- **Parking:** There are 7 accessible parking spaces. Parking is not free. From the car park to the entrance, there is a lift. The route is 1480mm wide, or more. Our car park is located underneath the hotel, it has two floors; Lower Ground (LG) and Basement (B). Its is barrier entry, when you arrive you take a ticket and park. It has space for 200 vehicles over the two floors. The price for parking is: Residents - £9.00 for overnight stay, at check-out please have your ticket ready to be validated at Reception. Conference delegates - £7.50 for max 10 hours. Please validate your ticket at Reception. Standard prices - Mon to Sat £2.30 p/h and all day Sunday £3.50 There is a drop-off point at the main entrance. The drop-off point does not have a dropped kerb.





# ACCOMMODATION



- **Double Tree by Hilton Glasgow Central**  
36 Cambridge Street, Glasgow, G2 3HN  
*Travel time: Ampika's Aesthetics Training School Location*
- **Grasshoppers Hotel**  
87 Union Street, Glasgow G1 3TA  
*Travel time: 11 minute walk to Ampika's Aesthetics*
- **Yotel Glasgow**  
Westergate, 260 Argyle Street, Glasgow, G2 8QW  
*Travel time: 13 minute walk to Ampika's Aesthetics*
- **Motel One Glasgow**  
78-82 Oswald Street, Glasgow, G1 4PL  
*Travel time: 13 minute walk to Ampika's Aesthetics*
- **Radisson Blu Hotel**  
301 Argyle Street, Glasgow, G2 8DL  
*Travel time: 14 minute walk to Ampika's Aesthetics*
- **Jurys In Glasgow**  
80 Jamaica Street, Glasgow, G1 4QG  
*Travel time: 15 minute walk to Ampika's Aesthetics*

