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Skin

**AESTHETIC AND
COSMETIC TREATMENT
& ACADEMICS**
ADVANCED ENVIRONMENT



Offering Course:



Message from the Desk of Director

The P-Esthetico Clinic is a multi-disciplinary center for skinbody & hair treatments, teaching, clinical medicine, and technology, Head Office located in Jaipur, Rajasthan. Our Hair Treatment and Laser Surgery Clinic has approximately 1 lac patient visits per year in both our centers.

P-Esthetico Clinic is super-specialized in Advance Hair, Body and Skin based clinic providing a fast-expanding range of aesthetic & cosmetic treatment, especially in Hair Transplant and Laser it became extremely popular because of the concept of “beauty without cuts & bruises” and is highly appreciated by the clients for the “**zeroside effect**” theory.



Punita Sharma

OUR PRIORITY IS TO OFFER SPACE AGE MEDICAL FACILITIES WITH THE HIGHEST QUALITY OF CARE IN A CORDIAL ENVIRONMENT.

- We welcome you all to fulfil your dream of desired beauty. Let the magic of LASERS make your wishes come true & keep you young & beautiful forever.
- The field of cosmetology and dermatology has grown by leaps and bounds in the last decade and is ever-evolving with new procedures, techniques and lasers being launched all the time.
- It's said that the body is the temple of the mind and a healthy body harbors an evolving soul so in recent times the emphasis on looking right has become paramount and understandably so.
- At P-Esthetico Clinic we provide a complete solution to all our patients and clients whether it's that youthful look you are after or if ageing gracefully is your thing we provide customized solutions and expert advice at par with the latest international standards.





When it comes to skin and hair people often get misled by unqualified personnel, here say remedies and gimmick marketing of beauty products and companies often causing excessive harm to their inherent akin and hair profile, we at P-Esthetic Clinic plan to change all this for our patients and clients by providing comprehensive solutions to all your skin and hair problems and conditions.

We never compromise on quality and have the latest and certified equipment only in our clinic like LightSheer Desire, MeDioStar, Cymedics, Melasma, laser, soprano ice for laser hair removal. Spectra, helios3, PALOMAR ND YAG, Q switch and YAG laser for hyper pigmentation, tattoo removal laser, Rf skin tightening and facial rejuvenation laser.

Equipped with state-of-the-art lasers like the Fraxel restore SR 1500, thermacool NXT, Nannolight MP 50 (IPL), CO2 laser, microdermabrasion and advanced topical cosmeceuticals

We have done specialise in Anti-wrinkle injections, HA fillers, peels, non-surgical thread lifts just to name a few.

Furthermore, we have an array of expert and qualified specialists including plastic and cosmetic surgeons, dieticians and with a dermatologist who is trained and qualified. Patients/clients can get all dermatology, dermatosurgery, laser, aesthetic and hair treatment under one roof.

Patient safety and satisfaction remain paramount and we counsel our patients maintaining the highest degree of ethics and complete insight into the procedures and techniques being performed.

The skin is the largest and the most visible organ of the body and as we say at P-Esthetic when it's your skin be 100% sure trust only professionals. Trust P-Esthetic.

About

P-Esthetic Academy

P-Esthetic Cosmetology Clinic and Academy is the best skin specialist and cosmetic dermatologist in Jaipur, Rajasthan (HO).

We offer a wide range of Hair Treatments, Skin Treatment, and Body Fats and treatments at our clinic. Our service also includes Image Consultation, personality development and Personal Counseling.

Here, we teach all the skin, body, and hair treatments and provide hands-on practice of the treatments at our clinic. So, not only learn but practice and be a pro with P-Esthetic Academy & Clinic.

We also provide the International Certificates as well as P-Esthetic Certificate.

Cosmetology

COURSES



Fellowship in

MEDICAL COSMETOLOGY (FMC)

Fellowship in Medical Cosmetology (FMC) programme is the best and most sought-after fellowship for the aspirants in cosmetology. It is an elaborative program which gives a complete insight in medical cosmetology and prepares the doctors through its rigorous live and hands-on training sessions.

The program not only covers topics like lasers, chemical peels, trichology, PRP, injectables and more but also it keeps adding most newer topics and techniques now and then in this programme to give you the best and the most updated cosmetology programme in the Globe. Whether you are interested to set-up your practice in India or abroad, this is the best teaching programme to help you to establish your name in this competitive field of medicine.

Course Curriculum Sessions for training and Hands-on are as follows:-

INTRODUCTION

Introduction to
the World of Cosmetology
Introduction to the
Fellowship in Medical Cosmetology

SKIN

Structure & Function
Skin Appendages
Skin Types
Common Skin Diseases: Aetiology,
Clinical Features & Management

ADVANCED CHEMICAL PEELS

Retinol Peels
Obagi Peels
ZO Peels
Sequential Peels

CHEMICAL PEELS

Superficial Peels
Combination Chemical Peels
Peels Classification
Peels Characteristics
Understanding of Different Peels
Patient Evaluation
Indications/Precautions
Patient Selection

1. SKIN CONDITIONING

Indications/ Contraindications
Side Effects
Results
Skin Regimen

2. CHEMICAL PEELINGS:

Superficial Peels
Combination Chemical Peels
Pigmentation of the Face-Evaluation and Treatment
Medium Depth Chemical Peels
Facial Peels 1. Classification –
Superficial, Medium, Deep, Augmented

2. Characteristics- Glycolics/AHA/ Fruit Peels/ Jessner/
TCA/Phenol/ Retinoic Acid/
Microdermabrasion/ Combinations

3. Basic Understanding of each Different Agent- Indexations for
Use/Contraindications/Mode of Application/Mechanism of
Action/ Potentiating Factors/
Adverse Effects

Course Curriculum Sessions for training and Hands-on are as follows:-

ADVANCED LASER & THEIR INDICATIONS – LASERS PART 2

Ablative Lasers, Non-Ablative Laser, Vascular Lasers,
Pigment & Tattoo Lasers,
Q-Switched Lasers, Hair Removal Lasers
Intense Pulsed Light (IPL)
Pre-and Post-Treatment Do's and Don'ts
Skin Rejuvenation
Skin Resurfacing
Skin Tightening
Comparison between Lasers
Considerations for Laser Equipment Purchase
Management of Complications of Lasers and IPL

IMPORTANT CONSIDERATIONS

How to setup cosmetic practice
How To Market your Practice & Build your Customer Base
Medico-Legal Aspects of Cosmetic Dermatology
Ethics in Cosmetic Practice
What to buy and Where to Buy

NECK REJUVENATION

Neck Rejuvenation

ADVANCED BOTULINUM TOXIN

Botulinum Toxin for Middle Face
Botulinum Toxin for Lower Face
Botulinum Toxin for Neck
Botulinum Toxin for Hyperhidrosis
(Axillary/Palmar/Plantar)

PRP (PLATELET RICH PLASMA)

Platelet biology
What is PRP
Different growth factors and their function
PRP devices and processing PRP
Centrifugation single spin & double spin method
Creation and activation of PRP
Indications of PRP
Contraindication of PRP
Use of PRP in hair Restoration therapy
Use of PRP in skin Rejuvenation treatment.

Course Curriculum Sessions for training and Hands-on are as follows:-

DERMAL FILLERS

Introduction to dermal fillers
Pharmacology
Types of Dermal Fillers
(Restylane, Perlane, Juvederm etc.)
Patient selection for dermal fillers
Indications (Nasolabial Folds/Marionette Lines)
Side Effects and Complications
Recommendations
Combination Therapies
1. Botox and Fillers
2. Botox and Skin Resurfacing
3. Light Therapy and Skin Resurfacing

MESOTHERAPY

For Skin rejuvenation
For Hair Rejuvenation
Products and protocols
Acoustic Wave Therapy (X-Wave)
Mesotherapy Botox
Mesolift, Mesoglow and meso sculpt
No-Needle Mesotherapy

ACNE

Medical management
Use of lasers
Treatments of Acne scarring

GLUTATHIONE (SKIN LIGHTENING)

What is Glutathione
Importance of glutathione
Benefits of glutathione
Glutathione in skin lightening therapy
Mode of action
Glutathione IV injection procedure

CASE PRESENTATIONS

Case Presentations
Assessment
Fellowship Award Ceremony

WHAT'S NEW ?

