

COURSE PROSPECTUS



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WHERE EDUCATION SHINES!

SunShine®

Prim *N* Proper



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WELCOME

TO OUR COURSE PROSPECTUS

This course prospectus will give you more information on our courses held at Prim N Proper.

Sunshine is extremely excited to be collaborating with Prim N Proper to offer high quality training in the heart of Burnham on Sea.

Many courses from beginner level to advanced therapist, We got you covered.

Prim N Proper Education is unlike competitors in the area as it caters for the learners individual needs and teach in small groups, ensuring all learners leave confident.

Plenty of kits, tools and equipment available in the academy as well.



*” WHERE
EDUCATION
THRIVES,
POSSIBILITY
FLOURISHES.”*

- RHIAN DORE



MEET THE EDUCATOR

Rhian Dore, with over a decade of teaching experience, joins Prim N Proper bringing expertise in education and industry standards. She holds a Level 5 Diploma in Education and Training (DET), Level 4 Internal Quality Assurance (IQA), Level 4 in External Quality Assurance (EQA) and a Level 3 Certification in Assessing Vocational Achievement (CAVA).

A qualified hairdresser and beautician, Rhian also owns Sunshine Training, a successful academy offering high-quality education for students and professionals. She provides industry-leading training and affordable tools for beauty professionals, supporting career growth in nails, hair and beauty.

At Prim N Proper, Rhian is committed to guiding students to success in a supportive learning environment.

Looking forward to meeting and teaching you!

RHIAN DORE



MEET THE EDUCATOR

Sarah brings over 18 years of expertise in the hairdressing industry as a fully qualified Level 3 hairdresser and barber. Her journey began with a passion for transforming hair and building client relationships, which quickly evolved into a dream to create her own space dedicated to beauty, wellness, and creativity. Nearly a decade ago, Sarah turned that dream into reality by establishing her salon, Prim N Proper, in Burnham On Sea. Since then, her salon has become a busy, well-loved destination known for its warm atmosphere and comprehensive range of services, including hair, beauty, nail, and massage treatments.

Over the years, Sarah has dedicated herself to creating a welcoming environment where clients feel valued and rejuvenated. She has also taken a special interest in supporting the development of new talent within the industry, mentoring trainees and sharing the skills and knowledge she has honed. Observing a lack of local, accessible college-level beauty and hair education, Sarah recognized an opportunity to make an even greater impact by stepping into a teaching role. Now, with a firm commitment to sharing her expertise and giving back to the community, Sarah is excited to expand Prim N Proper's services into the realm of education. Her goal is to provide high-quality, hands-on training that empowers aspiring stylists and therapists to build successful, fulfilling careers in the hair and beauty industry. Through this new venture, she hopes to inspire a new generation of professionals who will carry forward her passion and commitment to excellence.

SARAH GLAYSHER



MEET THE EDUCATOR

Lauren has over 9 years of experience in the industry and is a highly qualified Beauty Therapist, Holistic Therapist and Educator. Having many qualifications, including Level 3 Beauty Therapy, Level 3 Holistic Therapy and the Level 3 Award in Education and Training (AET).

She has worked immensely over the years to perfect the skills and knowledge and is now committed to sharing this with others.

Lauren has worked at Prim N Proper for 9 years when she joined the team in June 2015 shortly after finishing 3 years of training at college.

“I have always loved the idea of someday being able to share this passion of mine and teach other people who are also passionate about the industry, looking to gain new skills/ qualifications or looking to expand their careers further”

LAUREN HICKS



MEET THE EDUCATOR

After starting a family, I made the bold and rewarding decision to change career paths and follow my passion for the beauty industry. Since then, I've trained in a wide variety of treatments—including nails, waxing, eye enhancements, lash extensions, spray tanning, ear piercing, facials, and massage—all through Sunshine Training.

For the past three years, I've been part of the team at Prim N Proper, where I've loved meeting new clients, building lasting relationships, and developing my skills every day. I believe learning should feel enjoyable and approachable. While I don't take life too seriously, I take great pride in my work and always strive to maintain the highest standards.

Now, I'm excited to take the next step into teaching. My goal is to inspire others to believe in themselves and to show that it's never too late to follow a new path. Whether you're starting fresh or building on existing skills, I'm here to support learners with encouragement, hands-on expertise, and a genuine passion for the beauty industry.

JULIE EMERY

01



NAIL COURSES





BASIC MANICURE

Course Overview:

Our Basic Manicure course is a fantastic foundation course for beginner nail technicians. You will learn about nail anatomy, cuticle work, file/shape and a relaxing hand and arm massage.

Timings:

This course is a half day course, normally runs for 3-4 hours.

