



# **GOLD AESTHETICS**

## **COURSE OVERVIEW**

*By Ampika's Aesthetics*

# AM I ELIGIBLE?

- No experience required. Total beginners accepted.
- A good understanding of written/spoken English in order to complete assignments.





# QUALIFICATION AWARDED

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

- ★ Anatomy and Physiology accreditation
- ★ Basic life support CPD accreditation
- ★ Foundation Anti wrinkle & Dermal filler accreditation
- ★ Advanced Anti wrinkle & Dermal filler accreditation
- ★ Superficial and medium strength chemical peels accreditation
- ★ Microneedling accreditation
- ★ Level 4 qualification in skin rejuvenation for aesthetic practice
- ★ Level 5 in Aesthetic Practice qualification

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



**QUALIFI**  
APPROVED CENTRE





## ULTIMATE AESTHETICS 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



# ULTIMATE AESTHETICS 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

## ULTIMATE AESTHETICS TIMETABLE

- Demonstration of Dermal Fillers on live model
- Practical Case Studies of Naso fold, Marionette lines, vermillion 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 carrying out microneedling on each other so you must all participate and engage in this activity of treatment to allow Ampikas 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.

# LEVEL 4 COURSE OVERVIEW

Level 4 course consists of:

- EIGHT TRAINING MODULES

Units completed on this course in the following areas:

- Health, safety and hygiene for aesthetic procedures
- Client consultation for aesthetic procedures
- The biochemistry and biology of cells
- Skin morphology and the inflammatory response
- Skin disorders and diseases relative to aesthetic practice
- Skin rejuvenation using microneedling
- Skin rejuvenation using superficial chemical peels
- Skincare to support aesthetic procedures



# LEVEL 5 COURSE OVERVIEW

**Level 5 course consists of:**

- FIVE MODULES
- TWO ASSIGNMENTS
- PRACTICAL DAYS

The practical days will be allocated within your training schedule.

The modules and Assignments are structured and need to be completed by set dates.

In the first month, you will read through the manuals provided in the training portal for Level 5.

This equates to reading each day for an hour or so.

**Units completed on this course in the following areas:**

- Legal and Regulatory Requirements in Aesthetic Practice
- Professional Standards within Aesthetic Practice
- Working Collaboratively with Healthcare Professionals
- Anatomy, Physiology and Morphology of the Ageing Face
- Skin Micro-needling and Chemical Peels



**QUALIFI**  
ENDORSED PROGRAMME

# ADVANCED ANTI-WRINKLE & DERMAL FILLER TIMETABLE

## DAY 1

- Introduction meet and greet.
- Theory of Advanced Filler & Advanced Anti Wrinkle Injectables
  - Benefits of Advanced Filler & Advanced Anti Wrinkle Injectables
  - Contraindications
  - Cautions
  - Injection techniques
  - Preparing to inject
  - Lessening and eliminating lines and wrinkles
  - Softening features
  - Facial muscles and arteries
  - Areas (*Jaw Augmentation, Non surgical Rhinoplasty, Cheek Augmentation, Chin Augmentation, Tear Trough Russian Lip Technique, Temporalis*)
  - Marking up
  - Areas and units (*Downward smile, Gummy smile, Hyperhidrosis, Brow lift, Neck lift, Bunny lines, Nose flair and tip, Masseter jawline, Mentalis, Marionette lines, Perioral lines, Infraorbital lines*)
  - Aftercare
  - Demonstration of Advanced Filler & Advanced Anti Wrinkle Injectables on live model
  - Practical case studies on live models