Newest Technologies and Innovations in
Aesthetic Medicine

Course Curriculum Sessions for training and Hands-on are as follows:-

HAIR

Structure & Function
Normal Hair Growth
Hair Types
Hair Problems
Dandruff/ Hair Fall/ Alopecia Areata/ Androgenetic
Alopecia/Scarring Alopecia/Telogen Effluvium /
Anagen Effluvium/ Hirsutism/ Hypertrichosis/ Folliculitis

BOTULINUM TOXIN

The Product
Indications – Upper Face
Facial Anatomy in Detail
Mode of Action
Regional Anaesthesia for the Face
Side Effects and Complications: Allergic/ Regional
Duration of Action
Appropriate Doses/ Dilutions
Safety and Toxicity
Storage and Transport
Botulinum Toxin in Use in Facial Rhytids

ADVANCED DERMAL FILLERS

Dermal Fillers for Frown Lines
Dermal Fillers for Under Eyes (Tear Trough)
Dermal Fillers for Volume Augmentation
of Cheeks
Dermal Fillers for Volume Augmentation
of Lips
Dermal Fillers for Mentolabial Folds

LASERS Part 1

Introduction to Lasers
History, Laser Physics & Vocabulary
Types of Lasers
Laser & Skin Interaction
Laser Chromophores
Choosing Appropriate Settings
Available Aesthetic Laser Technologies
in the World
Newer Technologies – RF /IR/ Fraxel /
Infrared Devices.
Laser Safety: Contraindications/ Eye Protection/
Flammable Liquids and Gases/ Smoke/
Hazard/ Access and Signage
Patient Psychology and Expectation



PG Diploma in

CLINICAL COSMETOLOGY (PGDCC)

The development of clinical cosmetology represents an important breakthrough in the development of medical sciences. Great technological developments have already taken place in this field and many are yet to occur. In parallel, there is a growing interest from both the medical community and the patients, who are looking for personalised aesthetic solutions.

The Postgraduate Diploma in Clinical Cosmetology (PGDCC) equips students with the knowledge and expertise required to be experts in cosmetology treatments.

Follows world-class curricula and focuses on international guidelines to provide the latest training to students and make them highly competent medical professionals.

Course Curriculum Sessions for training and Hands-on are as follows:-

INTRODUCTION

Introduction to
the World of Cosmetology

SKIN

Structure & Function
Skin Appendages
Skin Types
Common Cosmetic Skin Conditions

MESOTHERAPY

Basics of Mesotherapy
Techniques
Patient Selection &
Indications

CHEMICAL PEELS

Superficial Peels
Combination Chemical Peels
Peels Classification
Peels Characteristics
Understanding of Different Peels
Patient Evaluation
Indications/Precautions
Patient Selection

SKIN CONDITIONING

- Indications/ Contraindications
- Side Effects
- Results
- Skin Regimen

CHEMICAL PEELINGS:

- Superficial Peels
- Combination Chemical Peels
- Pigmentation of the Face-Evaluation and Treatment
- Medium Depth Chemical Peels

Facial Peels

- Classification – Superficial, Medium, Deep, Augmented
- Characteristics- Glycolics/AHA/ Fruit Peels/ Jessner/ TCA/Phenol/ Retinoic Acid/ Microdermabrasion/ Combinations
- Basic Understanding of each Different Agent- Indexations for Use/Contraindications/Mode of Application/Mechanism of Action/ Potentiating Factors/ Adverse Effects

Course Curriculum Sessions for training and Hands-on are as follows:-

OTHER MINOR COSMETIC PROCEDURES

Derma Stamp/Derma Roller/Dermapen
Electrocautery RF techniques
Mole & skin tags removal
Micro-Dermabrasion

BOTULINUM TOXIN

The Product
Indications
Facial Anatomy in Detail
Mode of Action
Regional Anaesthesia for the Face
Duration of Action
Appropriate Doses/ Dilutions
Safety and Toxicity
Storage and Transport
Side Effects and Complications: Allergic/ Regional

LASER 1

Introduction to Lasers
History, Laser Physics & Vocabulary
Types of Lasers
Laser & Skin Interaction
Side Effects and Complications
Recommendations
Combination Therapies

ACNE

Medical management
Use of lasers
Treatments of Acne scarring

CIT (Collagen Introduction Therapy)
Neck Rejuvenation

IMPORTANT CONSIDERATIONS

How to setup cosmetic practice
How To Market your Practice & Build your Customer Base
Medico-Legal Aspects of Cosmetic Dermatology
Ethics in Cosmetic Practice

Course Curriculum Sessions for training and Hands-on are as follows:-

HAIR

Structure & Function
Normal Hair Growth
Hair Types
Hair Conditions

DERMAL FILLERS

Introduction to dermal fillers
Pharmacology
Types of Dermal Fillers (Restylane, Perlane, Juvederm etc.)
Patient selection for dermal fillers
Side Effects and Complications
Recommendations
Combination Therapies
a. Botox and Fillers
b. Botox and Skin Resurfacing
c. Light Therapy and Skin Resurfacing

LASER 2

Ablative/Non-Ablative Lasers
Pigment/Tattoo Lasers
Q-Switched Lasers, Hair Removal Lasers
Intense Pulsed Light (IPL)
Laser Chromophores
Choosing Appropriate Settings
Available Aesthetic Laser Technologies in the World
Comparison between Lasers
Management of Complications of Lasers and IPL
Newer Technologies – RF /IR/ Fraxel / Infrared Devices
Laser Safety
Treatment Techniques

BODY CONTOURING & TIGHTENING DEVICES

Radio frequency devices
a. R.F. Mono/ Bi & Tripolar
(Exilis, Reaction, Pollogen etc.)
b. Fraxel R.F,
Ultra Sound based devices
Cryolipolysis Technologies
Acoustic Wave Therapy (X-Wave)
Cellulite Reduction Device

AWARD OF PGDCC

A close-up photograph of a woman's face, partially obscured by a large, semi-circular yellow overlay that covers the top and right sides of the image. The woman has dark hair and is looking slightly to the right. The yellow overlay is semi-transparent, allowing some of her features to be visible.

PG Diploma in

COSMETOLOGY (PGDC)

The development of cosmetology represents an important breakthrough in health and beauty sciences. Great technological developments have already taken place in this field and many are yet to occur. In parallel, there is a growing interest from the clients, who are looking for personalised cosmetic solutions.

The Postgraduate Diploma in Cosmetology (PGDC) equips students with the knowledge and expertise required to be experts in cosmetology procedures.

Follows world-class curricula and focuses on international guidelines to provide the latest training to students and make them highly competent professionals.

Course Curriculum Sessions for training and Hands-on are as follows:-

INTRODUCTION

Introduction to
the World of Aesthetic Medicine

CHEMICAL PEELS

Superficial Peels
Combination Peels
Peels Classification
Peels Characteristics
Patient Evaluation
Indications/Precautions
Patient Selection
Treatments

OTHER MINOR COSMETIC PROCEDURES

Electrocautery RF Techniques
Mole & Skin Tags Removal
Micro-Dermabrasion

SKIN

Structure & Function
Skin Appendages
Skin Types

BOTULINUM TOXIN

The Product
Indications
How to Assist for BTX-A Injections

LASERS PART 1

Introduction to Lasers
History, Laser Physics & Vocabulary
Types of Lasers
Laser & Skin Interaction
Laser Chromophores
Choosing Appropriate Settings
Available Aesthetic Laser Technologies in the World
Newer Technologies – RF /IR/ Fraxel / Infrared Devices.
Laser Safety
Patient Psychology and Expectations

Course Curriculum Sessions for training and Hands-on are as follows:-

IMPORTANT CONSIDERATIONS

How To Market Your Practice And
Build Your Customer Base
Medico-Legal Aspects of Cosmetic Dermatology
Ethics in Cosmetic Practice

HAIR

Structure & Function
Normal Hair Growth
Hair Types
Hair Problems incl. Dandruff / Hair Fall

DERMAL FILLERS

Introduction to Dermal Fillers
Pharmacology
Types of Dermal Fillers
How to Assist for Dermal Fillers Injections

LASERS PART 2 - ADVANCED LASER AND THEIR INDICATIONS

Non-Ablative Laser, Pigment & Tattoo Lasers
Q-Switched Lasers, Hair Removal lasers
Intense Pulsed Light (IPL)
Pre- and Post- Treatment Do's and Don'ts
Skin Rejuvenation
Skin Tightening
Comparison between Lasers
Management of Complications of Lasers and IPL

AWARD OF PGDC

Award of PGDC



PG Diploma in

MEDICAL TRICHOLOGY (PGDMT)

“Tricho” – from the Greek word “Thrix” means hair – and “logy” – from the Greek word “Logia” means study. Thus, trichology is the science that allows us to diagnose and treat conditions of the hair & hair system. After successfully completing PGDMT programme, you will be able to effectively help patients having hair and scalp issues by conducting an in-depth scientific consultations, making a confirmed diagnosis and finally treating them. In this part of the World, people are closely attached to the hair, mainly scalp and beard, not only from the beauty aspect but also from the religious aspects. So the hair loss problems not only affect the patient mentally but also socially. This programme gives you an exhaustive learning on all topics of hair and hair loss management, using most updated and sophisticated equipments for the same.

Course Curriculum Sessions for training and Hands-on are as follows:-

INTRODUCTION TO TRICHOLOGY AND THE TRICHOLOGY SCIENCES

Alopecia Areata (patchy hair loss),
Alopecia Totalis & Universalis

Androgenic Alopecia in males and females
(genetic hair loss)

Anagen and Telogen Effluviums (hair shedding)

Cicatricial Alopecias (scarring hair loss)

Trichotillomania (hair pulling)

TREATMENT FOR SCALP PROBLEMS

Trichological

Medicinal

OPERATING A TRICHOLOGY CENTER, INCLUDING

Marketing your center

HAIR FIBER DISORDERS, INCLUDING

Traction Alopecia (hair breakage)
Genetic and congenital hair fiber problems

OTHER HAIR & SCALP CONDITIONS, INCLUDING

Hirsutism (excess body hair)
hypotrichosis

TRICHOLOGY CONSULTATIONS, INCLUDING

Recognising different hair loss and scalp conditions

SCALP DISORDERS, INCLUDING

Folliculitis (scalp breakouts)
Seborrhoeic Dermatitis (scalp flaking)

Course Curriculum Sessions for training and Hands-on are as follows:-

TREATMENT FOR HAIR LOSS, INCLUDING

Cosmetic

Hair weaving, wefting, bonding etc.

