



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

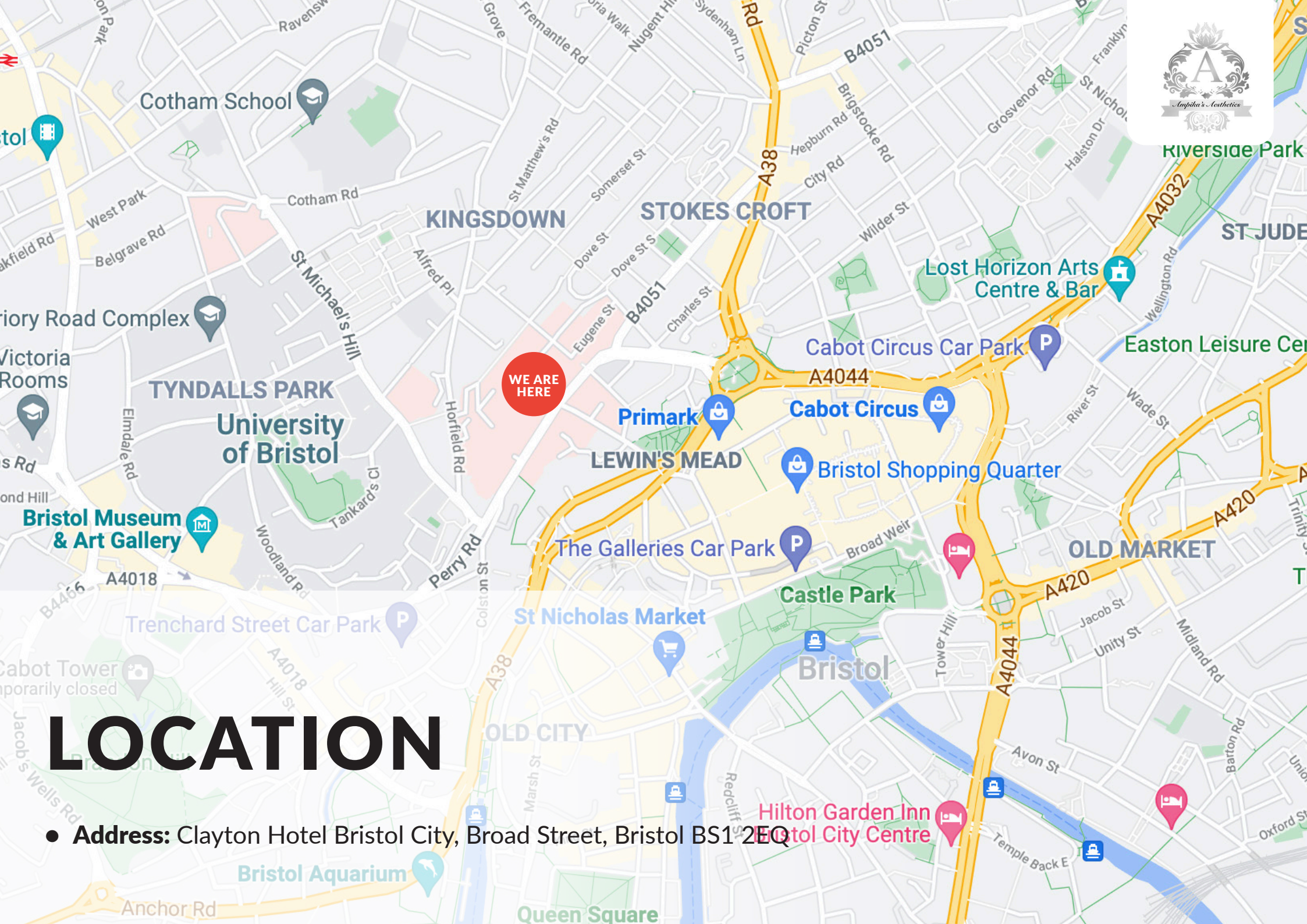




ARRIVAL

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:** Clayton Hotel Bristol City, Broad Street, Bristol BS1 2EQ



TRANSPORT

- **Airport Transfers**

A bus service is available for transport from Bristol International airport. Bristol Airport Flyer runs 7 days per week, every 20 minutes. The nearest stop to the hotel is C1 Rupert Street & C2 Anchor Road. The hotel is located 600 yards from the main street.

