Introduction to Aesthetic Therapies
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This unique 12-week course has been exclusively designed for practising beauty therapists qualified to level 3 who wish to make the safe transition from beauty therapist to aesthetic therapist.

The aesthetic therapy industry is growing rapidly and one of the greatest challenges we face today as professional beauty therapists is staying up-to-date with the rapid advances in medical aesthetic skin therapy. Our clients demand for such services has resulted in the need for beauty therapists to be better educated and trained on safe and effective practices. As new non-invasive treatments are introduced and the demand continues to build, the opportunities to become part of this fascinating industry are immense. This course aims to expand your current knowledge and skills as a professional beauty therapist into the field of medical aesthetics.

Course outline

The course has been developed in collaboration with key experts from the aesthetic industry and Harley Street Skin Clinic ® with the aim of developing dynamic and knowledgeable candidates ready to meet the growing demand from the industry nationwide. The ongoing consultation with these industry experts will develop your understanding of the medical aesthetics industry and help identify specific areas of concern in aesthetic procedures. Alongside this input is the delivery from specialist tutors in physiology, anatomy and cosmetic science. This delivery will serve to enhance and refresh your knowledge of the human body with particular reference to skin biology, and the use of cosmeceuticals. You will explore the role of an aesthetic therapist and assisting a doctor, and be introduced to a range of minimally invasive procedures in cosmetic dermatology.

Teaching and Learning Techniques

The course is delivered using a blend of both theory and practical elements. A wide range of teaching and learning methods are used such as visual presentations, demonstrations, paired practical tasks, group activities, science workshops, self-directed research and class discussions which will be underpinned by your independent study. During the course, there will also be a visit to the Harley St Skin clinic premises and theatre for where you will have the opportunity to see the clinic and the doctor in practice. There is also the opportunity to visit an Aesthetic Clinic to observe first hand a day in the life of an aesthetic therapist.

The course objectives focus on exploring the medical aesthetics industry and the essential knowledge of human anatomy, physiology and skin biology vital to the successful aesthetic therapist. You will be introduced to the underpinning sciences, techniques and technologies behind a range of popular minimally invasive procedures. The qualities and skills required for the role of an aesthetic therapist are investigated and health and safety procedures in the medical clinic are also emphasised.

Practical elements of the course include how to safely and efficiently assist a doctor by providing additional support in a range of aesthetics treatment procedures; preparing the client and treatment area for a medical aesthetic procedure; practical master-classes in microdermabrasion, chemical peels and post-treatment application of mineral make-up; the correct handling of medical tools; investigative consultation, client evaluation and advanced skin analysis.
The course is delivered all day Wednesdays and Monday evenings at London College of Fashion over two sites based in Oxford Circus and Lime Grove. However, two Tuesdays are also included to incorporate the Aesthetic clinic visits. A commitment to all dates is essential.

**Note** – this course does not instruct or licence you to perform injectable treatments. This course will give you the opportunity to explore the theory of injectable treatments such as botulinum toxin (Botox®) and dermal fillers, and how to safely assist a doctor in performing injectable aesthetic procedures.

**Course content**

The course is designed to develop research skills and an analytical understanding of the medical aesthetic industry, currently popular aesthetic treatments as well as the new and emerging technologies and a strong understanding of the role of an aesthetic therapist. This is a theory based course although you will be completing practical sessions in the following treatments – Environ Advanced Facials, Skin Breeze Microdermabrasion, Jan Murani, Exuviance and Neostrata Chemical Peels and post-treatment application of Jayne Iredale mineral make--up. You will not be practically trained in the other treatments listed, Botox and Laser facial rejuvenation, however you will be a well--informed and knowledgeable candidate who will be in a strong position to seek employment within a medical aesthetics setting and pursue further practical training in the application of advanced aesthetic treatments.

Upon completion of the course, you could be an ideal candidate to fill one of the many nationwide aesthetic therapist vacancies and begin your aesthetic therapist career. At the end of the course you will be introduced to people who can support your career development and advise your next step.

