



# PLATINUM 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
- ★ Level 7 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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# LEVEL 7 COURSE OVERVIEW

Level 7 course consists of:

- FOUR 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:**

- Facial Aesthetics Consultation
- Psychology of Facial Aesthetics
- Botulinum Toxin Injections to the Face and Neck
- Temporary and Reversible Dermal Fillers to the Face and Neck
- Management of Complications and Medical Emergencies



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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



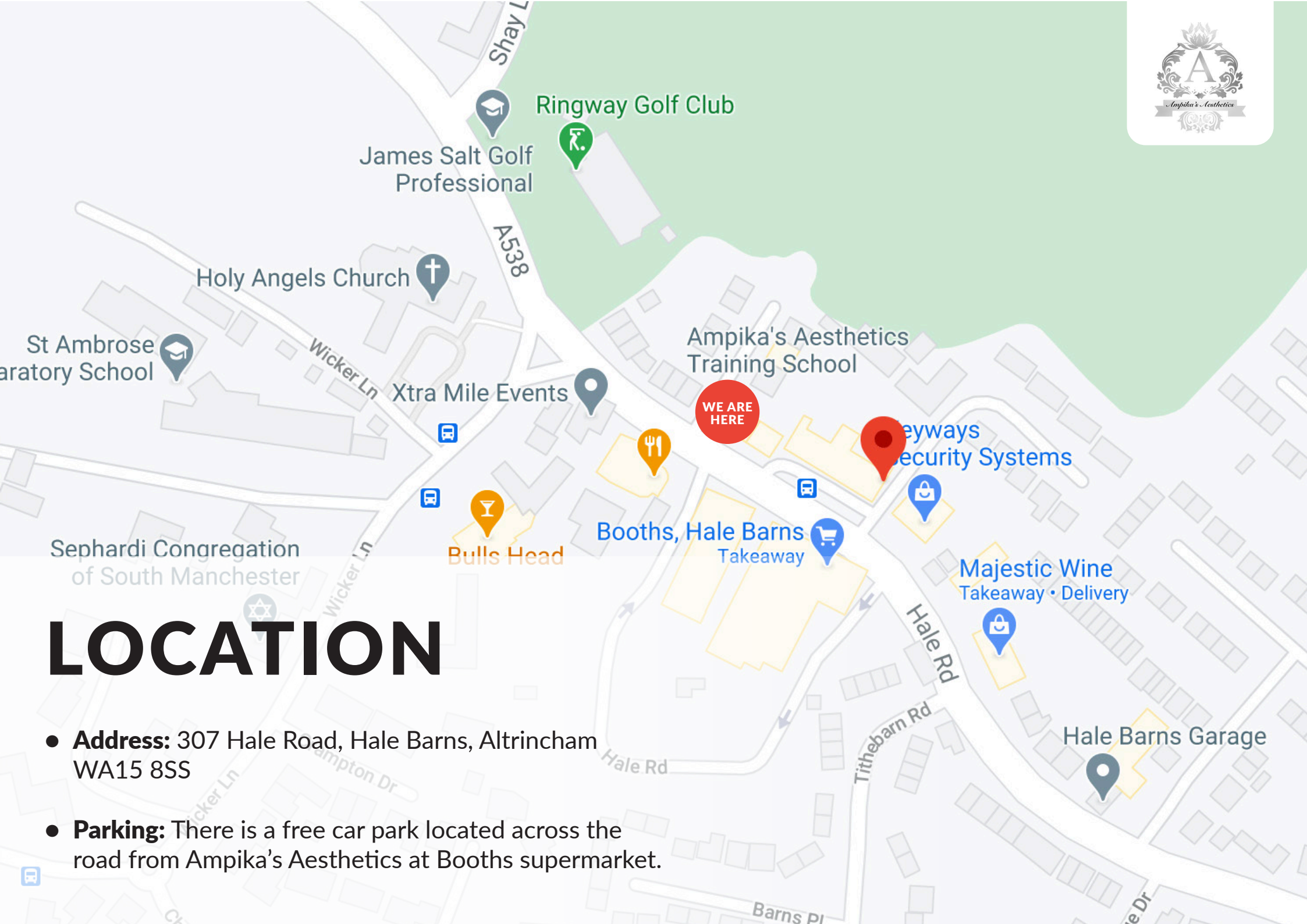


# ARRIVAL

All classes start at 9:00am 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.





# LOCATION

- **Address:** 307 Hale Road, Hale Barns, Altrincham WA15 8SS
- **Parking:** There is a free car park located across the road from Ampika's Aesthetics at Booths supermarket.

# TRANSPORT

- **Bus:** There is a bus stop directly outside the training academy. Services 88, 288 and 284 stop here.
- **Tram:** The nearest tram stop to Ampika's Aesthetics is the Manchester Airport line. This stop is 3 miles from the academy.
- **Train:** The nearest train station to our academy is Hale Station as it's only 2 miles away. Another close by station is Manchester Airport which has access to more lines.
- **Taxi:** As we are situated near the airport, there is always a high number of taxi services available in the area at short notice. Uber's also available.





# ACCOMMODATION

- **Bulls Head:** Wicker Ln, Hale Barns, Altrincham  
WA15 0HG  
*Travel Time: 2 minute walk to Ampika's Aesthetics.*
- **Manchester Airport:** Premiere Inn, Rungler Lane,  
Wilmslow Road, Manchester Airport, M90 5DL  
*Travel Time: 8 minute drive to Ampika's Aesthetics.*
- **Marriot Hotel:** Hale Road, Hale Barns, Manchester  
WA15 8XW  
*Travel Time: 3 minute drive to Ampika's Aesthetics.*
- **Hale Barns House:** Oak Croft, Hale, WA15 8UU  
*Travel Time: 3 minute drive to Ampika's Aesthetics.*
- **Holiday Inn:** Rungler Lane, Manchester Airport,  
Manchester, M90 5DL  
*Travel Time: 6 minute drive to Ampika's Aesthetics.*
- **Airbnb** in Hale Barns







# 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](mailto:ampikasaesthetics@gmail.com)  
or call us on 0333 996 2690

*Ampika Pickston*