



Sun Herald
31-Jan-2010
Page: 8
Supplement 1
By: Samantha Day
Region: Sydney
Circulation: 447946
Type: Australian Capital City Daily
Size: 656.49 sq.cms
Frequency: -----S

PROFILE Chantha Sok, Australasian College of Natural Therapies

Growing up in Cambodia, Chantha Sok never experienced the luxury of beauty treatments. In fact, she didn't know they existed. It wasn't until she finished high school in Singapore and moved to Sydney for university that she had her first facial and was inspired.

"I remember going to Broadway Beauty Grace after university one day and the treatment felt so nice," she says. "I thought to myself, 'I should look into this and learn more about my own skin.'"

At the time Sok was part-way through a bachelor of science at the University of Sydney, majoring in nutrition. She says as a child she thought she would grow up and go into business with her father but when her brother moved to Sydney to study she followed, hoping to enrol in subjects she had a passion for such as pharmacy, business and nutrition.

Upon graduation, she searched for a full-time job in the nutrition industry but believes her half-hearted attempts mirrored her desire to keep studying.

It wasn't until she saw an advertisement in a local paper that she was reminded of her fleeting beauty-therapy experience.

In 2008, she enrolled in a one-year beauty, spa and aromatherapy course at the

Australasian College of Natural Therapies, where she learnt about beauty treatments including manicures, pedicures and facials, massage, skin and the anatomy as well as essential oils and how they can help to alleviate illness.

"I loved that the course was a mix of theory and practical," she says. "In my science degree we did so many experiments but you couldn't apply them to a job or the real world. The skills I have learnt are ones that I can go out and get a job with."

Now 25, Sok manages Beauty Grace at Bondi and loves giving facials and advanced treatments such as microdermabrasions. She says every day she learns something new because there is always a different technology to try.

"I love giving facials but I also love giving and getting them because that way as a client you learn what feels nice, what doesn't and you learn new techniques," she says.

Sok may not have been sure about where her career would take her but she believes students have to keep looking for something that interests them. "Sometimes when you're not even thinking about it, it will just pop up and surprise you," she says.

Samantha Day



Photo: Fiona Morris