



Training Brochure

Academy Information

Aesthetics Academia is based in Sheffield, South Yorkshire. We are accredited by The CPD Accreditation Group, Enhance Cosmetic Insurance and Cosmetic Insure. We are approved training providers for 4T Medical (Clinicare and Amalian), Ivan Med (DermaPen, CryoPen), Fox Pharma, Dermalux and Plamere. We are MASCED PRO certified to spot early signs of Melanoma and skin cancer.



amalian



Our Team



Joanna Rock - Dental Hygienist & Dental Therapist, registered with the General Dental Council (GDC) and a member of The British Association of Cosmetic Dental Professionals (BACDP).



Ru Boyle - Dental Hygienist, registered with the General Dental Council (GDC) and a member of The British Association of Cosmetic Dental Professionals (BACDP) and an aesthetics complication expert with The Aesthetics Complications Expert Group (ACE). Ru is an approved stockist of Allumier MD Medical grade skin care.



Jessica Seiffert - Advanced Nurse Practitioner & Independent Prescriber, registered with The Nursing & Midwifery Council (NMC) and a member of The British Association of Cosmetic Nurses (BACN).



Academic Requirements

We are approved and insured to train Medical, Dental and Healthcare Professionals with a current Professional Registration educated to Level 5 and above, Advanced Diploma and Degree level upwards. Advanced Skin Rejuvenation courses are suitable for Level 3 and 4 upwards.

Who we train:

- Doctors
- Dentists
- Nurses
- Dental Hygienists
- Dental Therapists
- Midwives
- Paramedics
- Pharmacists
- Physiotherapists
- Radiographers
- Optometrists
- Operating Department Practitioners

If your profession is not listed, please get in touch and we will check with our insurance.

Where we train:

The academy is based in Sheffield, South Yorkshire.

The full address is:

29 High Street
Swallownest
Sheffield
S26 4TT

There is free parking outside of the clinic and we are a 5-minute drive from junction 31 of the M1. We are a 15-minute drive from Sheffield train station.

Our contact details are:

Call/Text/WhatsApp: **07723 388076**

Email: info@aestheticsacademia.co.uk

Website: www.aestheticsacademia.co.uk

Courses

Botulinum Toxin Courses

Botulinum Toxin Type A is a drug used to relax muscles and is used in aesthetics to relax the muscles that cause dynamic lines of the face to smooth fine lines and wrinkles. It is also used for hyperhidrosis and pain.

Foundation Botulinum Toxin

- £495 or £795 with Foundation Dermal Filler
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: beginner
- Treatment Areas: peri-orbital lines, frown lines and forehead lines
- Covers facial anatomy, mode of action, drug dilutions, prescribing information, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.

Advanced Botulinum Toxin

- £795
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: intermediate
- Treatment Areas: gummy smile, down turned mouth/sad smile, pebbled chin, upper lip lines/lip flip, flared nostrils, hooked nose, bunny lines, neck bands and facial slimming
- Covers facial anatomy, mode of action, drug dilutions, prescribing information, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.

Botulinum Toxin for Pain & Hyperhidrosis

- £495 or FREE with Advanced Botulinum Toxin
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: intermediate
- Treatment Areas: TMJ pain, tooth grinding/clenching, hyperhidrosis in hands, feet, face and armpits
- Covers facial anatomy, mode of action, drug dilutions, prescribing information, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.

Botulinum Toxin Type A is a Prescription Only Medicine (POM) and must be prescribed off licence for use in aesthetics. We can help linking you to a prescriber should you need one.

All Botulinum Toxin courses are run in small groups with a maximum of 3 students to ensure plenty of hands-on experience with multiple models and we will provide you with information on approved insurers, wholesalers and pharmacies.

Botulinum Toxin courses are taught by Joanna Rock and we use two brands of Botulinum Toxin Type A in training, Azzalure and Botox.



Dermal Filler Courses

Dermal Filler is a crosslinked gel form of Hyaluronic Acid used to treat facial volume loss and static lines. It comes in three main consistencies to treat a variety of concerns. Dermal Filler can be used to totally reshape lips and noses and augment other parts of the face.

Foundation Dermal Filler

- £495 or £795 with Foundation Botulinum Toxin
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: beginner
- Treatment Areas: nose to mouth lines (nasolabial folds), mouth to chin lines (marionette lines) with both needle and cannula plus lip body and border
- Covers facial anatomy, mode of action, facial analysis and consultation techniques, injection techniques, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.

