



Harmony

Skin

Foundation Cosmetic Dermatology

The principles of cosmetic dermatology and skin rejuvenation within aesthetic medicine.

Comprehensive understanding of **skin anatomy**, physiology, functions, aging processes, and pathology.

Expert techniques in skin assessment for tailored treatments, including the use of advanced skin analysis devices.

In-depth knowledge of the mechanisms and theoretical underpinnings of **skin rejuvenation** treatments.

Insights into psychodermatology and its implications for holistic **skincare solutions**.

Course Duration: 3 Hours

Virtual Training via Zoom (with optional practical add on)

Investment: £695





Skin Rejuvenation

Clinical applications of **Microneedling and Mesotherapy, Exosome therapy** addressing a broad spectrum of skin issues such as acne scars, fine lines, and hyperpigmentation through rejuvenation and hydration. Exploring mesotherapy formulations, including **mesobotox** tailored to meet individual patient needs for the most effective outcomes. **Customizing treatments with skincare**, skillfully integrating Microneedling and Mesotherapy with other aesthetic modalities to craft transformative, comprehensive treatment plans.

Course Duration: 5 Hours (In clinic)
Investment: £995

Skin Of Colour Theory

Delve into the **anatomy** and structural differences of **Skin of Color**, including its response to inflammation, scarring tendencies, and **pigmentation challenges**. Learn the critical aspects of diagnosing and treating common conditions uniquely prevalent in these skin types.

Explore effective strategies for preparing Skin of Color before aesthetic procedures. This includes the use of specific topical treatments to reduce the risk of **post-inflammatory hyperpigmentation** (PIH) and other complications.

Gain proficiency in using **hydroquinone** and its alternatives for pre- and post-treatment care. Understand the nuances of concentration, timing, and application to enhance treatment safety and efficacy.

Learn advanced techniques for addressing hyperpigmentation issues with a focus on melasma, PIH, and other conditions more prevalent in Skin of Color and the importance of **skin barrier health**.

Course Duration: 3 Hours

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Toxin Complications

Review the **pharmacology**, mechanism of action, and **therapeutic applications of Botulinum Toxin** in aesthetics to build a foundational understanding.

Learn how to minimize the risk of complications through accurate **patient assessment**, proper injection techniques, and an in-depth understanding of **facial anatomy**.

Gain expertise in recognizing early signs of **complications**, from common issues like bruising and asymmetry to more severe concerns such as ptosis, dysphagia, or allergic reactions.

Explore effective management and **treatment protocols** for addressing complications, including immediate interventions, follow-up care, and communication with patients.

Course Duration: 2 Hours

Virtual Training via Zoom (with optional practical add on)

Investment: £395





Toxin Basics

Gain a thorough understanding of **facial muscle anatomy** crucial for effective and precise Botulinum Toxin injections, **pharmacology, and mechanism of action of Botulinum Toxin.**

Learn the **fundamental techniques** for Botulinum Toxin injections, including needle selection, injection sites, **dilution techniques** and determining the appropriate dosages for different treatment areas and patient needs.

Develop skills for conducting thorough **patient consultations, assessing facial anatomy**, identifying treatment goals, and managing expectations to ensure patient satisfaction.

Emphasize the importance of **safety protocols**, including how to minimize and manage potential complications and side effects associated with Botulinum Toxin treatments.

Course Duration: 5 Hours (In clinic)
Investment: £995

Toxin Facial Harmony® & Functional Pain

Learn to conduct detailed **facial assessments** to identify asymmetries and underlying causes.

Gain insights into developing a strategic approach for **balancing facial features** with Botulinum Toxin. anatomy relevant to migraine and headache relief, including the muscles of the temples, **TMJ**, masseters, and trapezius.

Explore the therapeutic use of Botulinum Toxin for managing **chronic migraines and tension headaches**, including patient selection criteria, dosage, and frequency of treatments.

Analyze **case studies** that demonstrate successful outcomes in treating facial asymmetries and providing **migraine relief**, offering practical insights and learning opportunities.

Course Duration: 3 Hours

Virtual Training via Zoom (with optional practical clinic add on)

Investment: £695





Mentoring

Bespoke 1-1
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