



Inner State Beauty School Continuing Education for the Beauty Professional

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Renewal Year: February 1, 2009 – January 31, 2011

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, 2009.

Admission Policies

1. Space is sometimes limited, we recommend that registrations be received one week prior to course date. Please 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. All classes meet from 11:00 a.m. – 3:30 p.m. unless otherwise indicated.
This includes a lunch break.

**Sign up for 2 or more
classes and save \$10!**

Live Course Schedule

Date	Class Name	Who can take this course?
May 18, 2008	Art of the Modern Blonde	Cosmetologist
	3-Dimensional Nail Art	Nail Tech/Cos
	Raindrop Technique & Essential Oils	Esthetician/Cos
September 14, 2008	The Secrets to Ethnic Hair Color	Cosmetologist
	Fundamentals of Gel Nails and Wraps	Nail Tech/Cos
	Make-up Trends and Touch-Ups	Esthetician/Cos
September 28, 2008 <i>8:00 am – 5:00 pm</i>	The Art and Precision of Basic Cutting	Cosmetologist
	Electric Files, Tools and Tricks of Trade	Nail Tech/Cos
	Hot Stone Facial Massage	Esthetician/Cos
	Body and Facial Waxing	Esthetician/Cos
October 12, 2008	Ladies Hairshaping/Trend Release	Cosmetologist
	3-Dimensional Nail Art	Cos/Nail Tech/Esth
	Massage Certification	Esthetician/Cos
October 26, 2008	Hair Color Trends-The News on Hues	Cosmetologist
	Fundamentals of Gel Nails and Wraps	Cos/Nail Tech
	Instructor's Course	Instructor
	Glycolic Peels	Esthetician/Cos
November 9, 2008	Creating Texture in Your Cuts	Cosmetologist
	The Art of Contrasting Harmony (color)	Cosmetologist
	Mastering the Art of Acrylics	Nail Technician/Cos
	Hot Stone Facial Massage	Esthetician/Cos
November 23, 2008	Ladies Hair Shaping/Trend Release	Cosmetologist
	Electric Files, Tools and Tricks of the Trade	Nail Technician/Cos
	Body and Facial Waxing	Esthetician/Cos
December 7, 2008	The Art and Precision of Basic Cutting	Cosmetologist
	3-Dimensional Nail Art	Nail Technician/Cos
	Raindrop Technique & Essential Oils	Esthetician
December 14, 2008	The Secrets to Ethnic Hair Color	Cosmetologist
	Fundamentals of Gel Nails and Wraps	Nail Tech/Cos
	Make-up Trends and Touch-Ups	Cosmetologist/Esth
January 11, 2009	Creating Texture in Your Cuts	Cosmetologist
	Hair Color Trends-The News on Hues	Cosmetologist
	Mastering the Art of Acrylics	Nail Technician/Cos
	Glycolic Peels	Esthetician/ Cos
January 18, 2009	The Art of the Modern Blonde	Cosmetologist
	Electric Files, Tools and Tricks of the Trade	Nail Technician/Cos
	Hot Stone Facial Massage	Esthetician/Cos
	The Art and Precision of Basic Cutting	Cosmetologist
January 25, 2009	The Art of Contrasting Harmony (color)	Cosmetologist
	Fundamentals of Gel Nails and Wraps	Nail Technician/Cos
	Massage Certification	Esthetician/Cos
	Body and Facial Waxing	Esthetician/Cos

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Course Descriptions

The Art and Precision of Basic Cutting by Michelle Harman

Been out of the field of Cosmetology for a while? Working in a salon and just need to refresh yourself on your basics? Review the basic haircutting essentials such as form, line, structure, and texture. Review the 45 and 90 degree hair cuts. This course will be the essence and foundation for you to move on to create original hair designs.

4 hrs. Cost: \$65

Ladies Hair Shaping/Trend Release by Troy Grove

Learn what is hot right now. This class will offer a step-by-step demonstration in the execution of the latest trends in ladies haircuts. A long, mid-length, and short haircut demonstration will be given. Learn more about the styling techniques that will help give the trend its finished look. You won't want to miss this fantastic display of styles that you can utilize in your salon for the new season.

4 hours Cost: \$65

Creating Texture in Your Cuts by Michelle Harman

Second-generation texturizing goes well beyond layering. Today, stylists are adding mobility to hair by sliding, chipping, point-cutting and notching—And they're using a slew of tools to make those techniques unique. To help you create individualized cuts that will keep clients coming back, this course presents all the essentials of texturizing. The detailed techniques represent the collective intelligence of the craft. Divided into three parts, the course begins with a look at texturizing particular hair types. Part 2 provides step-by-step techniques for the looks of the moment, while Part 3 showcases specific texturizing tools and their uses.

4 hours Cost: \$65

The Art of the Modern Blonde by Elmer Bilek

Blonding is one of the most important tools a colorist has because it creates a personality on its own and enhances features. Blondes never go out of style; they just merely transform. Women of color look amazing with some lightness in their hair. Blonde streaks can enhance a haircut like nothing else. Come and experience Elmer's vision of this legendary hue and see this new collection of looks that redefine what it means to be "blonde."

4 hours Cost: \$65

Glycolic Peels by Patricia Bilek

What is a peel? Who should have one? How many different kinds are there? What is the difference in peel products? These are just a few of the things that you will learn in this class. Included is a demonstration of two different peels and you will have the opportunity to try one as well. You will leave with great information and fabulously smooth skin!

