

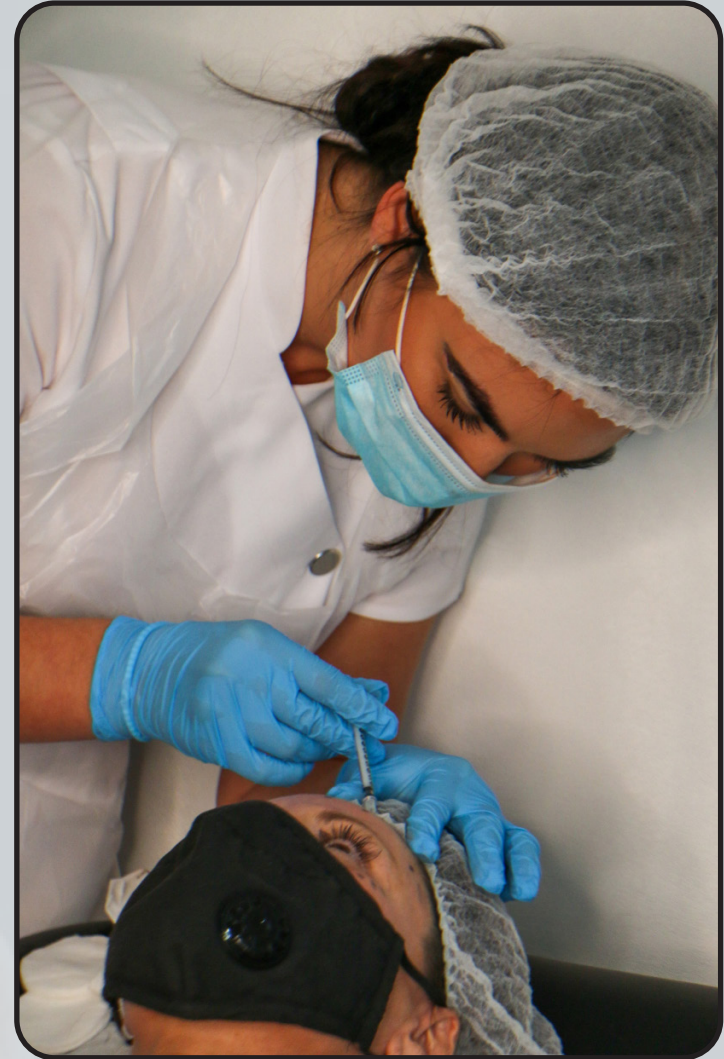


# ULTIMATE AESTHETICS COURSE OVERVIEW

*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.