Medical

OTC products-topical/oral

Dermarollers

Low level laser therapy (LLLT)

Stem serum & stem cell therapy

PRP

Mesotherapy

Surgical

FUE & FUT hair transplantation

Aesthetic Medicine

COURSES



Fellowship in

AESTHETIC MEDICINE (FAM)

Fellowship in Aesthetic Medicine (FAM) is one of its kind extensive but compressed programme in the World which not only covers all the topics from basics to advanced in aesthetic medicine but also gives an intensive hands-on on each topic. This exhaustive fellowship prepares physicians to immediately enter the practice of aesthetic medicine and make a name in this most demanding field of medicine with a boom. Any registered medical doctor or medical specialist can take this programme and attend classes in any of the major cities of the country. This is the one program in aesthetic medicine in the World which has been successfully pursued by a number of doctors world-wide.

Certification of this Programme is authenticated by a State Medical University of Germany and it runs with the support of the largest aesthetic medicine society of India viz. Indian Society of Aesthetic Medicine (ISAM), which is an international society under the aegis of International Union of Aesthetic Medicine (UIAME).

Course Curriculum Sessions for training and Hands-on are as follows:-

INTRODUCTION

Introduction to the World of Aesthetic Medicine
Introduction to the Fellowship in Aesthetic Medicine

INTRODUCTION TO HAIR RESTORATION & TREATMENTS

Basic Science of Hair
Hair and Scalp Anatomy
Androgenic Alopecia and other Types of Hair Loss
Medical Treatments
Growth Timeline
Hair Loss Drugs
Consultation, Planning, Preoperative Care
and Hairline Design
Local Anesthesia
Strip vs. FUE technique
Motorised/ Automated F.U.E. technique
Donor Harvesting
Graft Preparation Slivering and Graft Cutting
Recipient Site Preparation and Insertion
Video Demonstration
Other technique: – Derma rollers and mesotherapy
for hair regrowth

ADVANCED BOTULINUM TOXIN

Botulinum Toxin for Middle Face
Botulinum Toxin for Lower Face
Botulinum Toxin for Neck
Botulinum Toxin for Hyperhidrosis
(Axillary/Palmar/Plantar)

ADVANCED DERMAL FILLERS

Dermal Fillers for Frown Lines
Dermal Fillers for Under Eyes (Tear Trough)
Dermal Fillers for Volume Augmentation of Cheeks
Dermal Fillers for Volume Augmentation of Lips
Dermal Fillers for Mentolabial Folds

SKIN

Structure & Function
Skin Appendages
Skin Types
Common Skin Diseases: Aetiology,
Clinical Features & Management

Course Curriculum Sessions for training and Hands-on are as follows:-

LASERS PART 1

Introduction to Lasers
History, Laser Physics & Vocabulary
Types of Lasers
Laser & Skin Interaction
Laser Chromophores
Choosing Appropriate Settings
Available Aesthetic Laser Technologies in the World
Newer Technologies – RF /IR/ Fraxel / Infrared Devices.
Laser Safety: Contraindications/ Eye Protection/
Flammable Liquids and Gases/ Smoke/
Hazard/ Access and Signage
Patient Psychology and Expectation

PLASMA MEDICINE

Plasma Technologies in Aesthetic Medicine

NECK REJUVENATION

Neck Rejuvenation

GLUTATHIONE (SKIN LIGHTENING TREATMENT)

What is Glutathione
Importance of glutathione
Benefits of glutathione
Glutathione in skin lightening therapy
Mode of action
Glutathione IV injection procedure

WHAT'S NEW ?

Newest Technologies and Innovations
in Aesthetic Medicine

CHEMICAL PEELS

Superficial Peels
Combination Chemical Peels
Peels Classification
Peels Characteristics
Understanding of Different Peels
Patient Evaluation
Indications/Precautions
Patient Selection

Course Curriculum Sessions for training and Hands-on are as follows:-

CASE PRESENTATION

Case Presentations
Assessment
Fellowship Award Ceremony

1. SKIN CONDITIONING

Indications/ Contraindications
Side Effects
Results
Skin Regimen

BODY CONTOURING & TIGHTENING DEVICES

Radio frequency devices
1. R.F. Mono/ Bi & Tripolar
(Exilis, Reaction, Pollogen etc.)
2. Fraxel R.F.
Ultra Sound based devices
Cryolipolysis Technologies
Acoustic Wave Therapy (X-Wave)
Cellulite Reduction Device

2. CHEMICAL PEELINGS

Superficial Peels
Combination Chemical Peels
Pigmentation of the Face-Evaluation & Treatment
Medium Depth Chemical Peels
Facial Peels
1. Classification – Superficial,
Medium, Deep, Augmented
2. Characteristics– Glycolics/AHA/ Fruit Peels/
Jessner/ TCA/Phenol/ Retinoic Acid/
Microdermabrasion/ Combinations
3. Basic Understanding of each Different Agent
– Indexations for
Use/Contraindications/Mode of Application/
Mechanism of Action/ Potentiating Factors/
Adverse Effects

ADVANCED CHEMICAL PEELS

Retinol Peels
Obagi Peels
ZO Peels
Sequential Peels

Course Curriculum Sessions for training and Hands-on are as follows:-

LASERS PART 2

Advanced Lasers and their Indications

Ablative lasers, Non-Ablative Laser, Vascular Lasers,
Pigment & Tattoo Lasers,
Q-Switched Lasers, Hair Removal Lasers
Intense Pulsed Light (IPL)
Pre-and Post-Treatment Do's and Don'ts
Skin Rejuvenation
Skin Resurfacing
Skin Tightening
Comparison between Lasers
Considerations for Laser Equipment Purchase
Management of Complications of Lasers and IPL

BODY CONTOURING AND TIGHTENING DEVICES

Radio frequency devices
1. R.F. Mono/ Bi & Tripolar
(Exilis, Reaction, Pollogen etc.)
2. Fraxel R.F
Ultra Sound based devices
Cryolipolysis Technologies
Acoustic Wave Therapy (X-Wave)
Cellulite Reduction Device

OTHER MINOR COSMETIC PROCEDURES

Derma Stamp/Derma Roller/Dermapen
Electrocautery / Incision & Closure Techniques
Skin Biopsy, Mole & Skin Tags Removal
Thermolysis/ Electrolysis
for Depigmented Hair Removal
Dermabrasion
Microdermabrasion
Thread lift

HAIR

Structure & Function
Normal Hair Growth
Hair Types
Hair Problems
Dandruff/ Hair Fall/ Alopecia
Alopecia Areata/ Androgenetic Alopecia/ Scarring Alopecia
/Telogen Effluvium/ Anagen Effluvium/ Hirsutism/
Hypertrichosis/ Folliculitis

Course Curriculum Sessions for training and Hands-on are as follows:-

ADVANCED CHEMICAL PEELS

Retinol Peels	ZO Peels
Obagi Peels	Sequential Peels

BOTULINUM TOXIN

The Product
Indications – Upper Face
Facial Anatomy in Detail
Mode of Action
Regional Anaesthesia for the Face
Side Effects and Complications: Allergic/ Regional
Duration of Action
Appropriate Doses/ Dilutions
Safety and Toxicity
Storage and Transport
Botulinum Toxin in Use in Facial Rhytids

ACNE

Medical management	Use of lasers
Treatments of Acne scarring	

DERMAL FILLERS

Introduction to dermal fillers
Pharmacology
Types of Dermal Fillers
(Restylane, Perlane, Juvederm etc.)
Patient selection for dermal fillers
Indications (Nasolabial Folds/Marionette Lines)
Side Effects and Complications
Recommendations
Combination Therapies

1. Botox and Fillers
2. Botox and Skin Resurfacing
3. Light Therapy and Skin Resurfacing

MESOTHERAPY

For Skin rejuvenation
For Hair Rejuvenation
Products and protocols
Acoustic Wave Therapy (X-Wave)
Mesotherapy Botox
Mesolift, Mesoglow and meso sculpt
No-Needle Mesotherapy

Course Curriculum Sessions for training and Hands-on are as follows:-

PRP (PLATELET RICH PLASMA)

Platelet biology
What is PRP
Different growth factors and their function
PRP devices and processing PRP
Centrifugation single spin & double spin method
Creation and activation of PRP
Indications of PRP
Contraindication of PRP
Use of PRP in hair Restoration therapy
Use of PRP in skin Rejuvenation treatment.

IMPORTANT CONSIDERATIONS

How to setup cosmetic practice
How To Market Your Practice and Build
Your Customer Base
Medico-Legal Aspects of Cosmetic Dermatology
Ethics in Cosmetic Practice
What to buy and Where to Buy



International Fellowship in

Aesthetic and Anti-Aging Medicine (IFAAM)

International Fellowship in Aesthetic and Anti-Aging Medicine (IFAAM) is a One Year international programme in which physicians will learn the intricate art and science of the most common and latest aesthetic Medicine procedures. One to one teaching format of this programme, is what makes it unique from others in the world. This program deals with the disorders and conditions of skin related to Aesthetic & Anti Aging. The world needs more and more specialists in this domain and this course is suitable for Medical professionals who want to expand their arena of knowledge and gather specialisation and training in treating skin related cosmetic disorders.

