



# STUDENT PROSPECTUS



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**\*\*100%online**

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# SFJ AWARDS LEVEL 3 IN PRINCIPLES OF COSMETIC PRACTICE FOR AESTHETIC PRACTITIONERS

with First Aid & Anaphylaxis

**100% Online**

## **COURSE OVERVIEW**

The IQ Level 3 Organisation Certificate in the Principles of Cosmetic Procedures for Aesthetic Practitioners is designed to provide learners with an entry level qualification into the Beauty and Aesthetics industry. Learners will develop a broad understanding of health and safety in aesthetics practice, communication and consultation, client assessment and skin analysis and anatomy and physiology for skin treatments.

This non-regulated qualification is aimed at non-medical professionals seeking a pathway into aesthetics and skin rejuvenation who do not wish to follow the traditional beautician route. Learners who successfully achieve this qualification will be able to progress to foundation aesthetics programmes.

## **Level 3 Structure**

To achieve this non-qualification learners must achieve all 4 mandatory units.

1. Principles of Health and Safety in Aesthetic Practice
2. Principles of Communication and Consultation
3. Principles of Client Assessment and Skin Analysis
4. Principles of Anatomy and Physiology for Skin Treatments

## **First Aid Course Components**

- General First Aid
  - *External Bleeding*
  - *Allergic Reactions and Anaphylaxis*
  - *Eye Injury*
  - *Recovery Position*
  - *CPR*
- Medicine Interactions
- Hepatitis B Virus
- Pre-Study Feedback Form

## **Total Qualification Time (TQT) – 6-8 weeks**

This is an estimate of the total length of time it is expected that a learner will typically take to achieve and demonstrate the level of attainment necessary for the award of the qualification i.e. to achieve all learning outcomes.

A minimum time of completion is 6 weeks before a learner can move on to any aesthetic courses.

This includes 16 hours pre-study and 2 hours guided online learning (*done via video link with a tutor*) for First Aid.

## **Age Range and Geographical Coverage**

This qualification is for learners aged 18 and above.

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**Learner Entry Requirements**

Prospective learners should either be working in or aspiring to join the beauty industry with evidence to suggest their capability of working at Level 2 or above (e.g. GCSE Mathematics and English at grades A\*-C / 4-9, Functional Skills or Essential Skills in Mathematics and English).

It is also recommended (but not required) that prospective learners have completed a recognised first aid at work qualification within the three years prior to enrolment.

**Progression**

Learners can progress to the study of beauty therapy and aesthetic treatments at Level 4.

# MICROBLADING PROGRESSION ROUTE

This progression route allows for non-medics with no prior training to get into aesthetics via skin rejuvenation and microblading. This route comprises of 5 subjects:

1. Anatomy, Physiology & Pathology of the Face
2. First Aid & Anaphylaxis
3. Dermaplaning
4. Microneedling
5. Microblading

Each subject is completed individually as a complete training module, with practical microblading case studies leading to competency certification.

## **Anatomy, Physiology & Pathology of the Face:**

- 21hrs Pre-study
- 4hrs theory
- Exam
- No practical

## **First Aid & Anaphylaxis:**

- 16hrs Pre-study
- 2hrs theory
- Exam
- No practical

## **Dermaplaning:**

- 8hrs Pre-study
- 2hrs theory
- 2hrs practical
- Exam

## **Microneedling:**

- 8hrs Pre-study
- 2hrs theory
- 2hrs practical
- Exam

## **Microblading:**

- 21hrs Pre-study
- 6hrs theory
- 3-day competency case studies
- Exam

## **COURSE DURATION**

Total Pre-Study Hours: 74hrs  
Total Theory & Practical Hours: 4 Days

Includes Microblading kit / dermaplaning kit / microneedling

*\*\*Kit not included on seasonal offers*

# FIRST AID & ANAPHYLAXIS

100% Online



## COURSE OVERVIEW

This online course is designed to give you the theoretical knowledge needed in the aesthetic industry.

This course does not seek to replace the practical element but allows you to undertake the on-line training at a time and place to suit you and is also an excellent First Aid Training package for people to gain invaluable knowledge and skills.

## COURSE DURATION

16 hours pre-study and 2 hours online theory

*All aspects of the course are mandatory*

## COURSE COMPONENTS

- General First Aid
  - *External Bleeding*
  - *Allergic Reactions and Anaphylaxis*
  - *Eye Injury*
  - *Recovery Position*
  - *CPR*
- Medicine Interactions
- Hepatitis B Virus
- Pre-Study Feedback Form

## ENTRY REQUIREMENTS

None

# AQUA CERTIFICATION IN ANATOMY, PHYSIOLOGY AND PATHOLOGY OF THE FACE

**100% Online**

## **COURSE OVERVIEW**

Thinking you would like to brush up on your knowledge? The AQUA Certification in Anatomy, Physiology and Pathology for Complementary Therapies is a knowledge-based certification for the knowledge and understanding of the organisation, structure, function and pathologies of the face, skin and hair.

## **COURSE DURATION**

21 hours pre-study with 4 hours online theory

*All aspects of the course are mandatory*

## **COURSE COMPONENTS**

*Theory:*

- Structure, function and pathologies of the face systems including
  - The skeletal system
  - Muscular system
  - Nervous system
  - Lymphatic system
  
- Structure, function and pathologies of hair

## **ENTRY REQUIREMENTS**

No prerequisites

# FOUNDATION ANTI-WRINKLE



## COURSE OVERVIEW

This course gives you all the knowledge and practical skills needed to perform anti-wrinkle treatments. From product knowledge and treatment areas to injection techniques and live models you will first complete online training from the comfort of your own workplace or home which will teach and test your understanding of a wide range of modules crucial to give you the best background understanding of the subject including the anatomy and physiology of the face and skin.

On this course you will learn how to assess the musculature and anatomy of the face to determine the individual treatment plan per client (as every face is different and what works for one, may not work for another); learn the current trends and how to apply them; the reconstitution of toxins and how to adjust the toxin to suit feminine vs masculine clients.

Following this will be online theory training with an expert practitioner to further underpin your knowledge. Finally, you will attend practical training at the famous Cosmetic Couture Academy where you will learn the practical skills of administering anti-wrinkle treatments on live models overseen by your expert tutor. All practical training facilitated at the Cosmetic Couture clinic will result in fully accredited CPD certification.