# ADVANCED ANTI-WRINKLE & DERMAL FILLER TIMETABLE

## DAY 2

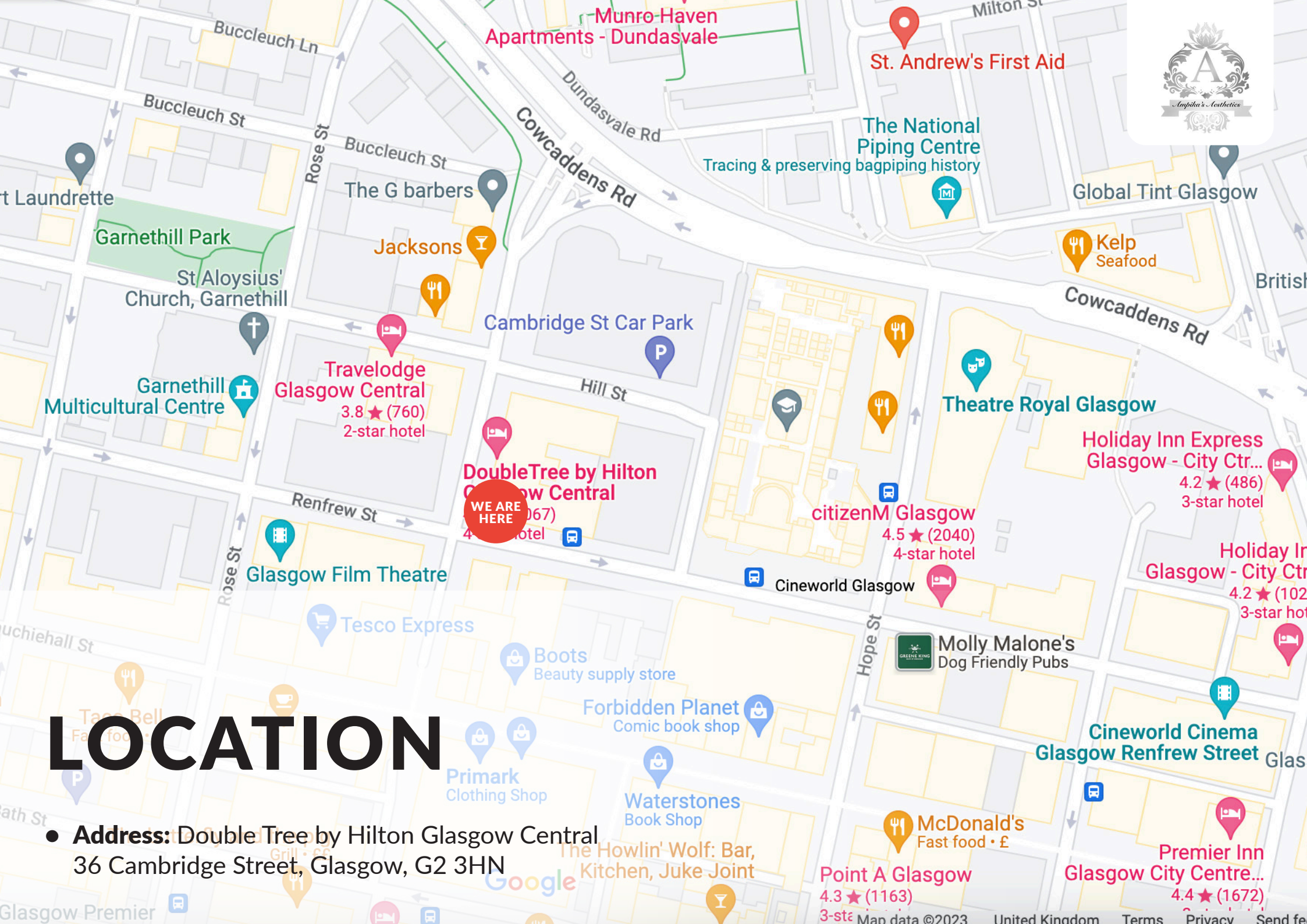
- Demonstration of Advanced Filler & Advanced Anti Wrinkle Injectables on live model
- Practical case studies on live models
- Course recap
- Graduation



# ARRIVAL

Please contact Ampika's Training Academy on **0333 996 2690** to find out your time of arrival each day for your practical sessions.





# LOCATION

- **Address:** Double Tree by Hilton Glasgow Central  
36 Cambridge Street, Glasgow, G2 3HN

