



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Sugaring Hair Removal Techniques And Preparation Training

Services / Personal Care

Unit Standard 114842 · NQF Level 3 · 2 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the theoretical knowledge and practical skills required to perform sugaring hair removal techniques safely and effectively. Participants will learn to prepare the skin and sugar wax, apply the technique, and maintain hygiene standards in a salon or spa environment.

Category	Services
Subfield	Personal Care
Unit Standard	114842
Accreditation	SAQA Accredited · NQF Level 3 · 2 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate knowledge of skin anatomy and hair growth cycles relevant to sugaring.
- Prepare the sugar wax mixture according to specified recipes and safety guidelines.
- Apply sugaring techniques for various body areas, including face, arms, legs, and bikini line.
- Implement infection control and hygiene protocols during sugaring procedures.
- Evaluate client skin type and condition to determine suitability for sugaring.
- Provide aftercare advice to clients to minimize irritation and promote skin health.

WHO SHOULD ATTEND

- This course is designed for beauty therapists, estheticians, and salon professionals seeking to expand their service offerings with sugaring hair removal, as well as individuals entering the hair removal industry.

COURSE OUTLINE

Day 1: Sugaring Hair Removal Techniques and Preparation

- Introduction to sugaring: history, benefits, and contraindications.
- Anatomy of hair growth and skin types relevant to sugaring.
- Equipment and supplies: sugar paste, applicators, spatulas, and sanitisation.
- Preparing the sugar paste: recipes, heating, and consistency testing.
- Skin preparation: cleansing, exfoliation, and patch testing.
- Application techniques: direction, temperature, and pressure.
- Removal techniques: flicking and strip methods for various body parts.
- Post-treatment care: soothing products, aftercare advice, and hygiene.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **2 NQF credits** at **NQF Level 3**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
04 Aug 2026	04 Aug 2026	On-Campus	Cape Town, South Africa
05 Aug 2026	05 Aug 2026	On-Campus	Dubai, UAE
06 Aug 2026	06 Aug 2026	On-Campus	Pretoria, South Africa
06 Aug 2026	06 Aug 2026	On-Campus	Lagos, Nigeria
07 Aug 2026	07 Aug 2026	On-Campus	Johannesburg, South Africa
10 Aug 2026	10 Aug 2026	On-Campus	Cape Town, South Africa
11 Aug 2026	11 Aug 2026	On-Campus	Dubai, UAE
12 Aug 2026	12 Aug 2026	On-Campus	Pretoria, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 114842) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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