

# BEAUTY SHORT COURSES

## 美容短期课程

### PERSONAL MAKEUP COURSE

### 个人彩妆课程 \*



#### Course Content 课程内容:

- Introduction to Cosmetics Products and Tools 化妆品种类和用品介绍
- Various Types of Skin 各类皮肤的特性
- Basic Hygiene and Skin Care 基本卫生和护肤知识
- Makeup Principles and Techniques 化妆原理和技巧
- Day Makeup 日妆
- Night Makeup 晚妆
- Makeup Removing 卸妆步骤
- Eyebrow Shaping 修眉
- Face Contour 脸部轮廓修饰
- False Eyelashes 粘贴假睫毛

Duration 时间: 2 Days (7 Hours/Day)  
2天 (7小时/天)

### FACIAL & EYE THERAPY COURSE

### 脸部及眼部护理课程 \*



#### Course Content 课程内容:

- Makeup Removing 卸妆
- Facial Cleansing 洁面
- Face Masque 面膜
- Eye Massage 眼部按摩
- Eye Masque 眼部面膜
- Eye Lifting (Ultra Sonic Therapy) 眼部提升 (超声波护理)
- Collagen Masque Therapy 胶原蛋白眼膜护理

Duration 时间: 2 Days (7 Hours/Day)  
2天 (7小时/天)

### FACIAL MANUAL LYMPHATIC DRAINAGE MASSAGE COURSE

### 脸部淋巴引流手法课程 \*



#### Course Content 课程内容:

- Facial Cleansing 洁面
- Lymphatic Drainage Introduction 淋巴引流简介
- Lymphatic Circulatory System 淋巴循环系统
- Lymphatic Drainage Therapy Theory 淋巴排毒理论
- Lymphatic Massage Techniques 淋巴按摩技巧
- Face Masque 敷面膜

Duration 时间: 2 Days (7 Hours/Day)  
2天 (7小时/天)

For further information 欲知详情,请联络:

Tel 电话: 03-4149 8211 Fax 传真: 03-4149 7211 Website 网址: [www.vtar.edu.my](http://www.vtar.edu.my)

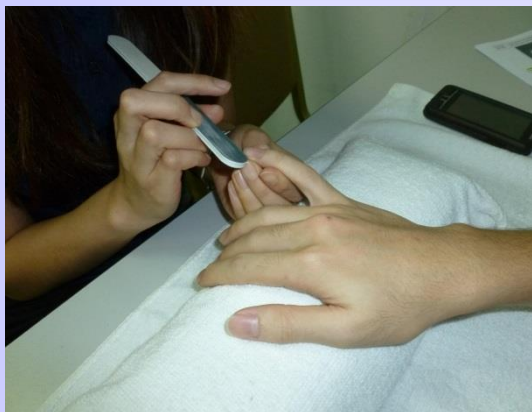
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# BEAUTY SHORT COURSES

## 美容短期课程

### MANICURE AND HAND MASSAGE COURSE

### 美甲及手部按摩课程 \*



#### **Course Content 课程内容:**

- Nail Structure 指甲结构
- Basic Hand and Nail Care 基本手部和指甲护理
- Manicure Techniques 美甲技术
- Hand Massage 手部按摩
- Hot Oil Manicure 热油美甲
- Paraffin Therapy 巴拿芬护理
- Use of Infrared Light 红外光
- Remove Cuticle 去除角质层
- Nail Buffing & Varnishing 指甲抛光和上指甲油

**Duration 时间 :** 2 Days (7 Hours/Day)  
2天 (7小时/天)

### BEAUTY THERAPY COURSE

### 美容护理课程 \*



#### **Course Content 课程内容:**

- Makeup Removing 卸妆
- Facial Cleansing 洁面
- Deep Cleansing 深层洁净
- Facial Scrub & Exfoliating 面部磨砂及去角质
- Face Steaming Therapy 脸部蒸气护理
- Extraction 清除肌肤堵塞物
- Facial Massage 面部按摩
- Masque Therapy 面膜护理
- Special Masque 特殊面膜

**Duration 时间 :** 5 Days (7 Hours/Day)  
5天 (7小时/天)

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