

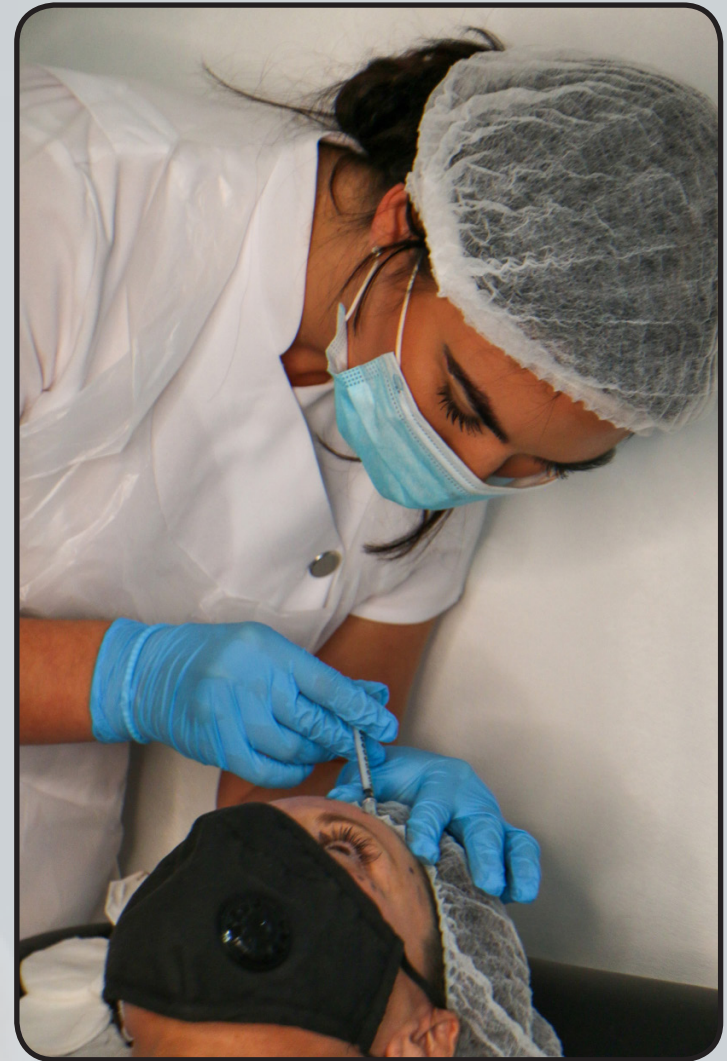


ULTIMATE AESTHETICS COURSE OVERVIEW

By Ampika's Aesthetics

AM I ELIGIBLE?

- Ultimate Aesthetics is designed for complete beginners. You don't need any pre-existing knowledge of the aesthetics or beauty industry.
- If you're a medic or non-medic, everyone is welcome on this course.
- If you're a non-medic, you complete the Ampika's Aesthetics Anatomy and Physiology home study, which is included in this course.
- You will complete this course with full accreditation. There is a 100% pass rate as we will continue to work with you until you can graduate.





QUALIFICATION AWARDED

Upon completion of the course, you will gain CPD accreditation in the following:

- ★ Anatomy and Physiology
- ★ Microneedling
- ★ Complication Management
- ★ Safe Practice in Medicine
- ★ Foundation Anti-Wrinkle Injections
- ★ Foundation Dermal Filler

Along with this, you will also be given live models to perform your case studies on before graduation.





ACCOMMODATION

- **Edinburgh Marriott Hotel**
111 Glasgow Rd, Edinburgh EH12 8NF
- **Courtyard Edinburgh**
1 – 3 Baxter's Place, Edinburgh EH1 3AF
- **Holiday Inn Express Edinburgh - Royal Mile, an IHG Hotel**
300 Cowgate, Edinburgh EH1 1NA
- **Grosvenor Suites**
6 Grosvenor Crescent, Edinburgh, EH12 5EP
- **Sunrise at Royal Mile**
71-6 Canongate, Old Town, Edinburgh, EH8 8BS

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TRANSPORT

- **From Edinburgh Airport**

By bus: Airlink buses leave from the airport regularly, and it's about a 30-minute ride to the Waverly Bridge stop just 400 meters from the hotel.

By tram: Take a convenient tram ride to the Princes Street stop, which leaves you a quick 800-meter walk to the hotel.

- **From Edinburgh Waverly Station**

On foot: The hotel is a quick 250-meter walk from Edinburgh Waverly, the city's central railway hub.

