



*The first step of
your future starts*

today!



International Institute of Barbering and Salon Business

IRELAND
MALAGA, SPAIN

Paper Back Publication on
amazon
<https://amzn.eu/d/cjqAZX1>

Contact Us

Cork, Ireland
00 353 86 0483790

Malaga, Spain
0034 771049223

Email:
healthandwellnessmalegrooming@gmail.com

Website:
healthandwellnessmalegrooming.wordpress.com



HEALTH & WELLNESS Skills Training

Health and Wellness, Male Grooming Skills Programme

CPD Accredited : Credits: 3



SELF CARE AND GROOMING TIPS

We recognise that the overall wellbeing of youths can be enhanced when they look better and feel better, it boosts their self-esteem.

We are specialists in the Male Grooming Area, from experience we recognise that many of our younger customers, teens and young men may not have been offered professional information or advice to address specifically the steps they can take to get the best results, and, address concerns covering the following areas: Diet, Haircare, Nailcare, Skincare, Brows and Shaving. and importantly Oncology and Mental Health Awareness

For that reason we have created a skills training programme specifically for young men

The programme helps to create awareness of self care and practical tips.

The programme is best in groups of no more than 20 and takes 2 hours.

Participants will receive a Digital Certificate of attendance this is an accredited CPD activity that attracts 3 credit hours

Young Men's Grooming Tips

Health and Nutrition - Diet

- Why is good nutrition so important for teenage boys?
- What about weight gain?
- What is the key to a healthy diet?
- What about exercise?

Skincare

The Ultimate Guide to Facial Skincare for Teenage Boys

Going through puberty can be a tough time for teenage boys. Hormones tend to go wild and all sorts of changes occur. Unfortunately, not all these changes are pleasant.

Enter teen acne. One of the biggest challenges to get through, it's likely that you or your mom/dad have checked out huge ranges of products promising to restore the confidence robbed by acne.

Hair Care

The ultimate guide to ensure you have healthy hair, and a great style! How to style your hair? What products can help achieve the best result?

Shaving

- How to give yourself a great shave. What tools should you use and how? Advice on patterns of hair growth, how to prepare skin for shaving, and shaving techniques.

Nailcare

- There is nothing worse than seeing dirty, cracked or broken nails, or damaged cuticles and nailbeds from biting.
- Any guy can improve the appearance and feel of their hands by following a few key expert tips.
- A guy's hands don't have to be perfectly smooth, but they should be clean and well kept, it shows he cares about all aspects of his hygiene.

Footcare

- Taking care of your feet! They have to last you a lifetime!

Styling Tips

- Brows - brow styling techniques
- Beard/moustache styling
- Hair styling

Oncology

- Breast Cancer - checks
- Testicular Cancer - Checks
- Where to get help

Mental Health Awareness

- Where to get help
- Self-help, tips and techniques