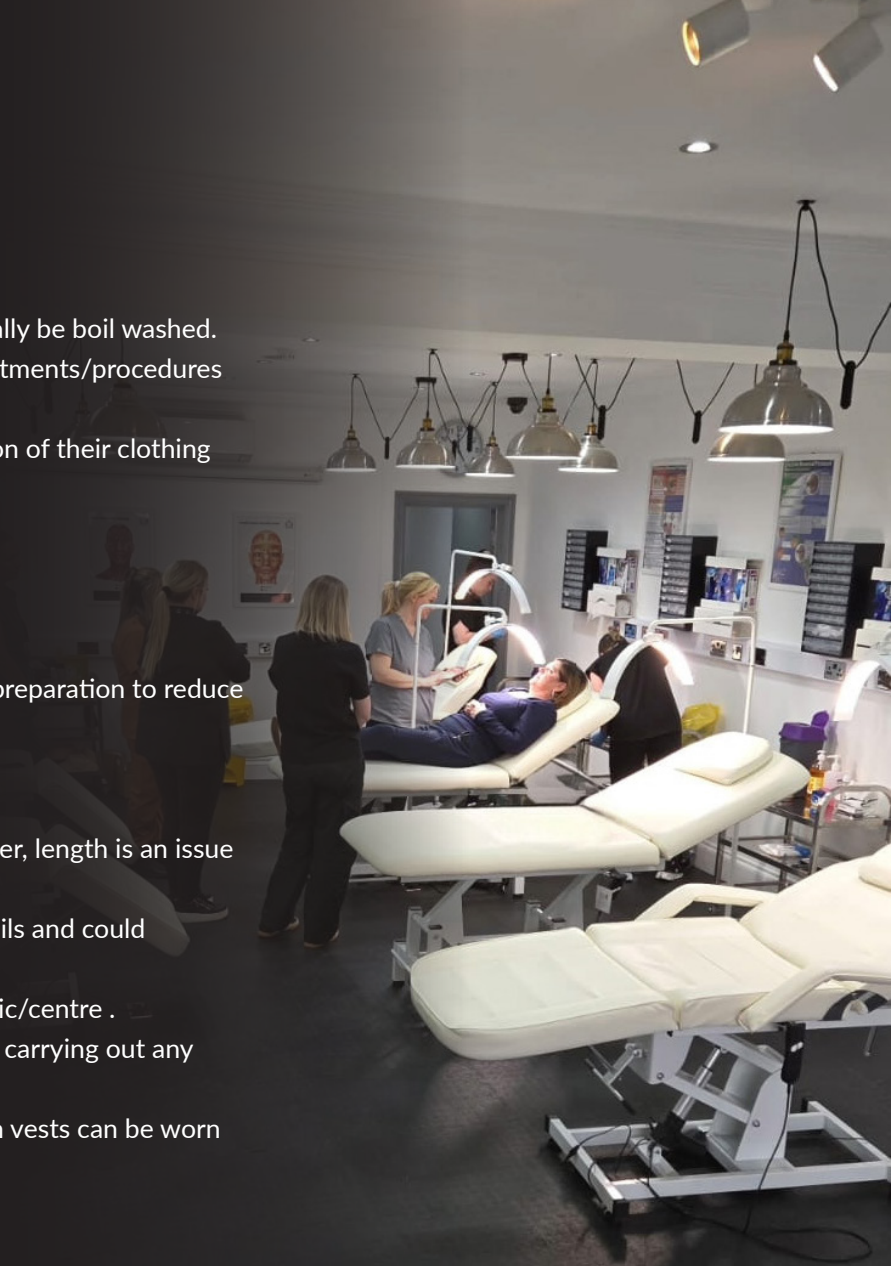


# DRESS CODE

The chosen uniform should be clean and well pressed and made of cotton or a polycotton, which may potentially be boil washed. It should be comfortable and allow a full range of movement and be worn whenever they are carrying out treatments/procedures

- Students should change into their uniform when they arrive at the centre/clinic, to avoid any contamination of their clothing during their journey to your centre/clinic
- Lower arms should be bare, to avoid any cross-contamination
- A new disposable apron should be used for each client/patient
- Face masks and gloves should be worn by the practitioner
- Use of universal infection control precautions, clean and disinfected environment, effective handwashing
- Use of PPE (gloves, masks, visors, eyewear, apron), sharps safety, sterilised tools and equipment and skin preparation to reduce risk of infection.)
- Minimal jewellery should be worn – plain wedding band and stud piercings only
- Hair should be clean and securely tied back off the face and collar, hairnets may be worn
- Nail extensions should not be worn, we are aware gloves are worn for most aesthetics procedures; however, length is an issue and may affect the application of the procedure
- Nails should be short, clean, and free from varnish, long nails harbour more dirt and bacteria than short nails and could contribute to the spread of infections
- Shoes should be clean, low heeled, closed in and comfortable. Ideally, they should only be worn in the clinic/centre .
- NO COATS OR CARDIGANS TO BE WORN OVER YOUR SCRUBS OR WORKING OUTFIT whilst you are carrying out any treatments.
- Should you be cold please wear extra body layers to help promote a stable body temperature. Thermal skin vests can be worn under your tunics.
- Shoes MUST BE CLEAN covering all of the feet.
- NO sling backs.
- NO strappy shoes.
- NO open parts of the foot or toes to be exposed.
- NO fringes that are hitting your eyebrows or lower must be clipped back securely.

PLEASE DO NOT TURN UP without taking the above into consideration. This will hinder your learning experience should you not act responsibly and maintain professionalism at all times.






# BEHAVIOUR

**Your behaviour, body language and tone of voice are to conform to a positive and professional student manner. The training school has a ZERO tolerance to abuse of any kind.**

## **Recommended Behaviour:**

- All bags, outerwear, phones, and personal belongings should be stored in provided lockers/storage areas, unless otherwise arranged with the tutor
- Water is the only drink permitted in sessions
- No other food or drinks are permitted

N.B. We can at times permit a learner to use their phone in the session to take before and after pictures, learners must always maintain a sterile field. Phones should be cleaned when they are brought into the session, gloves are applied after the before pictures and removed before the after pictures.



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*