Course Outline

Session 1

INTRODUCTION

- Introduction to the International Fellowship in Aesthetic & Anti-Aging Medicine (IFAAM)

Session 2

SKIN

- Structure & Function
- Skin Appendages
- Skin Types
- Common Skin Diseases: Aetiology, Clinical Features & Management

Session 3

HAIR

- Structure & Function
- Normal Hair Growth
- Hair Types
- Hair Problems
- Dandruff/ Hair Fall/ Alopecia Areata/ Androgenetic Alopecia/Scarring Alopecia/Telogen Effluvium/ Anagen Effluvium/ Hirsutism/ Hypertrichosis/ Folliculitis

Session 4

INTRODUCTION TO HAIR RESTORATION & TREATMENTS

- Basic Science of Hair
- Hair and Scalp Anatomy
- Androgenic Alopecia and other Types of Hair Loss
- Medical Treatments
- Growth Timeline
- Hair Loss Drugs
- Consultation, Planning, Preoperative Care & Hairline Design
- Local Anaesthesia
- Motorised/ Automated F.U.E. technique
- Donor Harvesting
- Graft Preparation Slivering and Graft Cutting
- Recipient Site Preparation and Insertion
- Video Demonstration
- Other technique: – Derma rollers and mesotherapy for hair regrowth

Course Outline

Session 5

CHEMICAL PEELS

- Superficial Peels
- Combination Chemical Peels
- Peels Classification
- Peels Characteristics
- Understanding of Different Peels
- Patient Evaluation
- Indications/Precautions
- Patient Selection

A. SKIN CONDITIONING

- Indications/ Contraindications
- Side Effects
- Results
- Skin Regimen

Session 6

B. CHEMICAL PEELINGS: (Contd.)

- Superficial Peels
- Combination Chemical Peels
- Pigmentation of the Face-Evaluation & Treatment
- Medium Depth Chemical Peels
- Facial Peels

1. Classification – Superficial, Medium, Deep, Augmented

2. Characteristics – Glycolics/AHA/ Fruit Peels/ Jessner/ TCA/Phenol/ Retinoic Acid/ Microdermabrasion/ Combinations

3. Basic Understanding of each Different Agent – Indexations for Use/Contraindications/Mode of Application/Mechanism of Action/ Potentiating Factors/ Adverse Effects

ADVANCED CHEMICAL PEELS

- Retinol Peels
- Obagi Peels
- ZO Peels
- Sequential Peels

Course Outline

Session 7

BOTULINUM TOXIN

- The Product
- Indications – Upper Face
- Facial Anatomy in Detail
- Mode of Action
- Regional Anaesthesia for the Face
- Side Effects and Complications: Allergic/ Regional
- Duration of Action
- Appropriate Doses/ Dilutions
- Safety and Toxicity
- Storage and Transport
- Botulinum Toxin in Use in Facial Rhytids

Session 9

DERMAL FILLERS

- Introduction to dermal fillers
 - Pharmacology
 - Types of Dermal Fillers (Restylane, Perlane, Juvederm etc.)
 - Patient selection for dermal fillers
 - Side Effects and Complications
 - Recommendations
 - Combination Therapies
1. Botox and Fillers
 2. Botox and Skin Resurfacing
 3. Light Therapy and Skin Resurfacing

Session 8

ADVANCED BOTULINUM TOXIN

- Botulinum Toxin for Middle Face
- Botulinum Toxin for Lower Face
- Botulinum Toxin for Neck
- Botulinum Toxin for Hyperhidrosis (Axillary/Palmar/Plantar)

Session 10

ADVANCED DERMAL FILLERS

- Dermal Fillers for Frown Lines
- Dermal Fillers for Under Eyes (Tear Trough)
- Dermal Fillers for Volume Augmentation of Cheeks
- Dermal Fillers for Volume Augmentation of Lips
- Dermal Fillers for Mentolabial Folds

Course Outline

Session 11

LASERS PART 1

- Introduction to Lasers
- History, Laser Physics & Vocabulary
- Types of Lasers
- Laser & Skin Interaction
- Laser Chromophores
- Choosing Appropriate Settings
- Available Aesthetic Laser Technologies in the World
- Newer Technologies – RF /IR/ Fraxel / Infrared Devices.
- Laser Safety: Contraindications/ Eye Protection/ Flammable Liquids and Gases/ Smoke/ Hazard/ Access and Signage
- Patient Psychology and Expectation

Session 13

ACNE

- Medical management
- Use of lasers
- Treatments of Acne scaring

Session 12

LASERS PART 2

Advanced Lasers and their Indications

- Ablative lasers, Non-Ablative Laser, Vascular Lasers, Pigment & Tattoo Lasers, Q-Switched Lasers, Hair Removal Lasers
- Intense Pulsed Light (IPL)
- Pre-and Post-Treatment Do's and Don'ts
- Skin Rejuvenation
- Skin Resurfacing
- Skin Tightening
- Comparison between Lasers
- Considerations for Laser Equipment Purchase
- Management of Complications of Lasers and IPL

Course Outline

Session 14

COSMECEUTICALS

- Skin of color
- Retinoids
- Sun-screens
- Cleansing agents
- Moisturizing agents
- Depigmenting agents
- Anti-oxidants
- Anti-inflammatory agents
- Fragrance and preservatives
- Home care

Session 16

PLASMA MEDICINE

- Plasma Technologies in Aesthetic Medicine

Session 15

MESOTHERAPY

- For Skin rejuvenation
- For Hair Rejuvenation
- Products and protocols
- Acoustic Wave Therapy (X-Wave)
- Mesotherapy Botox
- Mesolift, Mesoglow and meso sculpt
- Injection Lipolysis
- No-Needle Mesotherapy

Session 17

BODY CONTOURING AND TIGHTENING DEVICES

- Radio frequency devices 1. R.F. Mono/ Bi & Tripolar (Exilis, Reaction, Pollogen etc.)
2. Fraxel R.F
- Ultra Sound based devices
- Cryolipolysis Technologies
- Acoustic Wave Therapy (X-Wave)
- Cellulite Reduction Device

Course Outline

Session 18

NECK REJUVENATION

- Neck Rejuvenation

Session 20

GLUTATHIONE (SKIN LIGHTENING TREATMENT)

- What is Glutathione
- Importance of glutathione
- Benefits of glutathione
- Glutathione in skin lightening therapy
- Mode of action
- Glutathione IV injection procedure

Session 21

MINOR COSMETIC PROCEDURES

- Derma Stamp/Derma Roller/Dermapen
- Electrocautery / Incision & Closure Techniques
- Skin Biopsy, Mole & Skin Tags Removal
- Thermolysis/ Electrolysis for Depigmented Hair Removal
- Dermabrasion
- Microdermabrasion/Hydrfacial

Session 19

PRP (PLATELET RICH PLASMA)

- Platelet biology
- What is PRP
- Different growth factors and their function
- PRP devices and processing PRP
- Centrifugation single spin & double spin method
- Creation and activation of PRP
- Indications of PRP
- Contraindication of PRP
- Use of PRP in hair Restoration therapy
- Use of PRP in skin Rejuvenation treatment.
- Vampire lift

Session 22

Anaesthesia Techniques in Aesthetic Medicine

Session 23

Thread lift

Facial & Body Threadlifts

Course Outline

Session 24

Introduction to Cosmetic Gynaecology with its applications to Cosmetic Medicine

Session 25

WHAT'S NEW ?

- Newest Technologies and Innovations in Aesthetic Medicine
- Photography in Cutaneous & Aesthetic Medicine
- Tele-medicine in Cosmetic Medicine

Session 26

IMPORTANT CONSIDERATIONS

- How to setup cosmetic practice
- How To Market Your Practice and Build Your Customer Base
- Medico-Legal Aspects of Cosmetic Dermatology
- Ethics in Cosmetic Practice
- What to buy and Where to Buy

Session 27

Examinations

- Case Presentation- Minimum 25
- Viva-Voce
- Written Assessment (MCQs)
- Award of Fellowship

Cosmetic

GYNAECOLOGY PROGRAM



Masters Course in

COSMETIC GYNAECOLOGY (MCCG)

Masters Course in Cosmetic Gynaecology (MCCG) has become one of the most happening subspecialties of elective surgery for women and includes specialists in gynaecology, urogynaecology, urology, and plastic surgery. This area of special focus not only includes cosmetic procedures to enhance the aesthetic appearance of the vulvo-vaginal region, but also the functional vaginal repairs to enhance or help restore sexual function following the changes that may occur following childbirth and/or with ageing.

This masters course come with a non-surgical & surgical curricula and live patient demonstrations with most latest and advanced equipment in the industry. The programme is conducted and taught by eminent national and international experts and KOL's of the field, with participants attending from around the World.

