

IHB Institute

Johannesburg Physical Intensive Training

Course Program Guide

Professional, practical, and industry-focused intensive training designed for serious learners in cosmetic formulation and advanced aesthetic services.

MARCH - APRIL 2026

IHB Institute
www.ihbinstitute.com

1. Course Overview

IHB Institute will be hosting an exclusive in-person intensive training in Johannesburg, designed for individuals who prefer hands-on, practical learning in a professional classroom environment. This physical intake is limited and focuses on three of our most in-demand professional programs.

Courses Offered

- Professional Skincare Formulation Course
- Professional Haircare Formulation Course
- Body Contouring Masterclass: Professional Certification

Duration & Format

All courses are delivered as intensive, in-person practical training(s).

- Skincare Formulation: 10 Days (Monday – Friday)
- Haircare Formulation: 10 Days (Monday – Friday)
- Body Contouring Masterclass: 10 Days Intensive

Training is highly practical, instructor-led, and designed to build professional competence within a structured classroom and lab environment.

Dates & Location

Midrand, South Africa

- Skincare Formulation: 10 Days (16th - 27th March 2026)
- Haircare Formulation: 10 Days (30th - 10th April 2026)
- Body Contouring Masterclass: 10 Days Intensive (13th - 21st April 2026)

Each course has limited seats and will run only if the minimum enrollment is reached.

2. Who the Course Is For

These programs are designed for individuals who are serious about gaining practical, professional-level skills and transitioning into product formulation or advanced aesthetic services.

Suitable for:

- Aspiring cosmetic brand owners
- Beauty therapists and aestheticians
- Salon and spa owners expanding service offerings
- Entrepreneurs entering the beauty and aesthetics industry
- Beginners with strong interest in formulation or body aesthetics
- Professionals seeking to upskill into high-demand treatments or product development

No prior experience is required. Training begins from foundational principles and progresses to advanced practical application.

3. Learning Outcomes / Skills Acquired

Upon completion, participants will graduate with the confidence, technical understanding, and practical exposure required to begin operating professionally in their chosen specialization.

Skincare Formulation Graduates Will:

- Understand cosmetic chemistry fundamentals and formulation logic
- Develop multiple professional skincare products across categories
- Learn ingredient functionality, stability, and compatibility
- Write structured formulation templates for production
- Leave with a portfolio of practical formulations created during training

Haircare Formulation Graduates Will:

- Understand hair science and scalp health fundamentals
- Formulate shampoos, conditioners, treatments, and styling products
- Work with surfactants, emulsifiers, actives, and conditioning systems
- Create formulas suitable for multiple hair types and textures
- Leave with completed haircare products formulated during training

Body Contouring Graduates Will:

- Understand the science behind non-surgical body sculpting technologies
- Safely operate key body contouring modalities
- Conduct client consultations and treatment planning
- Combine modalities for effective treatment outcomes
- Gain practical exposure on professional equipment

All students graduate with practical exposure, professional confidence, and structured knowledge required to begin offering services or developing products.

4. Curriculum / Modules Overview

Skincare Formulation (High-Level Coverage)

- Cosmetic chemistry foundations
- Ingredient functionality and active selection
- Emulsions, surfactants, and preservative systems
- Stability, pH control, and compatibility
- Writing professional cosmetic formulas
- Development of creams, serums, cleansers, and balms

Haircare Formulation (High-Level Coverage)

- Hair biology and scalp science
- Surfactant systems and cleansing technologies
- Conditioning agents and treatment systems
- Formulating shampoos, conditioners, masks, and serums
- Scalp care and specialized treatments
- Compliance, testing, and product positioning

Body Contouring Masterclass (High-Level Coverage)

- Principles of fat reduction and skin tightening
- Client consultation, anatomy, and contraindications
- Practical training on core technologies:
 - Ultrasound Cavitation
 - Radio Frequency (RF)
 - Laser Lipolysis
 - Fat Freeze
 - EMS Muscle Stimulation
 - Vacuum Therapy
 - Wood Therapy
- Treatment planning and combining modalities
- Business setup and service pricing strategies

5. Investment / Fee Structure

Course Fees

- Skincare Formulation Intensive: R12,800
- Haircare Formulation Intensive: R12,800
- Body Contouring Masterclass: R12,000

(These are special in-person training rates.)

Payment Structure

- Deposit Required: 30% to secure seat
- Balance Payment: Due 7 days before course start date

Seats are only confirmed upon payment of the deposit.

6. Registration Process

To reserve a seat:

1. Complete the registration form (<https://ihbinstitute.com/training/>)
2. Pay the required 30% deposit
3. Receive official enrollment confirmation and onboarding details

Payments are processed securely via Yoco.

Failure to complete balance payment within the stated time frame may result in release of the reserved seat to another applicant.

Cancellation & Refund Policy

Deposits are non-refundable but may be transferred to a future online intake if notice is given 7 days before the course commencement date.

Full payment becomes non-refundable once training materials and preparation logistics have been finalized.

7. Frequently Asked Questions

Do I need prior experience?

No. All programs start from foundational principles and progress to advanced application.

Are materials provided?

Yes. All practical training materials, printed manuals, notebook, and pen are provided.

Formulation students will take home the products created during practical sessions.

Are starter kits included?

Starter kits are not included. Guidance will be provided on sourcing professional equipment and ingredients after training.

Will I receive a certificate?

Yes. Participants receive an official IHB Institute Professional Certificate upon successful completion of the training.

8. Contact Information

For registrations and enquiries:

Email: ihbinstitute@gmail.com

WhatsApp: +27784118827

Phone: +27784118827

All official communication and confirmations are issued directly by IHB Institute.