



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

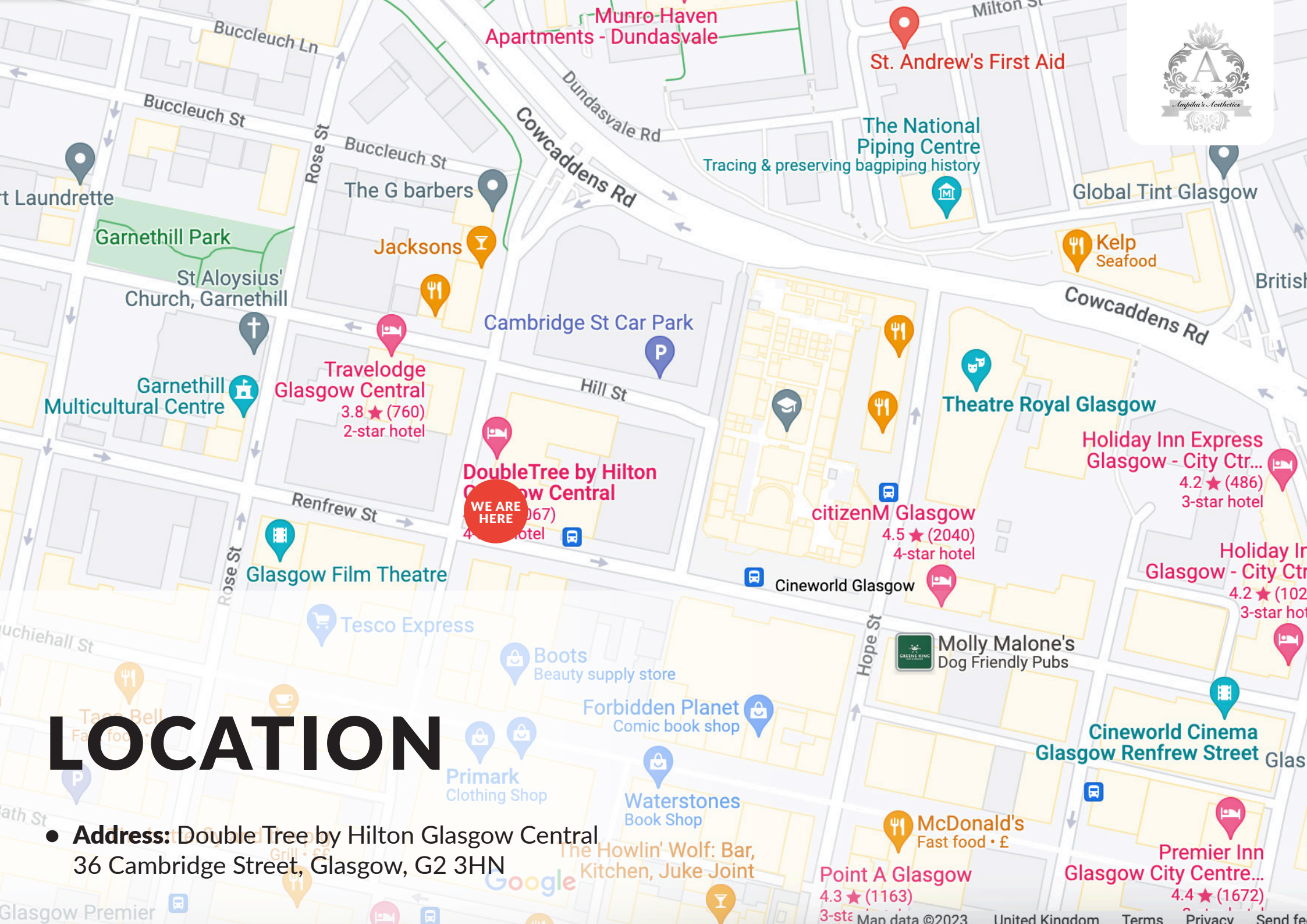




ARRIVAL

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

Munro Haven Apartments - Dundasvale

St. Andrew's First Aid

The National Piping Centre
Tracing & preserving bagpiping history

Global Tint Glasgow

Garnethill Park

Jacksons

Kelp Seafood

St Aloysius' Church, Garnethill

Travelodge Glasgow Central
3.8 ★ (760)
2-star hotel

Cambridge St Car Park

Theatre Royal Glasgow

DoubleTree by Hilton Glasgow Central
4.0 ★ (1067)
4-star hotel

Holiday Inn Express Glasgow - City Ctr...
4.2 ★ (486)
3-star hotel

citizenM Glasgow
4.5 ★ (2040)
4-star hotel

Holiday Inn Glasgow - City Ctr...
4.2 ★ (102)
3-star hotel

Glasgow Film Theatre

Cineworld Glasgow

Tesco Express

Molly Malone's Dog Friendly Pubs

Boots Beauty supply store

Forbidden Planet Comic book shop

Cineworld Cinema Glasgow Renfrew Street Glas

Primark Clothing Shop

Waterstones Book Shop

McDonald's Fast food • £

Premier Inn Glasgow City Centre...
4.4 ★ (1672)

Point A Glasgow
4.3 ★ (1163)
3-star hotel

The Howlin' Wolf: Bar, Kitchen, Juke Joint

Glasgow Premier

Google

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

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