



Destiny
Beauty School



Course Information

Nationally recognised qualifications with the option
of ITEC certification

2026

Contact

school@pyramiddayspa.co.za | 072 160 8070

whatsapp: 072 160 8070 | www.destinybeautyschool.co.za

For an application form, please email **school@pyramiddayspa.co.za**

Full Time Courses 2026

ITEC International examination fee is NOT included.

International examinations are optional at an extra fee. Fees are subject to change.

MODULE	FEES (incl. Class Kits)	NEXT INTAKE
1st Year Beauty Technology	R45 000	February 2026
2nd Year Body Therapy	R45 000	February 2026
3rd Year Spa Therapy	R35 000	February 2026
Beauty Aesthetics	R25 000	February 2026

Part Time Courses 2026

International examinations are not applicable to Part Time Courses.

For course start dates, please see the separate Part Time Courses Schedule.

COURSE	FEES (incl. Kit)
Nail Technology Acrylic System - (5 Sessions)	R5 500
Nail Technology Gel System - (5 Sessions)	R5 500
Day, Evening & Bridal Make-up - (5 Sessions)	R5 500
Individual Eyelash Extensions – (5 Sessions)	R5 500
Manicure & Pedicure - (5 Sessions)	R5 000
Facial Therapy - (6 Sessions)	R6 500
Waxing - (6 Sessions)	R6 500
Swedish Massage - (5 Sessions)	R5 000
Hot Stone Massage - (5 Sessions)	R8 000
Eyebrow & Eyelash Tinting & Shaping - (2 Sessions)	R3 000
Threading - (2 Sessions)	R2 500

PLEASE NOTE: FULL PAYMENT TO BE DONE 1 WEEK BEFORE COURSE COMMENCES.

Payments can be done by EFT or CASH. If done via EFT, proof of payment must be set to **school@pyramiddayspa.co.za**

Banking Details: Destiny Institute [Pty] Ltd, First National Bank, Acc No: 63135467222

Please use as reference your Name & Surname



Services SETA
Accreditation No. 4175

1st YEAR **BEAUTY TECHNOLOGY**

80646 Beauty Technology Certificate NQF Level 4

R45 000

FEES INCLUDE:

Class kits, all digital learning manuals, pinafore, and National Examination.

DEPOSIT:

R8 000 Registration Fee.

Installments: R37,000 over 8 months = **R4,625.00** per month (1 March 2026 – 1 October 2026)

Discount options: Full Payment - 10% Discount | Two Installments - 5% Discount

DURATION:

1 year : February – December (subject to change)

Monday to Friday - 08h30 – 15h30. School closes at 16h00.

SUBJECTS:

Skincare and Eye Treatments

Holistic Massage

Waxing

Basic Make-up

Business Awareness

Health & Safety

Manicures & Pedicures

Professional Conduct

Eyebrow Shaping

Anatomy & Physiology I

Eyebrow & Eyelash Tinting

Indian Head Massage

The purpose of this qualification is to develop the self-directed skills and knowledge of those employed in the beauty industry as nail technologists, beauticians or make-up artists. It is designed for people who wish to extend their range of skills and knowledge of the industry and those wishing to follow a career in the beauty industry. The qualification is aimed at developing the necessary task skills, task management skills and job/role management skills of those working or intending to work in the beauty industry. The learners will be able to integrate the generic salon requisite skills, knowledge, values and attitudes with those specific to the beauty industry, ensuring the business in which they operate runs smoothly and offers excellent customer service according to industry standards.

This qualification is awarded to people who have demonstrated the relevant skills and knowledge required to perform a range of beauty services at a basic level within the salon environment. It will lead to entrepreneurial opportunities for learners already operating or joining this profession and enhance the self-image of each individual learner as he/she becomes more professional. Holders of this qualification are able to conduct the prescribed beauty service in a professional manner, and maintain service excellence in all their operations.

Not included in the fee

Learners are required to provide their own linen.

(2 white bath sheets, 2 white bath towels, 2 deep purple hand towels, 1 white single bed flat sheet)

Learners are to wear plain black pants, top and shoes daily (a school pinafore is included in the fee).