Course Curriculum

Module 1 – Non Surgical Techniques in Cosmetic Gynaecology

Basic Understanding of Cosmetic Gynaecology

- Introduction to Course & Cosmetic Gynaecology (MCCG)
- Anatomy & Cosmetic Classification of the vulval complex
- Ethics and legal implications in Cosmetic Gynaecology
- Setting up practice
- Patient Selection and Counselling

Regenerative Gynaecology

- Genitourinary Syndrome of Menopause
- Vulval dermatoses
- Infertility
- Stem Cell Therapy in Gynaecology
- PRP applications
- Urinary incontinence
- Fat Transfer
- Amniotic fluid applications
- Anti aging nutraceuticals

Energy Based Devices

- Basics of laser
- Carbon dioxide laser, Er laser, Diode
- Radiofrequency
- HIFU
- HIFEM : Emsella Chair
- Applications in gynaecology
- Vaginal rejuvenation
- Vaginal laxity

Course Curriculum

Module 1 – Non Surgical Techniques in Cosmetic Gynaecology

Cosmetology Principles In Gynaecology

- Cosmeceuticals
- Chemical Peels
- Postpartum Mummy Makeover
- PRP application : orgasmic shots
- Breast Aesthetics
- Medicolegal issues and Consent in
Cosmetic Gynaecology
- Cosmeceuticals
- Chemical Peels
- Postpartum Mummy Makeover
- PRP application : orgasmic shots
- Breast Aesthetics
- Medicolegal issues and Consent in
Cosmetic Gynaecology



Diploma in

COSMETIC GYNAECOLOGY (DCCG)

Cosmetic Gynaecology has become one of the most happening subspecialties of elective surgery for women and includes specialists in gynaecology, urogynaecology, urology, and plastic surgery. This area of special focus not only includes cosmetic procedures to enhance the aesthetic appearance of the vulvo-vaginal region, but also the functional vaginal repairs to enhance or help restore sexual function following the changes that may occur following childbirth and/or with ageing.

This Fellowship programme come with a non-surgical & surgical curricula and live patient demonstrations with most latest and advanced equipment in the industry. The programme is conducted and taught by eminent national and international experts and KOL's of the field, with participants attending from around the World.

Course Curriculum

Module 1 – Non Surgical Techniques in Cosmetic Gynaecology

Basic Understanding of Cosmetic Gynaecology

- Introduction to Course & Cosmetic Gynaecology (FCGSM)
- Anatomy & Cosmetic Classification of the vulval complex
- Ethics and legal implications in Cosmetic Gynaecology
- Setting up practice
- Patient Selection and Counselling

Regenerative Gynaecology

- Genitourinary Syndrome of Menopause
- Vulval dermatoses
- Infertility
- Stem Cell Therapy in Gynaecology
- PRP applications
- Urinary incontinence
- Fat Transfer
- Amniotic fluid applications
- Anti aging nutraceuticals

Energy Based Devices

- Basics of laser
- Carbon dioxide laser, Er laser, Diode
- Radiofrequency
- HIFU
- HIFEM : Emsella Chair
- Applications in gynaecology
- Vaginal rejuvenation
- Vaginal laxity

Course Curriculum

Module 1 – Non Surgical Techniques in Cosmetic Gynaecology

Cosmetology Principles In Gynaecology

- Botox and vaginismus
- Fillers in Gynaecology
- PDO threads: Vaginal application and body contouring
- CARBOXYTHERAPY A boon for stretch mark reduction
- Genital lightening
- Hair reduction
- Hair and skin rejuvenation
- Cosmeceuticals
- Chemical Peels
- Postpartum Mummy Makeover
- PRP application : orgasmic shots
- Breast Aesthetics
- Medicolegal issues and Consent in Cosmetic Gynaecology

Module 2 – Surgical Cosmetic Gynaecology

- Anatomic considerations
- Patient selection
- Ethical considerations of female genital plastic/ cosmetic surgery
- Pre-operative assessment
- Labiaplasty
- Hymenoplasty
- Clitoral hood reductions
- Perineoplasty and Surgical Vaginal tightening
- Vaginoplasty
- Monsoplasty
- Post-operative care
- Types of Anaesthesia
- Office set up
- Revisions and re-operations
- Surgical risks and Complications
- Breast aesthetics
- Fat Transfers



Fellowship in

COSMETIC GYNAECOLOGY AND SEXUAL MEDICINE (FCGSM)

Cosmetic Gynaecology has become one of the most happening subspecialties of elective surgery for women and includes specialists in gynaecology, urogynaecology, urology, and plastic surgery. This area of special focus not only includes cosmetic procedures to enhance the aesthetic appearance of the vulvo-vaginal region, but also the functional vaginal repairs to enhance or help restore sexual function following the changes that may occur following childbirth and/or with ageing.

This Fellowship programme come with a non-surgical & surgical curricula and live patient demonstrations with most latest and advanced equipment in the industry. The programme is conducted and taught by eminent national and international experts and KOL's of the field, with participants attending from around the World.

Course Curriculum

Module 1 – Non Surgical Techniques in Cosmetic Gynaecology

Basic Understanding of Cosmetic Gynaecology

- Introduction to Course & Cosmetic Gynaecology (FCGSM)
- Anatomy & Cosmetic Classification of the vulval complex
- Ethics and legal implications in Cosmetic Gynaecology
- Setting up practice
- Patient Selection and Counselling

Regenerative Gynaecology

- Genitourinary Syndrome of Menopause
- Vulval dermatoses
- Infertility
- Stem Cell Therapy in Gynaecology
- PRP applications
- Urinary incontinence
- Fat Transfer
- Amniotic fluid applications
- Anti aging natriceuticals

Energy Based Devices

- Basics of laser
- Carbon dioxide laser, Er laser, Diode
- Radiofrequency
- HIFU
- HIFEM : Emsella Chair
- Applications in gynaecology
- Vaginal rejuvenation
- Vaginal laxity

Course Curriculum

Module 1 – Non Surgical Techniques in Cosmetic Gynaecology

Cosmetology Principles In Gynaecology

- Botox and vaginismus
- Fillers in Gynaecology
- PDO threads: Vaginal application and body contouring
- CARBOXYTHERAPY A boon for stretch mark reduction
- Genital lightening
- Hair reduction
- Hair and skin rejuvenation
- Cosmeceuticals
- Chemical Peels
- Postpartum Mummy Makeover
- PRP application : orgasmic shots
- Breast Aesthetics
- Medicolegal issues and Consent in Cosmetic Gynaecology

Module 2 – Surgical Cosmetic Gynaecology

- Anatomic considerations
- Patient selection
- Ethical considerations of female genital plastic/ cosmetic surgery
- Pre-operative assessment
- Labiaplasty
- Hymenoplasty
- Clitoral hood reductions
- Perineoplasty and Surgical Vaginal tightening
- Vaginoplasty
- Monsoplasty
- Post-operative care
- Types of Anaesthesia
- Office set up
- Revisions and re-operations
- Surgical risks and Complications
- Breast aesthetics
- Fat Transfers

Course Curriculum

Module 3 – Sexual Medicine

Female Sexual Dysfunction

- Sexual wellness
- Female Sexual Dysfunction and Classification
- Evaluation Systems of Female Sexual Function
- Approach to patient with female Sexual Dysfunction .
Approach to patients with Reproductive Difficulties .
Dyspareunia
- Female Sexuality in Chronic Pelvic Pain
- Vulval pain disorders : special reference to Vulvodynia
- Vaginismus
- Management options in Female Sexual Dysfunction
- Geriatric Sexuality and Menopause

Male Sexual Dysfunction

- Sexual response cycle in Males
- Approach to patient with Male Sexual Dysfunction .
Approach to Males with reproductive difficulties .
Premature Ejaculation (PE)
- Erectile Dysfunction (ED)
- Hypoactive sexual Desire disorders
- Management options: Pharmacotherapy
- Role of Vacuum Therapy with demonstration
- Role of Shock wave Therapy : A Boon
- Penile Implants : A saviour
- Andropause

Module 4 – Aesthetic Medicine & Cosmetology

- Fascial and Body Aesthetics
- Body Contouring
- Anti-aging therapies
- Epigenetics

Cosmetic

SURGERY COURSES



Masters Course in

Hair Transplantation (MCHT)

Masters course in Hair Transplantation is a advanced training programme in Hair Transplantation techniques which helps in opening the doors to a lucrative career for aspiring doctors, physicians and surgeons to become eminent hair transplant surgeons. For doctors, physicians and surgeons covers all aspects of hair transplantation procedures and allows the participants for one-on-one hands-on practice on live patients. Physicians are trained on all the latest equipment's and tools for both the extraction and the restoration process. The course which will be mentored by International faculty which is the most experienced medical team in hair transplant . Participants after completion this course become a hair transplant specialist and have a rewarding career ahead .

Course Outline

Hair Translation Program is divided into 5 Module which includes live sessions of 6 hrs per week and very comprehensive practical trainings.

