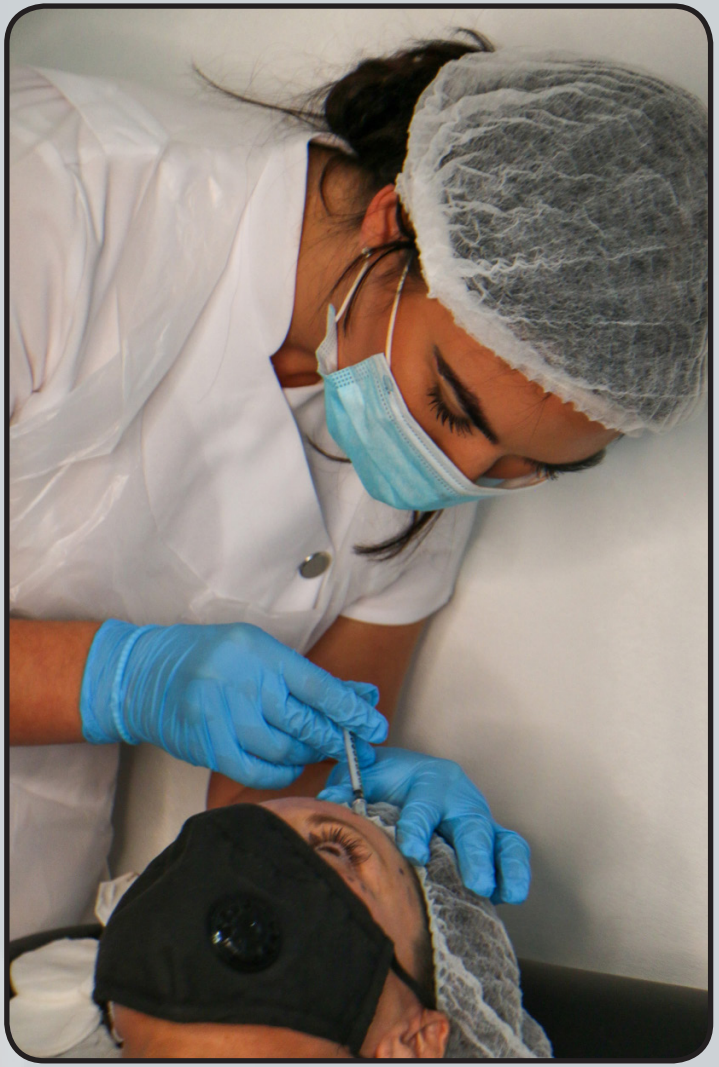
ULTIMATE AESTHETICS
COURSE OVERVIEW

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 will 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**

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 anatomy and physiology text book. 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

DAY 1

- Introduction meet and greet.
- Anatomy and Physiology Quiz.
  Topics covered: The Skin, Hair and Nails, The Skeletal System, The Muscular System, The Nervous System, The Endocrine System, The Respiratory System, The Cardiovascular System, The Lymphatic and Immune System, The Digestive System, The Urinary System, The Reproductive System
- Safe Medicines Management
- Safe Practices in Medicine
- Facial Anatomy
- Derma Pen and PRP
- Phlebotomy

TIMETABLE

DAY 2

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

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

DAY 3

- Recap day 1 and 2
- 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

DAY 4

- Recap questions
- Demonstration of Anti-Wrinkle Injecatbles
- Practical Case Studies of Crows feet, Forehead, and Frown lines.
- Recap of Course
- Graduation

