



JAPANESE HEADSPA

THE ESSENTIALS FOR A
SUCCESSFUL BUSINESS

Welcome!

I'm **Nasira**, a **skin and scalp expert** and the founder of Clinique Esthétique. Through my **study trips** to countries like **Korea, Indonesia, and Malaysia**, I've learned the authentic techniques of headspa and traditional herbal knowledge in detail.

In this e-book, I share everything you need to start a **successful Japanese Headspa**, including my favorite **suppliers** and **tips**.



>200

In the past year, I've helped **over 200 professionals** launch successful Japanese Headspas. By combining authentic **Asian techniques** with **entrepreneurial skills**, my students now enjoy **fully booked schedules** and **loyal clients**.

This e-book will give you the **essential tools** and **knowledge** to achieve the same success.



THIS IS THE PERFECT TIME TO START A HEADSPA BUSINESS!

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Headspa is a highly popular and fast-growing treatment, yet competition in the market is still low.

Now is the **perfect time to start** your own **headspa** business. With **high demand** and **little competition**, this e-book gives you the essential **suppliers, training**, and **resources** to get started.

Your **schedule** will **fill up** fast with **satisfied clients** who can't wait to return!



THE ESSENTIALS YOU NEED

Starting your own headspa requires the right **tools, products,** and **knowledge.**

In this chapter, I'll break down **what you need to get started** and where you can find it.

I'll share **trusted suppliers** and provide links to help you **set up your business quickly and easily.**



1.1 KNOWLEDGE



Even with the best machines and products, it's your **technique** and **knowledge** that **truly matter**.

Proper training is the **difference** between a **fully booked headspa** and an **empty schedule**.

Invest in **yourself** and your **business**—book your training today to stand out, build trust, and **keep clients coming back**.

1.1. KNOWLEDGE

We offer **two trainings:**

- **Japanese Headspa**
- **Advanced Trichology**

In the following slides, we'll explain the key differences between these two trainings.



BEFORE



AFTER (ONE TREATMENT)

1.1.1 JAPANESE HEADSPA

Meridian Theory & Pressure Points

Master pressure points on the face, head, neck and shoulders for relaxation and healing.



Anatomy of the Head & Hair

Understand the structure of skin, hair, and blood circulation for effective treatments.



Ingredients Knowledge for Hair Products

Learn about key ingredients and their benefits for scalp and hair health.



Scalp Abnormalities & Hair Loss

Identify scalp conditions and treatments using trichoscopy for personalized care and learn how to create a treatment plan for these scalp types.



Herbal Knowledge for Headspa

Discover herbal remedies and integrate them into treatments for holistic care.

Device Use and Maintenance

Learn how to use and maintain your equipment, plus how to effectively clean your tools and machine.

Client Intake Form, Contraindications & Hygiene

Understand client intake forms, recognize contraindications, and ensure hygiene and client safety during treatments.

Marketing & Financial Strategies for Business Growth

Learn pricing, competition analysis, and financial techniques to build a successful headspa business.

1.1.2 TRICHOLOGY

Introduction to Trichology

The basics of trichology, focusing on hair and scalp health and its impact on overall wellness.

Anatomy of the Scalp and Hair Follicle

Understanding the structure and function of the scalp and hair follicles, including the hair growth cycle.

Common Scalp Conditions

Identifying and diagnosing common scalp issues and disorders.

Severe Scalp Conditions

Exploring the causes of severe scalp conditions, including genetics, hormones, and external factors.



Herbal Remedies and Essential Oils

Using herbs and essential oils to support scalp health, reduce scalp discomfort and promote hair growth.

Nutrition and Supplementation

The role of nutrition and supplements in maintaining healthy hair and treating scalp issues.

Trichological Treatments and Products

Understanding and applying specialized treatments and products to address various scalp and hair conditions.

Client Diagnosis and Treatment Plans

Assessing clients' scalp and hair health, diagnosing issues, and creating personalized treatment plans that integrate nutrition, products, and therapies.

2. EQUIPMENT AND TOOLS

There are **two types** of headspa beds: **mobile** and **fixed**. Each has its own advantages and considerations.