Price:

£130.00

MANICURE

Course Overview:

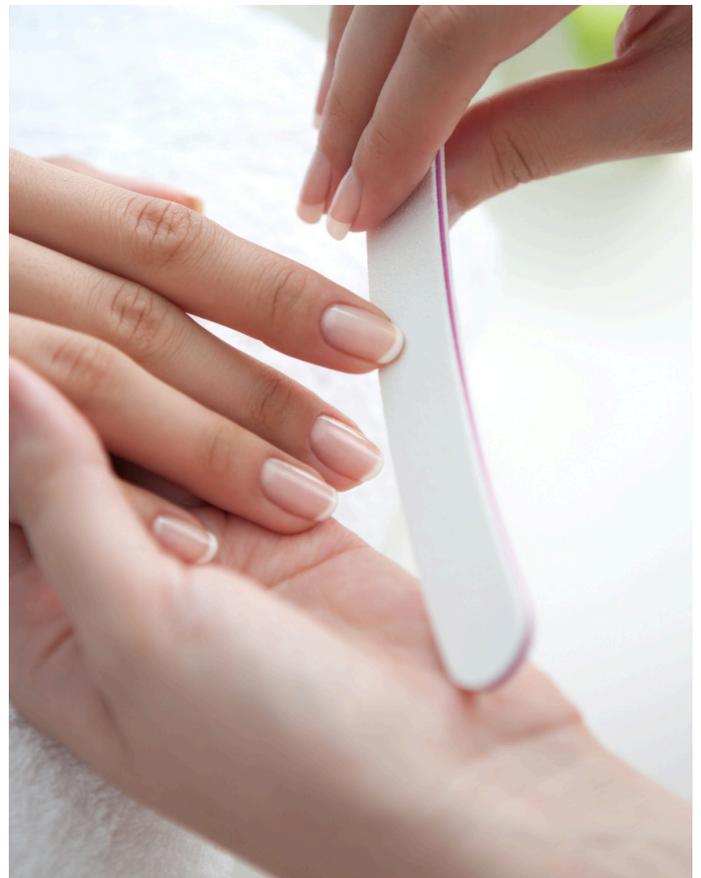
Our Manicure course is a fantastic foundation course for beginner nail technicians. You will learn about nail anatomy, cuticle work, file/shape, exfoliation, mask and a relaxing hand & arm massage.

Timings:

This course is a day course, normally runs for 4-5 hours.

Price:

£250.00





PEDICURE

Course Overview:

Our Pedicure course is a fantastic foundation course for beginner nail technicians. You will learn about nail anatomy, cuticle work, file/shape, exfoliation, mask and a relaxing Foot & leg massage.

Timings:

This course is a day course, normally runs for 4-5 hours.

Price:

£250.00

GEL POLISH

Course Overview:

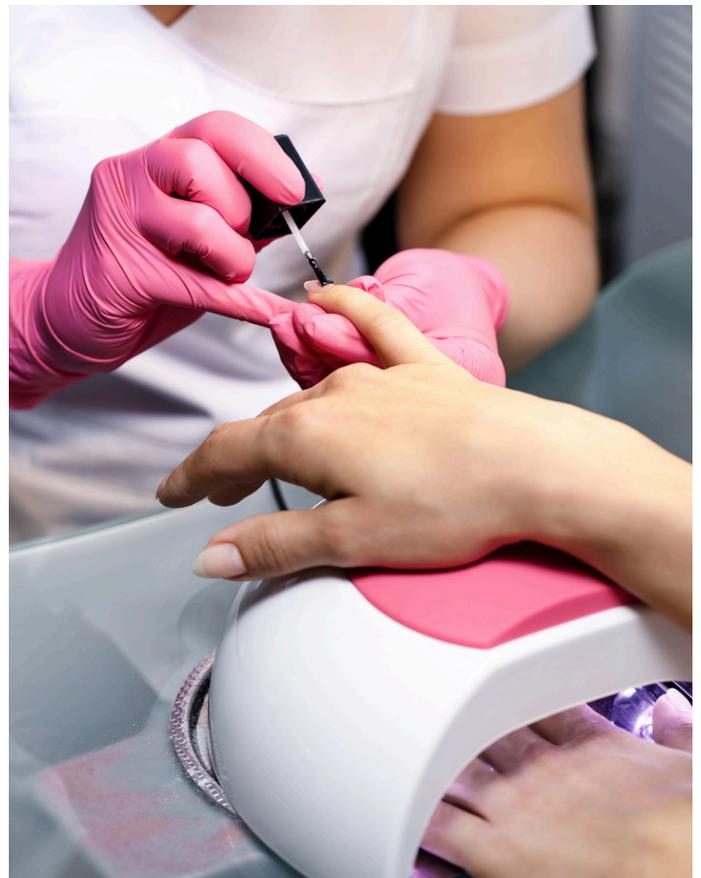
Our Gel Polish course is a fantastic add on course for nail technicians. You will learn about gel polish, using the correct lamp, application and removal and French application. Manicure or Basic manicure is a pre-requisite.

Timings:

This course is a half day course, normally runs for 3-4 hours.

Price:

£150.00



ACRYLIC EXTENSIONS

Course Overview:

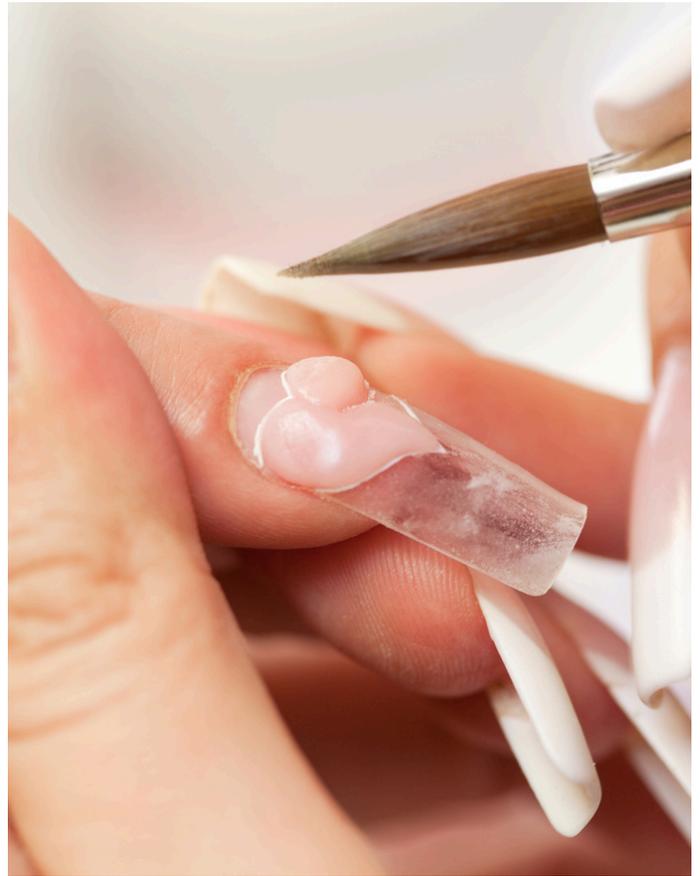
Our Acrylic Extensions course is a fantastic add on course for nail technicians. You will learn about acrylic, Liquid and powder ratio, bead placement, application and removal. Manicure or Basic manicure is a pre-requisite.

Timings:

This course is a full day course, normally runs for 5-6 hours. This course is split into 2 days over 4-6 weeks with case studies in between.

Price:

£300.00



GEL EXTENSIONS

Course Overview:

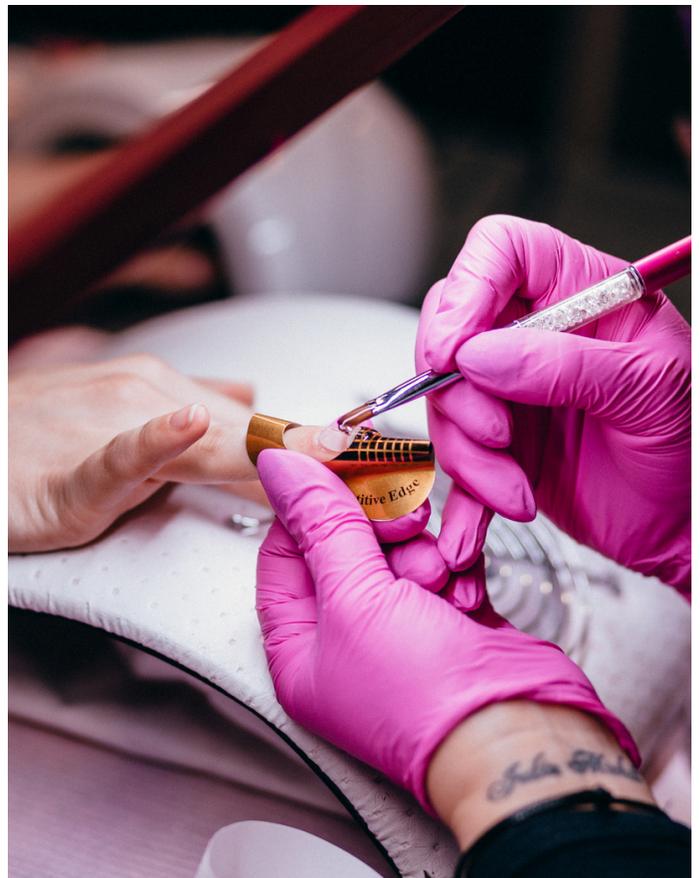
Our Gel Extensions course is a fantastic add on course for nail technicians. You will learn about gel, creating an apex, bead placement, using the correct lamp, application and removal. Manicure or Basic manicure is a pre-requisite.

Timings:

This course is a full day course, normally runs for 5-6 hours. This course is split into 2 days over 4-6 weeks with case studies in between.

Price:

£300.00



BUILDER GEL IN A BOTTLE

Course Overview:

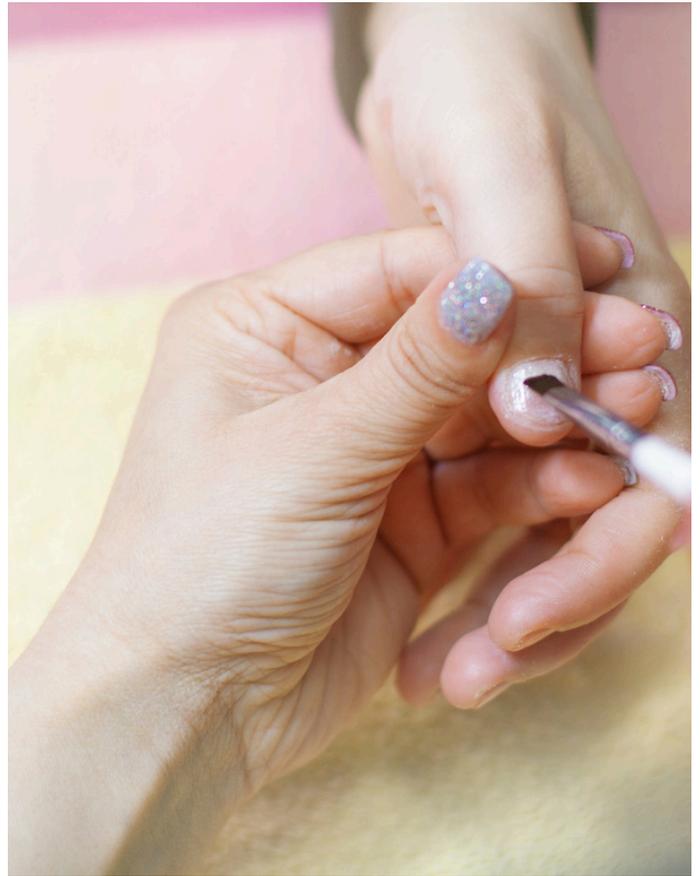
Our Builder Gel in a bottle course is a fantastic add on course for nail technicians. You will learn about gel, creating an apex, bead placement, using the correct lamp, application and removal. Manicure or Basic manicure is a pre-requisite.