**PLEASE NOTE: Products for Anti-Wrinkle Treatments are a prescription-only medicine and you will require your clinical oversight to prescribe this for your client.**

## COURSE DURATION

35 hours pre-study, online theory with 1-day inhouse training

*All aspects of the course are mandatory*

## COURSE COMPONENTS

*Theory:*

- Anatomical structure of the skin
- Muscles of the face
- Full Facial Musculature Assessment
- Product Knowledge
- Treatment Areas
- Managing expectations
- Pain management protocols
- Adverse effects
- Client consultation protocols (medical history & client consent)
- Hygiene and sharps disposal and legal aspects

*Practical:*

- Practice of injections prosthetic skin
- Live demonstrations
- 3 Practical Live Models

*Treatment Areas:*

- Forehead
- Frown Lines
- Crow's Feet

## ENTRY REQUIREMENTS

Nurses, Doctors, Pharmacist, Dental Nurses, Podiatrist, Radiologist's, Paramedic, Occupational Therapist, Beauty therapist, SPMU practitioner with 6 months+, Level 3 Beauty Principles in Aesthetics or NVQ Level 3 Beauty therapy or equivalent

You must have clinical oversight in place when you conclude this course. You will also need to work with a prescribing healthcare professional to prescribe the toxin as it is a POM. This is provided to members of ACPB and we urge all students to join post course – [www.acpb.co.uk/registration](http://www.acpb.co.uk/registration)  
Product supply is available from Maxsthetica Pharmacy – [www.maxsthetica.co.uk](http://www.maxsthetica.co.uk)

**IMPORTANT NOTE: In order to move onto Advanced Anti-Wrinkle, students must have completed, submitted and passed 5 case studies showing work on all 3 areas.**



# ADVANCED ANTI-WRINKLE



## COURSE OVERVIEW

Our advanced Anti-Wrinkle course proves the power of the product and will teach you just how many more things about how this toxin can be used for in aesthetics – and it's not all about wrinkles. Become an expert practitioner with this advanced course. The course gives you all the knowledge and practical skills needed to perform advanced anti-wrinkle treatments including the 13 areas as listed below.

You will first complete online training from the comfort of your own workplace or home which will teach and test your understanding of a wide range of modules crucial to give you the best background understanding of these advanced techniques. Following this will be online theory training with an expert practitioner to further underpin your knowledge. Finally, you will attend practical training at the famous Cosmetic Couture Academy where you will learn the practical skills of these treatments on live models overseen by your expert tutor. All practical training facilitated at the Cosmetic Couture clinic will result in fully accredited CPD certification.

## COURSE DURATION

21 hours pre-study with theory online and 1-day inhouse training

*All aspects of the course are mandatory*

## COURSE COMPONENTS

### *Theory:*

- Mimetic muscles
- Muscle names, groups and types
- Branching nerves of the face
- Aftercare
- Managing expectations
- Client consultation protocols (medical history & client consent)
- Hygiene, sharps disposal and legal aspects

### *Practical:*

- Injection techniques
- Live demonstrations
- 2 Practical Live Models

### *Treatment areas:*

- |                  |                 |                       |
|------------------|-----------------|-----------------------|
| • Brow Lift      | • Gummy Smile   | • Nefertiti neck lift |
| • Bunny Lines    | • Flip Lip      | • Feminisation        |
| • Lip Lines      | • Chin Dimpling | • Bruxism             |
| • Marionettes    | • Masseters     |                       |
| • Nasal Tip Lift | • Neck bands    |                       |

## ENTRY REQUIREMENTS

Foundation Anti-Wrinkle



# FOUNDATION DERMAL FILLERS

## COURSE OVERVIEW

Through the ages, lips have always been an important feature of the face. What started with well-defined lipstick for the likes of Marilyn Munroe has moved toward shape and definition and the want to of the perfect pout, a la Kylie Jenner and the Kardashians.

This course gives you all the knowledge and practical skills needed to perform dermal filler treatments to the lower third of the face including the lips. From the structure of hyaluronic acid and treatment procedures, to client consultations and injection techniques, you will first complete online training from the comfort of your own workplace or home which will teach and test your understanding of a wide range of modules crucial to give you the best background understanding of the subject including the anatomy and physiology of the face and skin.

Following this will be face-to-face online theory training with an expert practitioner to further underpin your knowledge. Finally, you will attend practical training at the famous Cosmetic Couture Academy where you will learn the practical skills of administering dermal fillers on live models overseen by your expert tutor. This will include the trademarked HD Lip technique, launched in 2016. All practical training facilitated at the Cosmetic Couture clinic will result in fully accredited CPD certification.

## COURSE DURATION

35 hours pre-study, online theory with 2 days inhouse training

*All aspects of the course are mandatory*

## COURSE COMPONENTS

*Theory:*

- Anatomy and physiology of the skin and lower face and signs of ageing
- Hyaluronic acid (HA)
- Product knowledge
- Pre and post treatment procedures
- Client consultation protocols (medical history & client consent)
- Managing expectations and complaints procedure
- Treatment areas and Injection techniques
- Pain management protocols
- Hygiene, sharps disposal and legal aspects

*Practical components:*

- Live demonstrations and
- 4 live models

*Treatment areas:*

- Lip Volumisation
- Vermillion Border
- Cupids Bow
- Oral Commissures
- HD Lips
- Nasolabial Folds
- Fine Lines & Wrinkles

## ENTRY REQUIREMENTS

Nurses, Doctors, Pharmacist, Dental Nurses, Podiatrist, Radiologist's, Paramedic, Occupational Therapist, Beauty therapist, SPMU practitioner with 6 months+, Level 3 Beauty Principles in Aesthetics or NVQ Level 3 Beauty therapy or equivalent

**IMPORTANT NOTE:** *In order to move onto any advanced Dermal Fillers courses, students must have completed, submitted and passed 5 case studies – 3 lips, 2 nasolabial folds*

# LIP MASTERCLASS



## COURSE OVERVIEW

Cosmetic Couture has been trailblazing and leading the way in the UK aesthetics industry especially with its amazing signature lip styles. And it's now five years since the first amazing signature style was created by CEO Maxine Hopley – a full year before social media goddess Kylie Jenner famously admitted that her plumped lips were the result of fillers, after intense media and fan speculation. While Jenner was admitting to having lip fillers in 2015, a year earlier, in 2014, Maxine Hopley, CEO of Cosmetic Couture developed her trademarked signature styles of lips.