In the next pages, I will **compare them** in detail to help you **make the best choice** for your business and clients.





	Mobile Headspa	Fixed Headspa Bed
Flexibility	<u>High</u> : Easy to move and use in different spaces. You can offer multiple treatments in one room.	<u>Low</u> : The bed is fixed, and you can't offer multiple treatments in the same room without additional beds.
Comfort	<u>High</u> : Can be placed behind a comfortable wellness chair, offering more comfort than most fixed beds.	<u>Low to Medium</u> : Fixed beds are often less comfortable than a mobile headspa with a wellness chair.
Water Setup	<u>No plumbing needed</u> : You simply fill the basin with water, and it heats up without plumbing installation.	<u>Limited</u> : Fixed beds require additional plumbing and water supply.
Portability	<u>Yes</u> : The device is lightweight and easy to roll away when not in use.	<u>No</u> : The bed is fixed and can't be moved.
Maintenance	<u>High</u> : Requires daily maintenance (cleaning, filter changes, etc.).	<u>Low</u> : Requires less maintenance, no filters or water management needed.

2.1 CHECKLIST SUPPLIERS

On the next two pages, you'll find a **checklist** with everything you need to **successfully start your headspa.**

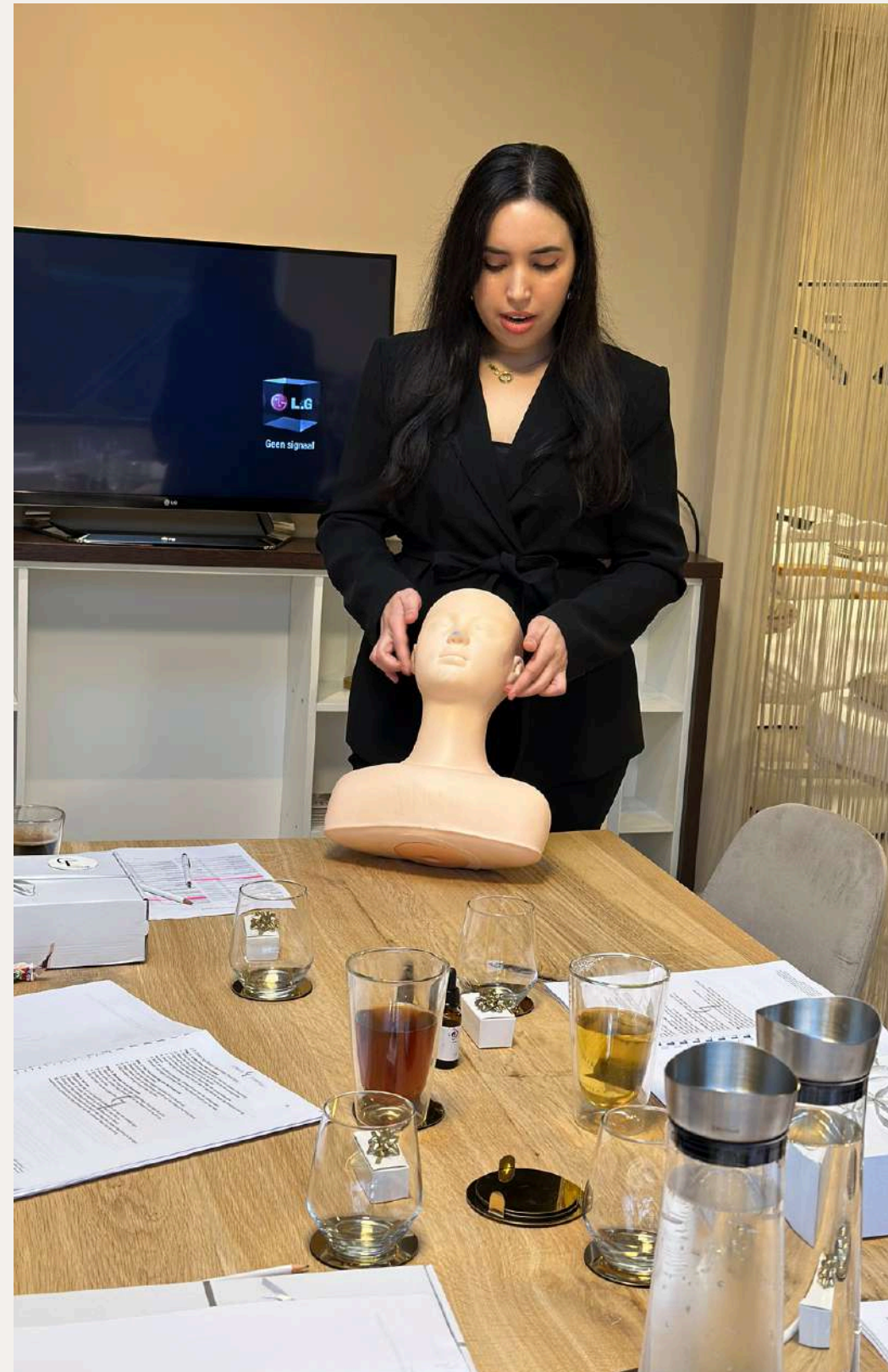
Simply check off each item, and you'll be **ready to go!**



