

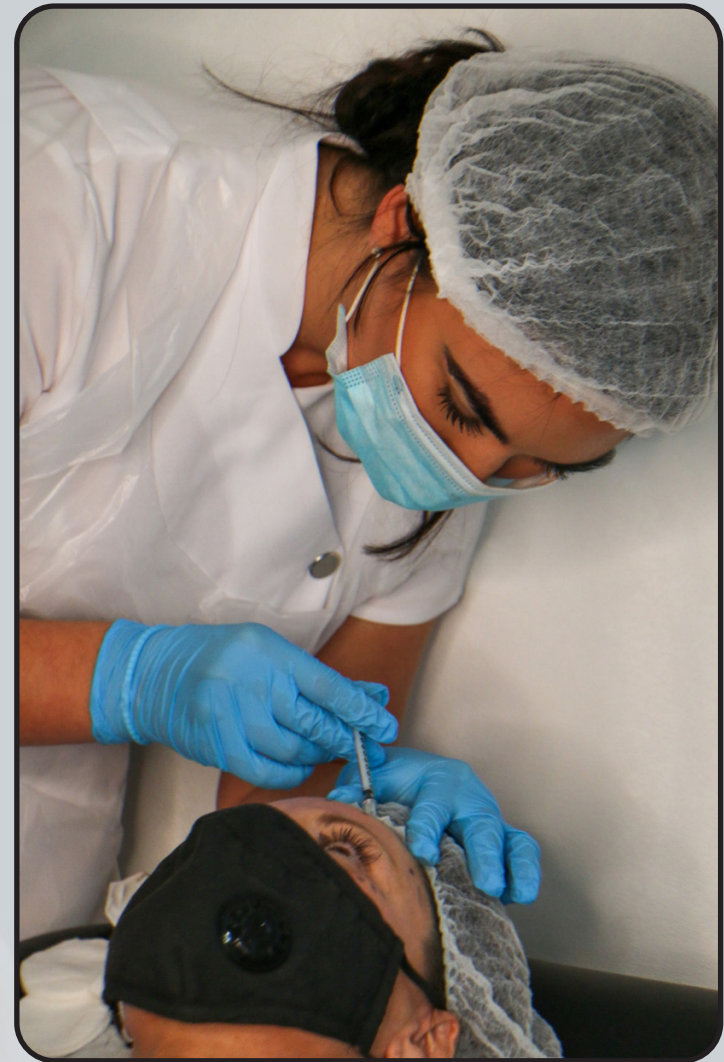


# **PDO THREADS COURSE OVERVIEW**

*By Ampika's Aesthetics*

# AM I ELIGIBLE?

- You must have your Anatomy and Physiology Level 3 & 4.
- You must also have 6 months needling experience in Microneedling or in Foundation Aesthetics such as Dermal Filler or Anti-wrinkle injections.
- If you are a total beginner please check out our Ultimate Aesthetics course. This is the pathway into injectables enabling you to go on to this course.





# QUALIFICATION AWARDED

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

 **PDO Threads**

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





# TIMETABLE

**This is a one day course covering the following:**

- Introduction meet and greet
- Revision over theory
- History of threads and PDO variables on the market
- Learning the techniques and carrying out live procedures on face and body areas of concern (*Breasts, Underarms, Stomach, Crows feet, Tear trough, Chin & jawline, Forehead, Mid face & jawline, Lowerface*)
- The use-age of lidocaine
- Indications
- Contraindications
- Selecting a suitable candidate
- The benefits of this treatment
- Consultation process
- Aftercare
- Sourcing the products and marketing with pricing structure:
- Course recap
- Graduation