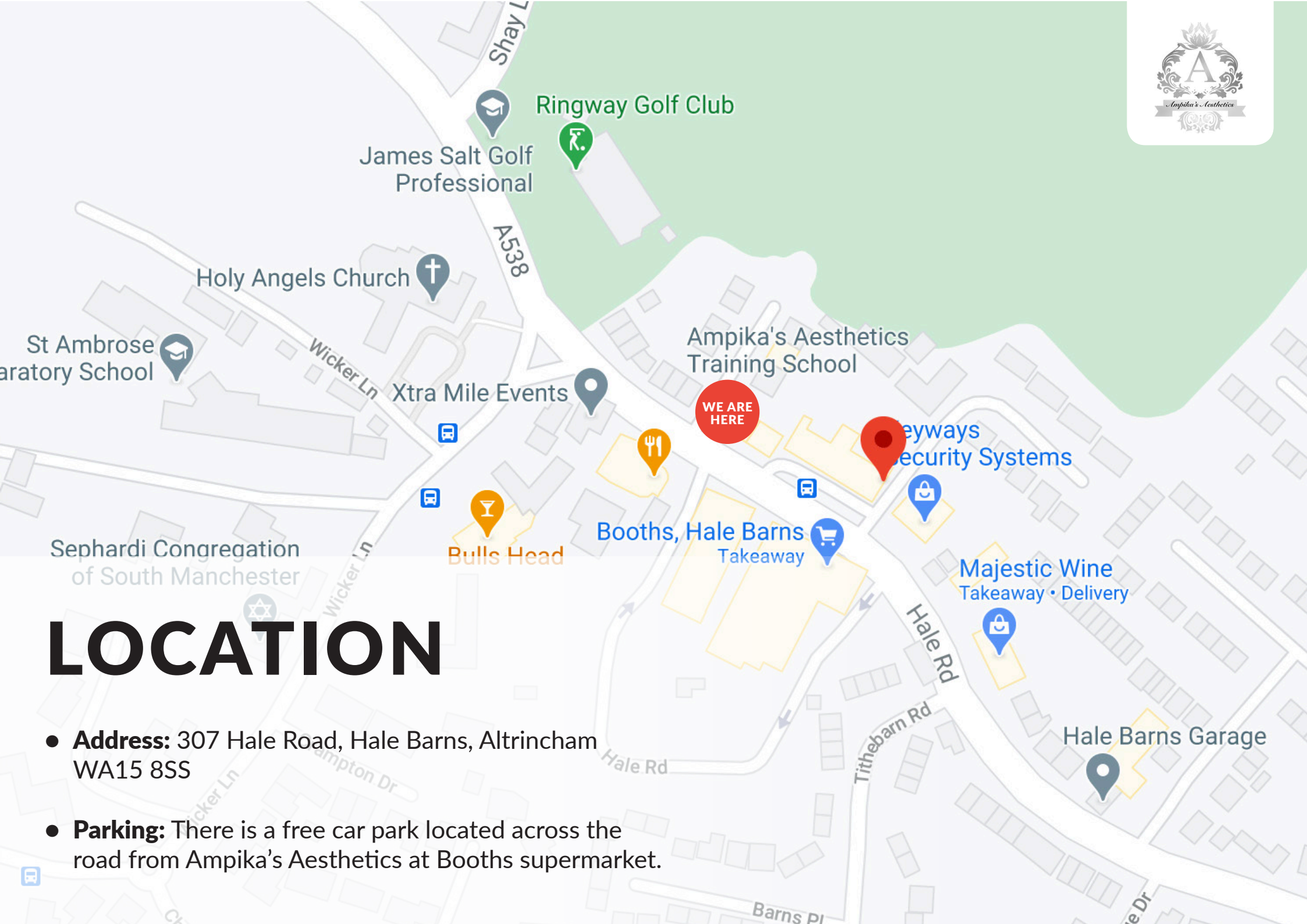
ARRIVAL

All classes start at 9:30am prompt. You are to arrive between 9:00am - 9:15am ready to start each day. The courses finish at approximately 5:00 - 6:30pm each day but may vary depending on your course content.

Due to the recent outbreak of COVID-19, all students will have their temperature checked upon arrival at our training academy.

You will be required to Track and Trace upon entering the clinic so please ensure you have the NHS Track and Trace App installed on your mobile phone ready. You can download the app here: www.covid19.nhs.uk

Lunch will be provided by Ampika's Aesthetics. You will be given vouchers to spend in Booths supermarket.

