



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, 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.



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



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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



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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

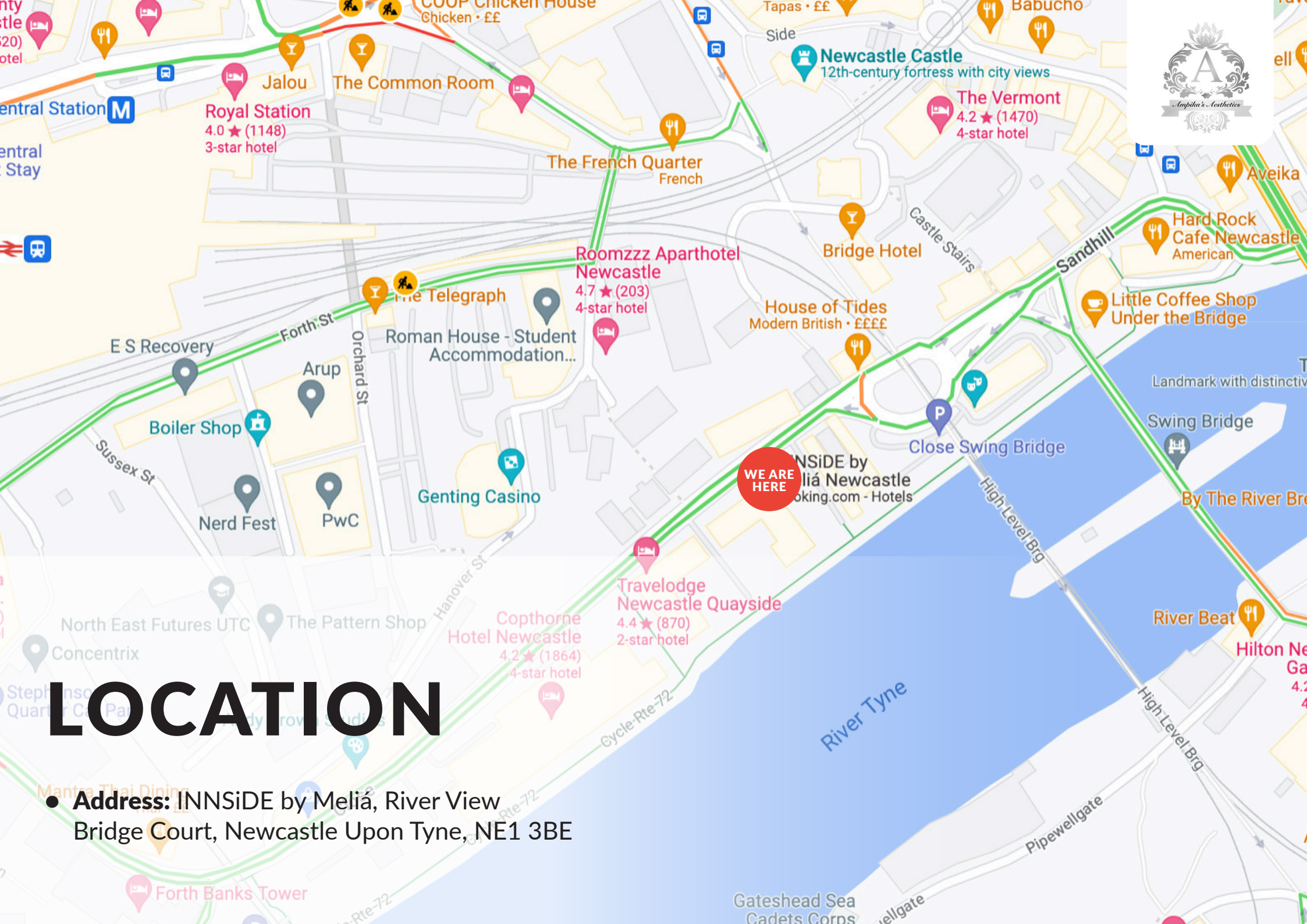
- Demonstration of Advanced Filler & Advanced Anti Wrinkle Injectables on live model
- Practical case studies on live models
- Course recap
- Graduation



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:** INNSiDE by Meliá, River View
Bridge Court, Newcastle Upon Tyne, NE1 3BE



TRANSPORT

- **Travelling by Car**

From the A1 in any direction, continue to follow until reaching signs for A184 Gateshead/Newcastle (Centre). Take the slip road and continue to follow A184 St James' Road over the bridge. Remain in the left lane. At the roundabout, take the 1st exit onto Scotswood Road and then follow signs for B1600 Quayside, leading onto Railway Street. Continue to follow B1600 for around 1 mile. Once passing under the bridge, the Hotel will be on the right.

- **Travelling by Train**

INNSiDE by Meliá is just an 8 minute walk from Newcastle Train Station on Neville Street. Come out of the station and Turn right onto Neville St/A186. Continue onto Westgate Rd/A186. Turn right onto Clavering Pl. Turn left at the end of the road and you will find the hotel opposite.





ACCOMMODATION

- **INNSiDE by Meliá**
River View, Bridge Court, Newcastle Upon Tyne, NE1 3BE
Ampika's Aesthetics training Location
- **Hotel Indigo**
2/8 Fenkle Street, Newcastle Upon Tyne, NE1 5XU
Travel time: 8 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: 10 minute walk to Ampika's Aesthetics
- **County Aparthotel**
Neville Street, Newcastle upon Tyne, NE1 5DF
Travel time: 8 minute walk to Ampika's Aesthetics
- **The Royal Station Hotel**
Neville Street, Newcastle upon Tyne, NE1 5DH
Travel time: 6 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