- **From Bristol Temple meads Train station**

A short 15-minute walk away approx. 0.8 miles. Exit the station onto the station approach road. Turn right onto temple gate. At the next junction follow Victoria Street until you reach Bristol Bridge. After crossing Bristol Bridge follow the high street for approx. 200 yards until it meets Broad Street. The hotel is located at the bottom of Broad Street.

- **Coming from the M4 London**

Take Junction 19 for the M32. Follow the M32 until it meets the A4032 and A4044. Follow this road until the James Barton roundabout, take the 1st exit. Veer left with the road, take the left turn after the old Fire station onto Bridwell Street. Take a left onto Nelson Street, your first right and right again. The entrance to Nelson Street car park will be in front of you.





ACCOMMODATION

- **The Clayton Hotel**
Broad Street, Bristol, BS1 2EQ
Ampika's Aesthetics training Location
- **Mercure Bristol Grand Hotel**
Broad Street, Bristol, BS1 2EL
Travel time: 1 minute walk to Ampika's Aesthetics
- **Rock & Bowl Motel**
Broad Street, Bristol, BS1 2EQ
Travel time: 2 minute walk to Ampika's Aesthetics
- **Bristol Harbour Spa Hotel**
53-55 Corn Street, Bristol, BS1 1HT
Travel time: 2 minute walk to Ampika's Aesthetics
- **Premier Inn Bristol City Centre**
Lewins Mead, Bristol, BS1 2NT
Travel time: 3 minute walk to Ampika's Aesthetics





DRESS CODE

Recommended Dress Code

- The chosen uniform should be clean and well pressed and made of cotton or a polycotton, which may potentially be boil washed. It should be comfortable and allow a full range of movement and be worn whenever they are carrying out treatments/procedures
- They should change into their uniform when they arrive at the centre/clinic, to avoid any contamination of their clothing during their journey to your centre/clinic
- Lower arms should be bare, to avoid any cross-contamination
- A new disposable apron should be used for each client/patient
- Face masks and gloves should be worn by the practitioner for Level 4, 5 and 7 procedures (as outlined in unit **AP5701**, Use of universal infection control precautions, clean and disinfected environment, effective handwashing . use of PPE (gloves, masks, visors, eyewear, apron), sharps safety, sterilised tools and equipment and skin preparation to reduce risk of infection.)
- Minimal jewellery should be worn – plain wedding band and stud piercings only
- Hair should be clean and securely tied back off the face and collar, hairnets may be worn
- Nail extensions should not be worn, we are aware gloves are worn for most aesthetics procedures; however, length is an issue and may affect the application of the procedure
- Nails should be short, clean, and free from varnish, long nails harbour more dirt and bacteria than short nails and could contribute to the spread of infections
- Shoes should be clean, low heeled, closed in and comfortable. Ideally, they should only be worn in the clinic/centre



BEHAVIOUR

Recommended Behaviour

- All bags, outerwear, phones, and personal belongings should be stored in provided lockers/storage areas, unless otherwise arranged with the tutor
- Water is the only drink permitted in sessions
- No other food or drinks are permitted

N.B. We can at times permit a learner to use their phone in the session to take before and after pictures, learners must always maintain a sterile field. Phones should be cleaned when they are brought into the session, gloves are applied after the before pictures and removed before the after pictures.



If you have any further questions, please contact
us via email at ampikasaesthetics@gmail.com
or call us on 0333 996 2690

Ampika Pickston