**Anatomy**

- Connective (to include collagen and elastin), adipose tissue
- Skeleton
- Muscle -- position, origin, insertion and action
- Anatomy of the head and neck -- facial musculature
- Main muscle groups of the body

**Physiology**

- The skin -- refresher
- Intrinsic and Extrinsic ageing
- The skin as a barrier
- Wound healing
- Cellulite

**Cosmetic Science**

- European Cosmetics Legislation
- Product Formulations
- Advanced Skin Delivery
Medical aesthetics:
Exploring the medical aesthetics industry
• Assisting a Physician: Understanding the Role of Assisting a Doctor:
  o The successful physician’s assistant
  o Ethics -- Good and poor ethics
  o Patient assessment and preparation
  o Handing tools to a Doctor
  o Patient recovery and aftercare
• Professional Clientele Handling:
  o Technique of clientele handling
  o Type of client
  o Quality aesthetic consultations
  o Managing client expectations
  o Emotional stability
  o Client evaluation
• The Social Psychology of Aesthetics

Clinical procedures:
• Health and Hygiene -- General and Clinical:
  o Bacteriology
  o AIDS and HIV
  o Hepatitis –
• Sanitation and Sterilisation:
  o Methods of sterilisation
    -- Physical agents
    -- Chemical agents
    -- Radiation
    -- Type of equipment
  o Methods of sanitation:
    -- Definitions
    -- Sanitising rules
  o Clinical waste:
    -- Regulations and requirements

Advanced Skin Science:
• The Structure of the skin:
  o The epidermis
  o The dermis
  o Appendages of the skin
• Functions of the skin
- Ageing
  - Intrinsic
  - Extrinsic
  - UV light and the skin
  - Free radicals and antioxidants
  - Physical signs
  - Types of wrinkles and underlying causes

- Exploring skin disorders
- Investigative consultation and advanced skin analysis
- Wound healing and scarring

**Minimal invasive procedures:**
Over the 12 weeks you will be presented with a series of lectures by experts in the field of medical aesthetics, Doctors and Aesthetic therapists which will allow you to gain valuable, up to date information into a range of currently popular and new and emerging minimally invasive procedures in cosmetic dermatology, including:

- Dermal fillers
- Botulinum toxin (Botox®)
- Chemical peels
- Micro-needling
- Microdermabrasion
- Laser and Intense Pulsed Light
- Exploring new and emerging aesthetic technologies such as mesotherapy, radio frequency and lipo cavitation treatments
- Cosmetic science -- cosmeceuticals and cosmetic ingredients
- Post-treatment application of mineral make-up

*Note -- The above details of each unit is intended only as an outline of topics to be covered and is not a definitive list of what will be included in each unit or individual sessions.*


Studying at London College of Fashion is enhanced by the excellent facilities. For the practice of makeup and hair styling, the College has a range of salons fully equipped to professional standards where students work in a realistic salon atmosphere.

**Library**
During your studies you will gain access to London College of Fashion library, housed at John Princes Street, it is the UK’s leading fashion and beauty library. This will provide you with extensive resources on all aspects of the beauty and medical aesthetics to support your studies.
**Course Leader -- Introduction to Aesthetic Therapies**

**Yvonne Mills**, PgD Arts London/ Training Solutions/Medical Aesthetician

Yvonne Mills is now in her Sixth year as LCF short courses: Introduction to Aesthetic Therapies Course Leader, and has taught for twenty years across Further and Higher Education levels -- running the Foundation Degree Science in Beauty and Spa Management at LCF for ten years before moving into the Aesthetics sector. Yvonne has worked as a therapist in the beauty industry in well known salons and spas including Regis Europe based in Selfridges, Essanelle based in Debenhams, and Holmes Place, Notting Hill. In addition she has obtained management experience running a successful beauty salon based in Kensington as well as delivering one–day beauty courses around the country as an educator/consultant for Training Solutions. She practices as an aesthetic therapist at a popular and well-established London clinic owned by Dr Preema, where her specialism focuses on devising signature treatments that incorporate the use of medical grade body contouring treatments, and cosmetic facial peels utilising the IS Clinical range.