Category	Needed Items		Checked
Equipment	Headspa Device	MEDIRELAXA https://www.medirelaxa.com/	<input type="checkbox"/>
	Hairdryer (minimum 2000W)	https://amzn.to/4lfdEpr	<input type="checkbox"/>
Products	Essential Oils & Herbs	Choose herbs as mentioned in the Headspa and/or Trichology course - available at local stores or online (see course)	<input type="checkbox"/>
	Massage Oil	https://amzn.to/4eOpUQB	<input type="checkbox"/>
	Hair and scalp care products	Select the recommended products outlined in the Headspa and/or Trichology course. Ensure you use the appropriate products tailored for both the scalp and the lengths to achieve optimal results	<input type="checkbox"/>
Towels & Tools	Microfibre hair towel	https://amzn.to/3ZbRe5N	<input type="checkbox"/>
	Heated eye pads	https://amzn.to/49gE782	<input type="checkbox"/>
	Heated blanket	https://amzn.to/4eTMzuQ	<input type="checkbox"/>
	Knee rol/bolster for extra comfort	https://amzn.to/4gccOO7	<input type="checkbox"/>

Category	Needed Items	Supplier Link	Checked
Disinfection & Safety	Disinfectants: Dettol, Barbacide, Alcohol	Local pharmacy	<input type="checkbox"/>
Music & Atmosphere	Relaxing playlist	https://open.spotify.com/playlist/37i9dQZF1DWWvgjYSMUA0Z?si=KGH877MbT0CrumAimRohSg	<input type="checkbox"/>
Knowledge & Skills	Japanese Headspa & Basic Trichology Course	https://www.clinique-esthetique.eu/en/product/japanese-head-spa-training-english-online	<input type="checkbox"/>
	Advanced Trichology Course	https://www.clinique-esthetique.eu/en/product/advanced-trichology/	<input type="checkbox"/>
	Marketing Strategies to be fully booked	included in both the courses	<input type="checkbox"/>
	Financial Pricing & Cost Calculation	included in both the courses	<input type="checkbox"/>
Online Tools	Website + SEO	Local provider	<input type="checkbox"/>
	Online Booking System	Bookly Pro, GlossGenius, Salonkee,...	<input type="checkbox"/>
	Google Business Profile	Google	<input type="checkbox"/>

OUR COURSES



WHY CHOOSE US?

- We've been **schooled** in **Asia** and **Europe**
- **Traditional Asian** headspa techniques
- In-depth **trichology** knowledge
- A comprehensive **list** of **suppliers** for machines, products, and tools
- **Post-training support** and **access** to our exclusive student-only **community**
- **No** prior **experience required** to get started!
- Access to our **online academy** for comprehensive theoretical knowledge
- **In-depth practical sessions** with personalized in-person feedback from Nasira

We offer a **complete learning experience**, combining flexible online theory with hands-on guidance to ensure your success.