Advanced Dermal Filler

- £795
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: intermediate
- Treatment Areas: cheeks (medial and lateral), jawline, jowls, chin and liquid facelift with both needle and cannula
- Covers facial anatomy, mode of action, facial analysis and consultation techniques, injection techniques, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.

Lips & Peri-Oral Dermal Filler

- £795
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: intermediate
- Treatment Areas: lips, Cupid's bow, philtrum columns, oral commissures with both needle and cannula
- Techniques: Key-hole pout, lip flip, gummy smile, linear threading, fanning and tenting
- Elective reversal model included
- Covers facial anatomy, mode of action, facial analysis and consultation techniques, injection techniques, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.

POUT OUT LOUD® Russian Lip Technique

- £595
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: intermediate
- Treatment Areas: lips with signature technique
- Includes FREE Dental Local Anaesthetic training
- Covers consultation techniques, injection techniques, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.

Tear Troughs & Peri-Orbital Dermal Filler

- £795
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: advanced
- Treatment Areas: tear troughs and temples with both needle and cannula
- Covers facial anatomy, mode of action, facial analysis and consultation techniques, injection techniques, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.

Liquid Rhinoplasty

- £795
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: advanced
- Treatment Areas: nose with needle and cannula
- Covers consultation techniques, injection techniques, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.

All Dermal Filler courses are run in small groups with a maximum of 3 students to ensure plenty of hands-on experience with multiple models and we will provide you with information on approved insurers, wholesalers and pharmacies.

Dermal Filler courses are taught by Joanna Rock and we use a selection of dermal fillers, the main ones being Amalian and Revolax CE certified Dermal Fillers.



The Ultimate Aesthetics Package!

Complete Botulinum Toxin and Dermal filler training. To be completed over 5 days. Options to either complete on consecutive days or spread out over weeks or months up to a maximum of 12 months.

- Foundation Botulinum Toxin
- Advanced Botulinum Toxin
- Botulinum Toxin for Pain & Hyperhidrosis
 - Foundation Dermal Filler
 - Advanced Dermal Filler
 - Tear Troughs & Temples
 - Liquid Rhinoplasty
 - Lips
 - Russian Lips
- Dental Local Anaesthetic

ONLY £4495!

Advanced Skin Booster Courses

Advanced Skin Boosters are non-crosslinked Hyaluronic Acid (some also contain Amino Acids) used to treat facial volume loss, skin laxity, scarring, pigmentation problems and fine lines/wrinkles. Their mode of action is to stimulate collagen and elastin within the skin's extra cellular matrix. They come in two molecular weights to treat a variety of concerns. Skin Boosters can be used on the face, neck, décolletage, hands and body. Advanced Skin Booster courses are taught by Joanna Rock and Ru Boyle.

Foundation Skin Boosters

- £595
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: beginner
- Treatment Areas: face, neck, décolletage, hands
- Techniques: needle
- Covers facial anatomy, mode of action, facial analysis and consultation techniques, injection techniques, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.



Advanced Skin Boosters

- £595
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: intermediate
- Treatment Areas: face, neck, décolletage, hands plus arms, knees, abdomen, buttocks, thighs for skin laxity and cellulite
- Techniques: needle and cannula using low and high molecular weight products
- Covers facial anatomy, mode of action, facial analysis and consultation techniques, injection techniques, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.



Skin Boosting Mesotherapy

- £595
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: beginner
- Treatment Areas: face, neck, décolletage, hands
- Techniques: mesotherapy with needle and microneedling
- Covers facial anatomy, mode of action, facial analysis and consultation techniques, injection techniques, legalities, safety, indications and contraindications, complication and emergency management.
- Includes downloadable consent forms and aftercare instructions.



All Advanced Skin Booster courses are run in small groups with a maximum of 3 students to ensure plenty of hands-on experience with multiple models and we will provide you with information on approved insurers, wholesalers and pharmacies.

The Ultimate Skin Booster Package!

Complete Advanced Skin Booster training. To be completed over 3 days. Options to either complete on consecutive days or spread out over weeks or months up to a maximum of 12 months.

ONLY £1495!

Advanced Skin Care Courses

Advanced Skin care procedures use medical grade skin care products to treat a variety of skin concerns including acne, pigmentation, scarring and ageing. These treatments also compliment injectable aesthetic treatments. Starter kits and devices available with discount on request. Advanced Skin Care courses are taught by Ru Boyle and are run in small groups with a maximum of 3 students to ensure plenty of hands-on experience with multiple models.

