

FELLOWSHIP – 1MONTH (Theory + 15days Hands on)

- Fellowship in Aesthetic Medicine & Skin LASERS
- Fellowship in Medical Trichology (Clinical & Cosmetic)

FELLOWSHIP IN AESTHETIC MEDICINE & SKIN LASERS

1Mnth Theory + 15days Hands

INTRODUCTION

- Introduction to aesthetic industry
- Skin
- Structure & function skin appendages

SKIN TYPES

- Common cosmetic skin conditions
- Acne
- Pathophysiology of acne history
- Types of acne hormonal induced acne
- Drug induced & stress acne puberty & acne
- Pregnancy & acne differential diagnosis
- Various treatment modalities medicinal approach esthetician approach*
- Side effects and complications combination therapies
- Patient selection psychological aspect
- Nutraceuticals in acne management cosmeceuticals in acne management
- Dermaceuticals in acnemanagement newer technologies in the industry post-care management

HYPERPIGMENTATION

- Introduction to hyperpigmentation history & hormonal induced hyperpigmentation
- Types of hyperpigmentation differential diagnosis various treatment modalities
- Melasma
- Freckles
- Peri-orbital hyperpigmentation peri-oral hyperpigmentation acanthosis nigricans

Medicinal approach esthetician approach*

- Side effects and complications combination therapies
- Patient selection psychological aspect
- Nutraceuticals in hyperpigmentation management
- Cosmeceuticals in hyperpigmentation management
- Dermaceuticals in hyperpigmentation management
- Latest technologies in the industry post-care management
- Re-bound hyperpigmentation management**

SCAR MANAGEMENT

- Introduction to scars & types scar assessment
- Differential diagnosis various treatment modalities medicinal approach esthetician approach*

SIDE EFFECTS AND COMPLICATIONS COMBINATION THERAPIES

- Patient selection psychological aspect
- Nutraceuticals in scar management cosmeceuticals in scar management

- Dermaceuticals in scar management newer technologies in the industry post-care management
- Scar resurfacing with laser and plasmepen* hypertropic scar diagnosis
- Collagen induction scar management biostimulation in scar management fibroblast pen
- Nano & micro skin infusion technology in scar management
- Meso-btx for acne scar treatment

CHEMICAL PEELS

- Peels introduction & classification peels characteristics understanding of different Peelspatient evaluation
- Indications / precautions patient selection
- Skin conditioning
- Indications/ contraindications side effects
- Results
- Skin regimen
- Chemical peelings superficial peels combination chemical peels
- Pigmentation of the face-evaluation & treatment medium depth chemical peels

FACIAL PEELS

- Classification – superficial, medium, deep, augmented characteristics of different Types of peels.
- Characteristics- glycolics / aha / fruit peels / jessner / phenol/ tca cross technique /retinoic acid / microdermabrasion combinations /basic understanding of each combination / contraindications / mode of application / mechanism of action/potentiating factors / adverse effects
- Basic to advanced scalp peels scalp peel types

- Combination therapies complication management

LASER

- Introduction to lasers
- History, laser physics & vocabulary types of lasers
- Laser & skin interaction
- Side effects and complications recommendations combination therapies
ablative /non-ablative lasers
- Hyperpigmentation / tattoo removal lasers q-switched lasers
- Hair removal lasers intense pulsed light (ipl) laser chromophores

Newer technologies – rf /ir/ fraxel / infrared devices

- Follicular rejuvenation laser photofacial / skin nano-infusion lasers laser safety
- Complication management treatment techniques

OTHER IMPORTANT THERAPIES

- Basics of mesotherapy techniques
- Patient selection & indications
- CIT (collagen introduction therapy) neck rejuvenation
- Other minor cosmetic procedures
- Derma stamp/derma roller/dermapen electrocautery rf techniques
- Mole & skin tags removal wart management
- Micro-dermabrasion / dermabrasion dermaplaning & combination therapies
- Ultrasonic anti-aging devices
- Minor in-office surgical procedures

- Subcision with microstamps subcision with skin resurfacing syringoma & milium cysts

CLINICAL TRICHOLOGY

- Hair structure hair cycle in brief
- Alopecia clinical & laboratory investigation androgenic alopecia
- Alopecia areata alopecia universalis alopecia totalis alopecia barbae
- Scalp infections & differential diagnosis trichoscope analysis
Tichotilomania prp, l-prp, prf / ppp
- Beard growth & re-growth gfc hair regrowth therapy patient selection Biolight for follicular rejuvenation hft scalp
- PRP + Mesotherapy + Hair regrowth cocktails hair nutraceuticals combination therapy
- Dandruff - management & differential diagnosis achromotrichia & management
- Dermal threads for hair regrowth advanced scalp peels

CLINICAL PERMANENT MAKEUP

- Introduction to clinical permanent makeup safety and infection control
- Facial anatomy and morpholysis facial analysis and symmetry clinical eyebrows
- Microblading eyebrow
- Micropigmentation
- Natural modula eyebrow Microblading 3d & 6d eyebrows