+200 worldwide students



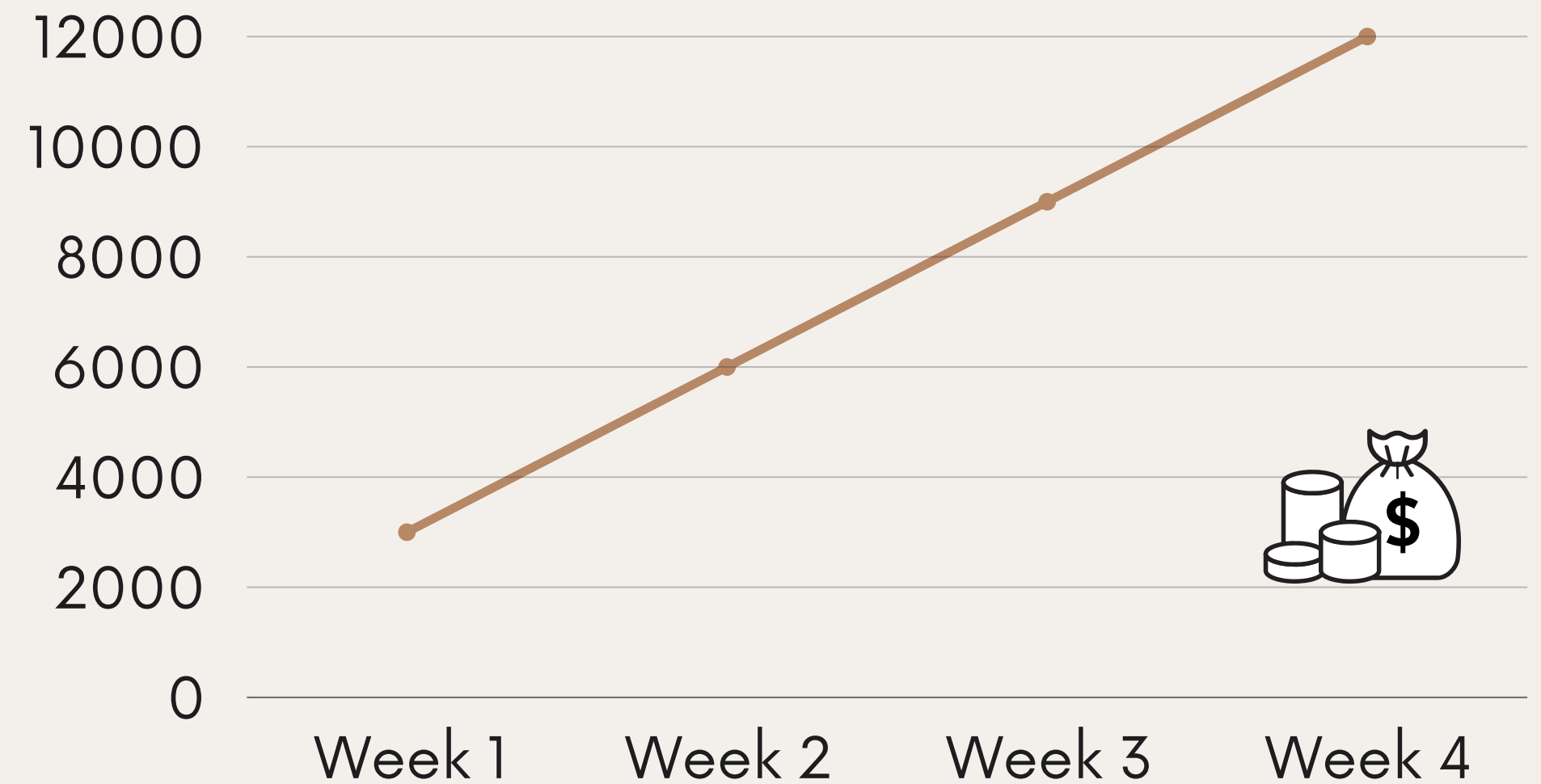
Exclusive 1-1 support

SUCCESS AND GROWTH

My training not only provides technical skills but also everything you need to **grow a business**. With my background in finance, I **guide you** through the steps to building a **profitable headspa**, ensuring your success is as sustainable as the treatments you offer.