Google

Map data ©2023

United Kingdom

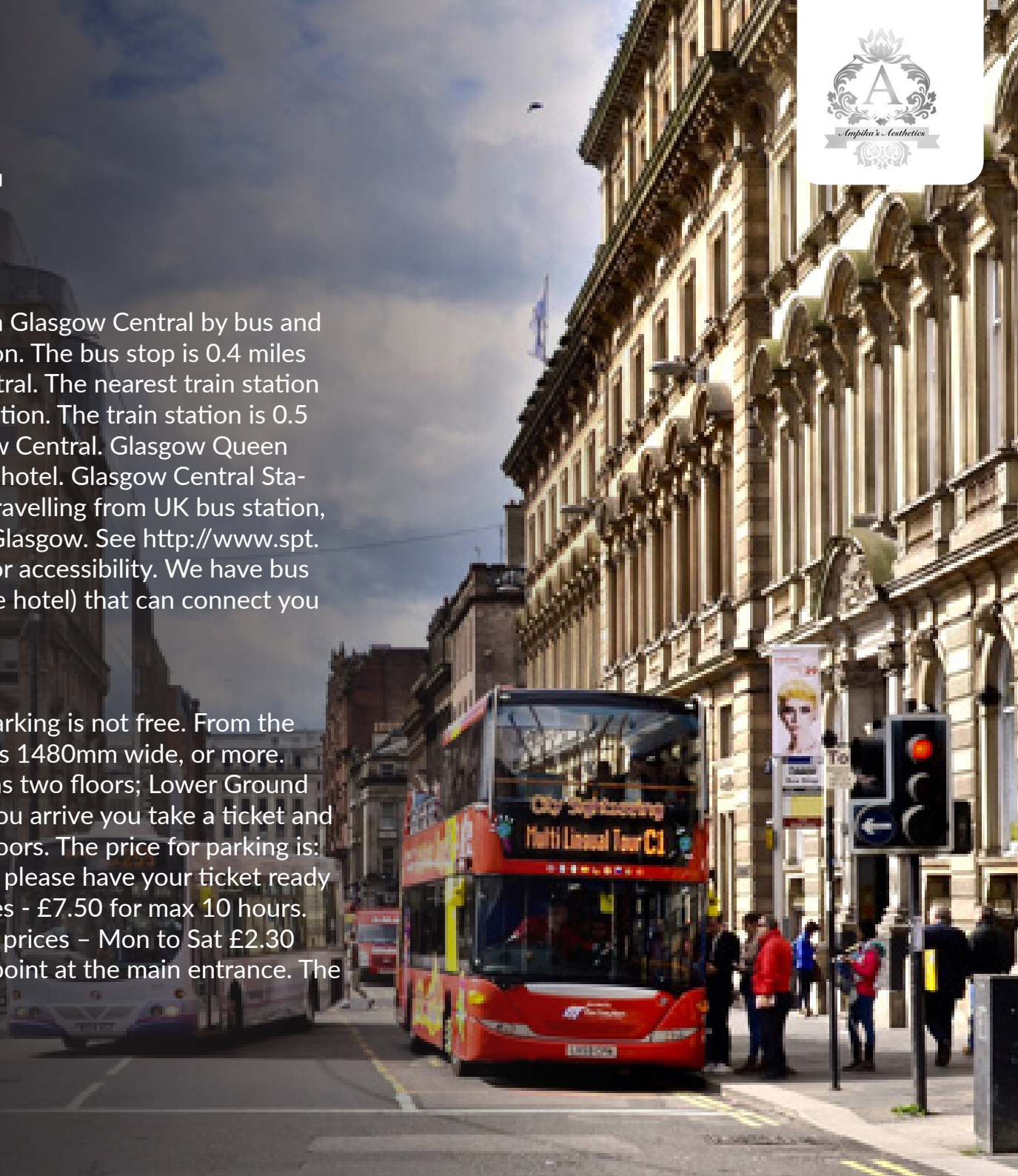
Terms

Privacy

Send

# TRANSPORT

- **By bus/train:** You can get to DoubleTree by Hilton Glasgow Central by bus and train. The nearest bus stop is Buchanan Bus Station. The bus stop is 0.4 miles / 0.6 km from DoubleTree by Hilton Glasgow Central. The nearest train station is Glasgow Queen Street and Glasgow Central Station. The train station is 0.5 miles / 0.8 km from DoubleTree by Hilton Glasgow Central. Glasgow Queen Street Station is 0.5 miles walking distance to the hotel. Glasgow Central Station is 0.6 miles walking distance to the hotel. If travelling from UK bus station, Buchanan Bus Station will be your main stop for Glasgow. See <http://www.spt.co.uk/bus/bus-stations/buchanan-bus-station/> for accessibility. We have bus stops located on Renfrew Street (at the side of the hotel) that can connect you to local bus routes.
- **Parking:** There are 7 accessible parking spaces. Parking is not free. From the car park to the entrance, there is a lift. The route is 1480mm wide, or more. Our car park is located underneath the hotel, it has two floors; Lower Ground (LG) and Basement (B). Its is barrier entry, when you arrive you take a ticket and park. It has space for 200 vehicles over the two floors. The price for parking is: Residents - £9.00 for overnight stay, at check-out please have your ticket ready to be validated at Reception. Conference delegates - £7.50 for max 10 hours. Please validate your ticket at Reception. Standard prices - Mon to Sat £2.30 p/h and all day Sunday £3.50 There is a drop-off point at the main entrance. The drop-off point does not have a dropped kerb.



# ACCOMMODATION



- **Double Tree by Hilton Glasgow Central**  
36 Cambridge Street, Glasgow, G2 3HN  
*Travel time: Ampika's Aesthetics Training School Location*
- **Grasshoppers Hotel**  
87 Union Street, Glasgow G1 3TA  
*Travel time: 11 minute walk to Ampika's Aesthetics*
- **Yotel Glasgow**  
Westergate, 260 Argyle Street, Glasgow, G2 8QW  
*Travel time: 13 minute walk to Ampika's Aesthetics*
- **Motel One Glasgow**  
78-82 Oswald Street, Glasgow, G1 4PL  
*Travel time: 13 minute walk to Ampika's Aesthetics*
- **Radisson Blu Hotel**  
301 Argyle Street, Glasgow, G2 8DL  
*Travel time: 14 minute walk to Ampika's Aesthetics*
- **Jurys In Glasgow**  
80 Jamaica Street, Glasgow, G1 4QG  
*Travel time: 15 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*