When she launched Golden Lip®, it joined Jenner as an internet sensation with more than 200,000 views. And they say imitation is the sincerest form of flattery so Cosmetic Couture is very flattered that scores of other training establishment suddenly began offering lip masterclasses. But as they say the original is always the best and Cosmetic Couture's lip masterclasses are still lipsmackingly amazing.

Today the masterclasses still teach students how to develop all these styles – helping Cosmetic Couture students to stand out from their competitors.

The popular Lip Enhancement Masterclass is designed for aestheticians who want to know more about the art of lip enhancement. Included in the course will be sessions on some of Cosmetic Couture's trademarked famous lip styles like BStung®, Golden Lip®, HD Lip, Microdroplets and Tenting.

## COURSE DURATION

1-day inhouse training

## COURSE COMPONENTS

### *Theoretical:*

- Product knowledge
- Assessing client suitability
- Advanced injection techniques
- Managing expectations
- Managing complications
- Client consultation & aftercare
- Hygiene, sharps disposal and legal aspects

### *Practical:*

- Injection techniques
- Live demonstrations
- 3 live models

## ENTRY REQUIREMENTS

Competency in Foundation Dermal Fillers

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# RUSSIAN LIP



## **COURSE OVERVIEW**

The Russian Lip treatment involves placing tiny droplets of filler, injected vertically into the lip, compared to lines of filler underneath the border. This technique widens, lifts and opens the lip body without any compromise of projection.

## **COURSE DURATION**

3hrs inhouse training

## **COURSE COMPONENTS**

- Managing complications
- Client consultation & aftercare
- Hygiene, sharps disposal and legal aspects
- Injection techniques
- Live demonstrations and 1 live model

## **ENTRY REQUIREMENTS**

Competency in Foundation Dermal Fillers

# RUSSIAN LIP

## 2-to-1 with Paulina



### **COURSE OVERVIEW**

Train with Paulina, as trained by Dr Marina Aisina MD from Moscow, Russia in the Original Russian Lip.

This 2-to-1 course is a full practical day with Paulina to fully understand the skill behind the Russian Lip – the heart shape, sharp cupid's bow and flat side profile.

The Russian Lip treatment involves placing tiny droplets of filler, injected vertically into the lip, compared to lines of filler underneath the border. This technique widens, lifts and opens the lip body without any compromise of projection.

### **COURSE DURATION**

1-day inhouse training

### **COURSE COMPONENTS**

- Product knowledge
- Assessing client suitability
- Advanced injection techniques
- Managing complications
- Client consultation & aftercare
- Hygiene, sharps disposal and legal aspects
- Live demonstration
- 2 live models

### **ENTRY REQUIREMENTS**

Competency in Foundation Dermal Fillers

# ADVANCED DERMAL FILLERS – CHEEK, JAW & CHIN



## COURSE OVERVIEW

Our most popular advanced filler course teaches you how to stand out in the crowd and offer the very latest on-trend treatments that are all the rage.

Cannula can! Known for their amazing profiles and sleek, contoured jawlines, celebrities such as Angelina Jolie, Kim K and Jennifer Lopez have made contouring completely on trend and a must have for clients.

Sign up and up-skill to help clients create the look they want. As always knowledge underpins the skills needed to be the best so you will first complete online training from the comfort of your own workplace or home which will teach and test your understanding of a wide range of modules crucial to give you the best background understanding of these advanced techniques. Following this will be face-to-face online theory training with an expert practitioner to further underpin your knowledge. Finally, you will attend practical training at the famous Cosmetic Couture Academy where you will learn the practical skills of these treatments on live models overseen by your expert tutor. All practical training facilitated at the Cosmetic Couture clinic will result in fully accredited CPD certification.

## COURSE DURATION

21 hours pre-study with 1-day inhouse training

## COURSE COMPONENTS

### *Theory:*

- Facial proportions and the ageing process
- Treatment areas
- Filler depths
- Product knowledge
- Managing expectations
- Use of cannula and injection techniques specific to cannula
- Complications
- Managing expectations
- Client suitability and consultation
- Hygiene, sharps disposal and legal aspects

### *Practical:*

- Injection techniques
- Live demonstrations
- 2 live models – full cheek, jaw and chin

### *Treatment areas:*

- Cheeks
- Jaw
- Chin

## ENTRY REQUIREMENTS

Competency in Foundation Dermal Fillers

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# ADVANCED DERMAL FILLERS – TEAR TROUGH & NON-SURGICAL RHINOPLASTY



## COURSE OVERVIEW

Tear Trough treatments are done using the cannula method as it holds several advantages over needles. It is more flexible and creates less bruising and swelling and more than 1 ml of product can be added at a time through the same injection point.

Non-surgical Rhinoplasty is done via needle as this allows small amounts of dermal fillers to be used to contour areas of the nose to give a subtle enhanced look and can give good results with minimal down time.

As always knowledge underpins the skills needed to be the best so you will first complete online training from the comfort of your own workplace or home which will teach and test your understanding of a wide range of modules crucial to give you the best background understanding of these advanced techniques. Following this will be face-to-face online theory training with an expert practitioner to further underpin your knowledge. Finally, you will attend practical training at the famous Cosmetic Couture Academy where you will learn the practical skills of these treatments on live models overseen by your expert tutor. All practical training facilitated at the Cosmetic Couture clinic will result in fully accredited CPD certification.

## COURSE DURATION

21 hours pre-study with 1-day inhouse training

## COURSE COMPONENTS

### *Theory:*

- Facial proportions and the ageing process
- Treatment areas
- Filler depths
- Product knowledge
- Managing expectations
- Injection techniques specific to cannula
- Product Knowledge
- Complications
- Client suitability and consultation
- Hygiene, sharps disposal and legal aspects

### *Practical:*

- Injection techniques
- Live demonstrations
- 3 live models (1 Tear Trough, 2 Rhinoplasty)

### *Treatment areas:*

- Tear Troughs
- Nose

## ENTRY REQUIREMENTS

Competency in Foundation Dermal Fillers

# HAND REJUVENATION using cannula and needle techniques

## **COURSE OVERVIEW**

As we age, we can hide the wrinkles in our faces and necks but it is usually our hands that give our age away.