Session 1

INTRODUCTION

- Introduction to the Masters Course in Hair Transplantation (MCHT)

Session 2

SKIN

- Structure & Function
- Skin Appendages
- Skin Types
- Common Skin Diseases: Aetiology, Clinical Features & Management

Session 3

HAIR

- Structure & Function
- Normal Hair Growth
- Hair Types
- Hair Problems

Dandruff/ Hair Fall/ Alopecia Areata/ Androgenetic Alopecia/ Scarring Alopecia/Telogen Effluvium/Anagen Effluvium/ Hirsutism/ Hypertrichosis/ Folliculitis

Session 4

INTRODUCTION TO HAIR RESTORATION AND TREATMENTS

- Basic Science of Hair
- Hair and Scalp Anatomy
- Androgenic Alopecia and other Types of Hair Loss
- Medical Treatments
- Growth Timeline
- Hair Loss Drugs
- Consultation, Planning, Preoperative Care and Hairline Design
- Local Anaesthesia
- Strip vs. FUE technique
- Motorised/ Automated F.U.E. technique
- Donor Harvesting
- Graft Preparation Slivering and Graft Cutting
- Recipient Site Preparation and Insertion
- Video Demonstration
- Other technique: – Derma rollers and mesotherapy for hair regrowth

Course Outline

Hair Translation Program is divided into 5 Module which includes live sessions of 6 hrs per week and very comprehensive practical trainings.

Session 5

IMPORTANT CONSIDERATIONS

- How to setup Transplantation Center
- How To Market Your Practice & Build Your Customer Base
- Medico-Legal Aspects of Cosmetic Dermatology
- Ethics in Cosmetic Practice
- What to buy and Where to Buy

Hands on Training

Hair Translation Program is divided into 5 Module which includes live sessions of 6 hrs per week and very comprehensive practical trainings.

Day 1

INTRODUCTION

- History and the Past of Hair Transplantation
- Basic Science, Hair and Scalp Anatomy
- Asian Hair: Knowing the Difference
- Androgenic Alopecia and other Types of Hair Loss
- Medical Treatment
- Consultation, Planning, Preoperative Care and Hairline Design
- Local Anaesthesia
- Donor Harvesting – Strip Excision and FUE Techniques
- Graft preparation Slivering and Graft Cutting
- Recipient Site Preparation and Insertion
- Dense Packing and Survival Rate
- Complications in Hair Transplantation
- Mega Sessions
- Body Hair Transplantation
- Hair Transplantation in Scars
- Eyebrows, Mustaches and Sideburns Transplantation
- Building a Hair Restoration Practice
- Future in Hair Transplantation
- Q & A's

Hands on Training

Hair Translation Program is divided into 5 Module which includes live sessions of 6 hrs per week and very comprehensive practical trainings.

Day 2

- Video Demonstrations

Day 3

- Hands-on Training in Hair Transplantation
- 1st Case (FUE)

Day 4

- Hands-on Training in Hair Transplant
- 3rd Case (FUE & FUT)

Day 5

IMPORTANT CONSIDERATIONS

- Hands-on Training in Hair Transplant - 4th Case (FUE & FUT)

Examinations

- Case Presentation- Minimum 5
- Viva-Voce
- Written Assessment (MCQs)
- Award of Masters in Hair Transplantation



Masters Course in

FACIAL FAT GRAFTING

Autologous fat grafting has seen exponential growth in the market size, revenues, patient acceptance & technologies due to the improved methods for harvesting and re-introduction techniques used.

Typical facial augmentation procedures using fat transfer yields almost 80%+ revascularisation rates and yields much higher duration for the life of the augmentation that can last for (7) years or more.

Masters Course in Facial Fat Grafting (MCFFG) takes an extremely practical approach. Every topic is introduced with a brief theoretical explanation and later developed in-depth, while the trainer performs techniques on actual patients.

As for students, being able to practice ONE TO ONE on model patients under the guidance of the trainer, provides the level of confidence necessary to apply what they've learned once the course is over: ready to exercise.

Course Curriculum

Sessions for training and Hands-on are as follows:-

Anatomy

Adipose Tissue Structure
Basic Structure
Surgical Anatomy

VIDEO PRESENTATIONS

Surgery Demonstration & Hands On Workshop
(Depending On Availability Of Cases)

ASSESSMENT

Indications
History
Systemic Examination
Local Examination

1. Skin Laxity
2. Subcutaneous Fat

TECHNIQUE

Preoperative Care
Anaesthesia

1. Local
2. Tumescant

Liposuction Surface Marking

1. Abdominal
2. Lower Limbs

Vital Structure Protection
Incision
Surgical Steps

1. Liposuction
2. Fast Harvesting
3. Fat Transfer

Postoperative Care



Masters Course in

DIMPLE CREATION

Dimples are usually considered as lucky & attractive, if present on the cheeks on the person.

Dimple creation is a daycare procedure performed under local anaesthesia & a small depression is created in the cheek muscle. This is done from inside the mouth, thus causing no external scars.

Masters Course in Dimple Creation taught by experts in the field, trains you to perform this procedure with confidence & accuracy on your premium clients at your offices.

Course Curriculum

Sessions for training and Hands-on are as follows:-

Anatomy

Aesthetics of Face
Facial Units, Subunits & Structure of a Dimple
Surgical Anatomy

VIDEO PRESENTATIONS

Surgery Demonstration & Hands On Workshop
(Depending On Availability Of Cases)

ASSESSMENT

Indications
History
Systemic Examination
Local Examination

1. Skin Type
2. Subcutaneous Fat

TECHNIQUE

Preoperative Care
Anaesthesia
1. Local
Surface Marking
Horizontal v/s Vertical Axis
Oral Mucosal Marking
Parotid Duct Protection
Surgical Steps
1. Punch Hole Creation
2. Soft Tissue Removal
3. Closure
Postoperative Care



Masters Course in

BLEPHAROPLASTY

Masters Course in Blepharoplasty is intended for physicians who already are performing such dermatological/facial-surgical procedures in their practice but are looking forward to improve their skills further. In this programme, trainee will learn when and how to perform upper & lower lid blepharoplasty, managing orbital fat, lacrimal gland pexy, brow pexy, peri-orbital rejuvenation and much more, all under LA. How to make your patients eyes perfect and beautiful is what you will finally learn.

It is a comprehensive hands-on training course where each physician gets a chance to work on a real patient. Offers the best resources and content in this programme to help you start immediately.

Course Curriculum

Sessions for training and Hands-on are as follows:-

Anatomy

Eye lid structure
Aesthetics of eye lid-brow complex
Surgical anatomy

VIDEO PRESENTATIONS

Surgery Demonstration & Hands On Workshop
(Depending On Availability Of Cases)

ASSESSMENT

Indications
History
Visual Examination
Systemic Examination
Local Examination
1. Skin laxity
2. Subcutaneous fat

TECHNIQUE

Preoperative Care
Anaesthesia
Approach
1. Cutaneous
2. Conjunctival
Surface Marking
Eye Protection
Incision
Surgical Steps
1. Skin Fold Excision
2. Fat Removal
3. Closure
4. Scar Revision
Postoperative Care



Masters Course in

EAR LOBE REPAIR

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Course Curriculum

Sessions for training and Hands-on are as follows:-

Anatomy

Ear Lobe Structure

1. Peculiarity of Skeletal Support
2. Vascular supply
3. Effects of piercing

Surgical Anatomy

VIDEO PRESENTATIONS

Surgery Demonstration & Hands On Workshop
(Depending On Availability Of Cases)

ASSESSMENT

Indications

History

Systemic Examination

Local Examination

Type of Defect

1. Complete
2. Partial

2. Subcutaneous Fat Thickness

TECHNIQUE

Preoperative Care

Anaesthesia

Approach

1. Hole Preservation
2. Rim Modification

Surface Markings

Ear Protection

Incision

Surgical Steps

1. Complete Ring Excision
2. Cleft Modification
3. Closure

Postoperative Care

Repiercing

Suture-Less Closure

Masters Course in

VITILIGO SURGERY

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Course Curriculum

Sessions for training and Hands-on are as follows:-

Anatomy

Skin Pigmentation
Vitiligo
Surgical Anatomy

VIDEO PRESENTATIONS

Surgery Demonstration & Hands On Workshop
(Depending On Availability Of Cases)

ASSESSMENT

Indications
History
Systemic Examination
Local Examination

1. Skin Pigmentation
2. Lesion Size

TECHNIQUE

Preoperative Care
Anaesthesia

1. Local

Approach

1. Punch Graft for Small Lesions
2. Blister graft for medium lesions
3. Non Culture Cell Transfer for Large Lesions

Surface Marking

Donar Site Preparation & Tissue Harvesting

Receipient Site Preparation

Surgical Steps

1. Punch Graft Transfer
2. Blister Graft Transfer
3. Non Cultured Cell Transfer

Postoperative Care

Dentistry

COURSES

Pg Diploma in

AESTHETIC DENTISTRY (PGDAD)

Duration : 7 days

Eligibility : BDS / MDS or equivalent from recognised institution of India or overseas

Overview : This Diploma (Post Graduate Diploma in aesthetic dentistry) is designed for the dentist to boost their clinical skill in aesthetic dentistry and have an upper edge in their dental practices amongst their colleagues. Delivered by the team of experts who are approved by the university and who are world leaders in their fields.

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 1

DENTAL MATERIAL SCIENCE

TOPIC 3

BLEACHING

What is Bleaching?

Why do we need Bleaching?

