



**Cosmetic Courses**  
Teaching in medical aesthetics

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## Course Information

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# Who are Cosmetic Courses?

Cosmetic Courses was founded in 2002 by Consultant Plastic Surgeon Mr Adrian Richards to address the growing UK demand for professional training in aesthetic procedures and products.

Since then, we have been successfully running a number of training courses in Botulinum toxin and dermal filler materials, as well as skin rejuvenation techniques: microneedling, chemical skin peels and microsclerotherapy.

Over the years, we have trained a wide variety of medically qualified professionals, ranging from the complete novice to the highly experienced practitioner. Our courses are devised to enable you to reach your optimum educational needs in the aesthetic medical field in preparation to immediately incorporate these procedures into your practice.

The in-depth training is led by Mr Adrian Richards, providing the pinnacle of education to the variety of medical professionals attending each course. Further knowledge and advice is given by our team of expert aesthetic specialists, all of whom have a long track record of working in existing profitable clinical practices. With the benefit of varied clinics the course can offer valuable, informative experience to a practitioner wishing to set up a non-surgical aesthetic practice whether it will be nurse, doctor, dentist or surgeon led.

Our courses have provided the thousands of delegates we have taught with all the ongoing education they require to keep abreast of the latest industry knowledge and trends with lectures, small group demonstrations and practical hands-on experience. You will receive comprehensive course notes and supporting material to give you all the detailed information you will need covering all aspects, from consent forms to the contact details needed for the purchase of different products.

All of our courses carry comprehensive insurance, providing full cover for all delegates throughout the training day, including the practical hands-on sessions.

# Why Choose Cosmetic Courses?

## The UK's First Cosmetic Surgeon led Botulinum Toxin Training Course

Renowned Cosmetic Surgeon Mr Adrian Richards is the Cosmetic Courses' Director and lectures on our courses. Based at his leading cosmetic surgery clinic, our delegates train in fully functioning clinical rooms rather than an artificial training environment. We help you to understand the place of medical aesthetics within the 'bigger picture' of cosmetic surgery.

## 10 Years of Top Training Experience

As one of the longest-established, most successful providers, we've earned a great reputation that you can read about all over the Internet: we consistently rank amongst the top medical aesthetic training companies throughout the UK.

## Highest Standards of Medical Aesthetic Training with our Expert Practitioners

Many training providers offer one 'type' of trainer: only doctors, RGNs or dentists. Whilst our background is in Cosmetic Surgery, we employ regularly practising trainers from all sectors - Doctors, Aesthetic Nurses, Medical Aestheticians and Cosmetic Surgeons, giving you the opportunity to learn from each.

## Ratio of Delegates to Trainers

Cosmetic Courses do not train large groups of delegates in one room together as we feel this does not provide an optimal training environment. For practical hands-on training, we always split down into smaller groups in separate rooms with a maximum trainer to delegate ratio of 1:6.

***"Your training is a journey. Let us plan a cosmetic training path tailored to you"***

### Balance of Theory, Practical & Marketing

With lectures and theory provided by our experts in the morning, a full day session of demonstrations and practical hands-on experience and plenty of marketing advice along the way, Cosmetic Courses will make sure that you leave every course feeling fully prepared to tackle the next stage of your medical aesthetic journey.

### Models and Resources Provided

We supply and insure all the suitable models that you will need for your training. We also provide resource materials in the form of comprehensive course folders and, with some courses (such as Genuine Dermaroller™ Therapy Training), packs of creams and starter materials are included in your course fee.

### Tailored approach to your training

Here at Cosmetic Courses we do not believe in a 'one size fits all' approach with our training courses. Most delegates start with our introductory foundation course but this is simply the beginning of their Journey. 72% of our delegates continue to our advanced level training (concentrating on more complex techniques) and bespoke 1-2-1 packages focusing on additional practical experience in the areas you specifically want to develop. With Cosmetic Courses, **you** control your training.

### Fantastic Support Network

The Cosmetic Courses support network is second to none: very active social media communities (Facebook, Twitter, LinkedIn, YouTube); a dedicated office team to advise and inform you before your training; expert trainers from a variety of medical aesthetic sectors and an ongoing mentorship aftercare programme as you set up or expand your own business.