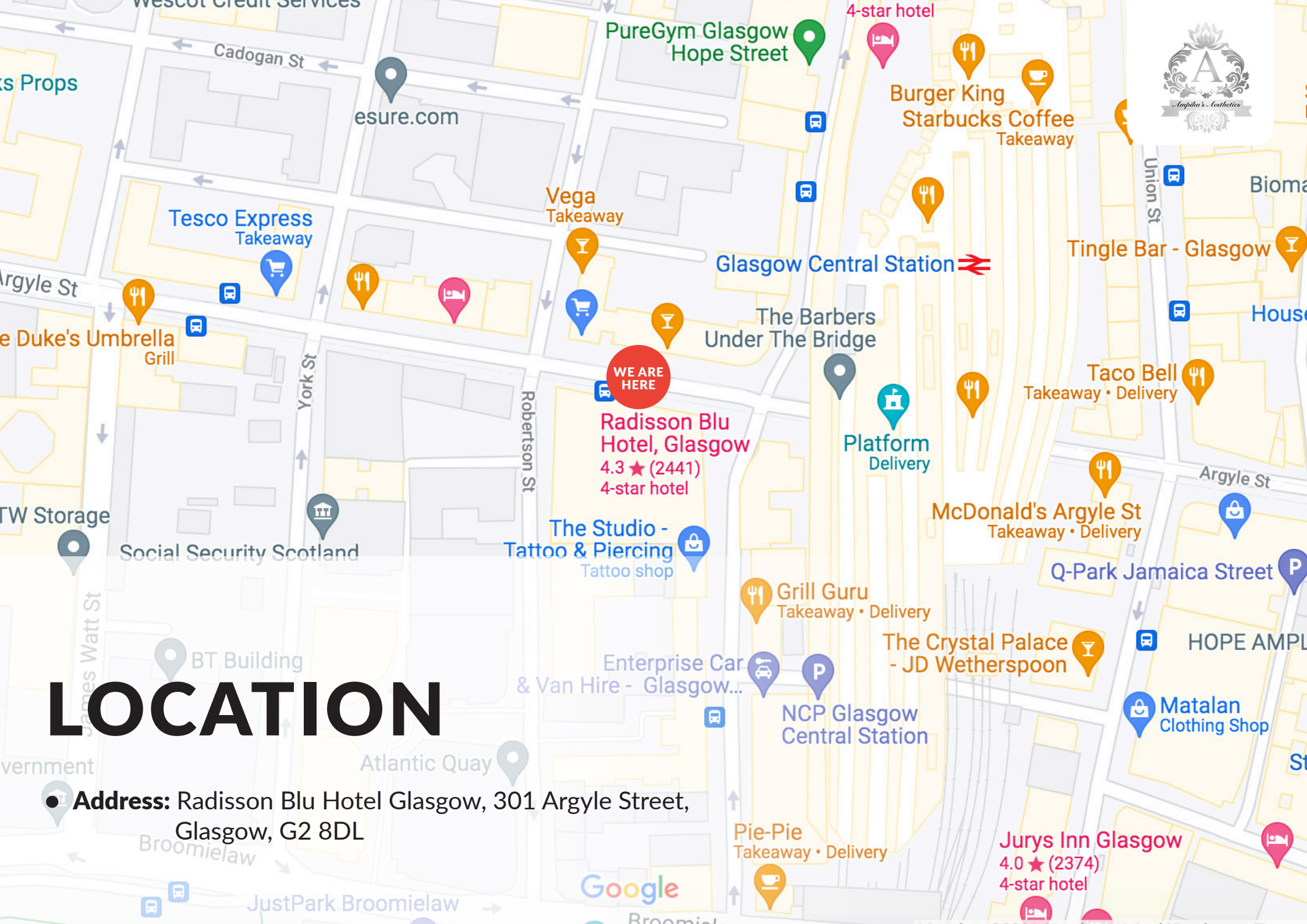


# ARRIVAL

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:** Radisson Blu Hotel Glasgow, 301 Argyle Street, Glasgow, G2 8DL



# TRANSPORT

- **From Glasgow Airport**

**By bus:** Take the Airport Express to the Waterloo Lane stop. You'll be just 350 meters from the hotel.

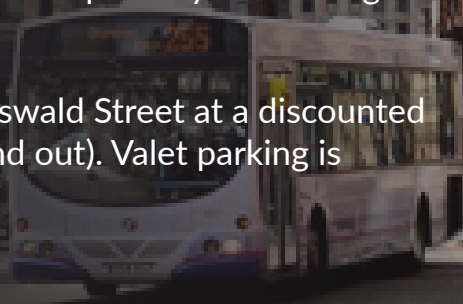
**By taxi:** Travel to the hotel by taxi takes about 20 minutes. The airport is about 14km from the hotel via M8.

**By car:** Exit the M8 at Junction 18: City Centre. Continue along Bothwell Street at the traffic lights. At the next set of lights turn right onto Wellington Street. Continue down Wellington Street straight through the next two sets of lights onto Robertson Street (the side of the hotel). Arriving at the next set of lights, turn left onto Broomielaw and then left again at the next lights onto Oswald Street. You will see the hotel on your left. Turn left at the lights onto Argyle Street to arrive at the front of the hotel.

- **From Glasgow Central Station**

**On foot:** The hotel is located on Argyle St just a few steps away from Glasgow Central station.

- **Parking:** Car parking is available nearby at NCP Oswald Street at a discounted rate from hotel reception (includes 1 journey in and out). Valet parking is available for an additional fee.