MICROBLADING

- Wild art technique in microblading microblading and micropigmentation for alopeciatotalis
- Advanced ombre' technique hybrid pendulum technique scalp microblading
- Scalp micropigmentation beard microblading
- Beard pendulum pigment technique lip

MICROPIGMENTATION

- Lip blush calendula technique treatment planning
- Patient selection
- Clinical PMU psychological aspect

MEDICAL MICROPIGMENTATION

- Introduction to medical Micropigmentation
- Scar tissue analysis stretch marks analysis
- Facial analysis and symmetry Vitiligo Camouflage
- Surgical scar Camouflage stretch mark Camouflage
- Scalp Trichopigmentation
- Scalp CalandulaMmicroblading technique advanced Beard Micropigmentation
- Dark lip / Smokers lip Neutralising Vitiligo lip Camouflage
- Colour theory & understanding the undertone introduction to areola correction
- Complication management

Skin care formulation / Cosmeceutical formulation

- Basics in skin care formulation ingredient knowledge material knowledge formulation& handlings individual product knowledge ctm, ctsms, ctsmms,

sunprotection, types,

- Mechanism
- Importance of cosmeceuticals in prescription basic prescription technique along with treatment planning
- Technical cosmeceutical handlings about preservatives
- Ideas behind setting up the own product line

BUSINESS MANAGEMENT IN SKINCARE INDUSTRY

- Dermaceuticals and types importance of individual ingredients
- Various contraindications discussions on natural/ herbal skincare regimes customized
- Skin care regimen consultation comedogenicity
- Customized skin care regime consultation
- Body contouring & tightening devices
- Radio frequency devices ir / ultra sound cavitation devices cryolipolysis technologies
- Flabby skin management after liposuction combination therapy
- Step by step treatment planning for fat loss & weight loss
- Complication management clinical nutrition psychology

BOTULINUM TOXIN

- Product knowledge indications
- Facial anatomy in detail mode of action
- Regional anaesthesia for the face duration of action

- Appropriate doses/ dilutions safety and toxicity
- Storage and transport btx for forehead lines
- BTX for glabellar / frown lines btx for bunny lines

BTS for crow's feet btx for eyebrow lift btx for middle face btx for lower facetherapeutic btx

- BTS for acne scar management
- Micro-BTX for under-eye rejuvenation
- Side effects and complications: allergic/ regional glow btx / meso / micro-btx combination therapies
- Botulinum Toxin and Fillers Botulinum toxin and skin resurfacing light therapy and Botulinum toxin Botulinum toxin & Fillers & Threads
- BTX, fillers, threads & lipolytic injection for facial sculpting

DERMAL FILLERS

- Introduction to dermal fillers pharmacology
- Types of dermal fillers
- Patient selection for dermal fillers nasolabial fold
- Lip fillers with Cannula Panfacial Cannula tehniqe 5 point facial augmentation non-Surgical Rhinoplasty
- Liquid Rhinoplasty & PDO threads chin augmentation
- Jawline contouring & sculpting side effects and complications

DERMAL THREADS

- Introduction to dermal threads types of dermal threads
- Patient selection for dermal threads cogg threads

- Under-eye microcannula lips threads
- Bundle threads
- Monothreads for rejuvenation, double chin reduction
- Combination threads for full face-lift (anti-aging medicine)
- Derma fillers + dermal threads + btx + lipolytic injection
- Dermal fillers + dermal threads dermal fillers + dermal threads + btx side effects and complications

NUTRACEUTICALS

- Nutraceuicals for acne nutraceuicals for skin rejuvenation
nutraceuicals for Hyperpigmentation glow nutraceuicals
- Anti-oxidant therapy
- Anti-aging nutraceuicals nutraceuicals for hair
- Cyclical therapy for hair regrowth nutraceuicals in weight loss weight gain
supplements
- Individual ingredients in detail combination and dosage

DERMACEUTICALS

- Dermaceuicals & types
- Nano & Micro-infusion thecniques
- Meso-cocktails for acne, Hyperpigmentation, Glow, Anti-aging, Scar,
Wrinkles, HairRegrowth, Pre-mature greying, dandruff, skin
lightening, etc,.

COSMECEUTICALS

- Basics in cosmeceuicals ingredient knowledge individual product
knowledge
- Product layering in skin care rotinue importance of cosmeceuicals in
prescription
- Basic prescription technique along with treatment planning
- Comedogenecity
- Customized skin care regime consultation treatment planning with
nutraceuicals

- Treatment planning with dermatologicals, cosmeceuticals & systemic absorption

BUSINESS, MEDICO-LEGAL ASPECTS, ETHICS

- How to setup cosmetic practice ?
- How to establish yourself among your competition ?
- How to combine your existing profession with aesthetic practice ?
- How to market your practice and build your customer base ?
- Medico-legal aspects of cosmetology ethics in aesthetic practice