Microneedling - Collagen Induction Therapy

Microneedling is an advanced skin care treatment typically performed to treat skin concerns including acne, pigmentation, scarring, stretch marks and fine lines/wrinkles. Microneedling creates micro injuries to the skin surface inducing the stimulation of collagen and elastin to promote a natural healing response.

- £545
- Theory & Practical: Half Day 10:00 - 13:00 or 13:00 - 16:00
- CPD Credits: 5
- Level: beginner
- Treatment Areas: face
- Techniques: mesotherapy with microneedling device and derma roller
- Products: Clinicare mesotherapy cocktails & Dermapen device
- Covers mode of action, facial analysis and consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



Microchanneling - Microinfusion

Microchanneling or Microinfusion is an advanced skin care treatment typically performed to treat skin concerns including acne, pigmentation, scarring, deep pores, Rosacea and fine lines/wrinkles. Microchanneling creates micro injuries to the skin surface inducing the stimulation of collagen and elastin to promote a natural healing response. The use of dermal filler can plump the skin and the use of micro-botox can close open pores and give an airbrushed look.

- £345
- Theory & Practical: Half Day 10:00 - 13:00 or 13:00 - 16:00
- CPD Credits: 5
- Level: beginner
- Treatment Areas: face
- Techniques: mesotherapy and micro-botox with hydra needle device
- Products: Clinicare mesotherapy cocktails
- Covers mode of action, facial analysis and consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



Dermaplaning

Dermaplaning is an advanced skin care treatment typically performed to treat skin concerns including acne, scarring, deep pores and fine lines/wrinkles. Dermaplaning is a manual resurfacing and deep exfoliating treatment to remove dead skin cells and hair that traps in oil and dirt.

- £295
- Theory & Practical: Half Day 10:00 - 13:00 or 13:00 - 16:00
- CPD Credits: 5
- Level: beginner
- Treatment Areas: face
- Products: Clinicare
- Covers mode of action, facial analysis and consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



AHA/BHA Chemical Peeling

Chemical peeling is an advanced skin care treatment typically performed to treat skin concerns including pigmentation, acne, scarring and fine lines/wrinkles. Chemical peeling is a chemical resurfacing and deep exfoliating treatment to improve skin texture and tone and remove dead skin cells that make the skin appear dull.

AHA - Glycolic Acid

BHA - Salicylic Acid

- £345
- Theory & Practical: Half Day 10:00 - 13:00 or 13:00 - 16:00
- CPD Credits: 5
- Level: beginner
- Treatment Areas: face
- Products: Clinicare AHA/BHA Chemical Peels
- Covers mode of action, facial analysis and consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



TCA Chemical Peeling

Chemical peeling is an advanced skin care treatment typically performed to treat skin concerns including pigmentation, acne, scarring and fine lines/wrinkles. Chemical peeling is a chemical resurfacing and deep exfoliating treatment to improve skin texture and tone and remove dead skin cells that make the skin appear dull.

TCA - Trichloroacetic Acid

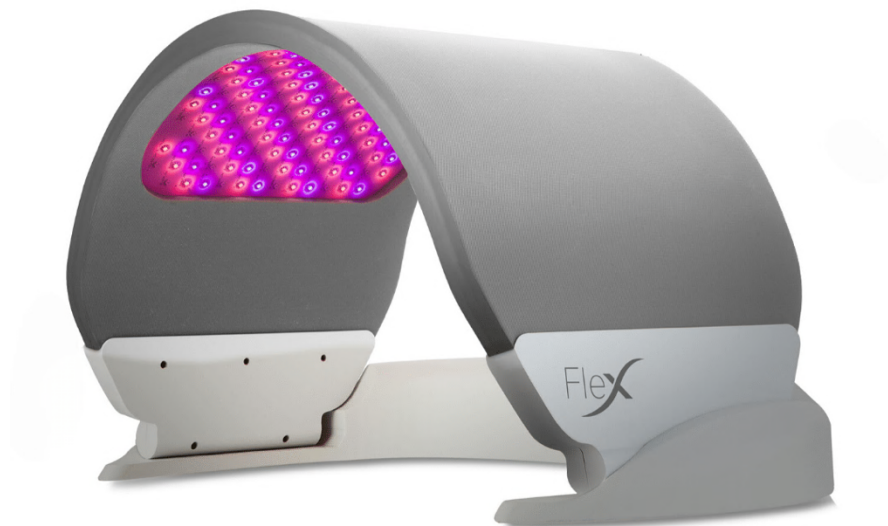
- £245
- Theory & Practical: Half Day 10:00 - 13:00 or 13:00 - 16:00
- CPD Credits: 5
- Level: beginner
- Treatment Areas: face and body
- Products: BioRePeel TCA Chemical Peel, BioReHydra and BioReLift
- Covers mode of action, facial analysis and consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



