

Refresh Me

Been out of school for a while? Left the esthetics profession to pursue other interests and ready to return? Or do you just want greater understanding and guidance with the challenges and questions that arise in your day to day practice as a skin care or body practitioner?

Whatever your situation may be, the Elizabeth Grady Schools of Esthetics and Massage Therapy has designed this series of one day refresher classes to aid the esthetician in perfecting their skills and learning new ones. All of the *Refresh Me* programs place emphasis on customizing the treatment through effective skin analysis in order to create result-oriented treatment plans.

Join esthetic educator, Beth Mirowski, and learn the ins and outs of esthetic treatment and the esthetic business. Beth Mirowski was a member of the first graduating class at the Elizabeth Grady School of Esthetics in 1979 and continued her professional education throughout the years including attending and graduating from massage school. Throughout her career as an Esthetician and Massage Therapist, Beth has worked at several Elizabeth Grady salons, is an educator, and presently serves as the Director of Esthetic Training for the Elizabeth Grady Companies.

Beth also plays an integral part in product research and development and is the innovative mind behind the development of many of Elizabeth Grady's luxurious facial and body treatments.

Upon successful completion, you will be awarded a certificate. Save money and purchase all six programs for \$500.00, a forty dollar savings.

Additionally, when you purchase all six you will receive a complimentary personal evaluation with Beth, something so valuable to your education and profession that it's considered priceless.

Advanced Facial Massage

How many of your clients come for facial treatments for the benefit of relaxation? Are you capable of customizing the facial massage to meet your client's skin care needs? Do you incorporate other modalities into your massage for optimal results? Do you take into consideration the power of touch when treating your clients?

Review the fundamental Swedish techniques that are the basis for facial massage and learn to incorporate other massage applications, such as Shiatsu and Lymphatic Drainage, to guarantee your client a relaxing and restorative experience. Also, learn to create result-oriented facial massages for specific skin indications.

This class is open to licensed estheticians and massage therapists.

Brazilian Bikini Waxing and Advanced Waxing Refresher

Expand your business by turning facial clients into waxing clients and provide them with superior waxing services.

In this 4-hour class, learn proper technique and etiquette for providing Brazilian Bikini waxing services and proper general waxing techniques for legs, underarms, backs, and chests. Learn how to overcome common challenges that waxing services present and how to improve overall results and speed of services. All waxing will be performed with Elizabeth Grady azulene hard wax.

This class is open to licensed estheticians.

Advanced Understanding of Exfoliation and Peeling

In today's industry, there are many options available for exfoliation. Do you know when it's appropriate to use enzymes, AHA's, surfaces peels, microdermabrasion, or scrubs? Do you understand the differences between glycolic and lactic acid? What's the difference between an exfoliant and a peeling agent?

This class will investigate the differences between all of these methods of exfoliation, explain how each affect the skin differently, and when the benefit of one method outweighs another. Class participants will have the opportunity to perform exfoliation treatments and experience the differences.

This class is open to licensed estheticians.

Advanced Understanding of Acne and Effective Extraction

Treatment of oily skin is only as effective as the person treating it. Do you find acne prone skin challenging? Join us for the day in understanding the pathogenesis of acne and how to treat it, beginning with effective extraction techniques.

This class is open to licensed estheticians.

Global Makeup

Facial features and skin colors are all unique and combine to make the beautiful array of faces from all over the world. However, many makeup artists lack specific techniques for different shapes, lines, colors, and textures of skin and features. From this program you will take with you a surplus of techniques that you can blend to accentuate the beautiful combinations you work with in your practice.

This class is open to licensed estheticians, cosmetologists, and makeup artists.

Over Forty and Looking Fabulous: Skin Care and Makeup for Women over forty

Women over 40 make up the majority of your clientele. Do you know their ever changing skin care and makeup needs? Learn the physiological changes that occur as a woman ages. Learn different techniques that should be incorporated in facial and makeup services that cater to the needs of this demographic. Learn product ingredients useful for balancing the skin as hormones change. Service your clients by assisting them in looking as good as they feel in their forties.

Foundations of Essential Oil Therapy Certification Program

Incorporate aromatherapy into your professional practice and personal lifestyle. This comprehensive program is designed to provide the esthetician, massage therapist, cosmetologist, or any practitioner of healing arts with fundamental knowledge in the use of essential oils and aromatherapy. Moving beyond a simple definition of individual oils, participants will gain an understanding of the chemical composition of essential oils, their impact on the body's olfactory system and relation to energy principles as well as their therapeutic function in cosmetic ingredients and beauty treatments. This course will also incorporate methods for utilizing these powerful agents in conjunction with herbs and nutrients to create a program for beauty and healthful living. Quality control issues and best practices in developing formulations for professional and personal use will be addressed. Each student will receive a personal consultation and will be given an essential oil blend customized for their individual needs.

