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Inner State Beauty School
5150 Mayfield Road
Lyndhurst, Ohio 44124

www.innerstatebeautyschool.com

Continuing Education information enclosed… Sign up now!
Register at the school, mail in with check or call in with credit card

Inner State Beauty School

5150 Mayfield Road ♦ Lyndhurst Ohio 44124

Continuing Education for Hair, Nail & Skin Care Professionals

February 1, 2009 – January 31, 2011

Phone: 440-442-4500

Email: innerstate@aol.com

Website: InnerStateBeautySchool.com

Approved by the Ohio State Board of Cosmetology for professional Cosmetologists, Nail Technicians and Estheticians!

The Ohio State Board of Cosmetology requires that all licensed professionals complete 8 hours of Continuing Education by January 31, 2011.

Date	Class Name	Who can attend this course? (for CEU's)
April 25, 2010	Style it Up!	Cosmetologist/HD
	Nail Art	Nail Tech/Cos
	Bikini to Brazilian Waxing	Esthetician/Cos
May 23, 2010	A Conversation in Color	Cosmetologist
	Perfecting the Acrylic Nail Workshop	Nail Tech/Cos
	Eyelash Extensions & Airbrush Make-up	Esthetician/Cos
September 12, 2010	Holistic Foot Massage (Reflexology)	Cos/Nail Tech
	Killer Corrective Color Techniques	Cosmetologist/HD
	Expanding on Natural Nail Services	Nail Tech/Cos
	Hair Removal by Waxing	Esthetician/Cos
September 26, 2010	Cutting in Style!	Cosmetologist/HD
	Thrive During a Challenging Economy	Nail Tech/Cos/Esth
	Massage Certification	Esthetician/Cos
October 10, 2010	The Art of Foiling	Cosmetologist
	Nail Art (Holiday)	Nail Technician
	Bikini to Brazilian Waxing	Esthetician/Cos
October 24, 2010	Making Money with Hair Extensions	Cosmetologist
	Perfecting the Acrylic Nail Workshop	Nail Technician/Cos
	Holistic Foot Massage (Reflexology)	Esthetician/ Cos
	Educator's Course	Instructor
November 7, 2010	A Conversation in Color	Cosmetologist
	The Need for Speed (Electric Files)	Nail Tech/Cos
	Eyelash Extensions & Airbrush Make-up	Esthetician/Cos
	Aromatics and Essential Oils	Cos/Nail Tech/Esth

4 hour course meets: 11:00 a.m. to 3:30 p.m.

Cutting in Style ***by Michelle Harman*** **4 hours $65**

In this class you will learn 3 haircuts along with 3 styling techniques. Long layers - Stretch dry and press with flat iron. Medium rounded bob - Round brush for volume. Short spike - Controlling direction & texture. We will also demonstrate the proper use of each cutting and styling tool with the appropriate safety and sanitation rules for each.

Date	Class Name	Who can attend this course? (for CEU's)
November 21, 2010	Style it Up!	Cosmetologist
	Nail Art	Nail Technician/Cos
	Hot Stone Full Body Massage	Esthetician/Cos
		Cosmetologist
December 5, 2010	Making Money with Hair Extensions	Cosmetologist/ Hair Designer
	Massage Certification	Esthetician/Cos
	Thrive During a Challenging Economy	Cos/Nail Tech/Esth.
December 12, 2010	Killer Corrective Color Techniques	Cosmetologist/ Hair Designer
	Expanding on Natural Nail Services	Nail Technician/Cos
	Aromatics and Essential Oils	Esthetician/Cos
January 9, 2011	Cutting in Style!	Cosmetologist/ Hair Designer
	The Need for Speed	Cosmetologist/Nail Tech
	Eyelash Extensions & Airbrush Make-Up	Cos/Esth
January 23, 2011	The Art of Foiling	Cosmetologist/ Hair Designer
	Perfecting the Acrylic Nail Workshop	Nail Tech/ Cos
	Hot Stone Full Body Massage	Esthetician/Cos
January 30, 2011	Thrive During A Challenging Economy	Cosmetologist/Nail Tech/Esth
	Killer Corrective Color Techniques	Cosmetologist/ Hair Designer
	Hair Removal By Waxing	Esthetician/Cos
	Holistic Foot Massage (Reflexology)	Cosmetologist/Nail Tech/Esth

8 hour course meets: 9:00 a.m. to 6:00 p.m.

A Conversation in Color ***by John Nomides*** **4 hours $65**

Learn the fundamentals of color and the "science inside the bottle" so stylists and colorists will know how to choose the right products for their clients' individual needs. waves and 3) Tails and Loops. Learn the proper use of each styling tool as well. This course would also be great for the latest prom, homecoming or bridal styles.