# ACCOMMODATION

- **Radisson Blu Hotel**  
301 Argyle Street, Glasgow, G2 8DL  
*Ampika's Aesthetics training Location*
- **Yotel Glasgow**  
Westergate, 260 Argyle Street, Glasgow, G2 8QW  
*Travel time: 1 minute walk to Ampika's Aesthetics*
- **Motel One Glasgow**  
78-82 Oswald Street, Glasgow, G1 4PL  
*Travel time: 1 minute walk to Ampika's Aesthetics*
- **Jurys In Glasgow**  
80 Jamaica Street, Glasgow, G1 4QG  
*Travel time: 3 minute walk to Ampika's Aesthetics*
- **Grasshoppers Hotel**  
87 Union Street, Glasgow G1 3TA  
*Travel time: 5 minute walk to Ampika's Aesthetics*
- **Alexander Hotel**  
320 Argyle Street, Glasgow, G2 8LY  
*Travel time: 1 minute walk to Ampika's Aesthetics*





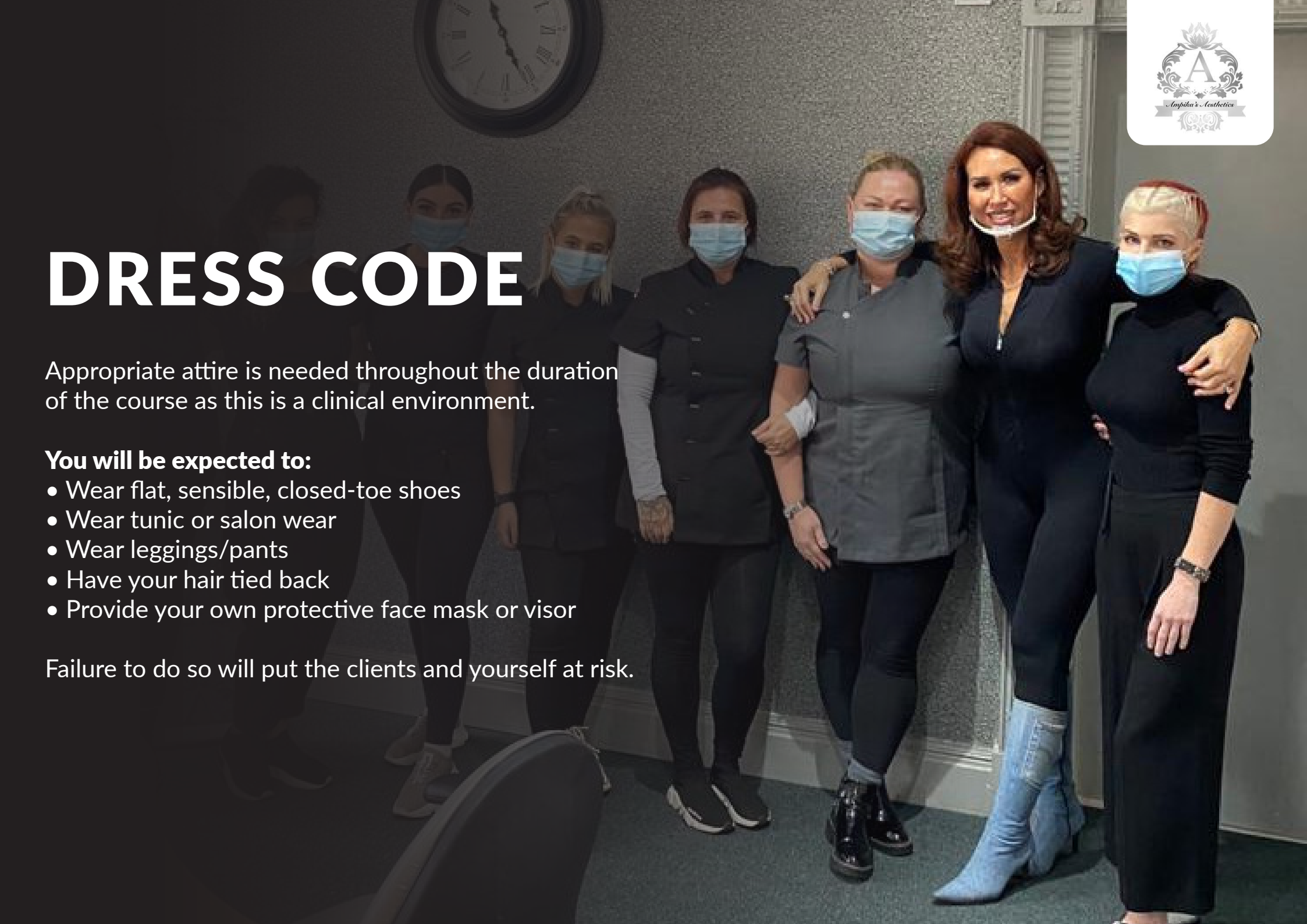
# DRESS CODE


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*