History and Categories of Bleaching

Types of Bleaching

- a. Office bleach
- b. Home bleach

Mechanism of Bleaching

Vital and Non-vital Bleaching

Problems with Bleaching

Advantages & Disadvantages of in-office Bleach

Management of Sensitivity after Bleaching

Prognosis after Bleaching

Home applied technique

Precautions and instructions

TOPIC 2

Isolation & Rubber Dam placement

TOPIC 4

COMPOSITES RESTORATION

Introduction to composites

Conventional

Microfilled

Hybrid

Shade selection and tooth preparation for composites

Designs for tooth preparation

Indications and contraindication for composites

Prevention of shrinkage and discoloration

C factor

TOPIC 5

BONDING AGENTS

What are bonding agents?

The classification of bonding agents based on generations

How to apply bonding agents clinically

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 6

DIASTEMA CLOSURE

Introduction for esthetic procedures

Shade selection

Usage of matrix band

Polishing the restoration to prevent discoloration

TOPIC 8

PREPARATION & RESTORATION TECHNIQUES

Class I, Class II, Class V cavity design for composite

Sandwich technique in deep cavity cases

Retention features in cavity

Prevention from shrinkage (from light and material part)

Common problem with composites

Matrix band placement

Polishing

TOPIC 7

REPAIR OF ELLIS FRACTURES

Proper treatment planning

Shade selection

Isolation

Tooth preparation

Restoration

Polishing the composite

TOPIC 9

PREPARATION & RESTORATION

TECHNIQUES DIAGNOSIS AND TREATMENT PLANNING

FOR AESTHETIC AND COSMETIC CASES

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 10

FIXED PARTIAL DENTURE (crown and bridge)

Anterior Tooth Preparation (metal free restorations)

- a. Diagnosis and treatment planning
- b. Armamentarium required
- c. Steps in tooth preparation
- d. Gingival retraction
 - a. Techniques
 - b. Materials
 - c. Demonstration
- e. Impression in FPD
 - a. Materials
 - b. Techniques
 - a. Putty wash
 - b. Custom tray
 - c. Demonstration
- f. Temporization in FPD
 - a. Direct method
 - b. Materials
 - c. Demonstration
- g. Material science
 - a. Discussion on ceramics
 - b. CAD/CAM in dentistry
 - c. Application in our clinics

- h. Shade selection
 - a. Color science
 - b. Latest advancements
 - i. Cementation in FPD
 - a. Materials
 - b. Procedures
- Posterior Tooth Preparation
- a. Diagnosis and treatment planning
 - b. Armamentarium required
 - c. Steps in tooth preparation
 - d. Gingival retraction
 - a. Techniques
 - b. Materials
 - c. Demonstration
 - e. Impression in FPD
 - a. Materials
 - b. Techniques
 - a. Putty wash
 - b. Custom tray
 - c. Demonstration
 - f. Temporization in FPD
 - a. Direct method
 - b. Materials
 - c. Demonstration

Course Curriculum

Sessions for training and Hands-on are as follows:-

- g. Material science
 - a. Discussion on ceramics
 - b. CAD/CAM in dentistry
 - c. Application in our clinics
- h. Shade selection
 - a. Color science
 - b. Latest advancements
- i. Cementation in FPD
 - a. Materials
 - b. Procedures

TOPIC 12

CLINICAL STEPS

Diagnosis and treatment planning
Importance of diagnostic waxup
Anterior deprogramming devices
Shade selection
Tooth preparation
Soft tissue management
Impression making
Temporization
Trial and luting of final restoration.

TOPIC 11

History and evolution
Indications/contraindications
Types

- a. Direct and Indirect

Armamentarium
Design considerations
Steps in tooth preparation
Isolation and soft tissue management
Impression making
Shade selection
Temporization
Trial and luting of restorations
Precaution and maintenance

TOPIC 13

TOOTH JEWELLERY

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 14

SMILE DESIGNING

INTRODUCTION : GOALS OF SMILE DESIGNING

COMPONENT OF AN AESTHETIC SMILE

The basic shape of the face

- a. Square
- b. Tapering
- c. Square tapering
- d. Ovoid

The lateral profile

- a. Straight
- b. Convex
- c. Concave

Vital elements of smile designing and their role
(dental composition)

- a. Tooth components
- b. Dental midline
- c. Incisal lengths
- d. Tooth dimensions
- e. Zenith points
- f. Axial inclinations
- g. Interdental contact area (ICA) & point (ICP)
-)

h. Incisal embrasure

- l. Sex, personality and age (Dentogenic concept)
- j. Symmetry and balance
- k. Soft tissue components
- l. Gingival health
- m. Gingival levels and harmony
- n. Interdental embrasure
- o. Smile line
- p. Golden proportion (Lombardi),
- q. Recurring esthetic dental proportions (Ward),
- r. M proportions (Methot) and
- s. Chu's esthetic gauges.
- t. Soft tissue component of smile design
 - a. Gingival health
 - b. Interdental embrasure (cervical embrasure)

TOPIC 15

DISCUSSION ON DENTIST -LAB RELATIONSHIP

Instruction to the lab

Brief discussion on how to look out for a good lab

Assessing the quality of product you get

Fellowship in

AESTHETIC DENTISTRY (FAD)

Duration : 3 months with 8 days of hands on training.

Eligibility : BDS /MDS or equivalent from recognised institution of India or overseas

Overview : FAD (Fellowship in aesthetic dentistry) is designed for 10 days covering all the topics in aesthetic dentistry so that the dentist can master their clinical skill in aesthetic dentistry and have an upper edge in their dental practices amongst their other colleagues. Delivered by the team of experts who are approved by the university and who are world leaders in their fields.

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 1

DENTAL MATERIAL SCIENCE

TOPIC 3

BLEACHING

What is Bleaching?

Why do we need Bleaching?

History and Categories of Bleaching

Types of Bleaching

- a. Office bleach
- b. Home bleach

Mechanism of Bleaching

Vital and Non-vital Bleaching

Problems with Bleaching

Advantages & Disadvantages of in-office Bleach

Management of Sensitivity after Bleaching

Prognosis after Bleaching

Home applied technique

Precautions and instructions

TOPIC 3

Isolation & Rubber Dam placement

TOPIC 4

COMPOSITES RESTORATION

Introduction to composites

Conventional

Microfilled

Hybrid

Shade selection and tooth preparation for composites

Designs for tooth preparation

Indications and contraindication for composites

Prevention of shrinkage and discoloration

C factor

TOPIC 5

COMPOSITES RESTORATION

What are bonding agents?

The classification of bonding agents based on generations

How to apply bonding agents clinically

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 6

DIASTEMA CLOSURE

Introduction for esthetic procedures

Isolation

Shade selection

Usage of matrix band

Polishing the restoration to prevent discoloration

TOPIC 7

REPAIR OF ELLIS FRACTURES

Proper treatment planning

Shade selection

Isolation

Tooth preparation

Restoration

Polishing the composite

TOPIC 8

PREPARATION & RESTORATION TECHNIQUES

Class I, Class II, Class V cavity design for composite

Sandwich technique in deep cavity cases

Retention features in cavity

Prevention from shrinkage (from light and material part)

Common problem with composites

Matrix band placement

Polishing

TOPIC 9

INLAY AND ONLAY

Introduction on appropriate treatment

Cavity preparation for inlay and onlay

Impression making

Fixing the restoration

Chair side inlay restoration

TOPIC 10

Post & Core (Aesthetic Post)

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 11

FIXED PARTIAL DENTURE (crown and bridge)

Anterior Tooth Preparation (metal free restorations)

- a. Diagnosis and treatment planning
- b. Armamentarium required
- c. Steps in tooth preparation
- d. Gingival retraction
 - a. Techniques
 - b. Materials
 - c. Demonstration
- e. Impression in FPD
 - a. Materials
 - b. Techniques
 - a. Putty wash
 - b. Custom tray
 - c. Demonstration
- f. Temporization in FPD
 - a. Direct method
 - b. Materials
 - c. Demonstration
- g. Material science
 - a. Discussion on ceramics
 - b. CAD/CAM in dentistry
 - c. Application in our clinics

- h. Shade selection
 - a. Color science
 - b. Latest advancements
 - I. Cementation in FPD
 - a. Materials
 - b. Procedures
- Posterior Tooth Preparation
- a. Diagnosis and treatment planning
 - b. Armamentarium required
 - c. Steps in tooth preparation
 - d. Gingival retraction
 - a. Techniques
 - b. Materials
 - c. Demonstration
 - e. Impression in FPD
 - a. Materials
 - b. Techniques
 - a. Putty wash
 - b. Custom tray
 - c. Demonstration
 - f. Temporization in FPD
 - a. Direct method
 - b. Materials
 - c. Demonstration

Course Curriculum

Sessions for training and Hands-on are as follows:-

- g. Material science
 - a. Discussion on ceramics
 - b. CAD/CAM in dentistry
 - c. Application in our clinics
- h. Shade selection
 - a. Color science
 - b. Latest advancements
- i. Cementation in FPD
 - a. Materials
 - b. Procedures

TOPIC 12

CLINICAL STEPS

Diagnosis and treatment planning
Importance of diagnostic waxup
Anterior deprogramming devices
Shade selection
Tooth preparation
Soft tissue management
Impression making
Temporization
Trial and luting of final restoration.

