



CRISTINA SORLI

CENTRO DE CAPACITACIÓN DE ESTÉTICA



INTEGRAL COURSE 2020-2021

This is our most requested and recommended course, as it is designed to train students in all aspects that will be required at the time of performing the profession, based on:

- Meticulous technical preparation.
- Comprehensive scientific training.
- Development and empowerment of human and personal faculties required for professional practice.

To achieve these purposes, the CCE CRISTINA SORLI has:

- An enthusiastic cadre of qualified professors and experts in different areas that make up the profession, with a long experience in the exercise teacher and constantly updated, both in relation to scientific knowledge, as in the techniques and pedagogical means.
- Classrooms, workshops, furniture, appliances ... and comfortable and well-maintained installations.
- An extensive assortment of cosmetic products from the most prestigious firms for the development of practical classes.
- Latest generation appliances.



CRISTINA SORLI

CENTRO DE CAPACITACIÓN DE ESTÉTICA

Duration: 2 academic years (courses of approximately 10 months).

The courses are usually from September to June.

- Course 1: 700 teaching hours.
- Course 2: 700 teaching hours.

Modality

- Practice: 75%
- Theoretical: 25%

Schedules

The week is from Monday to Friday, in the morning or afternoon with identical schedules and calendar.

- Morning schedule: from 09:15 to 13:15 hours.
- Afternoon hours: from 3:15 p.m. to 7:15 p.m.

The availability of places at a specific class schedule is based on vacancies at the time of registration.

Credentials

Once the Aesthetic Training is completed and having passed the final tests and the mandatory teaching hours, students receive the following credential documentation:

- Diploma of the Aesthetics Training Center CRISTINA SORLI.
- Certificate of studies of the ACADEMIC CORPORATION OF AESTHETICS AND PELUQUERÍA DE ESPAÑA (CAEPE), endorsed by the NATIONAL GREMIO DE HAIRDRESS AND AESTHETICS OF SPAIN (GENPER).
- CCE CRISTINA SORLI Professional Card.
- Professional Card of the NATIONAL GREENING OF HAIRDRESS AND AESTHETICS OF SPAIN (GENPER).

Students can request a credit certificate from the Center to manage the validation of their credentials, if their intention is to work in countries that require it.



CRISTINA SORLI

CENTRO DE CAPACITACIÓN DE ESTÉTICA

1st Course of Integral Aesthetics

Workshop practices: 490 hours

Temary:

Facial

- Organization of the workplace.
- Customer comfort.
- Hygiene
- Manual techniques.
- Basic techniques.
- Practical equipment for facial hygiene.
- Analysis and aesthetic diagnosis of the skin.
- Skin cleaning protocols.

Bodily

- Organization of the workplace.
- Customer comfort.
- Hygiene
- Analysis and aesthetic diagnosis of the body.
- Basic maneuvers of body massage.
- Body massage process.

Manicure

- Organization of the workplace.
- Customer comfort.
- Hygiene
- Manual massage techniques of hands.
- Practical appliances.
- Manicure process.

Pedicure

- Organization of the workplace.
- Customer comfort.
- Hygiene
- Manual foot massage techniques.
- Practical appliances.
- Pedicure process.

Waxing

- Organization of the workplace.
- Customer comfort.
- Hygiene
- Practical appliances.
- Selection of the depilatory system according to topographic location of hair.
- Hot wax application technique.
- Technique of application of warm wax.
- Post depilatory care.
- Hair inhibitor treatments.
- Hair discoloration.

Theoretical Training: 210 hours

- History of Aesthetics.
- Fundamentals of the 1st profession Part: Hygiene. Security. Image.
- Deontology. Facilities, material and resources for professional practice.
- Notions of physics and electricity.
- Applied basic appliances.
- Anatomy and physiology Part 1: The cell and the tissues. The skin. Bones and muscles of the human body. The systems.
- Absolute contraindications and relative and limitations in the application of aesthetic techniques of facial hygiene.
- Absolute contraindications and relative and limitations in the application Aesthetic massage techniques of the body.
- Basic cosmetics applied to the skin hygiene, manicure, pedicure and hair removal.