Entry Requirements:

Grade 11/Equivalent (Level 3)

See below: Learners may choose to do an ITEC International Examination which will take part in November.

The following Examination is charged according to the exchange rate at the time of invoice. Learners will be given more information on these exams towards the 2nd Term.



ITEC International examination is NOT included in the course price.

ITEC International Exams are optional at an extra fee.

ITEC is a leading international specialist examination board, providing quality qualifications in Beauty & Spa Therapy, Hairdressing, Complementary Therapies, Sports & Fitness Training and Customer Service.

Diploma for Beauty Specialists (1st Year) | Level 2 (International) | UK Accreditation: QAN 100/1914/5

The ITEC Diploma for Beauty Specialists provides a thorough understanding and skills in Facial Treatments (with the omission of electricals), manicure/pedicure and waxing for a Beauty Specialist requiring a high-level qualification in beauty.



Services SETA
Accreditation No. 4175

2nd YEAR **BODY THERAPY**

58310 Health and Skincare Diploma NQF Level 5

R45 000

FEES INCLUDE:

Class kits, all digital learning manuals, pinafore, and National Examination.

DEPOSIT:

R8 000 Registration Fee.

Installments: R37,000 over 8 months = **R4,625.00** per month (1 March 2026 – 1 October 2026)

Discount options: Full Payment - 10% Discount | Two Installments - 5% Discount

DURATION:

1 year : February – December (subject to change)

Monday to Thursday - 08h30 – 15h30. School closes at 16h00.

SUBJECTS:

Facial and Body Electricals

Body Analysis & Slimming

Nutrition (Diet & Exercise)

Aromatherapy Massage

Anatomy & Physiology II

Microbiology

Physics & Chemistry

Health, Safety & Professional Ethics

This qualification will enable the qualifying learner to function as a member of a multi-disciplinary team as a multi-skilled health and skincare practitioner. The learner will be skilled in visual, tactile, verbal and assessment skills to ascertain the client’s body and integumentary needs, in order to analyse the client’s state of health, and formulate a specific regime or protocol for the treatment, prevention and/or maintenance of wellbeing for the client.

Learners accredited with this qualification will be able to:

- Apply communication skills to provide effective health and skincare treatments.
- Demonstrate applied knowledge of microbiology, anatomy, physiology, physics, chemistry & psychosocial sciences.
- Plan, implement and evaluate health and skincare treatments based on a holistic assessment of the client.
- Participate in the promotion of holistic health care.
- Maintain professionalism in health and skincare practice.
- Participate and/or manage a health and skincare establishment.

A healthy lifestyle management is now required by most, if not all medical aid organisations. Not all people enjoy organized exercise, and the same stress release and improvement of self-esteem may be obtained through regular, effective skin and body-care treatments. Health and Skincare competency contributes to employment opportunities in the cosmetic industry – one of the largest retail/commercial industries in both relatively developed and developing countries. There is an ever-increasing need for health and skin care therapists in previously disadvantaged communities; thus it is essential to ensure quality qualifications on the NQF.

Not included in the fee

Learners are required to provide their own linen.

(2 white bath sheets, 2 white bath towels, 2 deep purple hand towels, 1 white single bed flat sheet)

Learners are to wear plain black pants, top and shoes daily (a school pinafore is included in the fee).

Entry Requirements:

80646 - FET Certificate in Beauty Technology NQF Level 4 (1st Year)

See below: Learners may choose to do an ITEC International Examination which will take part in November.

The following Examination is charged according to the exchange rate at the time of invoice. Learners will be given more information on these exams towards the 2nd Term.



ITEC

ITEC International examination is NOT included in the course price.

ITEC International Exams are optional at an extra fee.

ITEC is a leading international specialist examination board, providing quality qualifications in Beauty & Spa Therapy, Hairdressing, Complementary Therapies, Sports & Fitness Training and Customer Service.

Diploma in Body Treatments (2nd Year) | Level 3 (International) | UK Accreditation: QAN 100/2571/6

Treatments for the purposes of relaxation, stress release, slimming and weight loss.