Style it Up ***by Michelle Harman*** **4 hours $65**

Join Michelle for an exciting, full presentation of long hair styles. See a step-by- step demonstration utilizing her approach to long hair and how to apply it to your every day salon work. You will learn 3 Up-Do styles…1) Knots, ropes and twists! 2) Making

Killer Corrective Color Techniques ***by John Nomides*** **4 hours $65**

Today's diverse coloring techniques, whether semi-permanent or permanent, makes hair more fun. This class covers everything from basic color theory (level system and underlying pigment) to comprehensive information on every aspect of color correction. Get answers on your questions regarding types of hair, hair properties, consultations, eliminating or replacing underlying pigment, and color removal. Learn how to formulate for poor gray coverage, brown out reds, and various other options to difficult situations .

The Art of Foiling ***by John Nomides*** **4 hours $65**

John will teach you the easiest, fastest way of applying foils in the hair. Dimensional coloring and foil placement is the life line of the salon industry- the more proficient you become, the more money you will make. This class will take your foil placement skills to a new level. Whether you are a beginner or are just looking to refine your foil placements skills, this class is for you .

Perfecting the Acrylic Nail Workshop ***by Christina Smith*** **8 hours $125**

This is the class you have been waiting for! Artificial nails are the most challenging to apply and maintain. This is a hands-on class that will allow you to become more confident with acrylic application to eliminate lifting and cracking. Learn all the secrets for flawless acrylic nail application. You will learn how to properly prepare the nail, do overlays, how to apply a nail with a paper form extension, apply a tip overlay, filing techniques, and trouble shooting techniques will be discusses as well. You will walk away feeling confident working with acrylic and be able to create nails you are proud of. **Please bring with you your acrylic nail supplies.** Time: 9:00 a.m.- 6:00 p.m.

Nail Art Trends ***by Christina Smith*** **4 hours $65**

Learn Nail Art applications such as abstract color fading, inset designs, aquarium art, and three dimensional techniques. Learn new techniques and designs with colored acrylic. Increase revenues by incorporating rhinestones, flowers, and other enhancements to your nail designs. See the latest in nail art designs for different holidays and special events. Get some hands-on experience and bring along your nail art supplies and practice tips to display your new creations. Walk away from this class knowing how to market, price and promote your new skills and grow your business to increase revenues. .

The Need for Speed (Electric Files) ***by Christina Smith*** **4 hours $65**

This course will explore the different types of electric files, brushes and other tools used by nail technicians to improve their skills and provide better services. This course will introduce you to electric files and bits, explain how they are used, how to backfill, perform safe cuticle work and how to provide your clients with safe services and sanitation procedures. This class is perfect for the novice as well as the skilled technician. Most importantly learn how to choose the right file for your needs. .

Aromatics & Essential Oils ***George Cox*** **Natural Options Aromatherapy 4 hrs $65**

This course will take you through the basics of aromatherapy. This is a hands-on course in which participants will experience 17 different essential oils. Discover the uses of each of the essential oils and what issues they can help. Learn how to use the individual oils for the objective in mind, basic blending techniques and what aromatherapy is and how it works. Finally, learn safety precautions and how to handle essential oils. .

Holistic Foot Massage (Reflexology) ***by Cheri Heinzerling*** **8 hours $125**

This course is designed for the Cosmetologist or Nail Technician who would like to enhance their foot services they are currently offering. Your clients will come back for more when you give them the ultimate in stress and tension relief. Use specific massage and pressure points from zone therapy and reflexology to induce relaxation. This hands-on class is the perfect way to refresh your clients' day. The theory component of this course includes anatomy and physiology of the feet, professional conduct, business awareness and proper sanitation and infection control. You will also learn more about several popular add-on services such as scrubs, paraffin, mud treatments and essential oils treatments to boost retail sales as well. **Look for our Reflexology course to become fully certified in this technique to add onto your license within your salon. A great way to add additional income.** Time: 9:00 a.m.- 6:00 p.m. .

Hot Stone Full Body Massage ***by Cheri Heinzerling*** **8 hours $125**

The hot stone massage is one of the most highly saught after massage techniques. It uses warm stones to relax the body at its deepest level and is effective in creating harmony and balanced energy flow. Stones formed by sedimentary and volcanic action are very effective. The heat gently penetrates the skin and muscles, helping to relax the client and distress in double quick time. A combination of the unique energies of the stones and universal energy assist the balancing of the body's internal energy flow (chi). Take this course to add onto your full body massage certification or just learn about this most relaxing massage technique. **Time: 9:00 a.m.- 6:00 p.m.**

Intro. to Eyelash Extensions & Airbrush Make-Up ***by Michelle Laska*** **4 hrs $65**

Don't just add income, add interest and excitement to your service menu! This course will provide you with all the important aspects of eyelash extensions such as choosing the right candidate, proper procedure and technique, marketing tools, pricing for profit and client safety. A demonstration of the eyelash extensions will be performed. The second part of this course will offer an introduction to airbrush make-up and how to achieve a flawless look. Airbrush application for foundation, cheek, eye shadow, eyeliner, eyebrow hairs and lips. Color principles and artistic strategies will also be covered as well as a complete demonstration applying make-up with an airbrush. Take this course and walk away being able to offer your client the experience of receiving a total finished look. .