4 hours Cost: \$65

The Art of Contrasting Harmony by Elmer Bilek

In the past, color was big, bold and chunky. Now it's natural, but interesting, with the face, not the color, as the main focus. It's all about using your artistic eye to capture the glamorous contours of form and shape, and uniting the design with bold strokes of color. Come learn more about the unique creative possibilities found in the individual placement of color accents.

4 hours Cost: \$65

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The Secrets to Ethnic Hair Color by Elmer Bilek

Learn what you can and cannot do when producing sensational hair color effects on women of color. Why, what and how to use color to give beautiful results without damage to the hair. Covers product knowledge, techniques and a complete theory of the color spectrum. Learn suggested ways to achieve the new hair color trends. Color and Relaxers? What's the deal? We have the answers—you don't want to miss this class!

4 hours Cost: \$65

Instructors Course- Teacher Development Seminar by JoAnn Stills

Whether it's for a new teacher, a seasoned veteran seeking new information, or an instructor seeking to rediscover the joy of teaching, this class will appeal to and benefit everyone. Motivational techniques, dealing with different learning styles, lesson plan writing, delivering an effective lesson and helping students make the transition from the school setting to the work environment. **This class fulfills your NACCAS requirement on instructional methods. Time will be allocated in order to network with other educators and be able to share different motivational concepts used in other Cosmetology classrooms.**

Class time: 9:00 a.m.- 6:00 p.m.

8 Hours Cost: \$125.00

3 Dimensional Nail Art by Christina Smith

Learn nail art applications such as color fading, inlay designs and three-dimensional techniques. Learn new techniques and designs with colored acrylic. Increase revenues by incorporating rhinestones, flowers, and other enhancements to designs. See the latest in nail art designs for different holidays and special events.

If you would like hands-on experience, bring your nail art supplies and practice tips to display your new creations. You will learn to market, price and promote your new skills, grow your business to increase revenues.

4 Hours Cost: \$65

Fundamentals of Gel Nails and Wraps by Christina Smith

Transitioning from acrylics to gels can be challenging even for the most seasoned technicians. Master the fundamentals of gel application, building stress areas, curing challenges, fills, smile lines and how to avoid the "stickies." There will be a demonstration of a gel overlay and a white gel overlay. Also, learn how to apply forms, sculpted clear gel and wraps. Most importantly, learn the finishing filing techniques to perfect your technique.

4 hours Cost: \$65

Electric Files, Tools, and Tricks of the Trade by Christina Smith

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 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.

4 hours Cost: \$65

Hair Color Trends – The News on Hues by Elmer Bilek

It's a new year, and it's the perfect time to debut a brand new you—and what a better way to do that than with a hot new hue? Rich dark colors are ultra hot this year, sprinkled with a few equally rich highlights. Learn how to formulate these hot colors. You'll learn more about strategically placed highlights, lowlights, or panels that can accentuate texture and add tons of character to your style. Compliment your features and skin tone, and add an edge to your haircut with some artful hair coloring.

4 hours Cost: \$65

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Massage Certification by Cheri Heinzerling

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.**

8 Hours Cost: \$135

Hot Stone Facial Massage by Cheri Heinzerling

This course will give you hands-on experience with how to transform a facial into a full body experience by incorporating hot stones, cold stones and chakra stones. With the hot stones, the ordinary facial becomes a relaxing and rejuvenating spa treatment. Cosmetologists and Estheticians will learn the history of hot stone massage, the therapeutic and relaxing benefits of the heated massage stones, and the care and cleansing of the stones. This course will provide high quality personalized instruction at a price Estheticians and Cosmetologists can afford. Our hot stone massage course will combine a variety of adult learning methods such as participative lecture, demonstration, discussion and hands on learning to accommodate the needs of all students. This learning experience will equip the participants with all the tools necessary to put these unique therapies to immediate use in their salons.

8 hours Cost: \$135

Rain Drop Technique and Essential Oils by Cheri Heinzerling

This course will begin by introducing you to many different essential oils. Take an in-depth look at how your salon, large or small, can "spa-ify" its business to capitalize on trends in essential oils. Learn more about what essential oils are, where they come from, how they work and learn how to choose the appropriate essential oils for your hair, nail or skin service. The second portion of the course will offer hands on experience with the Raindrop Technique using a sequence of highly anti-microbial essential oils. The nine oils are dispensed like drops of rain from about six inches above the back, massaged along the spine and over the rest of the back. The application of essential oils, are to bring structural and electrical alignment. It is designed to bring balance to the body with its relaxing, mild application.

8 hours Cost: \$135

Make-up Trends and Touch-Ups by Andrea Streneka

Review the latest trends in the professional make-up artistry and reveal the trends of what is happening in the cosmetic industry. Topics will include how to select colors for different skin tones, ages and occasions, the application of the color palette and how to blend for a natural and fabulous look.

4 hours Cost: \$65

Face and Body Waxing by Patricia Bilek

Learn the proper techniques to perform hair removal and waxing procedures. Take the opportunity to improve your knowledge and skills in the art of hair removal. Learn more about the use of hot and warm wax to remove unwanted hair from underarms, bikini line, lower leg, upper leg, lip, chin and eyebrows.

4 Hrs. Cost: \$65

Mastering the Art of Acrylics by Christina Smith

Acrylic nails are the most challenging artificial nails to apply and maintain. If you don't have good fundamentals, your services will suffer. Master your acrylic service techniques by learning better control, working more efficiently and managing your time well.

4 hours: \$65

Inner State Beauty School Registration Form

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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



Card Type: Discover Visa Mastercard Exp. date: _____ V-code: _____
 (circle one)

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