This amazing technique restores volume and elasticity, removes spots and blemishes and corrects wrinkles by adding volume to regain elasticity.

It also works as collagen stimulators, giving skin an immediate lifting and contouring effect.

## **COURSE DURATION**

8 hours pre-study with 1-day inhouse training

*All aspects of the course are mandatory*

## **COURSE COMPONENTS**

### *Theoretical:*

- Ageing Factors
- Dorsal Hand Anatomy
- Type of Fillers
- Risks and side effects
- Needle insertion techniques
- Aftercare
- Client consultation
- Hygiene, sharps disposal and legal aspects

### *Practical:*

- Injection techniques
- Live demonstration
- 1 live model

## **ENTRY REQUIREMENTS**

Doctors, dentists, nurses and other healthcare professionals or Aesthetic Practitioners with minimum 2-year experience in cannula



# BOOTYFUL BUTTOCK ENHANCEMENT

Volume, shape and enhance.

## COURSE OVERVIEW

Cosmetic Couture's new Bootyful Course is your client's non-invasive route to a plumper posterior.

This non-surgical butt-lift is more of a change in contour and shape than a totally-lifted look. This treatment is an excellent option for clients who aren't interested in the liposuction.

Create volume, shape and enhance your client's buttocks with this new course.

## COURSE DURATION

Half Day inhouse training

## COURSE COMPONENTS

- Gluteus Anatomy
- Hyaluronic Acid
- Buttock Shapes / Lifts
- Injection Techniques
- Product used
  - HyaCorp Body Contouring Filler
- Emergency Kit
- Complications
- Client consultation protocols (medical history & client consent)
- Managing expectations and complaints procedure
- Hygiene and sharps disposal and legal aspects
- Product knowledge
- Live demonstrations
- 1 live model

## ENTRY REQUIREMENTS

Doctors, dentists, nurses and other healthcare professionals or Aesthetic Practitioners with minimum 2-year experience in cannula

- Insurance and clinical oversight in place
- Trained in First Aid, Epi Pen and Hyalase
- *Recommended: Defibrillator onsite*

## ADDITIONAL:

- Product is available through Cosmetic Couture post course
- Cost of product approx. £88/10ml
  - At 100ml per client, mark up of £1,100-£2,000 per treatment can be made

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# LUST BUST LIFT

## COURSE OVERVIEW

It's been dubbed the lunchtime breast enhancement or the lunchtime boob job. The no scar, no knife and no stress boob job. The first and main benefit is that it will give a natural look pretty much instantly.

Cleavage contouring is one of the most sought-after treatments in aesthetics at the moment. This non-invasive treatment means little to no downtime for clients and a potential extra £15k per year for you!

## COURSE DURATION

Half Day inhouse training

## COURSE COMPONENTS

- Anatomy & Physiology of the Breast
- Product Information
- Client Consultation
- Filler Placement & Injection Techniques
- Side Effects & Complications
- Results & Recovery
- Protocol & Costing
- Live demonstrations
- 1 live model

## ENTRY REQUIREMENTS

Doctors, dentists, nurses and other healthcare professionals or Aesthetic Practitioners with minimum 2-year experience in cannula and trained in Bootyful Buttock Enhancement

- Insurance and clinical oversight in place
- Trained in First Aid, Epi Pen and Hyalase
- *Recommended: Defibrillator onsite*

# LIDOCAINE INFUSION



## **COURSE OVERVIEW**

Do you have clients that could do with a little extra pain relief? Then lidocaine infusion is the way to go. This treatment involves learning how to administer Lidocaine, a numbing agent that helps clients coming for lip enhancements to be more comfortable throughout their procedure. Lidocaine is the same product that is used in many dental surgeries throughout the country.

## **COURSE DURATION**

3hrs inhouse training

## **COURSE COMPONENTS**

### *Theoretical Components:*

- Structure of Lidocaine
- Suitability for Lidocaine
- Nerves
- Side effects
- Consent forms
- Aftercare
- Managing expectations
- Client consultation
- Hygiene, sharps disposal and legal aspects

### *Practical Components:*

- Injection techniques
- Live demonstration
- 1 live model

## **ENTRY REQUIREMENTS**

Foundation Dermal fillers

# HYALURONIDASE INJECTABLES

100% Online



## COURSE OVERVIEW

Are you trained to perform cosmetic dermal filler treatments?

If yes, you should be trained in Hyaluronidase.

Learning to administer hyaluronidase is an essential skill for all aesthetic practitioners. Hyaluronidase is a substance that is used to dissolve hyaluronic acid fillers. On this course learners will be trained to reverse the introduction of filler, should an adverse effect occur.

We would suggest that no serious aesthetician goes into the industry without being trained in this course.

**Please note: Hyaluronidase is a prescription only medicine and you will require clinical oversight to prescribe this to your client.**

## COURSE DURATION

8 hours pre-study with 1-hour online theory

## COURSE COMPONENTS

*Theoretical components:*

- What hyaluronidase is used for
- Case studies
- Dilution and mixing
- Side effects
- Consent forms
- Non-responding fillers
- Aftercare
- Managing expectations
- Client consultation
- Hygiene, sharps disposal and legal aspects
- Injection techniques
- Access to patch test and mixing video

## ENTRY REQUIREMENTS

Foundation Dermal Fillers

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# ADVANCED ADVERSE EFFECTS

100% Online



## **COURSE OVERVIEW**

Taught by a medic and aesthetic practitioner with many years' experience, this advanced course includes real life case studies. It covers a wide range of possible adverse effects, from minor complications through worrying, to moderate, serious and major. It defines each complication's likely frequency from common through to occasional, infrequent, rare and very rare offering key symptoms and advice on treatment and prevention.

A certificate of attendance is presented at the end of the course.

## **COURSE DURATION**

Pre-reading plus 3 hours online theory

*All aspects of the course are mandatory*

## **COURSE COMPONENTS**

Through working with case studies and shared experience and knowledge this is a course for anyone who is serious about being able to deal confidently with adverse effects.

On the one-to-one online tuition, you'll learn about, and study examples of, delayed onset nodules and vascular occlusions and necrosis. You'll study through swelling and minor bruising to uneven lips, granuloma nodule formation, deep bruising and the Tyndall Effect and much more.