EARNINGS

With **4 clients per day**, earning **150-200 USD per treatment**, you can make between 600-800 USD per day, 3,000-4,000 USD per week, and **12,000-16,000 USD per month**



TESTIMONIALS

Liz Fleming



If you are feeling overwhelmed and lost (like I was!) at how to start doing head space services, I highly recommend Clinique Esthetique Head Spa Course by Nasira. Her course covers the education you need about anatomy, scalp disorders, and ingredients as well as how to perform the head spa and business/marketing tips. Nasira also thoroughly answered all of my questions that I had during the course. Overall, I am very glad I chose this course and I feel so much more confident in adding these services.

If you have any hesitation, I recommend signing up for her free webinar that she has periodically. Listening to her education, experience and the information she provided during that webinar is what convinced me to sign up for her class.

Janine Johnson



Nasira's course on Japanese headspa was extremely informative, answering almost every question I had about the treatments before I signed up for the course. Her videos are very clear to understand and easy to follow at your own pace. The print-outs were extremely helpful to have to make notations on. I appreciated that she went into the healing properties of the service as well as explaining why certain herbs and products are used during the treatment. Well worth the money spent on this training!

Simona Hřebíčková



Choosing this training was the best decision ❤️

The day is divided into 2 parts: theoretical & practical part.

Nasira is a big professional and the sweetest person. She will provide you a huge amount of information, answer all your questions and create a pleasant atmosphere.

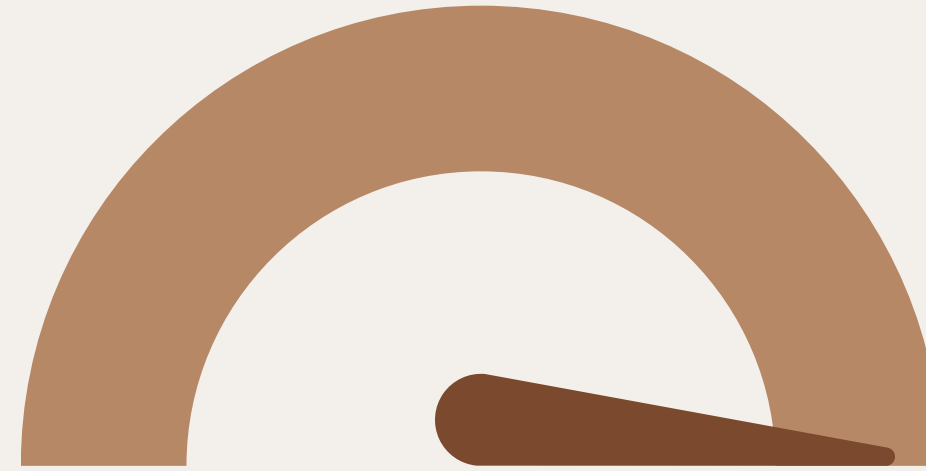
For me, the practical part was the most exciting and I enjoyed every part of it. We could try and practice everything that a traditional Japanese head spa can offer. Thank you Nasira for your patience, support and for teaching and sharing all your knowledge with me 🙏

STATISTICS



90% Fully Booked Schedules

90% of our graduates are fully booked within three months after completing the training.



100% Student Satisfaction

All of our students rate the training as excellent, with 100% satisfaction in content and support.



Average Revenue Increase of 75%

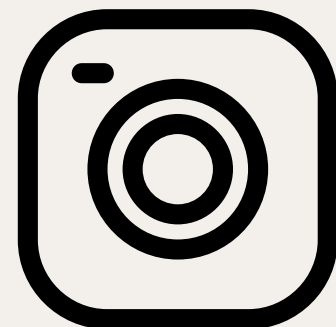
Students experience an average revenue growth of 75% within the first year after training.

MORE INFO

[CLICK HERE FOR PRICES AND SUBSCRIPTION](#)



[CLICK HERE TO CONTACT US VIA
WHATSAPP](#)



THANK YOU