TOPIC 11

History and evolution
Indications/contraindications
Types

- a. Direct and Indirect

Armamentarium
Design considerations
Steps in tooth preparation
Isolation and soft tissue management
Impression making
Shade selection
Temporization
Trial and luting of restorations
Precaution and maintenance

TOPIC 13

TOOTH JEWELLERY

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 14

SMILE DESIGNING

INTRODUCTION : GOALS OF SMILE DESIGNING

COMPONENT OF AN AESTHETIC SMILE

The basic shape of the face

- a. Square
- b. Tapering
- c. Square tapering
- d. Ovoid

The lateral profile

- a. Straight
- b. Convex
- c. Concave

Vital elements of smile designing and their role
(dental composition)

- a. Tooth components
- b. Dental midline
- c. Incisal lengths
- d. Tooth dimensions
- e. Zenith points
- f. Axial inclinations
- g. Interdental contact area (ICA) & point (ICP)
-)

h. Incisal embrasure

- l. Sex, personality and age (Dentogenic concept)
- j. Symmetry and balance
- k. Soft tissue components
- l. Gingival health
- m. Gingival levels and harmony
- n. Interdental embrasure
- o. Smile line
- p. Golden proportion (Lombardi),
- q. Recurring esthetic dental proportions (Ward),
- r. M proportions (Methot) and
- s. Chu's esthetic gauges.
- t. Soft tissue component of smile design
 - a. Gingival health
 - b. Interdental embrasure (cervical embrasure)

TOPIC 15

DISCUSSION ON DENTIST -LAB RELATIONSHIP

Instruction to the lab

Brief discussion on how to look out for a good lab

Assessing the quality of product you get

Fellowship in

ADVANCED AESTHETIC DENTISTRY (FAAD)

Duration : 6 months with 12 days of hands on training.

Eligibility : BDS/ MDS or equivalent from recognised institution in India or overseas

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 1

BLEACHING

What is Bleaching?

Why do we need Bleaching?

History and Categories of Bleaching

Types of Bleaching

- a. Office bleach
- b. Home bleach

Mechanism of Bleaching

Vital and Non-vital Bleaching

Problems with Bleaching

Advantages & Disadvantages of in-office Bleach

Management of Sensitivity after Bleaching

Prognosis after Bleaching

Home applied technique

Precautions and instructions

TOPIC 2

COMPOSITES RESTORATION

Introduction to composites

- a. Conventional
- b. Microfilled
- c. Hybrid

Shade selection and tooth preparation for composites

Designs for tooth preparation

Indications and contraindication for composites

Prevention of shrinkage and discoloration

C factor

TOPIC 3

BONDING AGENTS

What are bonding agents?

The classification of bonding agents based on generations

How to apply bonding agents clinically

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 4

DIASTEMA CLOSURE

Introduction for esthetic procedures

Isolation

Shade selection

Usage of matrix band

Polishing the restoration to prevent discoloration

TOPIC 6

PREPARATION & RESTORATION TECHNIQUES

Class I, Class II, Class V cavity design for composite

Sandwich technique in deep cavity cases

Retention features in cavity

Prevention from shrinkage (from light and material part)

Common problem with composites

Matrix band placement

Polishing

TOPIC 5

REPAIR OF ELLIS FRACTURES

Proper treatment planning

Shade selection

Isolation

Tooth preparation

Restoration

Polishing the composite

TOPIC 7

INLAY AND ONLAY

Introduction on appropriate treatment

Cavity preparation for inlay and onlay

Impression making

Fixing the restoration

Chair side inlay restoration

TOPIC 8

DIAGNOSIS AND TREATMENT PLANNING FOR AESTHETIC AND COSMETIC CASES

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 9

FIXED PARTIAL DENTURE (crown and bridge)

Anterior Tooth Preparation (metal free restorations)

- a. Diagnosis and treatment planning
- b. Armamentarium required
- c. Steps in tooth preparation
- d. Gingival retraction
 - a. Techniques
 - b. Materials
 - c. Demonstration
- e. Impression in FPD
 - a. Materials
 - b. Techniques
 - a. Putty wash
 - b. Custom tray
 - c. Demonstration
- f. Temporization in FPD
 - a. Direct method
 - b. Materials
 - c. Demonstration
- g. Material science
 - a. Discussion on ceramics
 - b. CAD/CAM in dentistry
 - c. Application in our clinics

- h. Shade selection
 - a. Color science
 - b. Latest advancements
- i. Cementation in FPD
 - a. Materials
 - b. Procedures
- Posterior Tooth Preparation
 - a. Diagnosis and treatment planning
 - b. Armamentarium required
 - c. Steps in tooth preparation
 - d. Gingival retraction
 - a. Techniques
 - b. Materials
 - c. Demonstration
- e. Impression in FPD
 - a. Materials
 - b. Techniques
 - a. Putty wash
 - b. Custom tray
 - c. Demonstration
- f. Temporization in FPD
 - a. Direct method
 - b. Materials
 - c. Demonstration

Course Curriculum

Sessions for training and Hands-on are as follows:-

- g. Material science
 - a. Discussion on ceramics
 - b. CAD/CAM in dentistry
 - c. Application in our clinics
- h. Shade selection
 - a. Color science
 - b. Latest advancements
- i. Cementation in FPD
 - a. Materials
 - b. Procedures

TOPIC 12

CLINICAL STEPS

Diagnosis and treatment planning
Importance of diagnostic waxup
Anterior deprogramming devices
Shade selection
Tooth preparation
Soft tissue management
Impression making
Temporization
Trial and luting of final restoration.

TOPIC 10

DENTAL LAMINATES/VENEERS

History and evolution
Indications/contraindications
Types

- a. Direct and Indirect

Armamentarium
Design considerations
Steps in tooth preparation
Isolation and soft tissue management
Impression making
Shade selection
Temporization
Trial and luting of restorations
Precaution and maintenance

TOPIC 11

ADVANCED PORCELAIN LAMINATES

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 13

SMILE DESIGNING

INTRODUCTION : GOALS OF SMILE DESIGNING COMPONENT OF AN AESTHETIC SMILE

The basic shape of the face

- a. Square
- b. Tapering
- c. Square tapering
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- a. Straight
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Vital elements of smile designing and their role
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- a. Tooth components
- b. Dental midline
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- d. Tooth dimensions
- e. Zenith points
- f. Axial inclinations
- g. Interdental contact area (ICA) & point (ICP)

- h. Incisal embrasure
- i. Sex, personality and age (Dentogenic concept)
- j. Symmetry and balance
- k. Soft tissue components
- l. Gingival health
- m. Gingival levels and harmony
- n. Interdental embrasure
- o. Smile line
- p. Golden proportion (Lombardi),
- q. Recurring esthetic dental proportions (Ward),
- r. M proportions (Methot) and
- s. Chu's esthetic gauges.
- t. Soft tissue component of smile design
 - a. Gingival health
 - b. Interdental embrasure (cervical embrasure)

TOPIC 14

DIGITAL SMILE DESIGNING (DSD)

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 15

FULL MOUTH REHABILITATION

- Use of Semi-Adjustable Articulators
- Understanding Occlusion for function
- Face-bow records and planning for Full Mouth Rehabilitation

TOPIC 17

DISCUSSION ON DENTIST -LAB RELATIONSHIP

- Instruction to the lab
- Brief discussion on how to look out for a good lab
- Assessing the quality of product you get

TOPIC 19

LASER DENSITY

- | | |
|------------------------------------|--|
| Laser physics | Application id lasers in different field of dentistry |
| Laser tissue interactions | Soft tissue lasers |
| Safety & protocol | Use of lasers in depigmentation , Frenectomy & Crown lengthening |
| Laser energy settings & parameters | How to incorporate lasers in your practise |
| | more uses of lasers |

TOPIC 16

TOOTH JEWELLERY

TOPIC 18

PERIO AESTHETICS & IMPLANT AESTHETICS

Interdisciplinary approach-Implant Aesthetics, Perio Aesthetics, Ortho Aesthetics

- Detailed understanding of Basic Periodontal aesthetics
- Gingivectomy and gingivoplasty
- Gum depigmentation techniques

Course Curriculum

Sessions for training and Hands-on are as follows:-

TOPIC 20

DENTAL PHOTOGRAPHY

TOPIC 21

ADVANCE PERIO AESTHETICS

Hands -on practise on Gingivectomy & Gingivoplasty

On pig or goat jaw

Hands – on, on Depigmentation on the goat jaw

TOPIC 22

ADVANCE COMPOSITE AND CERAMIC AESTHETICS

(pink composite & ceramic)

TOPIC 23

Componeurs

Lumeneers

TOPIC 24

ENDO -AESTHETICS with fibre post and Restoration

TOPIC 25

Detailed discussion on aesthetic practise set up and Marketing and promotion activity

TOPIC 26

MEDICO - LEGAL ASPECTS OF DENTISTRY

TOPIC 27

FACIAL AESTHETICS

Botox

Mesotherapy

Dermal Fillers

Anesthesia for Cosmetic

Threadlifts

Procedures on Face

TOPIC 28

ASSESSMENT

AWARD OF FELLOWSHIP

Workshop





Advance Hair, Body & Skin Clinic

For more info, Call: 9772281117, 9024063126



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