



*The ULTIMATE course.*



**Open Razor Hot Towel Shaving and  
Indian Head Massage Course.**

**A complete certified, Practical and  
theoretical based  
Course you cannot afford to miss.**



**To be the best, train with the best.**

**Book a course to suit you and your staff  
NOW!**

**For details on this course call**

Portland barbers 1890 929450

E-mail [portlandbarber@gmail.com](mailto:portlandbarber@gmail.com)

[www.portlandbarber.ie](http://www.portlandbarber.ie)

Or

MAC Complementary Health Clinic

05793 33889 / 086 8294769

E-mail [info@mac-health.com](mailto:info@mac-health.com)

[www.mac-health.com](http://www.mac-health.com)

**Gary Devane**

The Ultimate Shaving Guide.....

---

## **Shaving courses - Open Razor Hot Towel Shaving.**



**Pack a serious new weapon into your salon's armoury – the cut-throat shaving experience! It will boost turnover. Male pampering is surging ahead but there's a shortage of teams in Ireland and the UK with the all-important expertise. And that's where we come in.**

**We equip you with the knowledge, skills and understanding to tackle this growth market. We also show you how to market and demonstrate the benefits of a cut throat shaving service. This will provide you with the opportunity to promote a complete pampering experience for men - a savvy way to increase turnover in your salon. Increase the revenue from one customer by giving them twice the service.**

# Gary Devane

The Ultimate Shaving Guide.....

---



This is an opportunity to learn from a true master about hair growth – understanding different growth patterns, face shapes, skin sensitivities and dealing with tricky skin textures. It's a totally thorough teaching experience which starts with the basics but which encompasses the science behind the skill. The course covers all stages of shaving and includes:

- Hands-on experience of cut throat shaving
- Preparation of the skin
- Determining hair growth
- Brushes and creams
- Appropriate razor
- The hot towel experience
- Health and Safety do's and don'ts
- Problem's of the skin



**You will also receive complimentary shaving cream and the ultimate Platinum open razor.**



**For more information on this superb course  
please contact:**

**[www.portlandbarber.ie](http://www.portlandbarber.ie) or Ph: 1890 929450**

## *Specialised Indian head massage Course For Barbers and Hair Salons.*



*Enhance your service and increase your profits by  
providing this unique beneficial service to your  
clients.*



*Take advantage of our in house training.*

Take a positive step forward now and train your staff to  
provide this wonderful therapy.  
This unique one day course will be run in your Salon on  
a day that suits you and your staff. Training standards  
will meet the criteria of the:

*International Natural Healers Association.*

**MAC Complementary Health Clinic.**

**05793 33889 or 086 8294769**

**[www.mac-health.com](http://www.mac-health.com)**

*Provider of quality Holistic courses*

**BOOK your course NOW!**

Join the long list of hair salons and Barbers that have moved into the area of providing that little bit extra to their clients. Indian head massage is the perfect service to compliment the hair care sector. Instead of just purely working with the hair you can now work on the scalp, neck and face and thus provide a complete holistic service to your clients. By providing your staff with this training course you are effectively:

- Expanding your existing line of services
- Improving your potential to increase your profit.
- Truly providing a complete service to your clients.
- Sending a message to your clients that you really care about their physical, mental and emotional needs.
- Giving your staff the opportunity to obtain a certificate in Indian head massage.



**Excerpt from the VHI website:** “Indian head massage is deeply relaxing, which can prove to be a powerful preventive medicine in today’s often stress-choked, fast-paced lifestyle. It also can help the physical side-effects of stress, such as:

- **tension headaches**
- **tight jaw**
- **eye strain**
- **stiff muscles**
- **Some people also report feeling more energised and alert after a treatment.”**

**Obviously there are many more benefits. But why not let your clients experience them for themselves.**



**BOOK YOUR COURSE NOW:**

**Phone: 05793 33889 or 086 8294769.**

**E-Mail [info@mac-health.com](mailto:info@mac-health.com) [www.mac-health.com](http://www.mac-health.com)**



# Indian head massage.

## Course syllabus:

- What is Indian head massage
- The benefits of Indian head massage
- Structure of the skull
- Bones of the shoulder and neck
- Muscles of the face and head
- Preparation for Indian head massage
- Equipment
- Personal preparation
- Hygiene
- Hand exercises
- State of mind
- Preparation of the client
- Contraindications
- Consultation sheet
- Summary of the techniques used during the massage
- Explanation of the individual techniques used
- Some questions and answers
- Posture
- Starting the massage
- Upper back and shoulders
- Arms
- Neck
- Scalp
- Face
- Practical assessment

A course manual is also included with the course and this outlines and explains the course in detail. It will help you during your case studies and your written home examination.

**You will receive a certificate of attendance on the day of the course. On completion of 5 case studies and a short written exam carried out in the comfort of your own home, you will then receive a certificate of completion outlining your successful completion of this Indian head massage course.**

**BOOK YOUR COURSE NOW:**

**Phone: 05793 33889 or 086 8294769.**

**E-Mail [info@mac-health.com](mailto:info@mac-health.com) [www.mac-health.com](http://www.mac-health.com)**

## **Duration:**

Two-day course – on or off site to suit – weekends and Mondays as appropriate.

**Open razor hot towel shaving course.....1 Day duration.**

**Indian Head massage course.....1Day duration.**

## **Numbers:**

Minimum 2 and maximum 10.

## **Cost:**

A group of 4 to 10 people €340 per person. The cost from a single individual up to 3 people is €500 per person

Certificate Awarded to all students who successfully complete the course.

Terms and conditions apply.



***Call NOW to book your course.***

Portland barbers 1890 929450

E-mail [portlandbarber@gmail.com](mailto:portlandbarber@gmail.com)

[www.portlandbarber.ie](http://www.portlandbarber.ie)

Or

MAC Complementary Health Clinic

05793 33889 / 086 8294769

E-mail [info@mac-health.com](mailto:info@mac-health.com)

[www.mac-health.com](http://www.mac-health.com)

**Indian Head Massage and shaving course.  
Booking Form.**

Name	Address	Contact details

I enclose a booking deposit of €50 per person totaling €..... The outstanding balance of €..... will be paid on the morning of thecourse.

**Please tick the appropriate box regarding the training venue:**

The venue for the course will be in house  or venue for course will be a location that course provider will supply .

If your training is in house please supply the address of your venue:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please send deposits to either:**

<b>Joe McCormack</b> <b>MAC complementary Health Clinic</b> <b>3 St Marys Ave.</b> <b>Kilbeggan,</b> <b>Co. Westmeath</b> 	<b>Gary Devane</b> <b>Portland Barbers</b> <b>William St.</b> <b>Tullamore.</b> <b>Co. Offaly.</b> 
--	--

Deposits must be paid at least 2 weeks prior to commencement of course. Deposit is non-refundable.