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- Chemical Skin Peel and Medical Microdermabrasion Training
- Microsclerotherapy Training
- Platelet-Rich Plasma

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# Botulinum Toxin & Dermal Filler Training



# Foundation Botulinum Toxin and Dermal Filler Course

Our foundation course is a combined training programme covering two of the most sought-after cosmetic treatments: Botulinum toxin and dermal filler materials. Learning these techniques together is key to understanding how the injectables differ and where you would use each treatment to achieve optimum results for your patients. Introducing these techniques into your aesthetic practice will complement and enhance the range of treatments you provide and will add value to your practice.

You will begin the course with an interactive seminar led by Consultant Plastic Surgeon Mr Adrian Richards. This will involve:

- A comprehensive review of the anatomy of the face
- An introduction to cosmetic practice including patient selection and suitability
- A thorough introduction to Botulinum toxin and dermal filler materials including mechanism of action, products available, storage, handling and disposal of products
- How to avoid potential pitfalls and how to address adverse events if they arise
- Guidance on the legal and management aspects of running an aesthetic practice

You will then move on to the practical aspect of the day where you will observe demonstrations of the treatments conducted by our expert practitioners. This will allow you to closely observe the method of injection to increase your confidence when you begin the practical hands-on session. During the hands-on session you will have the chance to perform the Botulinum toxin and dermal



***“Fantastic course, very well organised, really interesting and adapted for all levels of training.” - Dr N.F***

filler treatments under the supervision of our aesthetic practitioners on models provided by Cosmetic Courses.

*Areas you will cover:*

- **Facial rejuvenation**
  - Botulinum toxin injections to smooth frown lines and forehead lines
  - Reduction of crows feet and squint lines
- **Facial enhancement**
  - Dermal filler injections to create an enhanced natural lip border
  - Producing a lip pout
- **Facial corrective treatments**
  - Reduction of lines around the mouth (perioral lines and oral commissures)
  - Reduction of lines running from the base of the nose to the corner of the mouth (nasolabial folds)
  - Reduction of facial wrinkles

On completion of the course you will be certificated for attendance, which is recognised by all the relevant insurance groups. We will also provide you with detailed course manuals which include consent forms, pre and post treatment literature and reference material.



# Bespoke 1-2-1 Training

***"One of the most valuable courses I have attended. More than I expected in terms of teaching, theory and skills. This is how courses should be, well done all"- Dr G.B***

Once completing the foundation Botulinum toxin and dermal filler course many of our delegates return for our practical hands-on bespoke session in order to gain a level of competency. This session will provide you with invaluable training, giving you undivided attention from the trainer allowing you to practice on numerous models throughout the session. These bespoke 1-2-1 sessions are available on any day of the week either as a one-to-one tutorial or as a small group teaching.

Bespoke training allows specific education allowing you to cover the exact procedures you wish to learn using products suitable for the treatments. Although this is a practical based session you will have ample opportunity to ask your trainer any questions you may have regarding the theoretical side of the procedures or the products being used. This day will also give you the chance to learn how a working clinic runs on a day-to-day basis. You should leave our bespoke session feeling confident enough to begin practicing these treatments within your aesthetic practice.

These sessions are also available to those who have completed the advanced Botulinum toxin and dermal filler course and require further hands-on training to practise the techniques learnt.

After a discussion with our trainers regarding the areas to be fulfilled on your session we are able to give a summary about the number of hours required, number of models we will organize for the training and the cost of the session.

# Advanced Botulinum Toxin and Dermal Filler Course

The growth in the aesthetic industry requires continual development of skills acquired to keep abreast of the changing techniques being used. The advanced course is for those who wish to expand their practice by continuing their training skills in Botulinum toxin and dermal fillers. You will be taught how to create facial rejuvenation rather than simply eradicating lines and wrinkles allowing you to offer your patients a more comprehensive treatment plan.

This full day training course will begin with an interactive seminar led by Mr Adrian Richards.

*This will cover:*

- A review of the use of Botulinum toxin and dermal fillers including reconstitution, the procedure and contraindications
- A comprehensive discussion of the injection techniques and advanced treatments
- Information on marketing your practice to optimise the potential revenue generated by Botulinum toxin and dermal filler techniques

The afternoon is designed with the emphasis on practical and hands-on experience, which allows you to focus on areas requiring guidance and expert tuition. You are able to develop your skills and techniques on the models under the supervision of our experienced teaching staff.

