

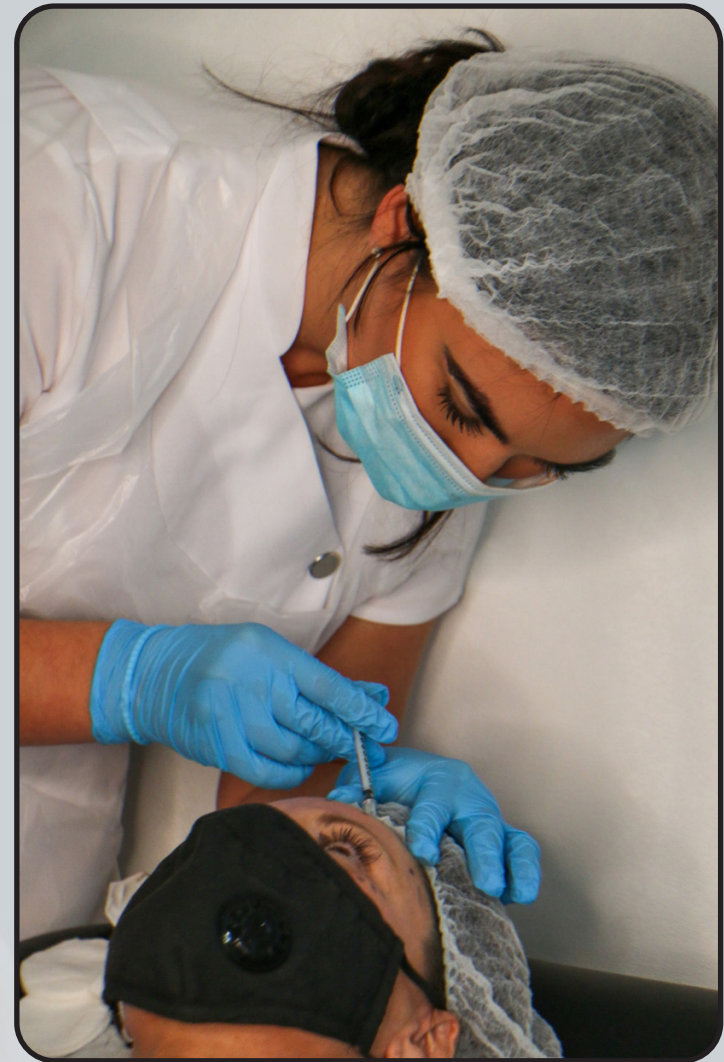


ULTIMATE AESTHETICS COURSE OVERVIEW

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
- ★ Mesotherapy

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





PRE STUDY

Upon payment of your deposit, you will be sent the relevant course details. 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

This is a three day practical course and one day virtual training to cover all the aspects of theory and practical training. Within your first virtual day of training and practical days these are the subjects and practical assessments you will learn and gain accreditation in :

- Introduction meet and greet.
- Safe Medicines Management
- Safe Practices in Medicine
- Facial Anatomy
- Derma Pen and Mesotherapy
- Botulinum Toxin injections on live models
- Dermal Filler injections on live models
- Biotin & B12 injections on live models
- Microneedling on live models

