

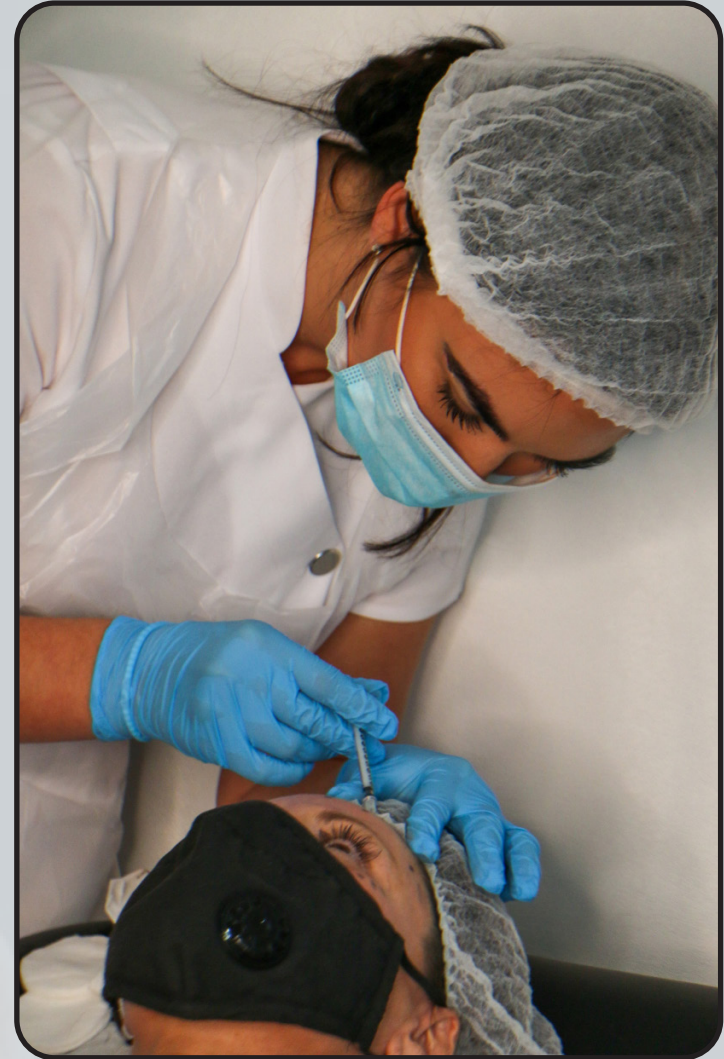


ULTIMATE AESTHETICS COURSE OVERVIEW

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 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.

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.

PLEASE NOTE THE TIMINGS OF THE COURSE WILL CHANGE TO THE FOLLOWING FROM OCTOBER 1ST 2023:

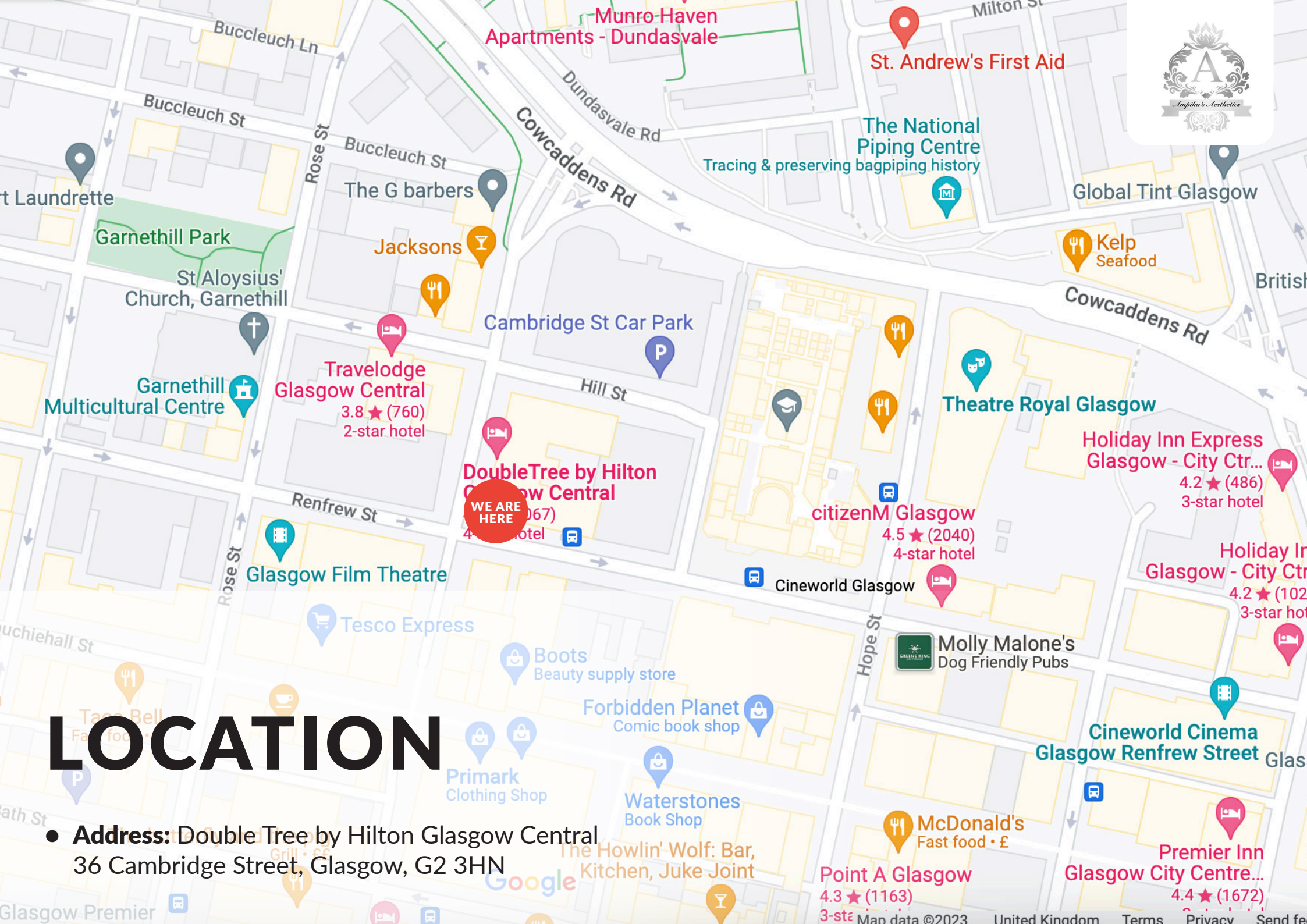
The first day of the course will start at 11am and end at 7pm. There are two breaks throughout your first day. The first break is 3pm - 3.30pm and the second break is at 5pm - 5.30pm.