In October 2009 Yvonne was awarded a Centre for Learning and Teaching grant in conjunction with the Higher Education Academy to establish ways of encouraging and motivating Black and Minority Ethnic (BME) students to aim higher. The Project that evolved out of this award helped to encourage BME FdSc Beauty Alumina to return to the university to share their experiences in Higher Education or Industry with the current cohort as a means of student enrichment activities. Her main focus now lies within the Aesthetic Therapy field, and she continues to support the diverse range of students that apply to the very successful Aesthetic Therapist course.

**Academic Team**

**Caroline S M Searing**, BSc Beauty and Spa Management Course Leader

Caroline trained as a physiologist at the University of Bristol and worked for some years as a researcher before entering education. She has worked at LCF since 1998 and was course leader of the BSc Beauty and Spa Management for ten years until the course closure in 2017. She teaches on the integrated MSc in cosmetic science where her teaching areas are human physiology, with particular emphasis on the physiology of the skin, and the development of HE study skills. Her recent research has included an examination of the language of cosmetic advertising. She is currently researching the changing role of make up in the lives of older women. She holds an MA in Learning and Teaching in Higher Education from Bucks New University.

**Diogo Baltazar** is Acting Course Leader for the integrated MSc Cosmetic Science, and responsible for its academic leadership and management. Diogo trained as a pharmacist at the Faculty of Pharmacy, University of Lisbon where he collaborated in the research and development of topical medicines. After obtaining his MPharm, Diogo completed a Specialisation PGDip in Advanced Pharmaceutical Technology and later worked as a full–time research assistant at the iMed.ULisboa, where he was responsible for consultancy projects for the pharmaceutical and cosmetic industry. His projects included the development of cosmetic product lines, re–formulation of products in the market and testing of topical medicines. His research interests are focused on the formulation technology of colloidal systems and
the optimisation of topical drug delivery.

**Rosemary Randall, Associate Lecturer**

Rosemary is a Chartered and State registered physiotherapist (MCSP SRP) and is also a member of the Acupuncturist Association of Chartered Physiotherapist (AACP). She has worked as a physiotherapist for over 35 years, initially with the Health Services and now in her own private practice for the past 20 years. She has also attended various courses in acupuncture and cognitive neurophysiotherapy and had a clinic at Circus Space for four years where they teach circus skills.

Rosemary has had a long career with The London College of Fashion, having taught anatomy and physiology on the ND, HND and FdSc Beauty Therapy courses and BA (Hons) Active Sportswear and theatrical make up courses.

**Industry Experts**

**Harley Street Skin Clinic** - [http://www.harleystreetskinclinic.com](http://www.harleystreetskinclinic.com)

During the course you will have the opportunity to visit the Harley St Medical Skin clinic premises or theatre for work experience and have the opportunity to see the clinic and the doctor in practice. Harley street skin clinic has built a world class reputation specialising in minimally invasive treatments for facelift, fat transfer, breast enhancement and skin repair and rejuvenation in addition to tailor made, customised skincare. The team at Harley Street Skin are second to none in their integrated approach to anti-ageing treatment.

**Environ Skincare**: Environ® is a globally recognised professional skincare brand that is built on science, that vitamin A is the key to healthy and beautiful skin.

Environ® follows a consultation and product recommendation by a trained Environ® Skin Care Professional. The Environ STEP-UP SYSTEM™ allows skin to become gradually more comfortable with increasing doses of vitamin A and other ingredients thereby reducing the likelihood of a skin reaction.

Environ® is used by international skincare therapists, dermatologists and throughout the beauty industry.

**Managing Directors -- Harley Street Skin Clinic**

Dr Aamer Khan and Lesley Reynolds Khan

**Dr Aamer Khan** is one of the UK’s leading experts in cosmetic and non-surgical procedures and is renowned for his finely tuned aesthetic eye and subtle approach to cosmetic enhancements.