The course also includes anaphylaxis training, the management of sharps injuries or splash incidents and the reporting procedures for adverse effects as well as advice on product selection.

## **ENTRY REQUIREMENTS**

Healthcare professionals and Aesthetic practitioners

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# PROFESSIONAL SKIN BOOSTER - PROFHILO



## **COURSE OVERVIEW**

Skin Rejuvenation is a popular treatment to improve the texture of the skin, create better skin tone, treat skin laxity, reduce fine lines and wrinkles.

Using Profhilo, this course will teach you the techniques required to achieve better skin laxity and boost collagen.

This treatment is an excellent add-on to your aesthetic clinic.

## **COURSE DURATION**

16 hours pre-study with online theory and 2hrs practical  
(Note: Advanced practitioners can complete the full course 100% online)

*All aspects of the course are mandatory*

## **COURSE COMPONENTS**

*Theory:*

- Hyaluronic acid
- NAHYCO® technology
- Why is hybrid better & mode of action?
- Bio-remodelling and patients benefits
- Contraindications & precautions
- Treatment protocol
- Various Injection Techniques
- FAQ
- Hygiene, sharps disposal and legal aspects

*Practical:*

- Injection techniques
- Live demonstrations
- 1 live model

## **ENTRY REQUIREMENTS**

Nurses, Doctors and Aesthetic Practitioners with Advanced Dermal Fillers

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# SUNEKOS® DERMAL BIOGENESIS



## **COURSE OVERVIEW**

Sunekos® is a new injectable treatment containing a patented formula of amino acids and Hyaluronic acid. It regenerates the Extra Cellular Matrix (ECM) by stimulating the fibroblasts in the skin to produce a complete mix of collagen and elastin.

Sunekos® is a great option for patients who wish to maintain a more natural look, or those who do not want or need Botox or fillers.

It is an extremely versatile product and be used on the; face, neck, décolleté, hands, arms, inner thighs, knees and the under-eye area.

## **COURSE DURATION**

8 hours pre-study with online theory and 2hrs practical

(Note: Advanced practitioners can complete the full course 100% online)

*All aspects of the course are mandatory*

## **COURSE COMPONENTS**

*Theory:*

- Facial Skin Anatomy
- Ageing
- Products
  - o Sunekos® 200
  - o Sunekos® 1200
  - o Nutra-kos
- Areas of treatment
- Techniques & Protocols
- Injection areas
- Hygiene, sharps disposal and legal aspects
- 

*Practical:*

- Injection techniques
- Live demonstration
- 1 live model

## **ENTRY REQUIREMENTS**

Nurses, Doctors and Aesthetic Practitioners with Advanced Dermal Fillers

STUDENT  
PROSPECTUS

# NYTOX® VAMPIRE TREATMENT

## No injection technique



### **COURSE OVERVIEW**

If you have interest in skin rejuvenation then this is the perfect treatment to train in for you.

Otherwise known as the Dracula Therapy or Vampire Facelift this treatment went viral in 2013 after Kim Kardashian posted images of herself having the treatment.

The course enables the delegate to be able to deliver NPR (NYTOX® Platelet Rolling) to the faces and bodies of their clients. To achieve this, you will learn the anatomy and physiology of the skin and face and the causes and signs of ageing.

As the platelet rich plasma is extracted from the client you will need to understand the structure of the blood, the structure and use of the platelet cell and phlebotomy.

As with any treatment the essential health and hygiene elements will be taught along with client care for pre and post treatment including legal documentation for insurance purposes. This will underpin all practical training facilitated at the training clinic and will result in fully accredited CPD certification.

### **COURSE DURATION**

21 hours pre-study, online theory and 1-day inhouse training

*All aspects of the course are mandatory*

### **COURSE COMPONENTS**

Theory:

- Phlebotomy
- First Aid & Anaphylaxis
- Safe Microneedling techniques
- Areas of treatment
- Facial structure
- Knowledge of PRP and effects on the skin
- Hygiene, sharps disposal and legal aspects

*Practical:*

- Blood taking
- Separation of plasma with centrifuge
- Microneedling techniques
- Live demonstrations and live models (2)

### **ENTRY REQUIREMENTS**

No prerequisites

STUDENT  
PROSPECTUS



# PRP INJECTABLE COURSE

Vampire / Dracula Facelift



## COURSE OVERVIEW

This course can be done as an add on to Nytox® Vampire Treatment or as a stand-alone course for more advanced students.

This advanced course covers the techniques to administer injections to assist healing in client problem areas.

As the platelet rich plasma is extracted from the client you will need to understand the structure of the blood, the structure and use of the platelet cell and phlebotomy and have trained in it previously.

## COURSE DURATION

Half Day inhouse training

## COURSE COMPONENTS

Theory:

- Areas of treatment
- Facial structure
- Knowledge of PRP and effects on the skin
- Injection techniques
  - Nappage
  - Papule
  - Point by Point
- Hygiene, sharps disposal and legal aspects

*Practical:*

- Injection techniques
  - Nappage
  - Papule
  - Point by Point
- Live demonstrations and live models (2)

## ENTRY REQUIREMENTS

Nytox® Vampire Treatment or Phlebotomy

STUDENT  
PROSPECTUS

# MILK PEEL FACIAL



## **COURSE OVERVIEW**

Milk peels are a gentle alternative to the traditional chemical peel. Using glycolic, lactic and salicylic acid they are a quick and comfortable treatment with little to no recovery time. The milk peel can be used to treat acne, enlarge pores, dull and dry skin, wrinkles, pigmentation or sun damage. This treatment can help your client on the correct pathway to amazing skin.