Timings:

This course is a full day course, normally runs for 5-6 hours.

Price:

£300.00



E-FILE

Course Overview:

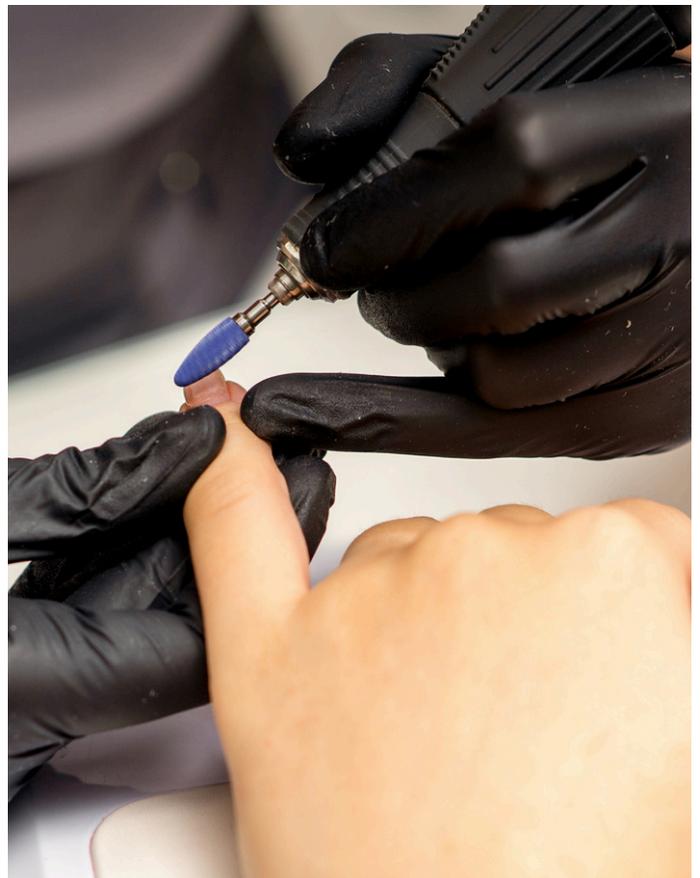
Our E-File course is a fantastic add on course for nail technicians. You will learn about using the E-File, Speeds and RPMS, different E-File bits and there uses. Acrylic or Gel is a pre-requisite.

Timings:

This course is a half day course, normally runs for 3-4 hours.

Price:

£150.00





E-PEDI

Course Overview:

Our E-Pedi course is a fantastic add on course for nail technicians. You will learn about using the E-File, Speeds and RPMs, different E-File bits and their uses on feet as well as removing dead skin from feet. E-File and Acrylic or Gel is a prerequisite.

Timings:

This course is a half day course, normally runs for 3-4 hours.

Price:

£150.00

E-MANI

Course Overview:

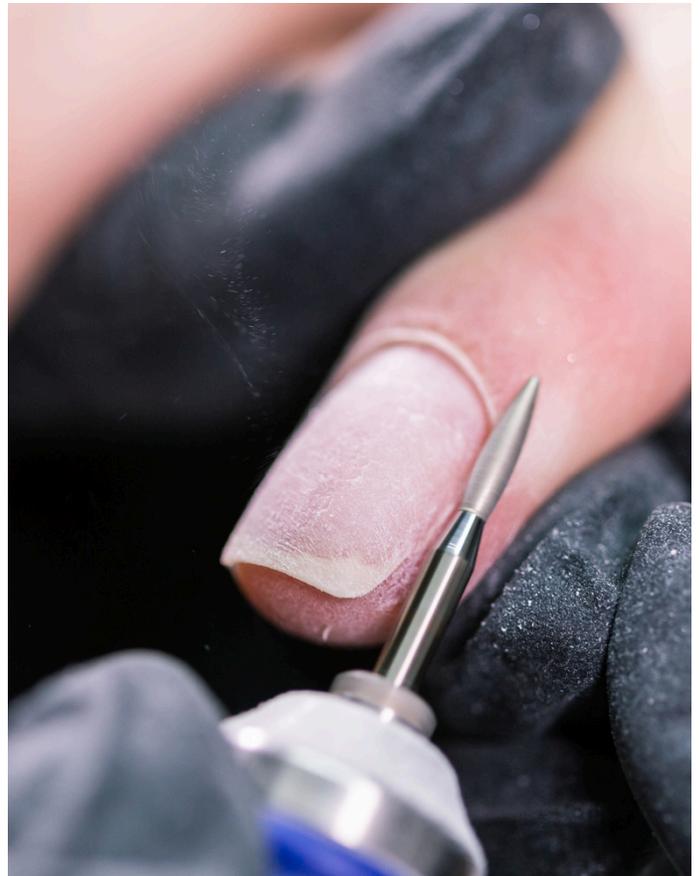
Our E-Mani course is a fantastic add on course for nail technicians. You will learn about using the E-File, Speeds and RPMs, different E-File bits and their use focusing on the "russian method". E-File and Acrylic or Gel is a prerequisite.