**Lesley Reynolds Khan** is a skincare and beauty expert who has been at the cutting edge of anti-ageing treatments for over 20 years.

Together they make a winning team, combining their use of pioneering technology in anti-ageing with their many years of first-hand experience in treating skin conditions and a highly personal approach to treating each and every patient as an individual.
Lorna Bowes
Lorna has had an interest in dermatology since her first staff nurse role in dermatology in 1997, she then joined the aesthetics arena in the early 1990’s.
As well as many years of delivering medical aesthetic procedures, Lorna has trained many doctors, nurses and dentists to administer basic and advanced fillers, toxins, dermal roller and peels. She has trained doctors in Europe on advanced dermal filler techniques and lectured regularly on aesthetic procedures and aesthetic business management. Most recently Lorna lectured on Antioxidants alongside other leading industry experts at the FACE Conference 2012, the UKs largest Aesthetic conference.
Lorna was a member of the Royal College of Nurses Aesthetic Nurse Forum committee and a founder of the British Association of Cosmetic Nurses, and is a regular speaker at their conferences, most recently giving lectures on “The 20 year patient”, “Do No Harm” and “Consultation Skills in Aesthetic Practice”.
Lorna was Consultant Editor to the Journal of Aesthetic Nursing, and Chaired the first conference to be held under the banner of the journal, Clinical Excellence in Aesthetic Medicine in July 2012.

Dr Stefanie Williams
Dr Stefanie Williams is founder and Medical Director at European Dermatology London. She is a fully qualified, GMC registered medical doctor and a Specialist Dermatologist*. Dr Stefanie graduated in Medicine in Germany. After many years of post-graduate Specialist training, she was awarded the title of Specialist in Dermatology and Venereology by the Hamburg Medical Council on passing the rigorous German specialisation exam. The German medical system is highly regarded globally and seen by many as one of the best in the world. Dermatology in particular has a strong tradition in Germany. It takes a thoroughly comprehensive view of skin care and includes not only General Dermatology, but also Venereology (Sexual Health), the diagnosis and treatment of allergies as well as Cosmetic Dermatology.
Dr Stefanie has gained extensive clinical experience in both Germany and Great Britain and has undertaken research in a number of European University departments. Her interest in cutting edge skin research has won her prestigious awards, including the British Leverhulme and the French René Touraine stipend. After relocating to London with her family, she worked in the NHS, before founding European Dermatology London.
She is author and co-author of more than 100 scientific articles, book chapters and abstracts and frequently speaks at international conferences. Dr Stefanie is also a reviewer for several specialist dermatology journals. She lectures on Dermatology topics in Cosmetic Science at the University of the Arts, London.
Dr Stefanie is a member of various leading medical associations including the British Association of Dermatologists, European Society for Cosmetic and Aesthetic Dermatology, British Cosmetic Dermatology Group, Society of Cosmetic Scientists, Royal Society of Medicine, Medical Defense Union, Hamburg Medical Council and General Medical Council UK.
Dr Stefanie has been fortunate enough to be quoted as an expert in a variety of magazines and newspapers including Tatler, Daily Telegraph, Marie Claire, Evening Standard, Zest, Stylist, Metro, Madame, Daily Mirror, Woman & Home, Yours, Daily Express, Saga, Herald Sun, Daily Mail and Red Magazine. She has been named as one of Britain’s best Cosmetic Doctors by Tatler, has been recommended as a trusted practitioner by the Evening Standard and named as one of London’s best
Medi-Spas by The London Magazine.
In her London–based boutique Skin Clinic, she not only treats the entire spectrum of skin diseases and troubled skin, but also practices Cosmetic Dermatology, ensuring the highest quality and safety standards. Her special interest lies in non–surgical aesthetic procedures to rejuvenate the face, hands and chest. Dr Stefanie has pioneered the highly effective and sought–after Gel Needling Lift and published her 3-D Approach to Cosmetic Dermatology in an international scientific journal.