## **COURSE DURATION**

8 hours pre-study with half day inhouse training

*All aspects of the course are mandatory*

## **COURSE COMPONENTS**

### *Theory:*

- How milk peels work
- Health & Safety
- Treatment areas
- Client suitability
- Aftercare
- Client consultation and Consent forms
- Pricing structures
- Treatment plans
- Managing expectations
- Health & safety and hygiene

### *Practical:*

- Treatment techniques
- Live demonstration
- 1 live model

## **ENTRY REQUIREMENTS**

Nurses, Doctors, Pharmacist, Dental Nurses, Podiatrist, Radiologist's, Paramedic, Occupational Therapist, Beauty therapist, SPMU practitioner with 6 months+, Level 3 Beauty Principles in Aesthetics or NVQ Level 3 Beauty therapy or equivalent

STUDENT  
PROSPECTUS

# DERMAPLANING

100% Online



## COURSE OVERVIEW

Dermaplaning is a facial treatment that involves the regulated movement of a steel scalpel blade at a 45-degree angle across the face. This results in the removal of the very top layer of skin, any vellus hair and the “peach fuzz” that sits on top of the skin. It leaves the client with baby-smooth, hair-free, glowing skin that lasts up to four weeks.

This course is now 100% online and endorsed by Finch Insurance Group

## COURSE DURATION

- 8 hours pre-study
- 2 hours online theory
- 30 min online exam
- Access to in-depth instructional video with full explanation on how to perform the procedure

*All aspects of the course are mandatory*

## FOR CERTIFICATION

- To pass the course the student must send a return video to Cosmetic Couture showing a minimum 2 live model treatments from start to finish of the treatment
- Videos will be assessed and along with exam results if passed, a CPD accredited certificate will be issued

## COURSE COMPONENTS

- How dermaplaning works
- Health & safety
- Sharps disposal
- Treatment areas – Face and Stomach
- Client suitability and consultation
- Equipment use
- Stock list
- Aftercare
- Consent forms
- Pricing structures
- Treatment plan
- Managing expectations
- Hygiene, sharps disposal and legal aspects
- Treatment techniques
- Video demonstration

## ENTRY REQUIREMENTS

No prerequisites

STUDENT  
PROSPECTUS

# MICRONEEDLING

100% Online



## COURSE OVERVIEW

Microneedling is the next big thing to hit the aesthetics industry. A treatment that is carried out by piercing of the skin in many areas, by a device known as a dermal roller or derma stamp. Making tiny piercings to the skin causes trauma to the face and encourages cell regrowth and stimulates new collagen deposition. This treatment causes little to no bruising and can do wonders to sunken areas of the skin, fine lines discoloration and general rejuvenation of the skin.

This course is now 100% online and endorsed by Finch Insurance Group

*It is important to note that students with no prior training will be taught with 1.0mm microneedles. Students with Level 3 or equivalent will be taught with 1.5mm microneedles.*

## COURSE DURATION

- 8 hours pre-study
- 2 hours online theory
- 30 min online exam
- Access to in-depth instructional video with full explanation on how to perform the procedure

*All aspects of the course are mandatory*

## FOR CERTIFICATION

- To pass the course the student must send a return video to Cosmetic Couture showing a minimum 2 live model treatments from start to finish of the treatment
- Videos will be assessed and along with exam results if passed, a CPD accredited certificate will be issued

## COURSE COMPONENTS

- Skin structure
- Equipment and stock list
- Treatment benefits
- Treatment areas
- Risks and side effects
- Contra-indications
- Complications
- Aftercare
- Client suitability and consultation
- Expected results
- Preparation
- Managing expectations
- Hygiene, sharps disposal and legal aspects
- Roller and stamp techniques
- Video demonstration

## ENTRY REQUIREMENTS

No prerequisites

STUDENT  
PROSPECTUS

# SCULPTRA® TRAINING

Presented by a registered healthcare professional

## COURSE OVERVIEW

A long lasting and effective anti-ageing treatment, Sculptra® is clinically proven to restore facial volume and to smooth out deep lines and wrinkles. It's non-invasive and works naturally in harmony with the body to achieve a youthful, radiant complexion.

Sculptra® is a biocompatible and biodegradable injectable material known as poly-L-lactic acid which is derived from fruit acids and naturally stimulates the build-up of the body's own collagen.

Sculptra® works by increasing the volume of depressed areas over a short time.

Sculptra can be used to improve the appearance of: nasolabial folds; marionette lines; sunken cheeks; wrinkles in the cheeks or chin and deep scars.

Results can be seen in just two or three treatment sessions at six- to eight-week intervals. Clinical studies have shown results last 3 times longer than regular fillers – almost up to 2 years. A patient may require three to six treatments to be completely satisfied.

## COURSE DURATION

1-day inhouse training

## COURSE COMPONENTS

1. History and cosmetic background
2. Mechanism of action
3. Indications, reconstitution and Injection techniques
4. Before and after pictures
5. Contraindications, complications & adverse events
6. Technique
7. Documentation
8. Post-treatment instructions to prevent complications and follow-up
9. Combining Sculptra® with other aesthetic procedures
10. Hands on training with models
11. Managing Sculptra® related complications
12. Legal implications
13. Setting up a Business and insurance
14. Demonstration
15. 1 live model

## ENTRY REQUIREMENTS

Nurses, Doctors, Pharmacist, Dental Nurses, Podiatrist, Radiologist's, Paramedic, Occupational Therapist

STUDENT  
PROSPECTUS

# DEOXYCHOLATE ACID

(Fat Dissolve)



## COURSE OVERVIEW

This course will teach the learner the location and injection techniques used to reduce stubborn fat pockets in various parts of the body, dissolving the membranes of fat in order to improve appearance.

The learner will get to understand how to successfully remove stubborn pockets of fat which are more difficult to get rid of through diet and exercise.

The course will focus on needle and intralipotherapy techniques in order to gain the best possible results.

Choose your product prior to training: we train in Lipo Lab.

Non-medics will train in meso needling techniques only.  
Medics will train in meso needling and cannula techniques.

## COURSE DURATION

21 hours pre-study with theory online and 5hrs inhouse training

*All aspects of the course are mandatory*

## COURSE COMPONENTS

### *Theoretical:*

- Layers of the skin
- Treatment areas
- Advantages of treatment
- Risks and side effects
- Client suitability
- Product knowledge & use
- Needle insertion techniques
- Client consultation
- Managing expectations
- Aftercare
- Hygiene, sharps disposal and legal aspects

### *Practical:*

- Injection techniques
- Live demonstration
- 2 live models

## ENTRY REQUIREMENTS

Nurses, Doctors, Pharmacist, Dental Nurses, Podiatrist, Radiologist's, Paramedic, Occupational Therapist, Beauty therapist, SPMU practitioner with 6 months+, Level 3 Beauty Principles in Aesthetics or NVQ Level 3 Beauty therapy or equivalent

STUDENT  
PROSPECTUS

# SCLEROTHERAPY



## **COURSE OVERVIEW**

Sclerotherapy effectively treats varicose and spider veins. It's often considered the treatment of choice for small varicose veins.