This class is open to licensed estheticians massage therapists, and other holistic health and beauty practitioners.

Skin Phytotherapy

Discover the power of true therapeutic essential oils and botanicals used in skin care products and services. During this class you will learn:

- The therapeutic use of essential oils and botanicals commonly used in skin care formulations.
- Effective treatments using essential oils for acne, wrinkles, congestion, allergic and sensitive skins, scars, eczema, and to maintain a healthy skin.
- How and why these botanicals work effectively to treat and to maintain healthy skin and how they work effectively to treat almost any skin imbalance.
- The safe use of oils and the myths behind sensitivity issues.
- How to choose skin type appropriate products based on their natural ingredients and know how to create simple skin care formulas using real essential oils.

Jimm Harrison is an innovative educator and consultant with over 20 years experience. Jimm has been conducting certification programs in essential oil therapy for accredited massage, spa therapy, cosmetology, and medical esthetic institutions across the country since 1993. In 1995 he founded the Phytotherapy Institute to advance increased education in essential oil and plant therapies. He is renowned for his work on Global Healthy Aging, a unique beauty program that blend physiological, biological, psychological, and sociological principles.

As a respected member of the Integrative Medicine Alliance of Boston, Jimm has conducted lectures for such prestigious institutions as the Dana-Farber Cancer Institute, Harvard Medical School, and the Massachusetts College of Pharmacy. Jimm has written numerous articles on the subject of health, beauty, and nutrition and is the author of *The Essentials for Beauty and Skin: A Practice and Philosophy in Pursuit of Inner and Outer Beauty*.



The Elizabeth Grady School of Esthetics has created an educational program for estheticians desiring to broaden their scope of practice by devising result oriented treatment plans with a clinical approach. The Elizabeth Grady Esthetic Educational Series for management of clinical indications offers focused modules dedicated to specific skin conditions allowing the learner to choose a specific course of study or combine all the programs for a comprehensive study in the clinical application of esthetics. For estheticians and medical practitioners who desire to practice in a clinical setting, this series of educational programs is particularly useful. Elizabeth Grady not only applies clinical principals for treating medical problems, but also incorporates a holistic approach when treating problem skin. This is truly Where Beauty Meets Medicine.™

Join Cate Tool, Director of the Elizabeth Grady School of Esthetics, for this detailed study of the skin and how esthetic treatment can augment the results when applied in a clinical setting. Cate has studied extensively with medical esthetic pioneers such as Anna Dee Rinehart and Victoria Rayner. She has also worked closely with physicians and has conducted clinical focus groups while researching the effects of microdermabrasion, LED's, AHA's and other cosmeceuticals on common skin problems such as acne and aging skin. Cate continues to play an integral role in the research and development of products and services for the Elizabeth Grady companies and most recently has spear-headed the addition of the Elizabeth Grady School of Massage Therapy program beginning September, 2005. See application for pricing.

An Introduction to Esthetic Practice with a Clinical Approach

This class explores the many avenues the practitioner can take in medical esthetic practice. An overview of medical terminology, documentation, and psychosocial aspects of clinical esthetics is discussed.

Esthetic Treatment Plans for Clinical Indications

The three most common skin conditions treated by estheticians in traditional and clinical practice include Aging Skin, Pigmentary Conditions, and Inflammatory Conditions such as Acne.

This program will cover traditional esthetic treatment versus clinical treatment of the indicated skin type. Students will learn indications and contraindications in the treatment and use of: AHA's, light chemical peeling agents, facial rejuvenation techniques, acne treatments, and cosmeceuticals for the treatment of hyperpigmentation, acne, inflammation, and aging skin. Emphasis is placed upon creating treatment plans based on comprehensive client intake and evaluation. Treatment plans are then approached from various stances including nutrition, lifestyle, product usage, and professional service.

Microdermabrasion

Microdermabrasion has become an important adjunct to traditional esthetic treatment. This class will provide a comprehensive education covering the theoretical and the hands-on experience to practice microdermabrasion in a salon or clinical setting. Skin assessment, preparation, and technique are highlighted. Additionally, how to choose the right microdermabrasion machine, machine maintenance, and marketing of microdermabrasion services are covered focuses on effective application of microdermabrasion treatments and provides the theoretical principles.