As a Medical Doctor, a Dermatologist and a Cosmetic Scientist, Dr Stefanie is in a unique position to combine her in–depth knowledge of skin biology and troubled skin with her expertise in aesthetic procedures and skincare. Her passion for cosmeceuticals and skincare have also led her to found the online skincare boutique and advice website, EudeloBoutique.com. On this exclusive website she provides myth-busting insider information, honest opinions, and personal tips and tricks on how to keep skin healthy and young looking, while offering the most effective hand selected cosmeceuticals for purchase.

Dr Stefanie relocated to the UK from Germany in 2004 and now lives with her husband and three children in South–West London.

* German board certified Dermatologist. Fully GMC registered doctor.

Dr Jason Williams
Dr Jason Williams is Managing Director of European Dermatology London – the UK’s most innovative Dermatology Practice voted Best Clinic in the national 2012–2013 Aesthetic awards and "Most Inspiring Clinic" by Professional Beauty Magazine in 2013. The clinic is unique in Europe, if not globally in that it is now expanding to focus on all aspects of skin health and anti–aging and includes an online shop, a dietary / anti–aging focus, and enables customers to create bespoke art from their very own cells.

Jason holds a PhD in Cognitive Psychology and since taking on the running of European Dermatology London, has set about applying an understanding of the Psychological principles of customer behaviour towards the successful marketing and expansion of the clinic.

Before becoming a part of the Aesthetics industry, Jason came from the very different world of the Telecommunications industry, where he was responsible for the development of new products and services for one of the world's largest mobile telecommunications companies. He also headed up a multi–million joint government and industry sponsored research programme into Mobile Services of the future, and served as a member of the committee advising the government how to fund Human–Computer Interaction research in the UK.

Jason has published a wide range of articles at many of the world’s most renowned Psychology and Ergonomics conferences and holds a number of patents, speaking internationally on a range of Psychology related topics.

Andrew Hansford BSc, PGDip ANSI, A.C.H Aesthetics.com
Andrew is the only non–medic who has been invited to ICAD in Bangkok to teach at a Dermatologist only conference. This was purely based on his prior learning and historical education.

He is also a visiting lecturer at the City of London Dental School as part of their PGA, PGCert and PGDip programs in advanced aesthetics. For the last 18 months, he has been responsible for writing many medical based procedures and protocols to be accredited for the new UK Health Education England and JCCP Laws, enforced November 2017.
Hayley Salisbury
Senior Trainer, Jan Marini Skin Research Europe Ltd

Since qualifying as an Aesthetician in 2002, Hayley has gained practical experience and insight into the Aesthetics sector by working with some of the Country's leading skin care clinics, Doctors and skin care companies. Hayley joined JMSR Europe in 2012. Employed as a Trainer for customers in the UK, Ireland and parts of northern Europe, her specialisation is in demonstrating the use of Glycolic Peels and how to maximise the potential of skin care treatments and products in a clinic environment.

Gill Herrick (Lynton Lasers)

Gill has been working in the aesthetic industry since 1996 and has extensive Laser & IPL knowledge. Prior to joining Lynton Lasers as a full time Clinical Trainer, Gill ran her own Aesthetic Clinic. She has also been involved in developing and delivering training courses for various awarding bodies as well as lecturing at the London College of Fashion. Gill was part of the Habia Expert Working Group to review the National Occupational Standards for Laser & IPL treatments, along with running training courses on their behalf.
Assessment & Certificate:
Assessments will be completed at the end of each unit. On completion of the course you will be awarded a grade based on the results of both assessments, and a Certificate of Achievement by London College of Fashion and a Certificate in the Core of Knowledge.

Course Dates:
- Wednesday 10.00 – 17.00 & Monday 17.30 – 20.30
- First day 24th April 2019
- Final day 15th July 2019

Certificate Ceremony
- Certificate of Achievement from London College Fashion – CIBTAC Endorsed
- Certificate in the Core of Knowledge training in laser & IPL treatments
- Certificate in the use of chemical peels

Endorsed by CIBTAC
The Confederation of International Beauty Therapy and Cosmetology