



# FRIMOUSSE

Make-Up Academy

*Professional Grooming and  
Personal Hygiene*

6 Day Program

Course Fee: Rs. 6,500

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# Welcome!

Hello, future makeup artists!

At FrimoussE, we believe every artist has the power to transform not just appearances but confidence and dreams.

We are excited to share our secrets and guide you in mastering the craft of professional makeup.

Whether you dream of working with celebrities, brides, or building your own brand, this academy is your stepping stone to success.

Let's unlock your potential together!

– Ester Noronha, Founder of FrimoussE

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**FRIMOUSSE**  
Make-Up Academy

# *What will you learn?*

- **Personal Hygiene Essentials:** Learn the daily habits that promote cleanliness, freshness, and health from head to toe.
- **Skin, Hair & Nail Care:** Maintain a polished appearance with simple, effective care routines for all skin and hair types.
- **Dress Sense & Wardrobe Basics:** Understand how to dress appropriately for various occasions and build a versatile, professional wardrobe.
- **Body Language & Posture:** Master the non-verbal cues that convey confidence, approachability, and professionalism.
- **Grooming for Interviews & Workplaces:** Learn how to present yourself in formal, semi-formal, and business-casual environments.
- **Social & Dining Etiquette:** Enhance your interpersonal skills with modern etiquette for social, professional, and dining settings.
- **Confidence & Self-Presentation:** Build your inner confidence and align your outer image with your personal and professional goals.

# *Contact Us*

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