TIMETABLE

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

Theory of Microneedling & Mesotherapy

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

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

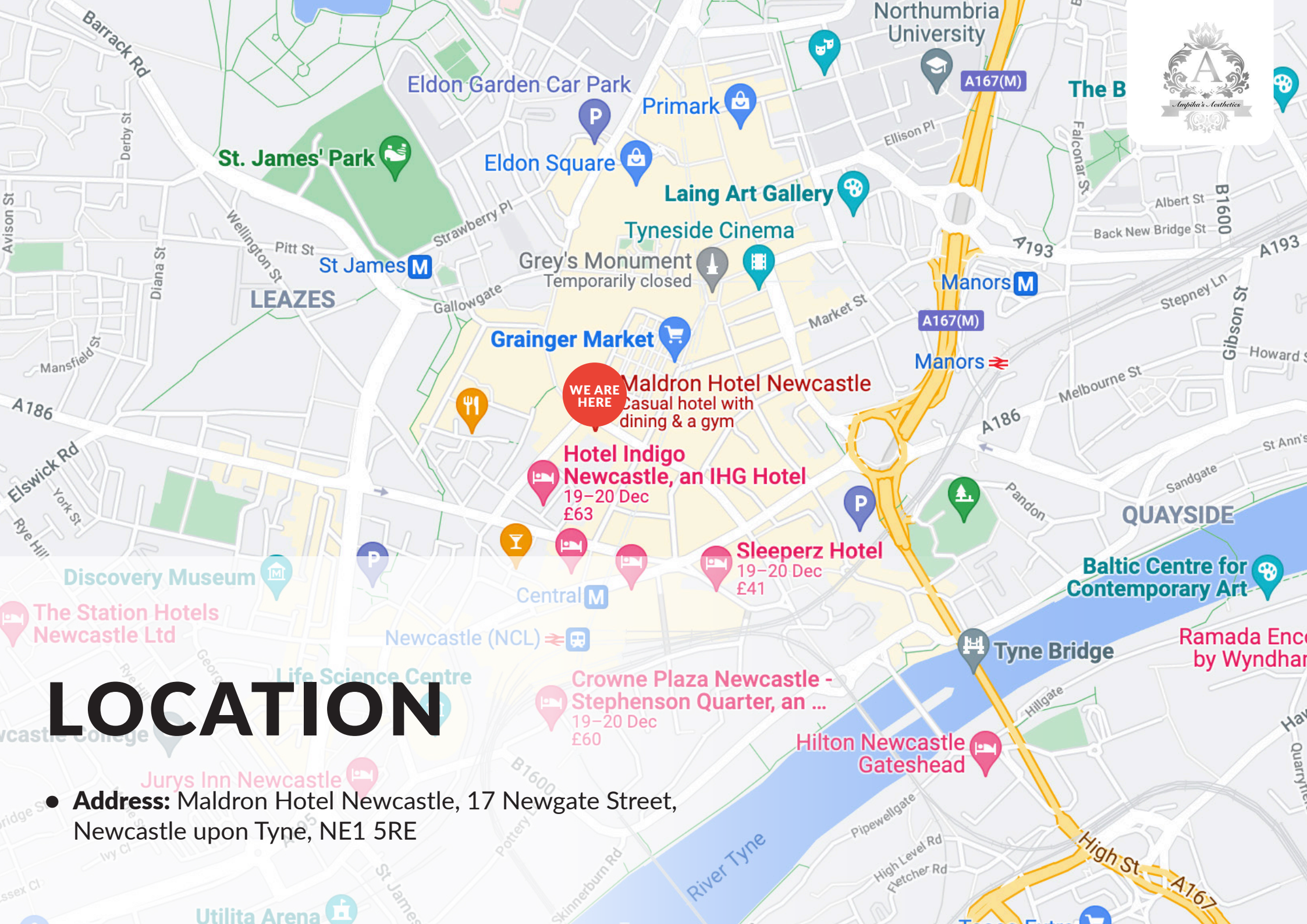


ARRIVAL

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:** Maldron Hotel Newcastle, 17 Newgate Street, Newcastle upon Tyne, NE1 5RE

TRANSPORT



- **Travelling by Metro**

Maldron Hotel Newcastle is situated close to both Central and Monument Metro stations.

From Monument it is only a 3 minute walk; exit the station onto Grainger Street and turn right onto Newgate Street and our hotel is directly on your left. Alternatively, Central is a 5 minute walk; walk up Grainger Street, turn left onto Newgate Street and our hotel is on your left.

Fares start from as little as £2. The metro connects both Central and Monument stations to the airport within 20 minutes.

- **Travelling by Bus**

Haymarket Bus station is a 5-minute walk; head along Percy Street to Newgate Street and our city centre hotel is on your right. Two bus operators work from Haymarket Bus station, serving local routes as well as surrounding areas on the Northumberland coastline.

- **Travelling by Air**

Newcastle Airport is only 7 miles away from our hotel. The Metro connects the airport to the city centre within 20 minutes, depart the Metro at either Central or Monument and from here it is a 5-minute walk; exit the station onto Grainger Street and turn right onto Newgate Street, the hotel is directly on your left.

Alternatively, taxis are available which will cost roughly £20 and take approximately 10 minutes. Our reception team would be more than happy to arrange a taxi if you require one.





ACCOMMODATION

- **The Maldron Hotel**
17 Newgate Street, Newcastle Upon Tyne, NE1 5RE
Ampika's Aesthetics training Location
- **Hotel Indigo**
2/8 Fenkle Street, Newcastle Upon Tyne, NE1 5XU
Travel time: 2 minute walk to Ampika's Aesthetics
- **Sleeperz Hotel**
15 Westgate Road, Newcastle Upon Tyne, NE1 1SE
Travel time: 7 minute walk to Ampika's Aesthetics
- **Premier inn Newcastle City**
95 Newgate Street, Newcastle Upon Tyne, NE1 5RF
Travel time: 3 minute walk to Ampika's Aesthetics
- **County Aparthotel**
Neville Street, Newcastle upon Tyne, NE1 5DF
Travel time: 4 minute walk to Ampika's Aesthetics
- **The Royal Station Hotel**
Neville Street, Newcastle upon Tyne, NE1 5DH
Travel time: 7 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
or call us on 0333 996 2690

Ampika Pickston