

PGDC (POST GRADUATE DIPLOMA IN COSMETOLOGY Level 1)

Timings: 10am – 2pm
3pm – 6 pm

DAY 1

Lasers Hair Removal

-IPL + RF



This technology is to combine Intense Pulsed Light (IPL) and Radio Frequency (RF) energies to deliver clinically proven, permanent results. The combination of these two complimentary energies delivers unprecedented safety, speed and effectiveness for smooth, hair-free, beautiful skin—painlessly.

-808nm Diode Laser



Diode laser eliminates unwanted hair by emitting beam of light that is absorbed by the pigment in the hair i.e melanin. ... Diode laser can also treat sensitive areas like chest and bikini lines. A diode laser uses semiconductor technology that produces coherent projection of light in the visible to infrared range.

-Long Pulsed NDYag Laser



Nd:YAG laser energy is selectively absorbed by the deeper levels of the dermis and allows for treatment of deeper vascular lesions such as telangiectasias, hemangiomas and leg veins. The laser energy is delivered using long pulses which are converted into heat in the tissue.

Electrolysis



Laser hair removal involves the use of lasers to deliver mild radiation to the hair follicles. Electrolysis involves inserting a probe into the hair follicle and sending an electric current through it.

DAY 2

Lasers Pigmentation

- The Q-switched laser



The Q-switched laser is used to remove unwanted brown spots, sun freckles, or tattoos from your skin. The laser energy pulse, which is in billionths of a second, releases the pigment into the skin so it can be naturally reabsorbed and disposed of by the body.

- Micro Needling



Microneedling for dark spots is the best treatment method because it is chemical-free and induces the body to naturally heal itself. There are no side effects and the results last for a long time. It is effective for all skin types and offers a no fail dark spot treatment.

2.1 Scar & Skin Surfacing

- CO2 laser + fractional



The Carbon Dioxide (CO2) Fractional Laser Resurfacing removes layers of skin tissue in a fractionated method to help reduce “age-spots” (also called sun freckles, liver spots, and lentigines), fine lines, wrinkles, scarring, uneven coloration, skin laxity, textural irregularities, dull tone, and a thinned collagen layer of the face, neck, and chest.

- Micro needling RF



RF Microneedling is a popular procedure that can safely and effectively address a host of skin concerns. Now, an innovative procedure combines microneedling with radiofrequency energy, taking skin rejuvenation to the next level.

DAY 3

Slimming, Skin Tightening & Face Lifting

- Cavitation,RF & Lipo Laser



Cavi-Lipo is one of the most advanced and efficient systems combining the two non-surgical liposuction technology of Lipo Laser and Ultrasound Cavitation to breakdown fat cells.

- Cryolipolysis



Cryolipolysis, commonly referred to as "CoolSculpting" by patients, uses cold temperature to break down fat cells. The fat cells are particularly susceptible to the effects of cold, unlike other types of cells. While the fat cells freeze, the skin and other structures are spared from injury.

- HIFU face Lifting



HIFU stands for 'High Intensity Focused Ultrasound', this treatment can target various depths of the body's tissue for skin tightening, skin lifting and body contouring. It is sometime called the 'Lunchtime Face Lift' as the treatment is quick, very tolerable and has no downtime.

- PPC injection

Fat Reduction with PPC(PhosPhatidylCholine) Injections.

The practice of injection lipolysis for spot reduction of small localized fat deposits is growing rapidly. It is done to dissolve the subcutaneous fat. It is a means of noninvasive body contouring

DAY 4

Small Dermatological treatments

- Medifacial



A form of microdermabrasion very gently exfoliates dead skin cells, and a specialized vacuum handpiece extracts blackheads and whiteheads. Medifacials can be tailored to the address a patient's individual skin concerns including: Photodamaged skin. Acne. Wrinkles and fine lines.

- PDT Light for skin pigmentation/ Acne / Allergy/Pigmentation



It has been referred to as a "super photo facial" when the photosensitizer is used with a machine called intense pulsed light or IPL. These treatments may help remove sun-damaged precancerous skin. Sun damage, fine lines, and blotchy pigmentation may also be improved because of the positive effect of PDT.

- RF Cautery for skin tag, moles & warts



Radio Frequency Cautery. Radio Frequency Cautery. The Technique of Radio Surgery involves the passage of high frequency radio waves (2 MHz) through soft tissue to cut, coagulate, or remove the tissue.

- Laser helmet for hair growth



Laser treatment helmet was designed for both men and women with receding hairline, balding and thinning hair.

- Understanding about skin & hair analyzation

- **Chemical Peels for skin pigmentation/Acne/Pigments/sun induced damages/Pores**

In performing chemical peels, physicians apply alpha hydroxy acids (AHA), trichloroacetic acid (TCA), or phenol to the skin. Typically administered as a facial peel, a chemical peel enhances and smoothes the texture of the skin. It is an effective treatment for facial blemishes, wrinkles, and uneven skin pigmentation.

- **PRP for hair growth / Skin rejuvenation/Acne scars**

Platelet-rich plasma (PRP) treatment, a technique that involves drawing your blood, and separating out the protein and growth-factor-rich plasma from the sample which can be used in your body and on your skin for regenerative, anti-inflammatory and rejuvenating purposes

DAY 5

BASIC indications of BOTOX

BASIC indications of Fillers

DAY 6

Revision

Certification & exams