LED Light Therapy

LED Light Therapy is an advanced skin care treatment typically performed to treat skin concerns including pigmentation, Rosacea, acne, scarring and fine lines/wrinkles. LED Light Therapy uses various wavelength of light to trigger skin healing responses. LED Light Therapy can be used as a stand-alone treatment or in combination with other advanced skin care treatments.

- £345
- Theory & Practical: Half Day 10:00 - 13:00 or 13:00 - 16:00
- CPD Credits: 5
- Level: beginner
- Treatment Areas: face
- Products: Clinicare and Dermalux Flex Device
- Covers mode of action, facial analysis and consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



Platelet Rich Plasma (PRP)

Plasma, the liquid portion of the blood and lymph is full of nutrients, blood cells and platelets. Platelets play a role in tissue repair, collagen production, hyaluronic acid production and is used for skin rejuvenation and regeneration.

Platelet Rich Plasma can be performed with microneedling or injected into the dermis with mesotherapy injections. The Platelet Rich Plasma course includes phlebotomy and venepuncture training and is taught by Ru Boyle and Jessica Seiffert. The Platelet Rich Plasma course is run in small groups with a maximum of 3 students to ensure plenty of hands-on experience with multiple models.

- £795
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: advanced
- Treatment Areas: face with microneedling and mesotherapy techniques
- Products: Clinicare
- Covers mode of action, facial analysis and consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



Fat & Cellulite Courses

Fat and Cellulite treatments can be performed alone or in combination. Fat and Cellulite courses are taught by Jessica Seiffert. Fat and Cellulite course are run in small groups with a maximum of 3 students to ensure plenty of hands-on experience with multiple models.

Fat Dissolving DesoFace & DesoBody

DesoFace & DesoBody is the next generation of fat dissolver used to permanently break down fat deposits in stubborn pockets of fat. Sometimes called intra-lipotherapy, Deoxycholic Acid injected into adipose tissue dissolves fat cells into lipids which are then carried out of the body in the renal system.

- £795
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: advanced
- Treatment Areas: face and body with cannula
- Covers injection techniques, legalities, safety, mode of action, consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



Cellulite Reducing CelluErase & StrikeCell

CelluErase is a surgical microblade used to disrupt the connective tissue strands that pull dimples of the skin downwards. StrikeCell is used in combination with the CelluErase and is a mesotherapy product to improve the skin laxity surrounding the dimpling effect of cellulite.

- £795
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: advanced
- Treatment Areas: buttocks and thighs
- Covers injection techniques, legalities, safety, mode of action, consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



Sclerotherapy Course

Sclerotherapy is the treatment of spider veins where a sclerosing agent (Fibrovein) is injected directly into the vein using a nano needle. The Sclerotherapy course is taught by Jessica Seiffert. The Sclerotherapy course is run in small groups with a maximum of 3 students to ensure plenty of hands-on experience with multiple models.

- £795
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: advanced
- Treatment Areas: face and body
- Covers injection techniques, legalities, safety, mode of action, consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



Plasma Fibroblast Course

Plasma Fibroblast treatment induces micro injuries to the skin to promote a healing response. It does so by activating the fibroblasts in the skins matrix to stimulate the production of collagen and elastin. Plasma Fibroblast treatment is also useful in removing skin blemish's/lesions and Xanthelasma by obliterating the skin surface underneath the flash. The Plamere Plasma Pen is available with discount on request. The Plasma Fibroblast course is run in small groups with a maximum of 3 students to ensure plenty of hands-on experience with multiple models and is taught by Ru Boyle.

- £995
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 15
- Level: intermediate
- Treatments: blemish removal, skin tightening and lifting, scarring, stretch marks, nose reshaping and plasma electro-mesotherapy
- Covers safety, mode of action, consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



Cryotherapy Course

Cryotherapy treatment induces irreversible damage to the skin tissue with extreme low temperatures and is used to remove skin blemish's/lesions and Melasma. The CryoPen is available with discount on request. The Cryotherapy course is run in small groups with a maximum of 3 students to ensure plenty of hands-on experience with multiple models and is taught by Ru Boyle.