Timings:

This course is a half day course, normally runs for 3-4 hours.

Price:

£150.00



02



EYE COURSES



EYE ENHANCEMENTS

Course Overview:

Our Eye Enhancements course is a fantastic foundation course for beginner lash technicians. You will learn about eyelash and eyebrow tint, eyebrow shaping, application and removal of tint.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£250.00



DEFINE A BROW

Course Overview:

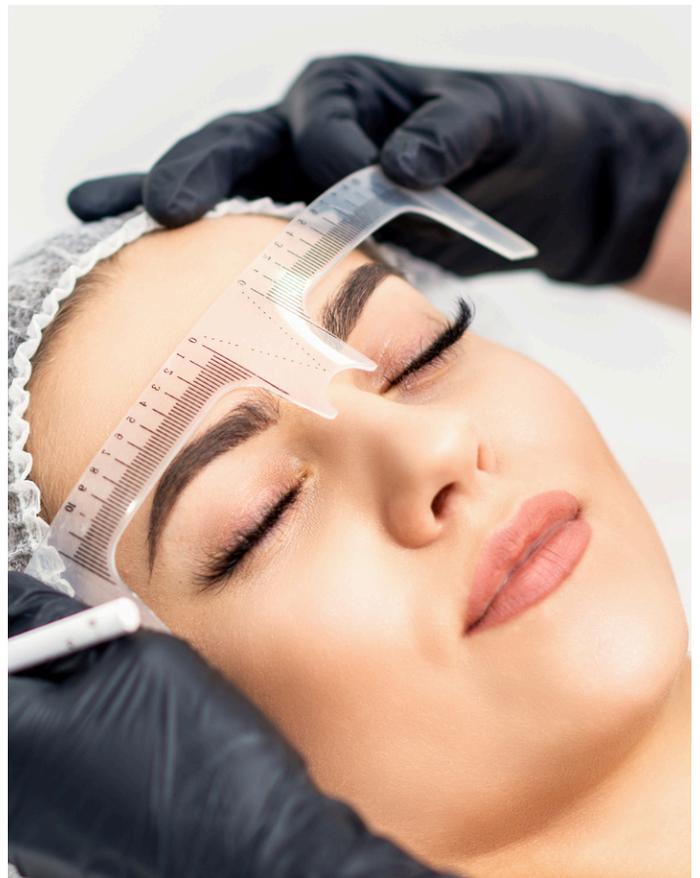
Our Define a Brow course is a fantastic foundation course for beginner brow technicians. You will learn about eyebrow tint, eyebrow shaping, application and removal of tint, trimming, waxing and defining the brows.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£250.00





LASH LIFT

Course Overview:

Our Lash Lift course is a fantastic add on course for lash technicians. You will learn about lash lift, different shields, application and removal.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£250.00

BROW LAMINATION

Course Overview:

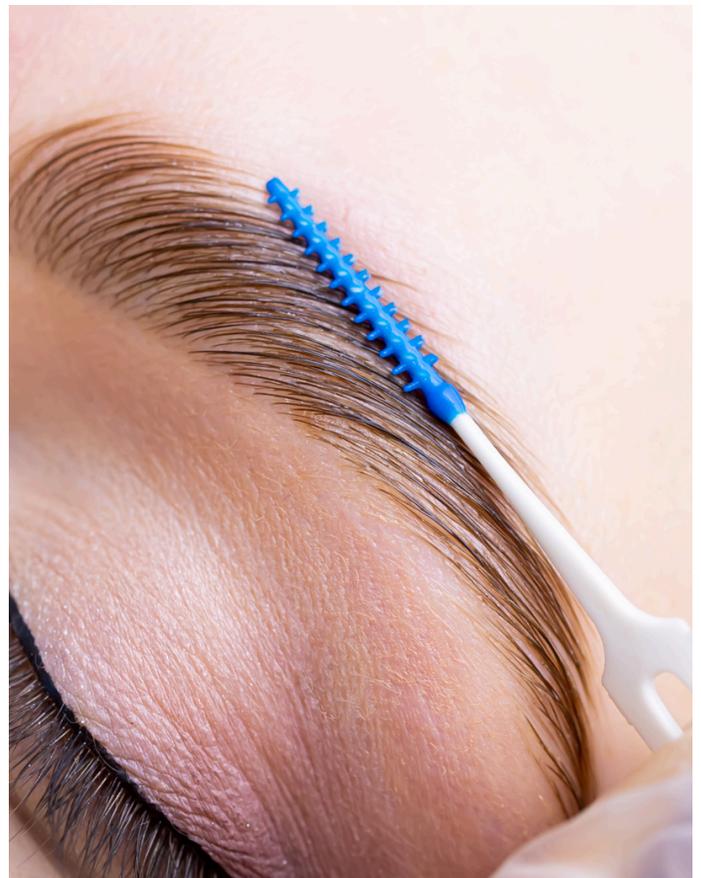
Our Brow Lamination course is a fantastic add on course for lash & brow technicians. You will learn about brow lamination, different eyebrow shapes, application and removal.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£250.00