CORRESPONDANCE COURSE:

We feel you get a better learning experience at a live class, but sometimes our schedules do not give us that luxury. If your pressed for time and need some hours we can help with our At Home Series. We have numerous offerings including three eight hour courses; CE At Home- Cosmetology, CE At Home- Skin, CE At Home- Nails or you can take our general four hour course called CE At Home. The perfect option if you are trying to earn your license back through tthe Ohio State Board of Cosmetology Amnesty Program. Download the courses online at: www.InnerStateBeautySchool.com and follow the link to continuing education or you can call us at (440) 442-4500 for a course booklet. Simply read the course booklet, take the take and mail in your answer sheet and course evaluation with a check, money order or credit card for $19.95. We will grade your test and send your result back to you. You will pass with a score of at least 75%. **8 hours or 4 hours Cost $19.95** .

Massage Certification *by Cheri Heinzerling* **8 hours $125**

This course is designed for the Esthetician or Cosmetologist to receive their full- body massage certification. By taking this course, an Esthetician or Cosmetologist may provide full body massage as part of a skin care treatment. Massage is a treatment that can be added to a salon for minimal cost and minimal space yet allow you to increase your income. You will receive hands-on massage techniques and learn about the application of products and their uses. In addition to your continuing education units each participant will qualify to be certified in massage for Ohio State Board of Cosmetology purposes. **Time: 9:00 a.m.- 6:00 p.m.**

Hair Removal by Waxing *by Sara Morris* **4 Hours $65**

Turn your razor clients into year round waxing clients. Learn this profit generating service that you can include in you daily sales with very little investment, time or space requirements. This is a class on waxing that promises to be both fun and educational. Learn how to choose a wax for skin and hair type, when to use hard or soft wax, techniques that make the client more comfortable, how to market your waxing services and how to use a client record and much more. This class will discuss and demonstrate the proper techniques for shaping brows, removing unwanted facial and body hair such as chin, underarms, back, bikini line and legs.

*See our Bikini to Brazilian wax class to learn more about this special waxing technique.

Bikini to Brazilian Waxing *by Sara Morris* **4 Hours Cost: $65**

If you have waxing experience but do not currently offer Brazilian waxing or if you currently provide Brazilian waxing and just want to advance your current skills this class is for you. Learn what you need to know to provide professional Brazilian wax services. This class deals with sensitive waxing issues. You will learn to deal with these situations so you can perform this professional service and make your client feel comfortable. Learn the following: Basic wax education (theory), waxing do's and don'ts (contraindications), proper sanitary procedures, what waxes to use and why (soft and hard wax), what before and after products to use and why, and proper Brazilian etiquette. Leave this class knowing how to perform both a Bikini and Brazilian wax.

Making Money with Hair Extensions to be announced **4 hours $65**

Learn how to double your business by adding hair extensions to your range of services. This class will demonstrate creative and advanced braiding patterns for sew-ins weaves. Gain full knowledge of why master stylists choose sew-ins over glue bonding. This class will give you major tips on cutting your time in half when applying sew-in hair extensions. Create a successful natural looking weave while using a needle and thread. Learn how to market yourself as a hair extension specialist and how to price your services as well..

Expanding on Natural Nail Services *by Christina Smith* **4 hours $65**

This class will cover hot stone massage for manicures and pedicures, waterless manicures and pedicures, anti-aging spa manicure and more! This class will cover many service upgrades that will provide the nail technician with new and better options to be able to add a new service to your salon menu. Learn more about these fabulous add on services to allow you to grow your nail business and retail dollars today.

Call (440) 442-4500 or Email: InnerState@aol.com

Admission Policies

1. Space is limited, we recommend that registrations be received one week prior to course date. Inner State reserves the right to postpone or cancel a course if there are not enough participants. Include your email if you want a confirmation.
2. There is an additional $10 fee to register at the door or to reschedule a class on or after the course date. Registration fees are non-refundable.
3. Sign up for two or more courses at the same time and get a $10 discount!
4. 4 hr classes meet 11:00 a.m. – 3:30 p.m. 8 hr classes meet 9:00 a.m. – 6:00 p.m.
5. Please include your State Board ID number.

INNER STATE REGISTRATION FORM

✂ -

First Name	M.I.	Last Name	
Address	**City**	**State**	**Zip**
Telephone Number	**Email Address**	**State Board Identification Number**	

Course Name	Course Date	Price
*Sign up for 2 or more live classes and take $10.00 off		
	TOTAL:	

Please make Check or Money Order payable to Inner State Beauty School

Mail to: **Inner State Beauty School**
5150 Mayfield Road Lyndhurst, Ohio 44124

Credit Card Registration is Available

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