- £995
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 15
- Level: intermediate
- Treatments: blemish removal
- Covers safety, mode of action, consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.



Nutritional Therapy Courses

Nutritional Therapy (amino acids, vitamins and minerals) administered intra-muscular or intra-venous is a way of promoting health as a supplement to food and drink. Nutritional Therapy products are Prescription Only Medicines (POM) and must be prescribed. We can help linking you to a prescriber should you need one. We are an affiliate trainer for Nutritional Therapy with Acre Phama.

Nutritional Therapy courses are run in small groups with a maximum of 3 students to ensure plenty of hands-on experience with multiple models and we will provide you with information on approved insurers, wholesalers and pharmacies.

Nutritional Therapy courses are taught by Jessica Seiffert.

Intra-Venous Nutritional Therapy

- £995
- Theory & Practical: Full Day 10:00 - 16:00
- CPD Credits: 10
- Level: advanced
- Covers legalities, safety, mode of action, consultation techniques, indications and contraindications.
- FREE cannulation training
- Includes downloadable consent forms and aftercare instructions.



Intra-Muscular Nutritional Therapy

- £595
- Theory & Practical: Half Day 10:00 - 13:00 or 13:00 - 16:00
- CPD Credits: 5
- Level: intermediate
- Covers legalities, safety, mode of action, consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.

Dental Local Anaesthetics Course

Intra-oral injections for anaesthesia when performing lip injections. Taught by Joanna Rock in small groups with maximum 3 students for plenty of hands-on experience. The anaesthetic used is a Prescription Only Medicine (POM) and must be prescribed. We can help linking you to a prescriber should you need one.

- £345 or FREE with POUT OUT LOUD® Russian Lip Technique
- Theory & Practical: Half Day 10:00 - 13:00 or 13:00 - 16:00
- CPD Credits: 5
- Level: intermediate
- Covers legalities, safety, mode of action, consultation techniques, indications and contraindications.
- Includes downloadable consent forms and aftercare instructions.

Payment Options

All prices listed include VAT.

We accept credit cards, debit cards, PayPal, PayPal Credit and bank transfer.

We have 3 payment options available:

1. Payment of a £150 deposit (£500 on Cryotherapy and Plasma Fibroblast courses with a device) and pay the balance 2 weeks before the course date.
2. Payment of a 20% deposit followed by interest free monthly payments over 6 or 12 months with GoCardless via Direct Debit/Standing Order.
3. Payment of a 10% deposit followed by interest free monthly payments over 6 or 12 months with PayItMonthly via Finance.

A deposit is required to secure your booking. On arranging a date, two invoices will be sent. The first is due immediately and the second is set for the date 2 weeks before the course. If paying by finance, direct debit or standing order the second invoice will have the same date as the deposit but is marked for your information only. Once payment details are set up this second invoice will be marked as paid.

Training Day

Training dates are rarely pre-set. We sometimes have the occasional date already set but most of the time we arrange courses to suit you around your work and life commitments.

On full day courses lunch and refreshments are provided and refreshments are provided on half day courses. Please let our admin staff know if you have any allergies or dietary restrictions.

Before your course you will be provided with a free Facial Anatomy course to prepare you for your training. Following your training you will be invited to join our support group on Facebook where you will find downloadable consent forms and aftercare instructions, shopping lists, aesthetic insurers details, details of wholesalers and pharmacies and ongoing support.

We offer clinic shadowing and refresher sessions to our students or students that have trained elsewhere, this is priced per person as follows:

- Half Day - £295
- Full Day - £595

Training Options

As well as courses detailed in the brochure, we also offer bespoke training days which can be 1:1 or a group booking. On bespoke training days we can tailor training more to your needs and take a little from each course to build your bespoke training course.

These are priced per person as follows:

- Half Day - £595
- Full Day - £995

Please note the more content you wish to cover the more days will be needed for training. We do not like to cram training into a short space of time as this could affect the quality of training.

We have the following offer:

- Book 3 courses together and receive a £200 discount.
- Book 4 courses together and receive a £300 discount.
- Book 5 courses together and receive a £400 discount.

You can see our policies, terms and conditions on our website.

We look forward to seeing you on our relaxed, friendly training sessions soon!

JoJo, Ru & Jess xxx

This training brochure is the intellectual property owned by Joanna Rock and is protected by UK Copyright© laws. All rights reserved. No part of this publication can be reproduced or distributed by any means including photocopying, recording or other electronic or mechanical methods without the prior written permission of the publisher.

©2021 Joanna Rock