

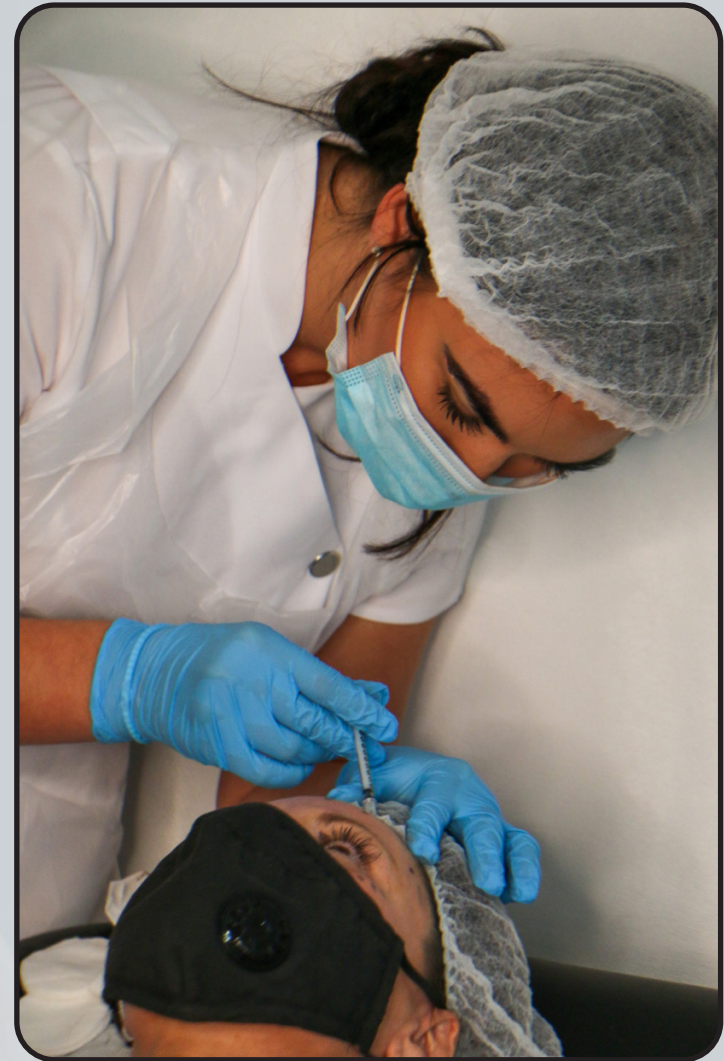
A close-up photograph of a person's lower face, focusing on the lips. A hand in a white glove is holding a clear syringe with a needle, which is inserted into the lower lip. The background is a soft, out-of-focus light gray.

# **FOUNDATION ANTI-WRINKLE COURSE OVERVIEW**

*By Ampika's Aesthetics*

# AM I ELIGIBLE?






- This course is designed for complete beginners. You don't require 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 will need to 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**

Along with this, you will also be taught a full clinical set up, business support and client consultation to help kick start your clinic.





# 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 & Mesotherapy
- Phlebotomy

### Theory of Microneedling

### Theory of Anti-wrinkle injectables:

- Benefits of anti-wrinkle injectables
- Pharmacology
- Development of Botulinum Toxins + mode of Action
- Onset of anti-wrinkle injectables
- Basic anti-wrinkle injectables areas
- Consultation process
- Contraindications
- Cautions
- Injection techniques
- Preparing to inject
- Facial muscles
- Marking up
- Areas and units
- Aftercare



# TIMETABLE

## DAY 2

- Recap of day 1
- Demonstration of Anti-Wrinkle Injectables on live model
- Practical case studies of crows feet, forehead, and frown lines
- Clinical set up
- Business structure
- Social media and marketing
- Recap questions
- Recap of course
- Graduation





# MICRONEEDLING

On the first day you will be carrying out microneedling on each other so you must all participate and engage in this activity of treatment to allow Ampika's Aesthetics to qualify and pass you on this area which is crucial to gain insurance.

You are required to turn up make up free so the training academy are ready to go through your consultation and carry out your treatment.

We appreciate this is not always possible. Removing makeup can take up valuable time within your appointment. The other alternative is if you have specific makeup removers you wish to use you are welcome to bring them to remove your makeup before treatments commence.

# TRANSPORT

- **Bus:** There is a bus stop directly outside the training academy. Services 88, 288 and 284 stop here.
- **Tram:** The nearest tram stop to Ampika's Aesthetics is the Manchester Airport line. This stop is 3 miles from the academy.
- **Train:** The nearest train station to our academy is Hale Station as it's only 2 miles away. Another close by station is Manchester Airport which has access to more lines.
- **Taxi:** As we are situated near the airport, there is always a high number of taxi services available in the area at short notice. Uber's also available.