Sclerotherapy involves injecting a solution directly into the vein. The sclerotherapy solution causes the vein to scar, forcing blood to reroute through healthier veins. The collapsed vein is reabsorbed into local tissue and eventually fades.

After sclerotherapy, treated veins tend to fade within a few weeks, although occasionally it may take a month or more to see the full results. In some instances, several sclerotherapy treatments are required.

On the course you will learn what veins can and cannot be treated and how to and where to inject in a safe manner.

## **COURSE DURATION**

8 hours pre-study with half day inhouse training

*All aspects of the course are mandatory*

## **COURSE COMPONENTS**

### *Theoretical:*

- What thread veins can be treated
- Layers of the skin
- Treatment areas
- Advantages of treatment
- Risks and side effects
- Client suitability and consultation
- Needle insertion techniques
- Aftercare
- Hygiene, sharps disposal and legal aspects

### *Practical:*

- Injection techniques
- Live demonstration
- 2 live models

## **ENTRY REQUIREMENTS**

Nurses, Doctors, Pharmacist, Dental Nurses, Podiatrist, Radiologist's, Paramedic, Occupational Therapist, Aesthetic Practitioner

STUDENT  
PROSPECTUS

# PHLEBOTOMY



## **COURSE OVERVIEW**

The course covers the practice off drawing blood from patients for aesthetic use. The course will underpin knowledge and practice to allow the safe drawing of blood.

## **COURSE DURATION**

3hrs inhouse training

## **COURSE COMPONENTS**

1. Learn safe techniques and principles for assessment and selection of veins suitable for venepuncture.
2. Patient assessment
3. Understanding how blood flows through a healthy heart.
4. Learn correct handling of vacutainer collection of blood.
5. Perform and be aware of dangers and complications of this invasive technique.
6. Draw blood correctly to provide quality specimen.
7. Follow strict aseptic techniques and safety principles.
8. To safely work towards competence
9. Have the right attitude and manner resulting in a positive response from the patient
10. Reasons for and complications of this procedure
11. The management of anaphylaxis
12. Knowledge of Legal and professional responsibilities

## **ENTRY REQUIREMENTS**

None



# VITAMIN B12 INJECTION

100% Online



## COURSE OVERVIEW

The course will focus on teaching the best techniques to get excellent results from another new and popular treatment. The vitamin B12 is a water-soluble vitamin which helps keep the bodies nerves and blood cells healthy and gives a boost to your well-being.

This short course will hone your expertise and allow you to inject successfully intramuscularly.

## COURSE DURATION

- 16 hours pre-study
- 1-hour online theory
- 30 min online exam
- Access to in-depth instructional video with full explanation on how to perform the procedure

*All aspects of the course are mandatory*

## FOR CERTIFICATION

- To pass the course the student must send a return video to Cosmetic Couture showing a minimum 2 live model treatments from start to finish of the treatment
- Videos will be assessed and along with exam results if passed, a CPD accredited certificate will be issued

## COURSE COMPONENTS

- Treatment areas
- How B12 works
- Advantages of treatment
- Risks and side effects
- Client suitability and consultation
- Managing expectations
- Needle insertion techniques
- Aftercare
- Hygiene, sharps disposal and legal aspects
- Injection techniques
- Video demonstration

## ENTRY REQUIREMENTS

6 months minimum experience in other injectable treatments that include a face to face practical

STUDENT  
PROSPECTUS

# INTRAVENOUS NUTRIENT INFUSION



## **COURSE OVERVIEW**

Becoming popular around 2018 (when Chrissy Teigen posted a shot of herself receiving a drip on Instagram), IV Nutrient Infusions have been seen as a must-have wellness treatment. Other celebrities who've also reportedly jumped on the trend include Adele, Rihanna, Kim Kardashian, Chris Brown, John Legend, Jane Fonda, Cindy Crawford, Simon Cowell, and Real Housewife Lisa Rinna.

The course focuses on teaching the best techniques to get excellent results from this popular treatment. The substances used in IVNT are vitamins, minerals and water – all of which are classified as essential nutrients. By balancing our levels through IV infusions our bodies can be restored to peak and maximum energy performance.

## **COURSE DURATION**

50 hours pre-reading and 5hrs inhouse training

*Products supplied through onsite pharmacy – Maxsthetica International*

*All aspects of the course are mandatory*

## **COURSE COMPONENTS**

- How each vitamin and mineral works with the body
- Amino acids
- Advantages of treatment
- Risks and side effects
- Client suitability and consultation
- Managing expectations
- Needle insertion techniques
- Aftercare
- Hygiene, sharps disposal and legal aspects
- Injection techniques
- Infusion ratio
- Live demonstration
- 1 live model

## **ENTRY REQUIREMENTS**

Nurses, Doctors, Pharmacist, Dental Nurses or Aesthetic Practitioner with Phlebotomy and 2-years' experience

STUDENT  
PROSPECTUS

# THREADS COMBINATION COURSE

## COURSE OVERVIEW

**PDO Mono Threads** offers the very best non-surgical facelift there is.

The threads physically lift and tighten the face, creating an almost immediate improvement in the skin. Over time the PDO stimulates the production of skin-boosting collagen and elastic, leading to continued improvements. PDO Threads can be used to lift the brow, the cheek and jowl, the chin, the neck or the full face. The skin is smoothed, the face is tightened, and sagging is reduced.

The most recent development in thread lifting has been the introduction of **Cog Threads**, which is a move away from the traditional monofilaments to barbed threads. This new shape encourages higher chronic inflammatory reaction causing a higher rate of fibroblast conversion during wound healing process. As a result, clients can achieve a longer lasting and more visible effect after a single treatment. The threads are 100% PDO (Polydioxanone), a clinically proven bio-compatible material that is already widely used in medical suturing.

The latest trend in threads treatments is now available at Cosmetic Couture for you to train in. Made famous by the likes of the Kardashians and Bella Hadid, the sought-after **Foxy Eyes** treatment is a great addition to any salon's skillset.