 <p>Services SETA Accreditation No. 4175</p>	3rd YEAR SPA THERAPY	
	58310 Health and Skincare Diploma NQF Level 5	R35 000

<p>FEES INCLUDE:</p> <p>DEPOSIT:</p> <p>DURATION:</p>	<p>Class kits, all digital learning manuals, pinafore, and National Examination.</p> <p>R8 000 Registration Fee.</p> <p>Installments: R27,000 over 8 months = R3,375.00 per month (1 March 2026 – 1 October 2026)</p> <p>Discount options: Full Payment - 10% Discount Two Installments - 5% Discount</p> <p>1 year : March – December (subject to change) Monday to Thursday - 08h30 – 15h30. School closes at 16h00.</p>
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SUBJECTS:

{	<p>Spa Therapy</p> <p>Pregnancy Massage</p>	<p>Sports Massage</p> <p>Nail Technology (Gel & Acrylic)</p>	}
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This qualification will enable the qualifying learner to function as a member of a multi-disciplinary team as a multi-skilled health and skincare practitioner. The learner will be skilled in visual, tactile, verbal and assessment skills to ascertain the client’s body and integumentary needs, in order to analyse the client’s state of health, and formulate a specific regime or protocol for the treatment, prevention and/or maintenance of wellbeing for the client.

Learners accredited with this qualification will be able to:

- **Apply communication skills to provide effective health and skincare treatments.**
- **Demonstrate applied knowledge of microbiology, anatomy, physiology, physics, chemistry and psychosocial sciences.**
- **Plan, implement and evaluate health and skincare treatments based on a holistic assessment of the client.**
- **Participate in the promotion of holistic health care.**
- **Maintain professionalism in health and skincare practice.**
- **Participate and/or manage a health and skincare establishment.**

A healthy lifestyle management is now required by most, if not all medical aid organisations. Not all people enjoy organized exercise, but the same stress release and improvement of self-esteem may be obtained through regular, effective skin and body-care treatments.

Health and Skincare competency contributes to employment opportunities in the cosmetic industry – one of the largest retail/commercial industries in both relatively developed and developing countries. There is an ever-increasing need for health and skin care therapists in previously disadvantaged communities; thus it is essential to ensure quality qualifications on the NQF.

Not included in the fee

Learners are required to provide their own linen.
(2 white bath sheets, 2 white bath towels, 2 deep purple hand towels, 1 white single bed flat sheet)
Learners are to wear plain black pants, top and shoes daily (a school pinafore is included in the fee).

Entry Requirements:

1st & 2nd Year Qualification.

Please Note: 3rd Year Spa Therapy is National Examination only, and does not have the option of ITEC Qualification.



 <p>Services SETA Accreditation No. 4175</p>	<h2>BEAUTY AESTHETICS</h2>
	<p>R25 000</p>

<p>FEES INCLUDE:</p> <p>DEPOSIT:</p> <p>DURATION:</p>	<p>Class kits, all digital learning manuals, pinafore, and National Examination.</p> <p>R8 000 Registration Fee.</p> <p>Installments: R17,000 over 4 months = R4,625.00 per month <i>(1 March 2026 – 1 October 2026)</i></p> <p>Discount option: Full Payment - 5% Discount</p> <p>4 Months February – June OR July - November</p>
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SUBJECTS:

{	<p>Basic Make-up</p> <p>Facial Threading</p> <p>Eyebrow & Eyelash Tinting</p>	<p>Eyebrow Shaping</p> <p>Individual Eyelash Extensions</p> <p>Nail Technology – Gel & Acrylic Systems</p>	}
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Nail Technology - Acrylic & Gel Systems

Theory & application on client consultation, contraindications, health & safety, nail preparation, tip application, Acrylic system & application, Gel system & application, nail diseases & disorders, anatomy of the nail.

Day, Evening & Bridal Make-up

Theory & application on client consultation, contraindications, corrective make-up, contouring, baking, cut-crease, application and sequence of make-up, Day make-up, Evening make-up, Special Occasion/Bridal make-up, health & safety.

