

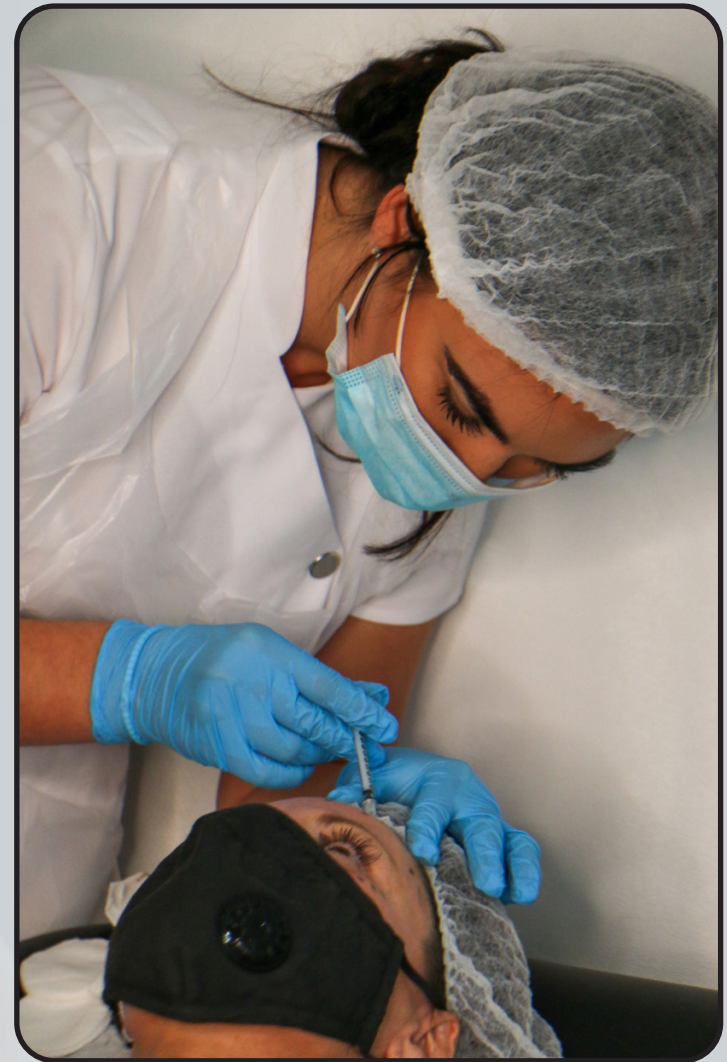


ULTIMATE AESTHETICS COURSE OVERVIEW

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, vermillion 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

Classes start at 9am prompt.

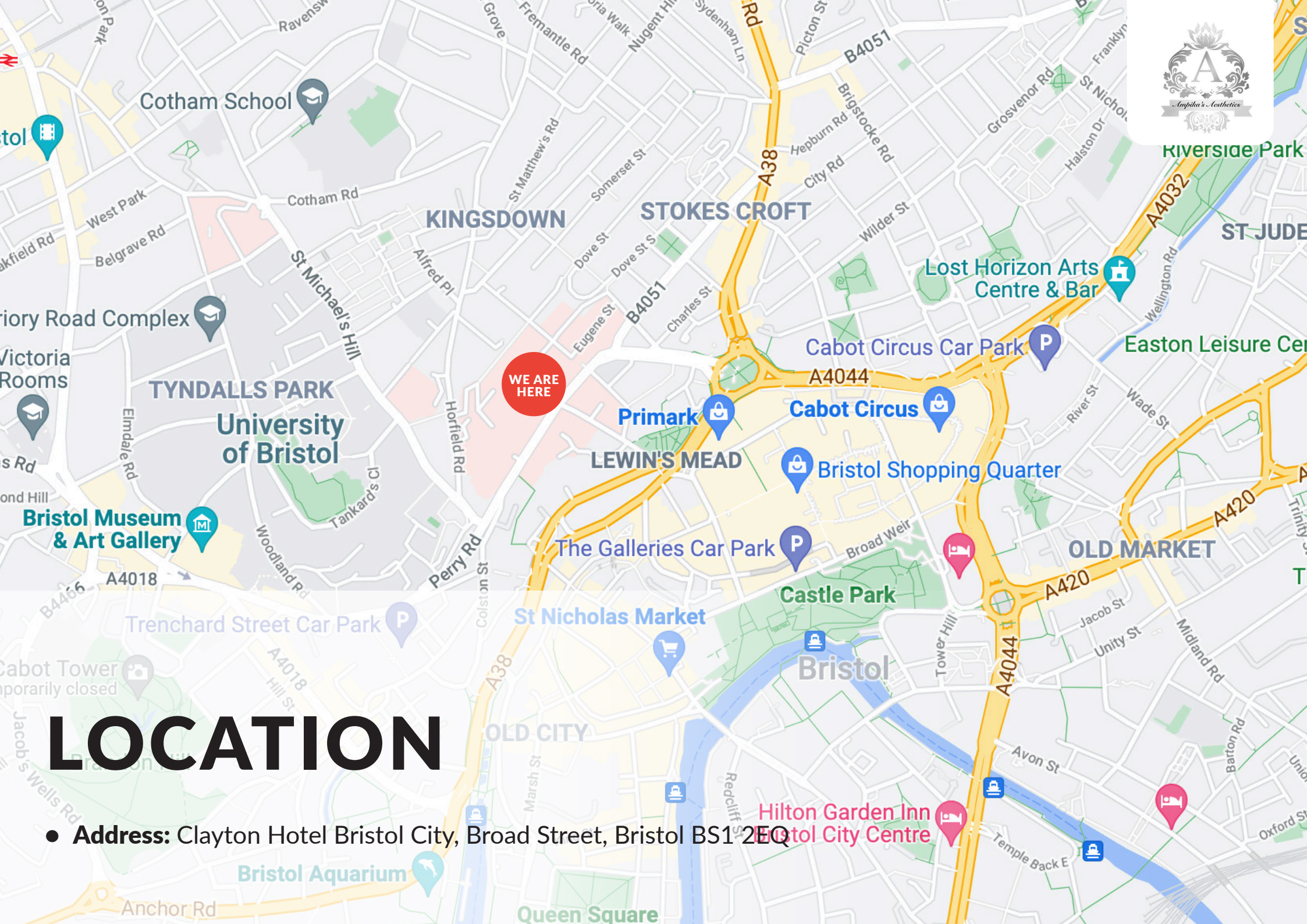
You are to arrive at 8:50am ready to start each day.

The course will finish at approximately 6pm however may vary depending on your course content.

Lunch break on the first day is 1pm - 2pm.

The second and third day will run from 9am - 6pm with one lunch break which is 1pm - 2 pm.





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

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

- Students 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
- 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 .
- NO COATS OR CARDIGANS TO BE WORN OVER YOUR SCRUBS OR WORKING OUTFIT whilst you are carrying out any treatments.
- Should you be cold please wear extra body layers to help promote a stable body temperature. Thermal skin vests can be worn under your tunics.
- Shoes MUST BE CLEAN covering all of the feet.
- NO sling backs.
- NO strappy shoes.
- NO open parts of the foot or toes to be exposed.
- NO fringes that are hitting your eyebrows or lower must be clipped back securely.

PLEASE DO NOT TURN UP without taking the above into consideration. This will hinder your learning experience should you not act responsibly and maintain professionalism at all times.



BEHAVIOUR

Your behaviour, body language and tone of voice are to conform to a positive and professional student manner. The training school has a ZERO tolerance to abuse of any kind.

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