HENNA BROWS

Course Overview:

Our Henna Brow course is a fantastic foundation course for beginner brow technicians. You will learn about henna brows, eyebrow shaping, application and removal of henna.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£250.00



EYELASH EXTENSIONS

Course Overview:

Our Eyelash Extensions (classics) course is a fantastic foundation course for beginner lash technicians. You will learn about eyelash extensions, eyelash mapping, application and removal of glue. Eye Enhancements is a prerequisite.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£250.00



03

FACE COURSES





FACIAL

Course Overview:

Our Facial course is a fantastic beginner course for skin technicians. You will learn about skin mapping, skin analysis, cleanse, exfoliate, mask, massage, tone and moisturise.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£250.00

GUA SHA FACIAL

Course Overview:

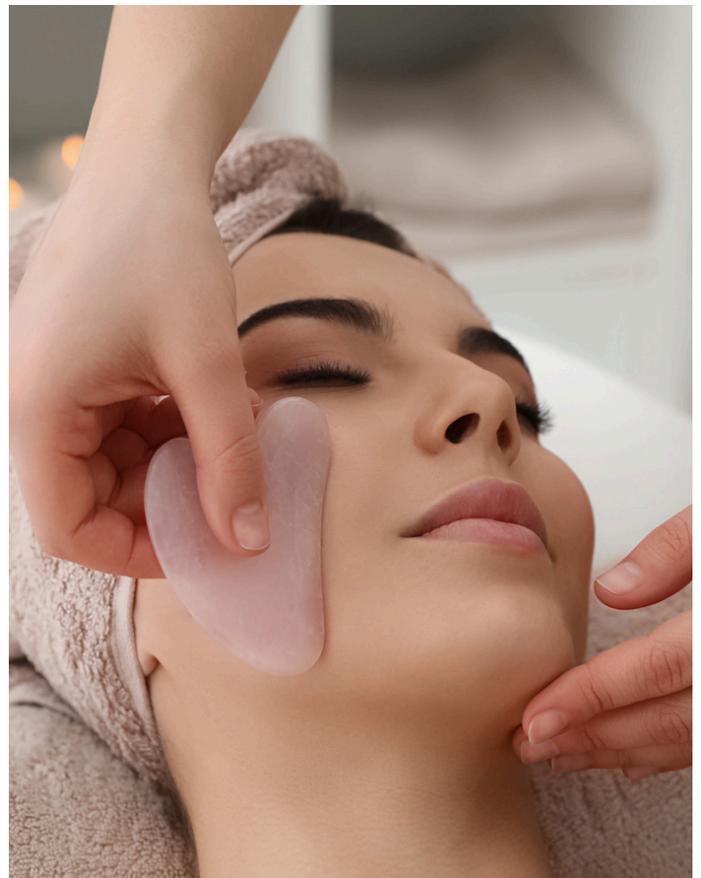
Our Gua Sha Facial course is a fantastic add on course for skin technicians. You will learn about use of the gua sha stone, benefits and different massage techniques.

Timings:

This course is a half day course, normally runs for 3-4 hours.

Price:

£150.00



DERMAPLANING

Course Overview:

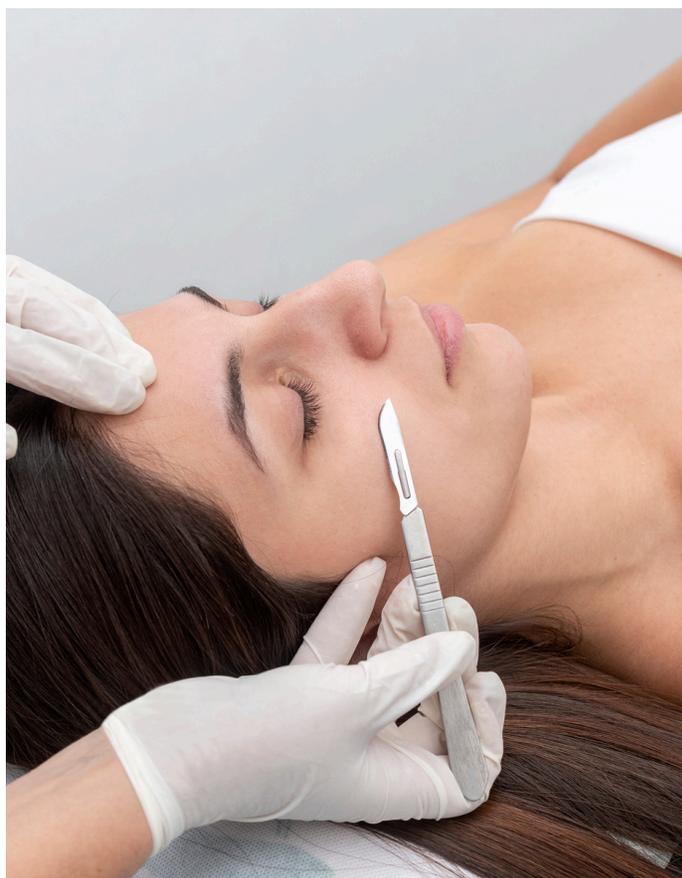
Our dermaplaning course is a fantastic add on treatment for all skin technicians. You will learn about skin analysis, removing peach fuzz, caring for your skin. Facial is a pre-requisite.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£400.00



THREADING

Course Overview:

Our threading course is a fantastic foundation course for beginner brow technicians. You will learn about threading, the benefits and safe removal of unwanted hair.