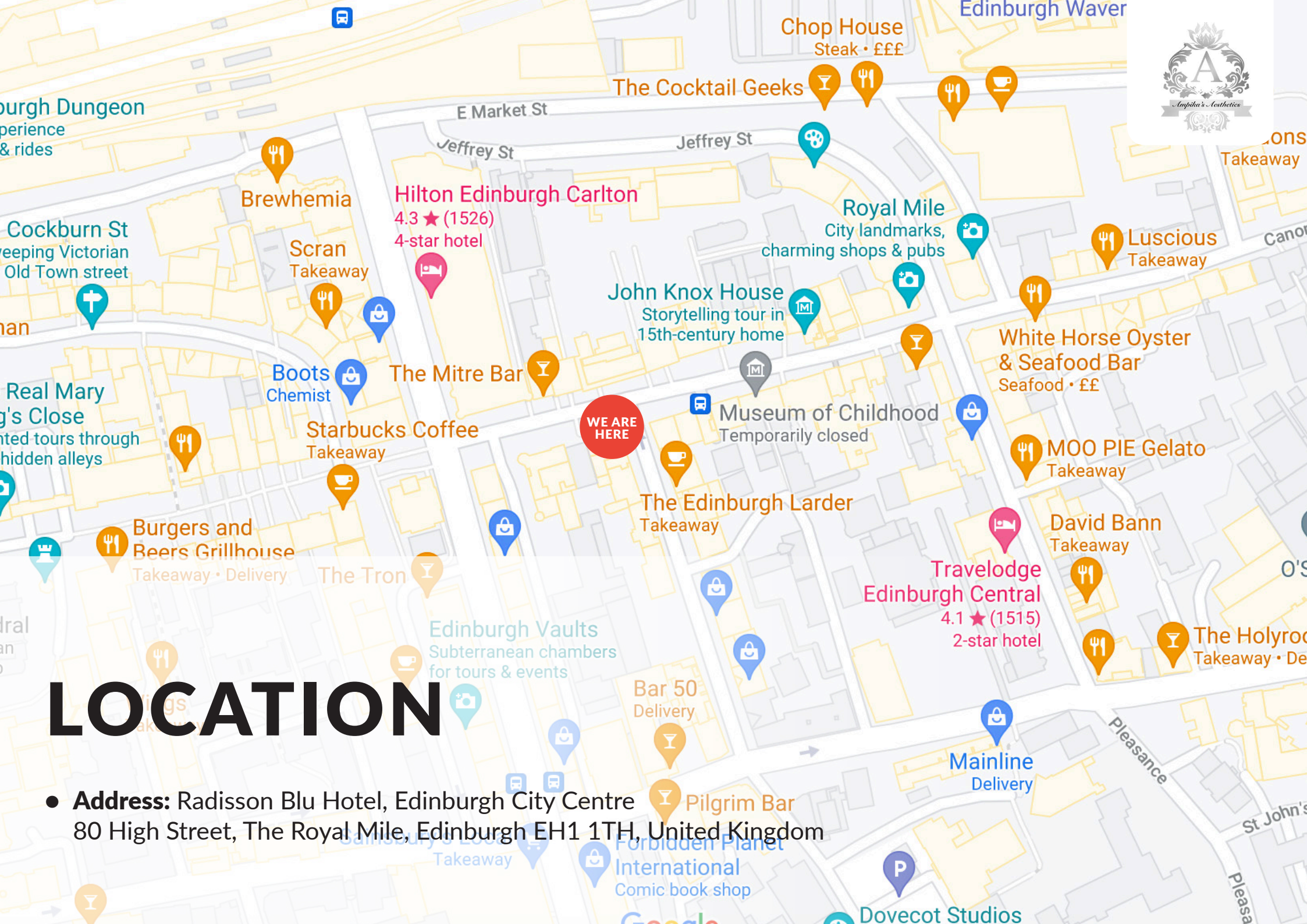
- **From Edinburgh Bus Station**

On foot: Located by St Andrews Square, Edinburgh Bus Station is the main bus route into the city and is only a 1km walk from the hotel.

- **Parking:** You can park at the Radisson Blu Hotel, Edinburgh City Centre for a fee of £12.50 per night. We have car parking space for 131 vehicles, available on a first come, first served basis.