- ❖ Spa I
- ❖ Spa II

Spa Therapy- Module 1/ Exfoliating and Hydrating Body Treatments

Therapeutic use of water, mud, salts, seaweed, and herbs for the health of the body dates back thousands of years. During part one of this two module program students will learn and experience the following:

- ❑ Fundamentals of Human Anatomy and Physiology
- ❑ Body Exfoliation: Dry Brushing, Body Polishes, including the use of Sea Salts and Essential Oils to remove superficial dead cells leaving the skin smooth and with a healthy glow
- ❑ Mud Treatments: Using the earth to stimulate circulation and aid in detoxification
- ❑ Warm Paraffin Treatments designed to hydrate the skin and stimulate nourishment in the tissues
- ❑ Remineralization, Revitalization, and Detoxification through the use of Seaweed Wraps
- ❑ Hydrotherapy: the use of water, water pressures, and steam to improve the overall health of the body

Spa Therapy- Module 2/ Detoxifying and Minimizing Body Treatments

* Attendance of Module 1 is prerequisite

- ❑ Herbal Linen Wraps: wrap the body in bands of linen infused with natural herbs to relax and balance the body
- ❑ Thalassotherapy- use of seaweed and sea derived products for detoxification and nourishment of the skin.
- ❑ Parafango treatments-using a combination of paraffin and fango mud this heated body treatment incorporates compression and heat for minimizing results.
- ❑ Aromatherapy Body Treatment: this body treatment uses natural, aromatic essential oils to balance the body, mind, and spirit
- ❑ Nutrition and the Spa
- ❑ Incorporating Spa Services into your business

This class is open to licensed estheticians and massage therapists.



ELIZABETH GRADY

Enrollment Agreement Contract

Program or Advanced Education Course Name: _____

Student Name: _____

Phone:
Home: _____
Business: _____

Course Start Date: _____

Course End Date: _____

Cost: _____

****Full Payment is Due**

1. You may terminate this agreement at any time before the commencement of the course for a full refund.
2. If you do not attend the course, no refund or credit will be allowed unless you notify the school in writing of your termination within three business days of the commencement of the course. Such writing may be mailed, hand delivered, or faxed.

Student
Signature _____ Date _____

School Official
Signature _____ Date _____

Elizabeth Grady Schools
of Esthetics and Massage Therapy
222 Boston Avenue
Medford, MA 02155
Phone 1-800-FACIALS Fax 781-391-4772
www.elizabethgrady.com

Please place a check mark next to the classes which you are enrolling:

Enrollment Application

Name: _____

Address: _____

Evening Phone: _____

Daytime Phone: _____

Email _____

Social Security # _____

Date of Birth: _____

Education:

High School: _____

College: _____

Esthetic/Cosm. School: _____

Esthetic/Cosm license#: _____

Employment:

Present Employer: _____

Medical Info: List any allergies, sight or hearing impairments, medical conditions including pregnancy, learning challenges, and medications:

Student Signature: _____

Date: _____

School Administrator: _____

Date: _____

Please submit completed enrollment application with payment in *full*. Additionally, students must complete an Enrollment Agreement and provide proof of identification.

REFRESH ME SERIES _____

Includes all 6 advanced, refresher Classes plus complimentary personal Evaluation with Beth Mirowski, Director Of Esthetic Training.

• **Brazilian Bikini and Waxing Refresher** _____

• **Exfoliation and Peeling** _____

• **Acne and Extraction** _____

• **Global Makeup** _____

• **Over Forty and Looking Fabulous,** _____

• **Advanced Facial Massage** _____

ESTHETIC TREATMENT FOR

CLINICAL INDICATIONS

Introduction Only _____

Complete Program _____

Introduction, Treatment Plans for Clinical Indications, and Microdermabrasion

Microdermabrasion Only _____

Essential Oil Therapy Certification Program _____

Skin Phytotherapy _____

Spa Therapy
Module 1 _____

Module 2 _____

Both Modules _____

More educational news!

Keep up to date on any additional course offerings by checking out our website at www.elizabethgrady.com.

Join us for an **Open House!** Interested in a career in esthetics or Massage Therapy? Learn more at an Elizabeth Grady Open House:

Reservations are required.
Please RSVP by phone at
781-960-0123 or email
admissions@elizabethgrady.com

The Elizabeth Grady School Store is open to licensed estheticians. Bring your esthetics license and proof of identification and purchase exclusive Elizabeth Grady retail and professional products, equipment, and supplies at wholesale cost.

**WITH THIS COUPON
RECEIVE AN ADDITIONAL
10% OFF ANY PURCHASE
OVER 100.00 AT THE
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massage therapists only. Please bring
a copy of your license.