# ACCOMMODATION

- **Bulls Head:** Wicker Ln, Hale Barns, Altrincham  
WA15 0HG  
*Travel Time: 2 minute walk to Ampika's Aesthetics.*
- **Manchester Airport:** Premiere Inn, Rungler Lane,  
Wilmslow Road, Manchester Airport, M90 5DL  
*Travel Time: 8 minute drive to Ampika's Aesthetics.*
- **Marriot Hotel:** Hale Road, Hale Barns, Manchester  
WA15 8XW  
*Travel Time: 3 minute drive to Ampika's Aesthetics.*
- **Hale Barns House:** Oak Croft, Hale, WA15 8UU  
*Travel Time: 3 minute drive to Ampika's Aesthetics.*
- **Holiday Inn:** Rungler Lane, Manchester Airport,  
Manchester, M90 5DL  
*Travel Time: 6 minute drive to Ampika's Aesthetics.*
- **Airbnb** in Hale Barns

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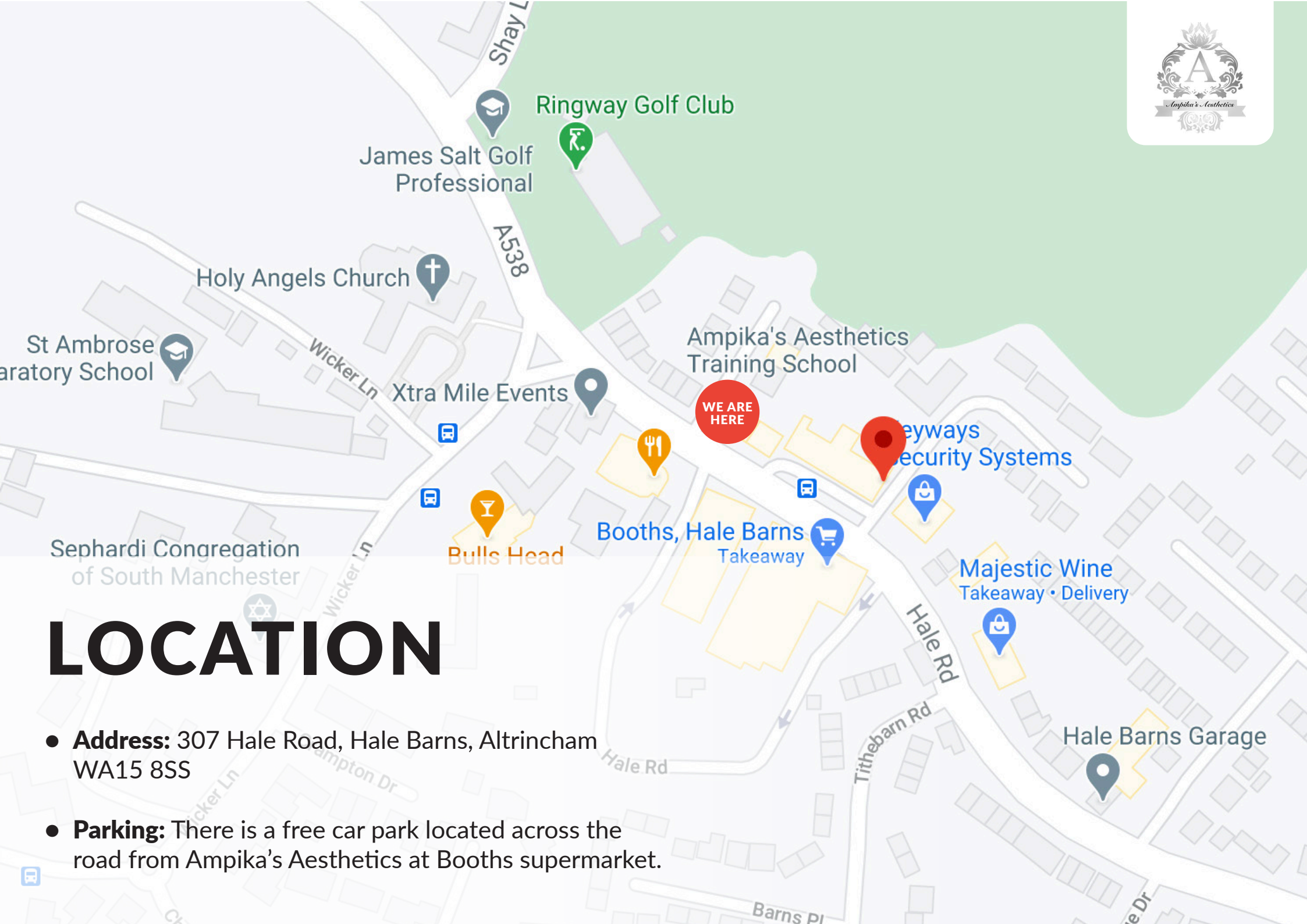


# ARRIVAL

All classes start at 9:00am 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.





# LOCATION

- **Address:** 307 Hale Road, Hale Barns, Altrincham WA15 8SS
- **Parking:** There is a free car park located across the road from Ampika's Aesthetics at Booths supermarket.



# 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.





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

*Ampika Pickston*