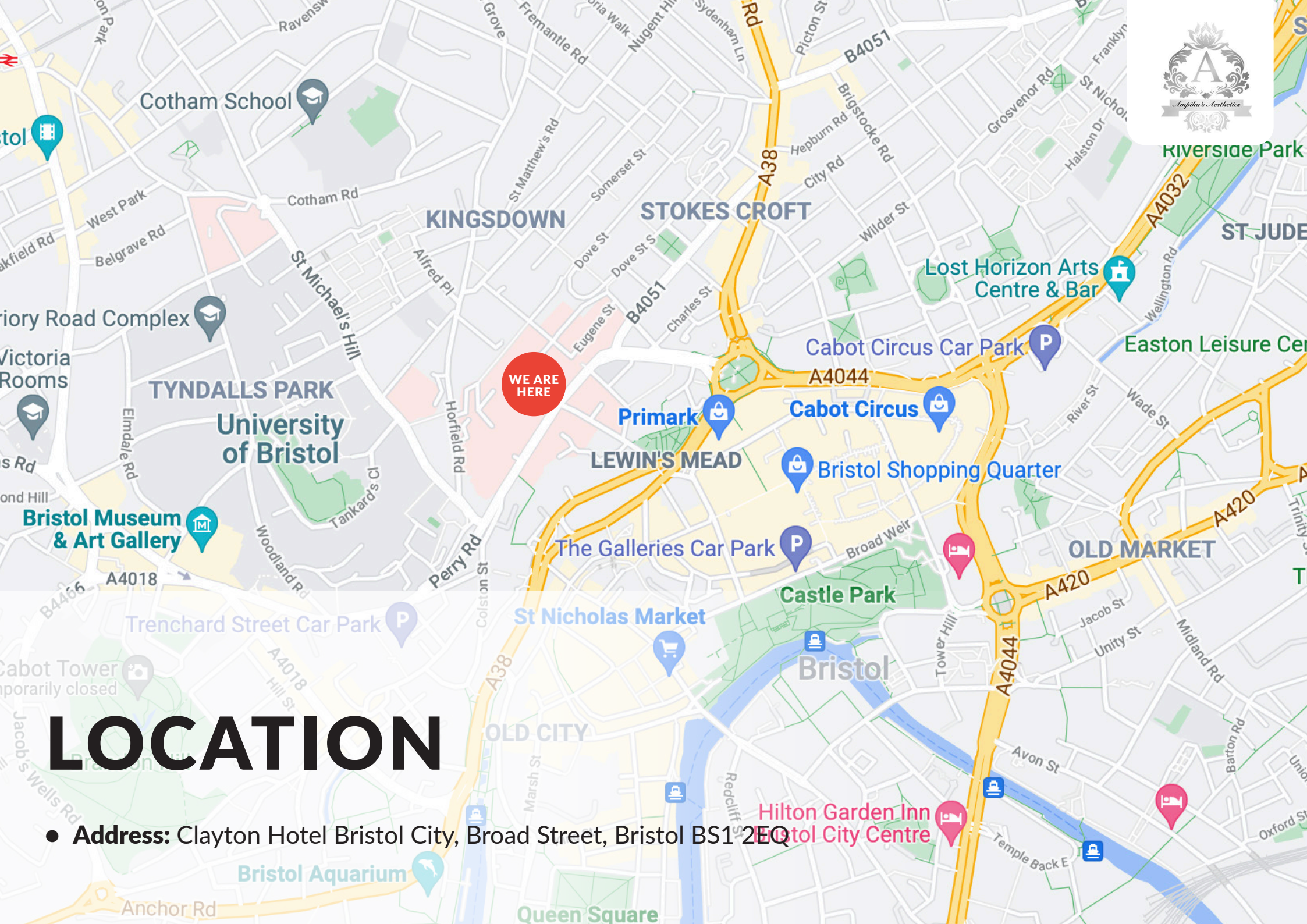


# ARRIVAL

All classes start at 9am 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:** Clayton Hotel Bristol City, Broad Street, Bristol BS1 2EQ



# TRANSPORT

- **Airport Transfers**

A bus service is available for transport from Bristol International airport. Bristol Airport Flyer runs 7 days per week, every 20 minutes. The nearest stop to the hotel is C1 Rupert Street & C2 Anchor Road. The hotel is located 600 yards from the main street.

- **From Bristol Temple meads Train station**

A short 15-minute walk away approx. 0.8 miles. Exit the station onto the station approach road. Turn right onto temple gate. At the next junction follow Victoria Street until you reach Bristol Bridge. After crossing Bristol Bridge follow the high street for approx. 200 yards until it meets Broad Street. The hotel is located at the bottom of Broad Street.

- **Coming from the M4 London**

Take Junction 19 for the M32. Follow the M32 until it meets the A4032 and A4044. Follow this road until the James Barton roundabout, take the 1st exit. Veer left with the road, take the left turn after the old Fire station onto Bridwell Street. Take a left onto Nelson Street, your first right and right again. The entrance to Nelson Street car park will be in front of you.





# ACCOMMODATION

- **The Clayton Hotel**  
Broad Street, Bristol, BS1 2EQ  
*Ampika's Aesthetics training Location*
- **Mercure Bristol Grand Hotel**  
Broad Street, Bristol, BS1 2EL  
*Travel time: 1 minute walk to Ampika's Aesthetics*
- **Rock & Bowl Motel**  
Broad Street, Bristol, BS1 2EQ  
*Travel time: 2 minute walk to Ampika's Aesthetics*
- **Bristol Harbour Spa Hotel**  
53-55 Corn Street, Bristol, BS1 1HT  
*Travel time: 2 minute walk to Ampika's Aesthetics*
- **Premier Inn Bristol City Centre**  
Lewins Mead, Bristol, BS1 2NT  
*Travel time: 3 minute walk to 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.





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*