When approaching the hotel southwards from Princes Street, turn left from North Bridge and continue to the first set of traffic lights. Turn right down St Mary's Street, then take your first right at the traffic lights onto the Cowgate, and then right up Blackfriars Street.





LOCATION

- **Address:** Radisson Blu Hotel, Edinburgh City Centre
80 High Street, The Royal Mile, Edinburgh EH1 1TH, United Kingdom



ARRIVAL

All classes start at 9:30am prompt. You are to arrive at 8:50am ready to start each day.

The courses finish at approximately 5:30pm each day but may vary depending on your course content.

Snacks and drinks will be provided by Ampika's Aesthetics.





DRESS CODE

Appropriate attire is needed throughout the duration of the course as this is a clinical environment.

You will be expected to:

- Wear flat, sensible, closed-toe shoes
- Wear tunic or salon wear
- Wear leggings/pants
- Have your hair tied back
- Provide your own protective face mask or visor

Failure to do so will put the clients and yourself at risk.





PRE STUDY

Upon payment of your deposit, you will be sent the anatomy and physiology text book. This will be for you to study and gain a key understanding of basic anatomy and physiology. Any questions you have, please don't hesitate to get in contact with the team.

Along with Anatomy and Physiology, you will also be expected to research key topics which are COSHH, risk assessment, COVID risk assessment, first aid kit, accident log file, waste disposal and insurance. This information will be sent to you in a manual via email. A little boring we know but this leaves you more time in class to enjoy the fun practical side. The aim of this manual is for you to get a good understanding of the key points which will be vital for your business.





TIMETABLE

DAY 1

- Introduction meet and greet.
- Anatomy and Physiology Quiz.
Topics covered: The Skin, Hair and Nails, The Skeletal System, The Muscular System, The Nervous System, The Endocrine System, The Respiratory System, The Cardiovascular System, The Lymphatic and Immune System, The Digestive System, The Urinary System, The Reproductive System
- Safe Medicines Management
- Safe Practices in Medicine
- Facial Anatomy
- Derma Pen and PRP
- Phlebotomy



TIMETABLE

DAY 2

Theory of Anti-Wrinkle Injections

- Benefits of Anti-Wrinkle Injections
- Pharmacology
- Development of Botulinum Toxins + Mode of Action
- Onset of Anti-Wrinkle Injections
- Basic Anti-Wrinkle Injection Areas
- Consultation process
- Contraindications
- Cautions
- Injection Techniques
- Preparing to inject
- Facial Muscles
- Areas and Units
- Aftercare

Dermal Filler Theory

- Benefits of Dermal Fillers
- Hyaluronic Acid
- Basic Filler Areas
- Structure of the Skin
- Arteries Feeding the Face
- Consultation Process
- Contraindications
- Cautions
- Injection Techniques
- Preparing to inject
- Lip Anatomy
- Emergency Reversal Protocol
- Elective Reversal Protocol
- Administration of Hyalase
- Aftercare



TIMETABLE

DAY 3

- Recap day 1 and 2
- Demonstration of Dermal Fillers on live model
- Practical Case Studies of Naso fold, Marionette lines, vermilion board, volume of bottom and top lip
- Clinical set up
- Business structure
- Social media and marketing

DAY 4

- Recap questions
- Demonstration of Anti-Wrinkle Injecatbles
- Practical Case Studies of Crows feet, Forehead, and Frown lines.
- Recap of Course
- Graduation

COVID-19 REGULATIONS



Due to the recent outbreak of COVID-19, all students will have their temperature checked upon arrival at our training academy. If you are experiencing any symptoms of COVID-19 you will not be permitted to enter and continue on the course. This is for the protection of everyone.

You will be required to sign a disclaimer to state that you have not experienced a high temperature or any of the following symptoms:


- A high temperature –this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- A new, continuous cough –this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- A loss or change to your sense of smell or taste –this means you've noticed you cannot smell or taste anything, or things smell or taste different from normal.

All students are to wear a mask or visor during their time at the school.

You will also be required to Track and Trace upon entering the clinic so please ensure you have the NHS Track and Trace App readily installed on your mobile phone ready to participate. You can download the app here: www.covid19.nhs.uk

During lunchtime and refreshment breaks all students are to respect the 1-metre plus social distancing rule and not be any closer to teachers or fellow students.

When carrying out treatments on live models, masks and visors must be worn.



If you have any further questions, please contact
us via email at ampikasaesthetics@gmail.com
or call us on 0333 996 2690

Ampika Pickston