***"Very clear and well presented. Good support networks to enable transition into practice" - L.A.***

*Areas you will cover:*

- **Advanced Botulinum toxin techniques**
  - Chemical brow lift
  - Mentalis treatments
  - Treatment of platysmal bands
  - Cheek and jowl lifting
  - Upper chest treatments
  - Treatment of hyperhidrosis
  
- **Advanced dermal filler techniques**
  - Vermillion border enhancement
  - Cheek augmentation
  - Cross hatching techniques
  - Extended linear threading techniques
  - Advanced peri-oral sculpting

We will also provide you with a detailed course manual that includes reference material to help you extend your career in the aesthetic industry.



# Botulinum Toxin and Dermal Fillers Refresher Course

To participate in the refresher course, you will need to have completed at least the foundation course so you already have a good grounding in the theory and practical elements. For this reason, the course is particularly suited to those who have previously practised in the industry but have taken time out, and are now looking to return to aesthetics.

This comprehensive five-hour refresher course will give you further opportunity to practise your techniques under the guidance of our expert practitioners. Learning takes place in small group workshops and covers practical training in a range of different Botulinum toxin and filler treatments. The course allows you to take advantage of the extra practical experience, whilst benefitting from the guidance and knowledge of our practitioners throughout the day.

The course is strongly focused on the practical, giving you ample opportunity to re-familiarise yourself with the relevant techniques, as well as learning new skills. Our expert practitioners will be on hand throughout your training to guide and support you, and also answer any questions you may have. This invaluable hands-on course will leave no stone unturned and equip you with all the skills and confidence you need to progress in your aesthetic career.

# Your Journey

## ● Refresher

Taken time out of the aesthetic industry? Refresh your skills with our 1-2-1 practical session

## ● Foundation

Gives you the basic knowledge and skills to start up in the aesthetic industry

## ● 1-2-1

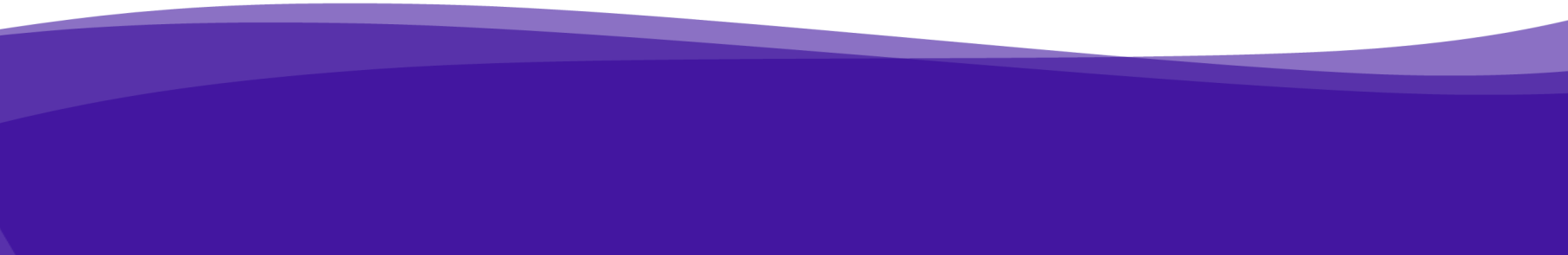
Strengthens your practical skill base through further hands-on experience in specific treatments chosen by you

## ● Advanced

Further training in advanced techniques for areas such as the cheeks, lower face, décolletage and hyperhidrosis



# Skin Rejuvenation Training





Dermaroller®

# Genuine Dermaroller™ Therapy Training

Genuine Dermaroller™ Therapy provides advanced medical skin needling, a treatment which stimulates the skin to regenerate and repair itself naturally and safely. This revolutionary treatment is vital for every aesthetic clinic as it provides a new advanced treatment option that delivers significant benefits for you and your clients. This leading course will result in you obtaining a clinical and practical skill base that will enable you to immediately integrate this procedure into your practice.

You will begin the training day with technical and clinical presentations by our expert aesthetic practitioner who specialises in skin rejuvenation techniques. This presentation will cover:

- An introduction to the scientific concepts behind Genuine Dermaroller™ Therapy™
- A discussion of the clinical review of patients' Genuine Dermaroller™ suitability and needs
- Business and marketing strategies so you can introduce this new treatment into your aesthetic clinic

Practical demonstrations by the trainer will then take place to show you how to conduct the procedure correctly, whilst outlining the appropriate techniques. Most of the afternoon will be devoted to the practical hands-on session whereby you can practise the procedure on real models provided by us. Once your training is complete you will be certificated for attendance, which is recognised by all major insurance companies.