Individual Eyelash Extensions

Theory & application on client consultation, contraindications, health & safety, individual semi-permanent eyelash extensions, removal.

Eyebrow and Eyelash Tinting and Shaping

Theory & application on client consultation, contraindications, health & safety, tinting of the lashes and brows, shaping & tweezing of the brows.

Threading

Theory & application on client consultation, contraindications, health & safety, history and origin of threading, brow shaping, techniques of threading.

Not included in the fee

Learners are required to provide their own linen.
(2 white bath sheets, 2 white bath towels, 2 deep purple hand towels, 1 white single bed flat sheet)
Learners are to wear plain black pants, top and shoes daily (a school pinafore is included in the fee).

Entry Requirements:

Grade 11 or similar.

This is a National Examination only, and does not have the option of ITEC.



Destiny

Beauty School



Part Time Courses 2026

All Part Time Courses are Nationally Recognised

Destiny will be introducing the following Beauty Workshops :

Introductory Make Up, Eyebrow Shaping, Brow Waxing, Threading, Brow & Lash Tinting,
Introductory Nail Tech with Nail Art.

General Info:

- Learners are to wear plain black to lessons. A t-shirt will be given to the learner.
- Learners must purchase towels for certain modules; this will be explained on the first day of the course.
- Learners will need to complete case studies, theory and practical assessments for each module before certification will be issued.

**Part Time Courses are run during the week, either morning or afternoon sessions,
and on Fridays, depending on availability.**

Part Time Courses 2026

All Part Time Courses are Nationally Recognised

NAIL TECHNOLOGY - ACRYLIC SYSTEM	R5 500 incl. Kit
<p>Theory & application on client consultation, contraindications, health & safety, nail preparation, tip application, Acrylic system & application, nail diseases & disorders, anatomy of the nail.</p> <p>COURSE STRUCTURE:</p> <p>Day 1: Introduction to learners, case study info, towel info, kit lists. Theory on products, hygiene & sterilization, diseases & disorders of the nail, function and structure of the nail. Demo: Nail Preparation and tip application & Acrylic ball practice board. Learners to practice nail preparation and tip application.</p> <p>Day 2: Practical Demo on Clear Acrylic on Clear tip, Clear Acrylic on French tip, Clear acrylic overlay. Demo: Acrylic smile line on practice board. Learners to bring in model.</p> <p>Day 3: Practical Demo on French Acrylic on Clear tip, French Acrylic Overlay, Sculpted French Acrylic. Learners to bring in model.</p> <p>Day 4: Learner to perform Case Study 1 on model 1 - Sculpted French Acrylic (Learner to bring in model)</p> <p>Day 5: Learner to perform Case Study 2 on model 2 - French Acrylic on clear tip (Learner to bring in model)</p> <p>Case Study Requirements to be completed at home: Case Study 3 - Sculpted French Acrylic Case Study 4 - French Acrylic on clear tip</p> <p>Assessment date is scheduled 2-3 weeks after the last formal lesson</p> <p>Day 6: ASSESSMENT: Acrylic Nail Tech Summative Theory Assessment & Practical Assessment (Learner to bring in model)</p>	

NAIL TECHNOLOGY - GEL SYSTEM	R5 500 incl. Kit
<p>Theory & application on client consultation, contraindications, health & safety, nail preparation, tip application, Gel system & application, nail diseases & disorders, anatomy of the nail.</p> <p>COURSE STRUCTURE:</p> <p>Day 1: Introduction to learners, case study info, towel info, kit lists. Theory on products, hygiene & sterilization, diseases & disorders of the nail, function and structure of the nail. Demo: Nail Preparation and tip application & Acrylic ball practice board. Learners to practice nail preparation and tip application.</p> <p>Day 2: Practical Demo on Clear tip with colour Gel Clear gel on French tip, Clear & Colour Gel overlay. Demo: Nail Preparation and tip application. Learners to practice nail preparation and tip application.</p> <p>Day 3: Practical Demo on French Gel on Clear tip Sculpted French Gel. (Learners to bring in model)</p> <p>Day 4: Learner to perform Case Study 1 on model 1 - Sculpted Clear Gel (Learner to bring in model)</p> <p>Day 5: Learner to perform Case Study 2 on model 2 - French Gel on clear tip (Learner to bring in model)</p> <p>Case Study Requirements to be completed at home: Case Study 3 - Sculpted Clear Gel Case Study 4 - French Gel on clear tip</p> <p>Assessment date is scheduled 2-3 weeks after the last formal lesson</p> <p>Day 6: ASSESSMENT: Gel Nail Tech Summative Theory Assessment & Practical Assessment (Learner to bring in model)</p>	