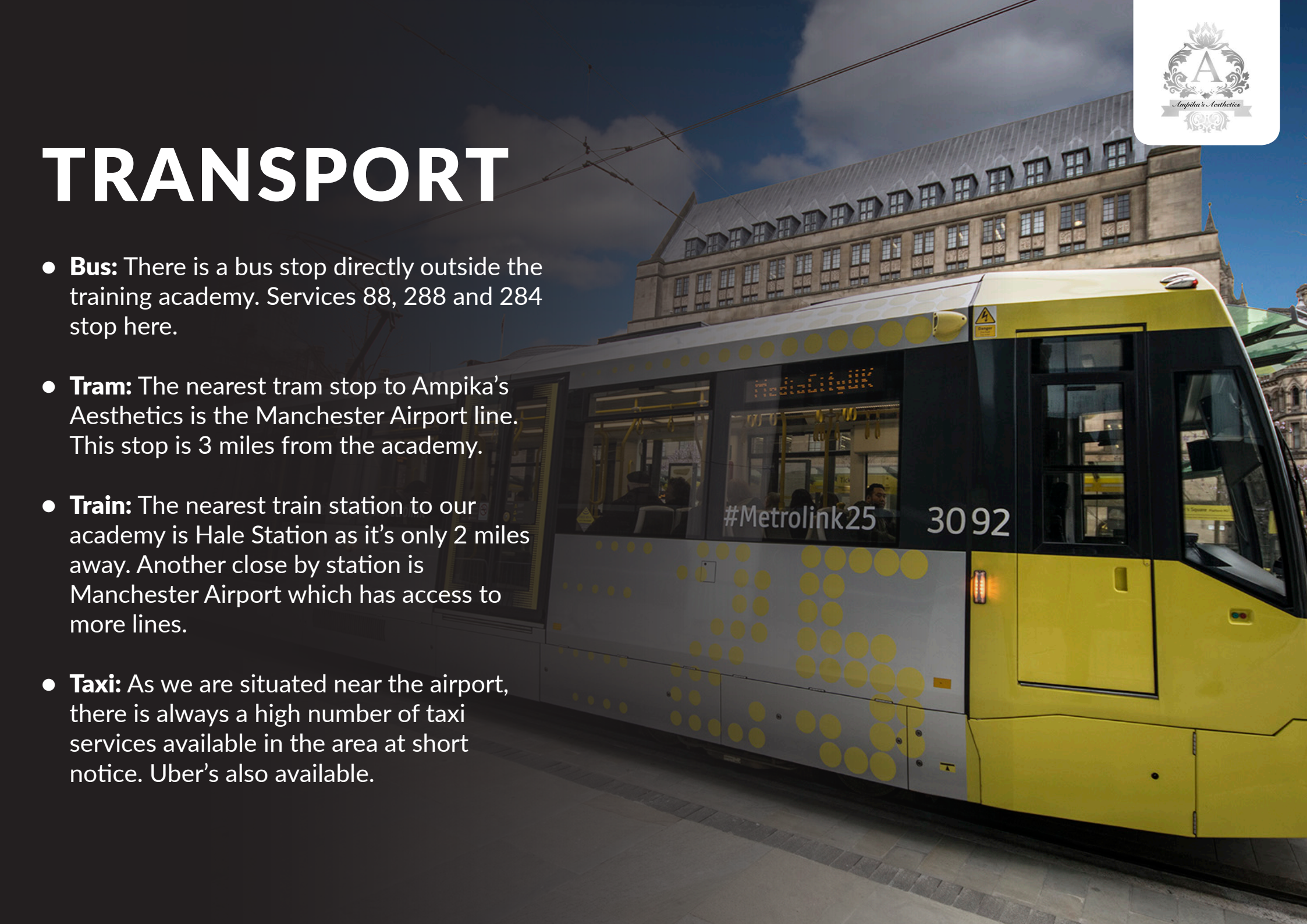


LOCATION

- **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, Runger 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:** Runger Lane, Manchester Airport, Manchester, M90 5DL
  Travel Time: 6 minute drive to Ampika's Aesthetics.

- **Airbnb** in Hale Barns

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.

COVID-19 REGULATIONS

Due to the recent outbreak of COVID-19, all students will have their temperature checked upon arrival at our training academy. If you are experiencing any symptoms of COVID-19 you will not be permitted to enter and continue on the course. This is for the protection of everyone.

You will be required to sign a disclaimer to state that you have not experienced a high temperature or any of the following symptoms:

- A high temperature –this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- A new, continuous cough –this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- A loss or change to your sense of smell or taste –this means you've noticed you cannot smell or taste anything, or things smell or taste different from normal.

All students are to wear a mask or visor during their time at the school.

You will also be required to Track and Trace upon entering the clinic so please ensure you have the NHS Track and Trace App readily installed on your mobile phone ready to participate. You can download the app here: www.covid19.nhs.uk

During lunchtime and refreshment breaks all students are to respect the 1-metre plus social distancing rule and not be any closer to teachers or fellow students.

When carrying out treatments on live models, masks and visors must be worn.

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

Ampika Pickston