# Chemical Skin Peel and Medical Microdermabrasion Training

There has been a remarkable upward trend in the popularity of all non-surgical cosmetic treatments. Although much of this demand comes from injectables such as Botulinum toxin and dermal fillers, prospective clients are tempted into the arena of medical aesthetics by less invasive treatments. They are opting for chemical peels and medical microdermabrasion as an introduction to non-surgical treatments.

With this skin rejuvenation training you will be able to offer your clients an extended aesthetic service that can be used as independent treatments or in conjunction with others such as Botulinum toxin and dermal fillers to enhance their effects.

At Cosmetic Courses we train you in Agera skin peels which contain AHAs and BHAs (salicylic, L-ascorbic and lactic acids). These revolutionary proliferative peels cause significant stimulation of the fibroblasts deep within the skin to produce new collagen and elastin. This effect on the skin's cells delivers many anti-ageing benefits without any unsightly skin shedding or redness.

The course begins with a discussion of the theoretical elements of the skin peel treatment with our expert aesthetic practitioners who specialise in skin rejuvenation techniques.

*You will cover:*

- Skin anatomy and pharmacology
- An in-depth analysis of a variety of cosmeceuticals
- The science behind the Agera products to give you a thorough understanding of the treatments you will be administering
- How to assess your patients' treatment requirements including diagnosis of common skin problems and skin types
- Pre and post skin peel care
- Advice on integrating the skin peels into your aesthetic clinic as well as marketing the treatment

Practical demonstrations by your trainer will then take place to illustrate the techniques that must be used when applying these treatments. You will then have the opportunity to practise these techniques, under supervision and instruction on real models provided by Cosmetic Courses. This practical hands-on training is superior to purely theoretical training as it gives you a chance to experience the processes involved when administering these treatments.

We believe this combination of in-depth theory, demonstration and hands-on experience will give you the ability to immediately add these treatments to your repertoire. However, this course is not simply one day of training; it involves extensive and continuous support throughout your *entire* aesthetic career. Once your training is complete you will be certificated for attendance, which is recognised by all major insurance companies.





# Microsclerotherapy Training

An aesthetic practice based on injectables alone can be limited. As an aesthetic physician it is important to single yourself out from the competitive market of aesthetic providers. A relatively low percentage of aesthetic clinics offer microsclerotherapy as a treatment. Leg veins however are a very common problem and there is constant demand for their treatment.

Microsclerotherapy is a skill that requires good background knowledge and takes some time and effort to master. This equates nicely to having fewer competitors. Unlike injectables the consumables are exceedingly cheap so clients are paying for your skill rather than consumables.

As microsclerotherapy is a lucrative area in aesthetic practice Cosmetic Courses have prepared a comprehensive course that will get you started with this procedure.



***“ A brilliant course. Lots of injecting time and the trainer answered all of my questions.”- S.S***

The microsclerotherapy course focuses on enabling you to safely and effectively use injectable sclerosant for the treatment of leg thread veins. On completion of this training course you will immediately be able to integrate microsclerotherapy treatments into your aesthetic practice.

The training day is divided into a morning seminar and an afternoon practical session, all carried out by our experienced aesthetic trainer. The seminar will cover:

- Relevant anatomy and physiology
- Leg vein classification
- Screening, assessment and selection of clients as well as contraindications
- Properties of sclerosants and their safe use
- A detailed outline of how to perform the procedure
- Advice on how to set up a microsclerotherapy practice

In the afternoon practical session you will have the opportunity to perform the treatment yourself on real models provided by us in order to develop your technical skills. This will enable you to become familiar with the equipment and sclerosant as well as becoming more confident in your understanding of the technique used to perform the microsclerotherapy treatment.

On completion of your training you will be certificated for attendance, which is recognised by all the relevant insurance groups.