Timings:

This course is a half day course, normally runs for 3-4 hours.

Price:

£150.00



04

BODY COURSES



WAXING

Course Overview:

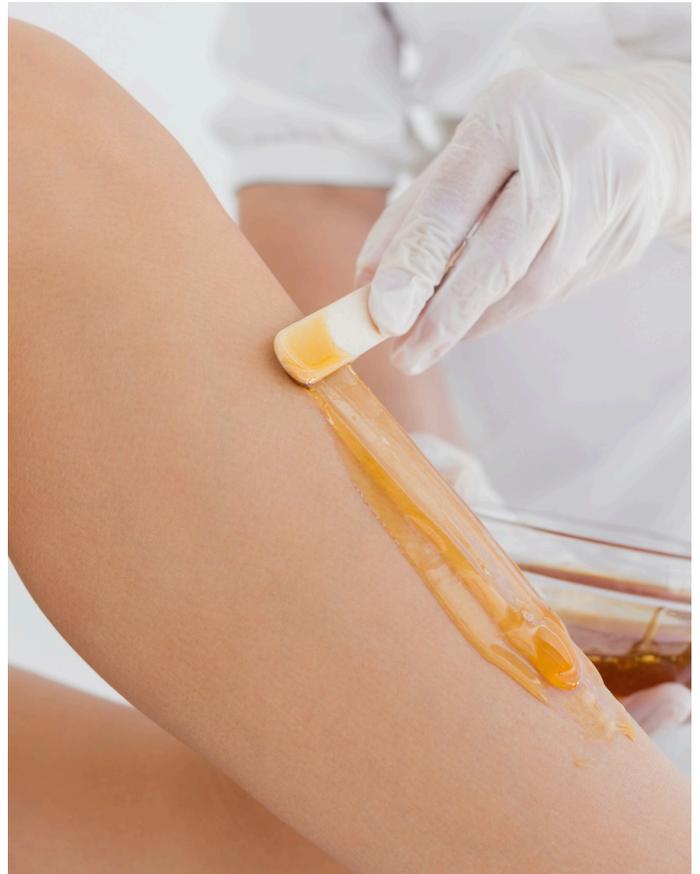
Our waxing course is a fantastic add on treatment for all skin technicians You will learn about skin types, uses of different waxes and different areas.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£300.00



SPRAY TAN

Course Overview:

Our Spray Tan course is a fantastic foundation course for beginner skin technicians You will learn about spray tanning, machine maintenance, different colour tans.

Timings:

This course is a half day course, normally runs for 3-4 hours.

Price:

£180.00





INDIAN HEAD MASSAGE

Course Overview:

Our Indian Head Massage course is a fantastic beginner course for skin/massage technicians. You will learn about massage techniques, chakras, benefits and different oils.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£250.00

BACIAL (BACK FACIAL)

Course Overview:

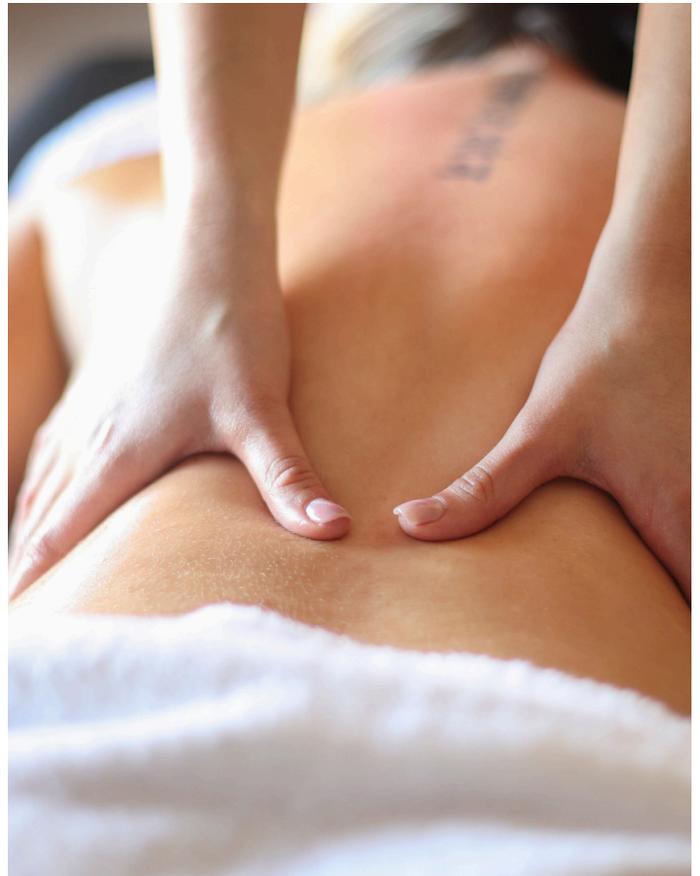
Our Bacial (Back Facial) course is a fantastic add on course for skin technicians. You will learn about use of the back facial, benefits and different massage techniques.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£250.00





SWEDISH MASSAGE

Course Overview:

Our Swedish Massage course is a fantastic beginner course for skin/massage technicians. You will learn about massage techniques, , benefits and different oils.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£400.00

DEEP TISSUE MASSAGE

Course Overview:

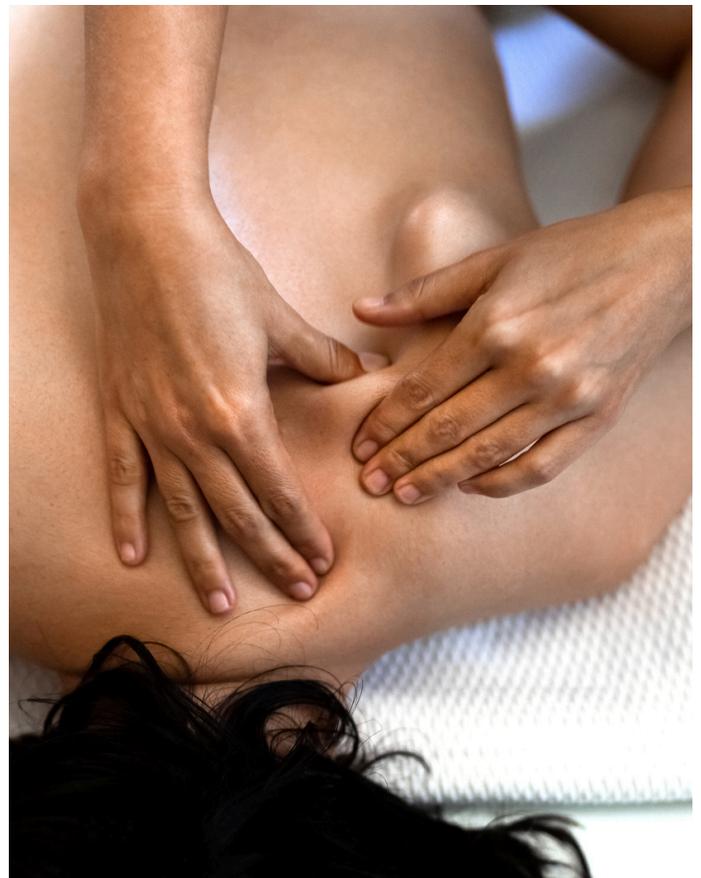
Our Deep Tissue Massage course is a fantastic add on course for skin/massage technicians. You will learn about massage techniques, benefits and different oils.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£230.00





BAMBOO MASSAGE

Course Overview:

Our Bamboo Massage course is a fantastic beginner course for skin/massage technicians. You will learn about massage techniques, , benefits and different oils.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£230.00

HOT STONE MASSAGE

Course Overview:

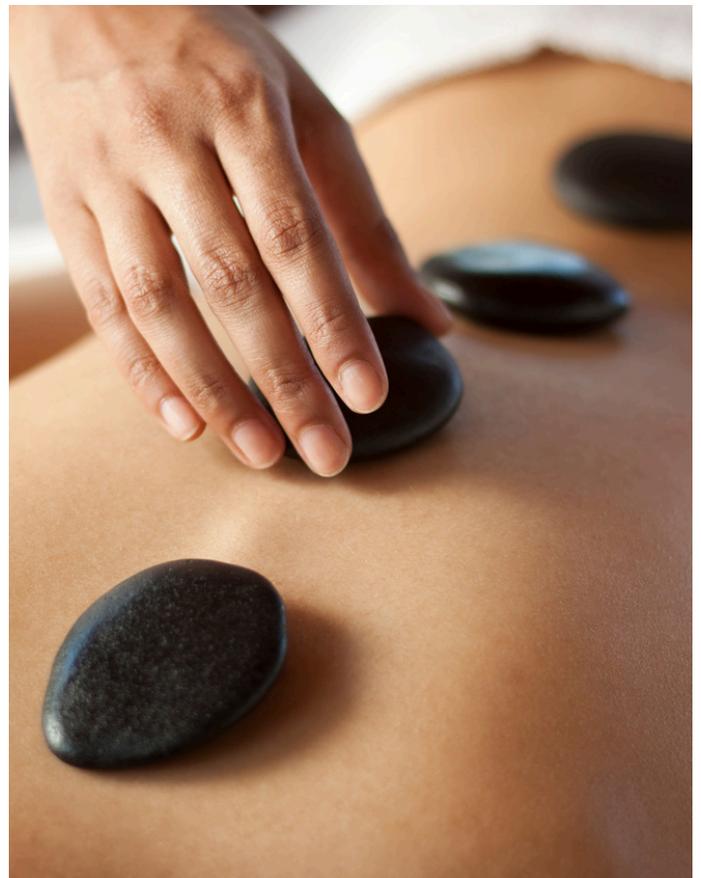
Our Hot Stone Massage course is a fantastic add on course for skin/massage technicians. You will learn about massage techniques, benefits and different oils.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£230.00





PREGNANCY MASSAGE

Course Overview:

Our Pregnancy Massage course is a fantastic beginner course for skin/massage technicians. You will learn about massage techniques, , benefits and different oils.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£230.00

AROMATHERAPY MASSAGE

Course Overview:

Our Aromatherapy Massage course is a fantastic add on course for skin/massage technicians. You will learn about massage techniques, benefits and different oils.

Timings:

This course is a full day course, normally runs for 4-5 hours.

Price:

£400.00





THANK YOU

FOR READING THROUGH OUR COURSE
PROSPECTUS. IF YOU HAVE ANY
QUESTIONS, PLEASE JUST A MEMBER
OF THE TEAM!

SunShine[®]

Prim *N* Proper