Female Self Grooming

Course Brochure



Welcome to Center for Administrative and Technological Skills (CATS).

We are thrilled to announce a collaborative initiative between CATS Institute and Pareezay Beauty Salon, bringing together the expertise of both establishments to create an unparalleled experience in beauty technology and administration.



Female Self Grooming Course

Week 1:

- Introduction to self-grooming and personal hygiene
- Skincare routine for healthy and glowing skin
- Haircare routine for strong and shiny hair
- Nail care and maintenance
- Dressing for your body type and personal style

Week 2:

- Creating a wardrobe capsule and wardrobe organization
- Healthy eating habits and benefits for your body and skin
- Physical fitness and exercises for a healthy body and mind
- Time Management and relaxation techniques for stress relief
- Communication skills

Week 3:

- Public speaking and presentation skills
- Networking skills and building professional relationships
- Online branding and social media presence
- Home organization
- Basic Computer Skills

Week 4:

- Travel tips and preparation
- Volunteerism and giving back to the community
- Personal development and self-improvement
- Goal-setting and vision boarding
- Conflict resolution and effective communication

Note: Certificates will be provided after the completion of this course.

WHY CHOOSE US

- Innovative Approach
- Star Instructors
- State-of-the-Art Facilities
- Easily Accessible
- Industry Partnerships
- Job Placement Seminars
- Personalized Guidance
- Scholarship Programs
- Community Engagement
- Secure Environment



We invite you to embark on a journey with us, where innovation meets tradition.

SHAMSA KANWAL
CEO's Message



At Pareezay, we believe in the transformative power of beauty. Whether it's through our meticulously curated salon services or our comprehensive cosmetology education, our goal is to empower individuals to look and feel their absolute best.
We are committed to upholding the highest standards of excellence, ensuring that every experience with us is nothing short of exceptional.

As a Beautician Instructor, I have 7 years of experience. I am at the forefront of shaping aspiring beauticians into skilled professionals. My role involves delivering comprehensive and hands-on training in various beauty techniques, including skin care, makeup application, hairstyling, and nail art. I will create an interactive and supportive classroom environment, fostering creativity and honing technical abilities.



SAIMA MUNIR
(Beautician Instructor)

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