The second and third day will run from 9am - 5.30pm with one lunch break which is 1pm - 1.30pm.

Please bring your own food and refreshments as we are limited on time as we are providing a large amount of models for you to learn and train upon.

Please arrive 10 minutes early each day.





LOCATION

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



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





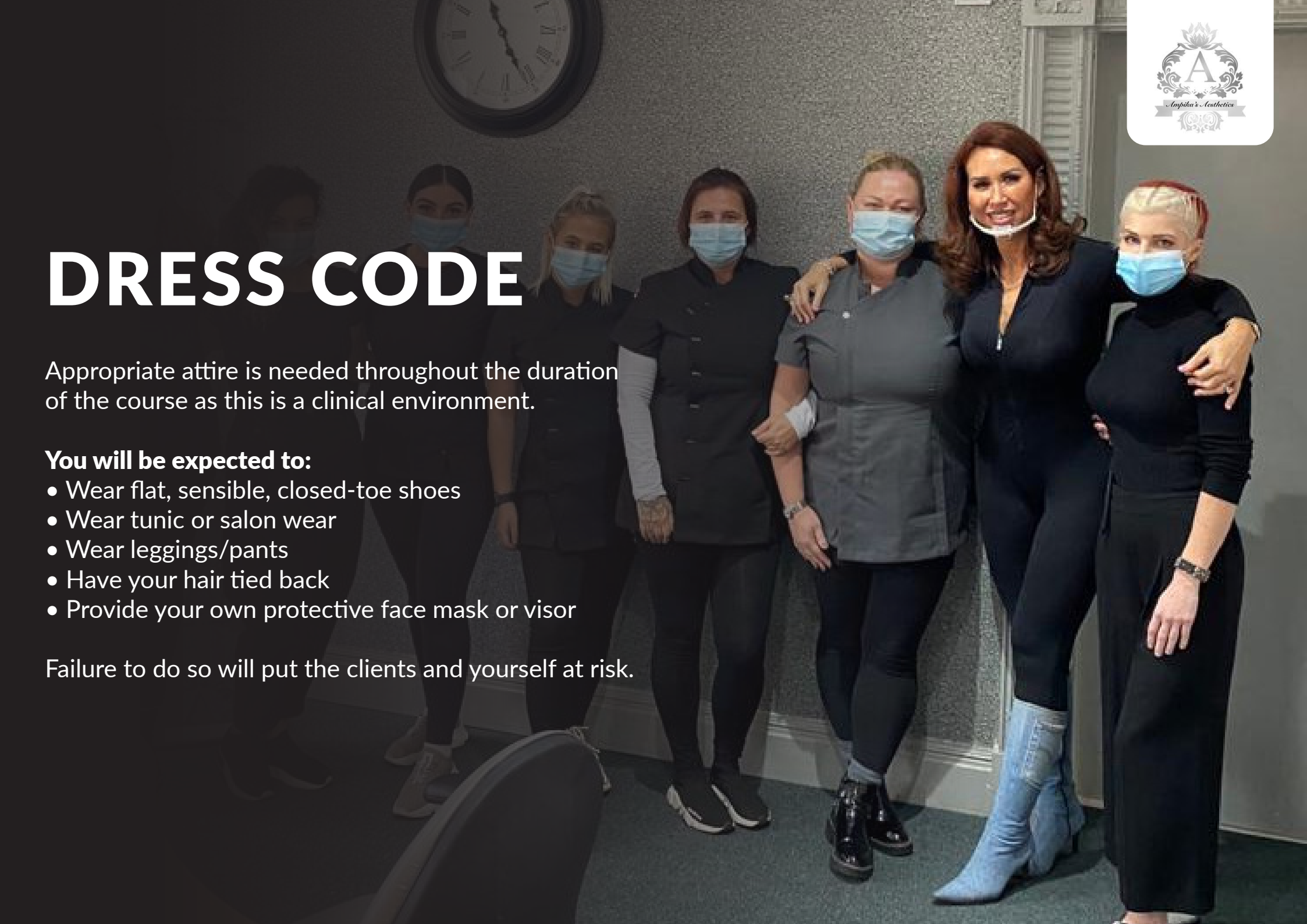
DRESS CODE


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
or call us on 0333 996 2690

Ampika Pickston