## COURSE DURATION

1-day inhouse training

## COURSE COMPONENTS

- Anatomy and Landmarks
- Vascular structures of the forehead
- Client Consultation
- Product details
- Indications
- Client suitability
- Contraindications
- Marking up
- Thread types
- Equipment needed
- Patient positioning
- Techniques
  - PDO Mono Threads
  - COG Threads
  - Foxy Eyes
- Post-treatment care plan
- Complications
- Live demonstration per technique
- 1 live model per technique (Mono, Cog, Foxy)

## ENTRY REQUIREMENTS

Nurses, Doctors, Pharmacist, Dental Nurses with treatments carried out in a CQC premises and Aesthetic Practitioners with Advanced Dermal Fillers – min 6 months experience

# PIXIE TIP LIFT

## Advanced Threads Course

### **COURSE OVERVIEW**

One of the most sought-after treatments at the moment, Pixie Tip Lift is now available at Cosmetic Couture.

Pixie Tip Lift is done using Cog threads by inserting a thread into the nose it aids in enhancing the bridge and tip.

Add this advanced threads course to your skillset.

### **COURSE DURATION**

Half day inhouse training

### **COURSE COMPONENTS**

- Anatomy & Physiology of the Nose
- Client Consultation
- Product details
- Indications
- Client suitability
- Contraindications
- Product choice
- Equipment needed
- Live demonstration
- 1 live model

### **ENTRY REQUIREMENTS**

Nurses, Doctors, Pharmacist, Dental Nurses with treatments carried out in a CQC premises and Aesthetic Practitioners with Cog Threads training

# LIP LIFT

## Advanced Threads Course

### COURSE OVERVIEW

The Lip Lift is now available at Cosmetic Couture.

The lip lift is done using mono threads to create definition on the outside borders of the lips. It lifts a downturned lift through collagen stimulation around the area in the advanced technique.

Add this advanced threads course to your skillset.

### COURSE DURATION

Half day inhouse training

### COURSE COMPONENTS

- Anatomy & Physiology of the Lip
- Client Consultation
- Product details
- Indications
- Client suitability
- Contraindications
- Product choice
- Equipment needed
- Live demonstration
- 1 live model

### ENTRY REQUIREMENTS

Nurses, Doctors, Pharmacist, Dental Nurses with treatments carried out in a CQC premises and Aesthetic Practitioners with PDO Mono Threads training

# MICROBLADING



## COURSE OVERVIEW

Learn the latest hairline brow enhancement technique using Microblades (no machine). You will be able to offer the fuller, more defined brows with natural hair strokes, which are increasingly popular and highly sought after.

## COURSE DURATION

21 hours pre-study, theory online and 2 days inhouse training and competency case studies

*Starter kit included*

*All aspects of the course are mandatory*

## COURSE COMPONENTS

*Theory:*

- Anatomy & Physiology: The skin and face, lymph system, immune system
- Health, Safety & Salon Hygiene: Your duty of care, regulations, licensing, sterilisation, disinfection & needle disposal
- Client Consultation: Managing expectations, contraindications, record keeping, patch testing, medical issues to consider pain control, after care and follow up treatments
- Equipment: Getting to know the tools, blade choice, and additional equipment required for treatments, setting up your work area
- Colour Theory: Identifying skin tones, choosing colours and tones, mixing colours, controlling colour performance in the skin, working on ethnic skin types
- Pain Control: Legal options available and their application
- Perfect brow positioning: How to measure and position the brows using the Golden Ratio calculator
- Client Care
- Marketing

*Practical:*

- Treatment application: Enhancing thin brows, creating natural hair strokes, colour blending
- 3 live models for case studies

## ENTRY REQUIREMENTS

No prerequisites

*\*\*Kit not included on seasonal offers*

STUDENT  
PROSPECTUS

## VTCT LEVEL 3 AWARD IN EDUCATION AND TRAINING

The VTCT Level 3 Award in Education and Training is a qualification for those interested in a teaching career in further education or for those who have recently started teaching.

The VTCT Level 3 Award in Education and Training will enable the learner to enter teaching employment and progress on to a broader teaching qualification.

This qualification has been mapped to the relevant Learning and Skills Improvement Service (LSIS) NOS, and is accredited on the Regulated Qualifications Framework.

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification. Your centre will have ensured that you have the required knowledge, understanding and skills to enrol and successfully achieve this qualification.

This qualification has been specifically designed for the 19+ age groups, this award is designed to equip a wide range of teachers/trainers and facilitators with the requisite skills and knowledge required to fulfil a teaching role.

- This course covers preparation, planning and basic course design.
- You will also gain teaching delivery skills and participate in microteaching sessions.
- Evaluation skills and techniques also form part of the course content.

This qualification provides a sound introduction to teaching/training and is suitable for both experienced practitioners who would like to secure a professionally recognised qualification as well as those new to teaching.

Learners can progress from the VTCT Level 3 Award in Education and Training directly into a teaching or facilitating role in the further education sector.

### **ENTRY REQUIREMENTS**

2 years' experience in your chosen training field

## VTCT LEVEL 3 AWARD IN ASSESSING VOCATIONALLY RELATED ACHIEVEMENT

The VTCT LEVEL 3 AWARD IN ASSESSING VOCATIONALLY RELATED ACHIEVEMENT is a practical-based qualification intended for those who assess vocational skills, knowledge and understanding in environments other than the work environment (i.e. workshop, classroom or other training environment).

### **ENTRY REQUIREMENTS**

VTCT Level 3 Award in Education and Training

## ONLINE TECHNIQUE VIDEOS

### 100% Online

Our online technique videos are designed for students already trained in the specified treatment. These videos can be used as a reference guide as well as for additional tips and theory on the area of treatment.

- Lower Face Anti-Wrinkle (13 areas) £69
- Upper Anti-Wrinkle Injection & Mixing £49
- Cheek Enhancement with cannula £79
- Tear Trough with cannula £19
- Lip Master Class 1: HD / Bottom Lip / Russian £59
- Profhilo® £15
- Nasolabial Folds - cannula and needle £39
- Jaw contouring and chin enhancement with cannula £69
- Masculinisation using 8 ml of product £42
- Foxy Eye £29

The more in-depth videos include CPD certification:

- Ultimate Lip Masterclass £199
- Skin Rejuvenation & Wellbeing £199
- Cannula Masterclass £199