Part Time Courses 2026

All Part Time Courses are Nationally Recognised

MANICURES AND PEDICURES

R5 000 incl. Kit

Theory & application on client consultation, contraindications, filing, cuticle work, hand & arm massage, foot & leg massage and painting of finger and toe nails, bones & arteries of the arm, hand, foot & leg, nail diseases & disorders, manicure & pedicure sequence, health & safety.

COURSE STRUCTURE:

Day 1: Introduction to learners, case study info, towel info, kit lists. Theory on structure and function of the nail, nail diseases and disorders.

Day 2: Theory on manicure tools and products, preparing for manicure treatment, hand and arm massage. Demo on Manicure treatment. Learners to practice Manicure treatment on a model. (Learner to bring in model)

Day 3: Theory on pedicure tools and products, preparing for pedicure treatment, foot and leg massage. Demo on Pedicure treatment Learners to practice Pedicure treatment on a model. (Learner to bring in model)

Day 4: Learner to Manicure and Pedicure treatment on a model. (Learner to bring in model)

Day 5: Case Study 1 Learner to perform a Manicure with red polish and a Pedicure with French treatment on a model as a case study. (Learner to bring in model)

Case Study Requirements to be completed at home:

Case Study 2 – Manicure with French polish and Pedicure with red polish

Case Study 3 – Manicure with red polish and Pedicure with red polish

Assessment date is scheduled 2-3 weeks after the last formal lesson

Day 6: ASSESSMENT:

Manicure and Pedicure Summative Theory Assessment & Practical Assessment (Learner to bring in model)

EVENING & BRIDAL MAKE-UP

R5 500 incl. Kit

Theory & application on client consultation, contraindications, corrective make-up, contouring, baking, cut-crease, application and sequence of make-up, Day make-up, Evening make-up, Special Occasion/Bridal make-up, health & safety.

COURSE STRUCTURE:

Day 1: Introduction to learners, case study info, towel info, kit lists. Theory on basic make-up hygiene, products, how to fleek eye brows. Theory on contouring of different face, nose and lip shapes, and different make-up occasions.

Day 2: Demo Day make-up and bridal make-up. Learners are to practice on a model. (Learner to bring in model)

Day 3: Demo on Evening make-up and case study 1 – learners to perform a day make-up. Learners are to practice on a model. (Learner to bring in model)

Day 4: case study 2 learners to perform an evening make-up. (Learner to bring in model)

Day 5: case study 3 learners to perform a bridal make-up. (Learner to bring in model)

Case Study Requirements to be completed at home:

Case Study 4 – Day make-up

Case study 5 – Evening make-up

Case study 6 – Bridal make-up

Assessment date is scheduled 2-3 weeks after the last formal lesson

Day 6: ASSESSMENT:

Make-Up Summative Theory Assessment & Practical Assessment (Learner to bring in model).

Part Time Courses 2026

All Part Time Courses are Nationally Recognised

INDIVIDUAL EYELASH EXTENSIONS

R5 500 incl. Kit

Theory & application on client consultation, contraindications, health & safety, individual semi-permanent eyelash extensions, removal.

COURSE STRUCTURE:

Day 1: Introduction to learners, case study info, towel info, kit lists. Theory on Individual Eyelash Extensions. Demo: lash pick-up & placement.

Day 2: Demo on taping, isolating the lash, lash placement on model. Learners to practice. (Learner to bring in model).

Day 3: Learners to practice a full set of Individual Eyelash Extensions on model 1 (Learner to bring in model).