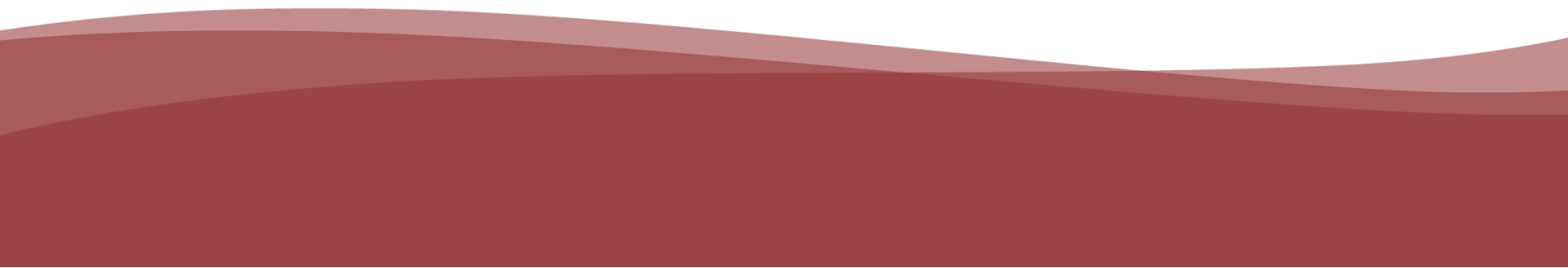


# Platelet-Rich Plasma (PRP)

Cosmetic Courses are proud to announce the launch of our new PRP training course - an innovative and revolutionary approach in tissue regeneration.

Platelet Rich Plasma (PRP) has been successfully used in medicine for many years, focusing on areas such as wound healing, tissue repair and in orthopaedics, dentistry, neurosurgery and ophthalmology. Defined as an autologous concentrated preparation of platelets, PRP is a great procedure for your aesthetic clinic either as a standalone treatment or to compliment other treatments such as dermal fillers and dermaroller.

This system uses your bodies own growth factors in order for the skin to repair and rejuvenate itself. Using the Tropocells technique the platelets in your own blood are concentrated in clear plasma. Once this plasma is injected into the skin, a large amount of growth factors are released to stimulate the soft tissue regeneration.





### **Why choose Cosmetic Courses Platelet Rich Plasma training?**

- Expert trainers.
- Small group workshops.
- Follow on support offered by our team and Tropocells.
- Models provided.

### **Benefits of the Platelet Rich Plasma injections for your patients:**

- PRP is an increasingly popular treatment used to improve the texture of the skin, create better skin tone, firm the skin, reduce fine lines and wrinkles and to revolumise beneath the skin.
- It can be used to treat the delicate areas above and below the eyes which are usually difficult to treat.
- Tropocells can be used on all skin types and used for both skin texture and volume.
- Little downtime.
- Long lasting results.

**Please note that in order to participate in the PRP training you must have experience in injecting botulinum toxin & dermal fillers and feel confident with these techniques.**

# FAQS

**Q.** *Who can Cosmetic Courses train?*

**A.** Cosmetic Courses can train registered doctors, dentists and nurses for injectable treatments. Registration and pin numbers are required when booking.

**Q.** *Can medical professionals from overseas complete the courses?*

**A.** Yes. As a medical professional from overseas you will be able to train with Cosmetic Courses, however you will only be certificated to practise overseas and not in the UK.

**Q.** *Where does your aesthetic training take place?*

**A.** Cosmetic Courses National Training Centre is based at The Paddocks BMI Clinic in Buckinghamshire HP27 0JS. We are about a 50-minute direct train journey from London Marylebone. We also offer training in the Manchester area every couple of months.

**Q.** *For aesthetic training which insurance company should I use?*

**A.** Cosmetic Courses are gold training partners with the top aesthetic insurance company Hamilton Fraser. Hamilton Fraser offer 10% off your insurance with them if you complete your training with Cosmetic Courses.

**Q.** *Do Cosmetic Courses offer practical hands-on training?*

**A.** Yes. All of our courses cover practical hands-on with real-life models, enabling our delegates to experience the diverse treatment options and different facial presentations that they would expect to see in their own clinics.

**Q.** *Do I need to bring my own models to the training?*

**A.** Cosmetic Courses provide models for you throughout your training, however if you wish to bring your own model as a case study this can be arranged only on our bespoke 1-2-1 courses at a small fee.

**Q.** *Can I start offering basic Botulinum toxin and dermal filler treatments after I have completed your Foundation Course?*

**A.** Yes you can start practising after completing the Foundation Course but we recommend that you reach your level of competency through our bespoke 1-2-1 training course.

**Q.** *As a nurse, what options do I have for prescribing Botulinum toxin?*

**A.** Best practice would be to complete the nurse prescribing course (v300). If you are not a nurse prescriber you will need a doctor or nurse prescriber to do the face-to-face consultations and prescribe for you. Whichever option you choose you must always keep within the NMC guidelines.

**Q.** *Do I have to have completed a nurse prescribing course before I can train with Cosmetic Courses?*

**A.** No you don't have to be a nurse prescriber to attend training with Cosmetic Courses. However, it is strongly advised that you have a plan in place for prescribing Botulinum toxin before you attend your course. This will enable you to start practising as soon as you have trained with us.