Day 4: Learners to practice a full set of Individual Eyelash Extensions on model 2 (Learner to bring in model).

Day 5: Learners to practice a full set of Individual Eyelash Extensions on model 3 (Learner to bring in model).

Day 6: Learners to practice a full set of Individual Eyelash Extensions on model 4 (Learner to bring in model).

Day 7: Learners to practice a full set of Individual Eyelash Extensions on model 5 (Learner to bring in model).

Case Study Requirements to be completed at home:

Case Studies 6,7,8,9 and 10 – Full set of lashes

Assessment date is scheduled 2-3 weeks after the last formal lesson

Day 6: ASSESSMENT:

Individual Eyelash Extensions Summative Theory & Practical Assessment (Learner to bring in model).

FACIAL THERAPY

R6 500 incl. Kit

Theory & application on client consultation, contraindications, cleansing, toning, mask application, exfoliation, steaming, skin analysis, facial massage, moisturizing, skin anatomy, muscles & bones of the face, ingredients in products, facial sequence, health & safety.

COURSE STRUCTURE:

Day 1: Introduction to learners, case study info, towel info, kit lists. Theory on structure & pathology of the skin. Theory on skin analysis & Facial treatment products.

Day 2: Demo on eye & lip make-up removal, double cleansing, toning and skin analysis. Learners to practice on a model (Learner to bring in model).

Day 3: Demo on Steaming (electrical facial steamer and hot compress), exfoliation & facial massage. Learners to practice on a model (Learner to bring in model).

Day 4: Demo: Mask application, removal and moisturising. Practice on a model (Learner to bring model).

Day 5: Case study 1 Learners to perform Full Facial Therapy Treatment on a model (Learner to bring model).

Day 6: Case study 2 Learners to perform Full Facial Therapy Treatment on a model using the steamer (Learner to bring in model).

Case Study Requirements to be completed at home:

Case Studies 3,4 and 5: Full Facial Therapy Treatment on a model using the hot compress.

Assessment date is scheduled 2-3 weeks after the last formal lesson

Day 7: ASSESSMENT:

Facial Therapy Summative Theory & Practical Assessment (Learner to bring in model).

Part Time Courses 2026

All Part Time Courses are Nationally Recognised

SWEDISH MASSAGE	R5 000 incl. Kit
<p>History and concept of Swedish massage, Effects of massage on the body and mind, Understanding the effects massage has on the body systems, Recognising contraindications to Swedish Massage, Understanding the benefits and effects of the classical massage movements, Understand the different oils which can be used during the massage, Practical application of the classical massage movements, How to adapt the massage to integrate or soothe soft tissue.</p> <p>COURSE STRUCTURE:</p> <p>Day 1: Introduction to learners, case study info, towel info, kit lists. Theory on the history of massage, effects & benefits of massage, as well as different types of movements & different effects on the body.</p> <p>Day 2: Demo on front & back of body massage. Learners to practice on a model (Learner to bring in model).</p> <p>Day 3: Learner to practice a full body massage on a model. (Learner to bring in model).</p> <p>Day 4: Case study 1 - Learner to perform Case Study on model 1 (Learner to bring in model).</p> <p>Day 5: Case study 2 - Learner to perform Case Study on model 2 (Learner to bring in model).</p> <p>Case Study Requirements to be completed at home: Case Studies 3, 4 and 5 – Full body Massage</p> <p>Assessment date is scheduled 2-3 weeks after the last formal lesson</p> <p>Day 6: ASSESSMENT: Swedish Massage Summative Theory & Practical Assessment (Learner to bring in model).</p>	
EYEBROW AND EYELASH TINTING AND SHAPING	R3 000 incl. Kit
<p>Theory & application on client consultation, contraindications, health & safety, tinting of the lashes and brows, shaping & tweezing of the brows.</p> <p>COURSE STRUCTURE:</p> <p>Day 1: Introduction to learners, case study info, towel info, kit lists. Theory & demo on eyebrow & eyelash tinting and shaping. Learners are to practice on a model (Learner to bring in model).</p> <p>Day 2: Case Study 1 - Learners are to practice tinting and shaping on a model.</p> <p>Case Study Requirements to be completed at home: Case Studies 1 & 2: Eyebrow and eyelash tinting and shaping on a client</p> <p>Assessment date is scheduled 2-3 weeks after the last formal lesson</p> <p>Day 7: ASSESSMENT: Eyebrow & Eyelash Tinting & Shaping Summative Theory & Practical Assessment (Learner to bring model).</p>	
THREADING	R2 500 incl. Kit
<p>Theory & application on client consultation, contraindications, health & safety, history and origin of threading, brow shaping, techniques of threading.</p> <p>COURSE STRUCTURE:</p> <p>Day 1: Introduction to learners, case study info, towel info, kit lists. Theory & demo on facial threading. Learners are to practice on a model (Learner to bring in model).</p> <p>Day 2: Case Study 1 Learners are to perform facial threading on a model. (Learner to bring in model).</p> <p>Case Study Requirements to be completed at home: Case Studies 2 & 3: facial threading on a client</p> <p>Assessment date is scheduled 2-3 weeks after the last formal lesson</p> <p>Day 7: ASSESSMENT: Threading Summative Theory & Practical Assessment (Learner to bring in model).</p>	

Part Time Courses 2026

All Part Time Courses are Nationally Recognised

HOT STONE THERAPY

R8 000 incl. Kit

The history and concept of hot stone massage, Understanding the benefits and effects of the classical massage movements, The benefits of using hot stones during a massage for both the client and therapist, Understanding the different types of stones used during a hot stone massage, Understand the different oils which can be used during the massage, Understand the specific techniques used during hot stone massage, Practical application of classical massage movements combined with hot stone techniques.

COURSE STRUCTURE:

Day 1: Introduction to learners, including case study info, towel info, kit lists. Theory on the history, benefits, and various movements within Hot Stone Therapy.

Day 2: Demo on front and back of body massage. Learners to practice on a model (Learner to bring in model).

Day 3: Learner to practice a full body Hot Stone massage on a model. (Learner to bring in model).

Day 4: Case study 1 - Learner to perform Case Study on model 1 (Learner to bring in model).

Day 5: Case study 2 - Learner to perform Case Study on model 2 (Learner to bring in model).

Case Study Requirements to be completed at home:

Case Studies 3, 4 and 5 – Full-body Hot Stone Massage

Assessment date is scheduled 2-3 weeks after the last formal lesson

Day 6: ASSESSMENT:

Hot Stone Massage Summative Theory & Practical Assessment (Learner to bring in model).

WAXING

R6 500 incl. Kit

Theory & application on client consultation, contraindications, cool & hot wax treatments on legs, arms, bikini, underarms, lip and brows, hair anatomy, ingredients in products, health & safety, as well as basic knowledge of the Endocrine System.

COURSE STRUCTURE:

Day 1: Introduction to learners, case study info, towel info, kit lists. Theory on structure and function of the hair, advantages & disadvantages of cool & hot wax, methods of depilation, client care & consultation, contraindications, ingredients in depilation Products. Demo on a half leg wax

Day 2: Preparation for depilation treatments, theory on cool wax treatment, homecare advice. Demo on a leg and arm wax. Learner to practice on a model (Learner to bring in model).

Day 3: Theory on hot wax. Demo on lip, brow wax, bikini & underarm wax. Learner to practice hot wax treatments on a model. (Learner to bring in model).

Day 4: Case study 1 - Learner to perform a full body wax. (Learner to bring in model).

Day 5: Case study 2 - Learner to perform a full body wax. (Learner to bring in model).

Case Study Requirements to be completed at home:

Case Studies 3, 4 and 5: Full Body Wax

Assessment date is scheduled 2-3 weeks after the last formal lesson

Day 7: ASSESSMENT:

Waxing Summative Theory & Practical Assessment (Learner to bring in model).



At Destiny Beauty School, we are dedicated to providing an unparalleled training programme, fostering an environment where learners can enhance their careers with the requisite skills and confidence. Our comprehensive curriculum accommodates both Full-Time and Part-Time Beauty Therapy courses.

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